

NOTES FROM THE GREEN AND WHITE ARMY – 10 OCTOBER 2021

An update from Westbourne Running club

A brief word from Clive

I will be brief as I tend to the view you hear too much from me as it is, but two things. Firstly apologies that this is a bit later than I intended, I meant to coincide with the Lordshill 10K results and then along came the Blackhill 10K. Then I had a busy week and it has ended up as the London Marathon edition! Secondly, and more importantly, we have a number of members either sidelined or hampered by illness or injuries so best wishes to everyone for speedy and full recoveries.

Clive Grewcock

Half Marathon Round Up – the world, including the running world, is returning to normal and races are coming thick and fast. I'm sure to have missed a few, but here goes:

Matt Seagar – The New Forest Half (you know the one in Wimborne St Giles) 1.46.57

Vicky Rutter – Bridport Half – “Bridport hilly half (slightly short of a half) [12.29] 3rd lady” 1.36.44



Pete Doughty - Sheffield Half – “Loved getting back to Sheffield with John & Neil to complete my 3rd half marathon there, after entering 2 years ago! Amazing course out from the City Centre, climbing up to the edge of the Peak District at Ringinglow, before tumbling back down for a grandstand finish near the Winter Gardens. Not my fastest time here, but chuffed with 70th/3792 in 1:26:02. Fantastic to see so many supporters out lining the route and cheering on – amazing. Thank you Sheffield.” - 1.26.02

Felicity Hooper – Virtual White Star Invader Half “Bit of extra distance to make it in keeping with an actