

## NOTES FROM THE GREEN AND WHITE ARMY – 23 MARCH 2022

*An update from Westbourne Running club*

A couple of **reminders** to kick off with, starting with a copy of Liz's email about **renewal** ...

First of all, I want to say "thank you" to everyone for the support you have shown the club during yet another year of the pandemic. At least we are in a better position than we were this time last year with a full race calendar to look forward to (albeit with a few changes along the way).

I apologise for sending this out when members are also being asked if they would like to buy new club kit but membership fees fall due by 31<sup>st</sup> March as the new EA year starts in April. However, I can remind you that the old kit may still be worn at EA races, if necessary.

If you have paid and / or just joined since January this year, then you do not need to pay for this year's membership unless you have been advised that your EA subscription will need to be renewed in which case your fees for the year will be £16. Please let me know, however, if your details have changed. (If in doubt contact me!)

As agreed at the AGM **subscriptions for 2022/23 will be £21 for first claim renewing members** (£26 for new members; and £10 for second claim or social members) **and are payable by 31st March 2022.**

Please note that social members are not affiliated to EA and do not qualify for race reductions or club championship awards

Please can you either **complete and return** the attached membership form; **or confirm** that your details (especially your email address) are unchanged. Payment can be made online or by cheque / cash and all details can be found on the form.

Full membership includes affiliation to the England Athletics Association (EAA) which gives you discounts on EAA race entry fees (typically £2 per race) and other benefits which can be found on the EAA website.

(<http://www.englandathletics.org/clubs--community/club-affiliation/benefits-of-affiliation>)

If you no longer wish to renew then please let me know so I can update our records.

If you've got any queries then either email ([liz-wrc@outlook.com](mailto:liz-wrc@outlook.com)) or message me on Facebook.

Have a good year and look forward to meeting up at some of our events.

... and the second **reminder** is from the **Kit Sub-Committee**

You'll recall that in a special newsletter last month we announced the launch of our new club kit along with details of how to place an order.

[https://www.westbournerc.co.uk/\\_files/ugd/89aa15\\_f23889317f384f51b8daacdd76ee46cf.pdf](https://www.westbournerc.co.uk/_files/ugd/89aa15_f23889317f384f51b8daacdd76ee46cf.pdf)

This is a reminder that the deadline for orders is Friday 25th March. We hope that all members will want at least one item whether you are a serious race runner or a slower park runner or somewhere in between. It's good to wear our colours with pride.

Don't forget that if you miss this round of ordering, you're probably going to have to wait until the Autumn before a further order is placed.

Given the number of cancellations, it might help if I list the **remaining races in the Club Championships, the off Road Series and the DRRL.**

The Club Champs	The Off Road Series	The DRRL
03/04/22 Marnhull 12K		03/04/22 Marnhull 12K
	10/04/22 Ooser HM	
		01/05/22 North Dorset Villages Marathon
22/05/22 May Five		22/05/22 May Five
28/05/22 Egdon Easy 10K		
		12/06/22 Puddletown Plod HM
	19/06/22 Coombe Keynes 10K	19/06/22 Round the Lakes 10K
26/06/22 Lordshill 10K		
		03/07/22 Portland 10
	10/07/22 Milton Abbey 10K	
24/07/22 Durberville Dash 10K	24/07/22 Durberville Dash 10K	
07/08/22 Sturminster HM		07/08/22 Sturminster HM
04/09/22 Lymington Lifeboat 10K	04/09/22 Lymington Lifeboat 10K	
25/09/22 Hoburne 5		25/09/22 Hoburne 5
09/10/22 Gold Hill 10K		09/10/22 Gold Hill 10K
	23/10/22 Hellstone 10K	
	30/10/21 The Stickler	
20/11/22 Wimborne 10		20/11/22 Wimborne 10
27/11/22 Boscombe 10K		
??/12/22 Christmas Pud 10K		

# The second race of the 2022 WRC Championships the **Lytchett 10**

Name	♠ Gender	♠ Gender Rank	♠ Age Group	♠ AG Rank	♠ Club	♠ Chip Time	♠ Gun Time
Kevin Drayson	M	23	Male 35-39	8	Westbourne R C	1:02:36	1:02:39
Aaron Beaton	M	60	Male 40-44	14	Westbourne R C	1:10:12	1:10:23
Benjamin Tainsh-Griffiths	M	62	Male 30-34	8	Westbourne R C	1:10:46	1:10:50
Jason Dyer	M	67	Male 45-49	10	Westbourne R C	1:11:23	1:11:28
David Warboys	M	83	Male 45-49	15	Westbourne R C	1:15:15	1:15:22
Richard Colbourne	M	95	Male 40-44	20	Westbourne R C	1:17:33	1:17:38
Matty Bishop	M	96	Male 40-44	21	Westbourne R C	1:17:51	1:18:22
Felicity Hooper	F	24	Female 35-39	5	Westbourne R C	1:22:55	1:23:08
Judith Coole	F	80	Female 50-54	16	Westbourne R C	1:44:18	1:44:32

**Judith Coole:** “Lytchett 10, still one of my favourite races. Shame I wasn’t quick enough to miss the pouring rain! Pleased with time in the circumstances.”

**Matty Bishop:** “Painful and slow - even before I started .....hills, very windy and more painful hills that’s all I can remember, I had not recovered from the half the week before plus still carrying injuries ....on the plus side I just managed to finish before the rain.”



A nice touch by the Lytchett 10 organisers to acknowledge that WRC is THE local running club by providing green and white bollards. If you are trying to guess the Westie, those are Jason Dyer’s legs.

A sample of **Dave Hibbert's** photos from the **Lytchett 10**



## Of Course It Is

Of Course It Is – the new competition devised by **David Child** to identify a local race from a clue. Last month's clue, set by David was "Pier pressure at the start and finish with two loops around a caravan park should help you identify this course." Was the answer the Weymouth Bay 10K – of course it was (at this point I should acknowledge that David is my scriptwriter).

David has provided some further clues for other events, but for this month I'll attempt to set a clue:

One of Hardy's heroine's might debate the spelling of this 10K

Send your answers in to Clive.

Following the cancellation of the Hope Rising Tyrrell Trail, the **2022 Off Road Series** kicked off with the White Star **Larmer 10**

Position	Name	Time		Position	Name	Time
6	Kevin Drayson	1.14.20		40	Vicky Rutter	1.29.56
41	Matty Bishop	1.30.07		90	Felicity Hooper	1.42.49
53	Richard Colbourne	1.39.49		208	Judith Coole	2.10.38
103	David Child	1.46.17				

Now, some words to flesh out the numbers. In addition to being sixth on the day **Kevin Drayson** was third in the Imperial Series of 10 mile run. **Vicky Rutter** was sixth female and fourth in her age category (that recent birthday clearly had benefits). I think that is the first time **Richard Colbourne** has appeared in the Off Road Series (but, I'm happy to be corrected) and he kicks off with a (Westie) podium finish. **Felicity Hooper** was seventh in her age category and **David Child** was fifth in his and **Judith Coole** chopped 3 minutes off her personal best for this event.

## The Blackmore Vale Half (Event two of the DRRL)

**Dave Warboys** – 1.44.22

**Matty Bishop** – 1.47.18

**Matty Bishop:** "Blackmore yesterday was tough, very windy which didn't help with the hills, especially as it always seemed to be a head wind... far tougher than last time I did it although this time My ankles were playing up and not having run further than 10k since last year my fitness was well below par - I ended up walking numerous times as my legs and head both wanted to stop."



Some more photographs from the **Larmer 10**



The middle picture in the bottom row is Kevin's goodies

What an impressive turn out of Westies for round three of the **2022 Championship – The Weymouth Bay 10K**. Such an impressive turn out that little old Westbourne RC won the award for the best represented club.



Thanks to Lucy Evans for the above photos (there are more on Facebook)

**Liz Dyble:** Two grassy laps of Bowleaze Cove... 2k down to the prom. Tried to make use of the wind knowing it would be a difficult return and it was quite a battle coming back... Bitterly cold too.

**Tim Evans:** A bit breezy.

**Matt Seager:** Windy.

**Vicky Rutter:** Weymouth bay 10k 🏃‍♀️🏃‍♂️🏃‍♀️🏃‍♂️. Absolutely brutal headwinds 😓. Really chuffed with that after yesterday's Larmer!!

**Sally Pritchard:** Brilliant 😊 first half, brutal 😓 second half. Wind isn't my forte

**Neil Dyble:** Absolutely brutal headwind for last 4K. And the first 2K was around a hilly grassy park at Bowleaze Cove. Not a quick one!

**Tracy Gill-Parker:** Three hills to start and killer headwind for 3km on the return -tough

**Peter Doughty:** Great to see so many Westie's, fab turnout. Race of two halves with tailwind, then brutal headwind!

46.17	Vicky Rutter	42.10	Peter Doughty	45.34	Matt Seager
57.20	Sally Pritchard	44.20	Dave Warboys	56.52	Gus Neesom
58.16	Tracy Gill-Parker	45.08	Ben Tainsh-Griffiths	59.42	Neil Dyble
1.00.40*	Liz Dyble *Time and position assumed from results not allocated to another runner	46.36	Tim Evans		

## Round Up



**Vicky Rutter** (1.41.42) and **A-J Rowe** (2.17.54) at the **Portsmouth Coastal Half Marathon!!** **Vicky:** "Awesome!! Absolutely brutal headwinds the last 6 miles."

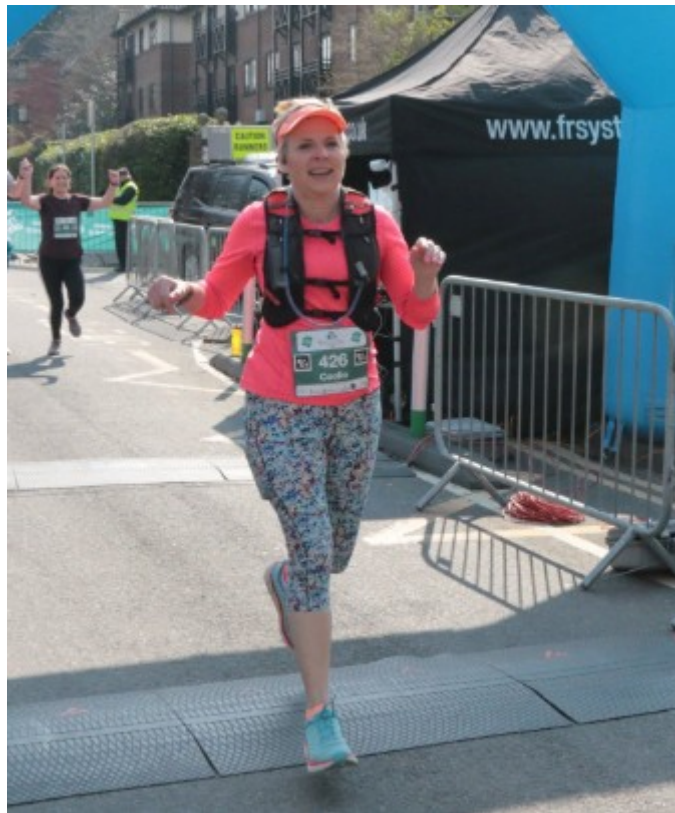


A classic example of the Loneliness of the Long Distance Runner school of photography

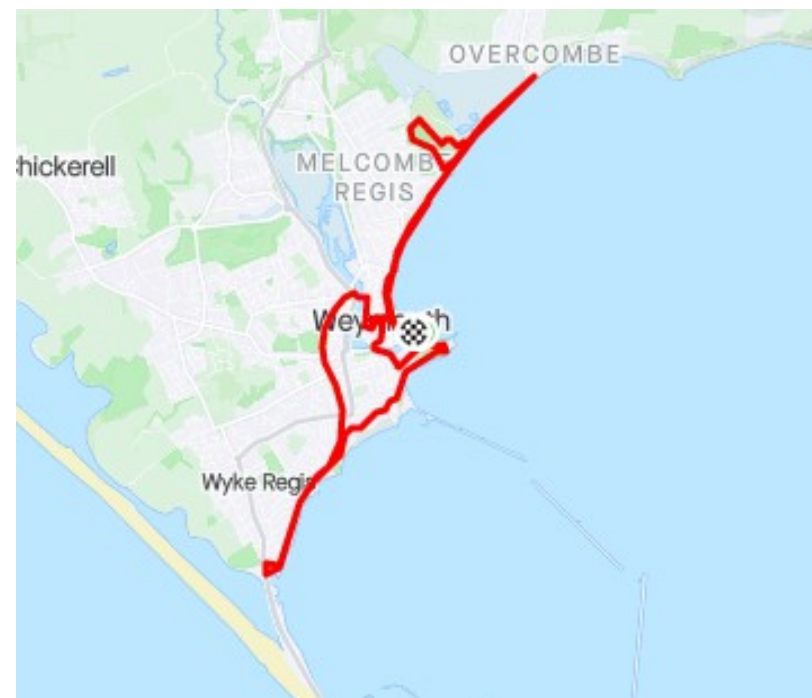
**Peter Doughty** (3.16.08) at the **Cambridge Border Marathon**: "Swore I'd not do a marathon again, but here I am five years later, tempted into doing my home event for the second time, fifth marathon. I suppose the lure of the ultimate running challenge (ultras aside) couldn't be resisted for ever and fundamentally I really enjoy both the challenge and pleasure of running longer distances. Satisfying route around Cambridge city, nice bit of history based on a 1924 challenge. Poignant running past Madingly War Memorial, thinking of others. Wow that was soo hard. Ridiculously hard!! Thanks to Catherine for once again undertaking race support, and for all the training encouragement/assistance



## Round Up - continued



**Judith Coole** (2.12.36) at the **Brentwood Half Marathon** “Seven minutes faster than 2020 and 30 minutes faster than my first attempt in 2016.”



**Ben Tainsh-Griffiths** (1.32.00) **Dave Warboys** (1.33.50) at the Weymouth Half Marathon. **Dave:** “Not quite as windy as two weeks ago.”

**THANKS TO EVERYONE WHO HAS CONTRIBUTED TO THIS NEWSLETTER**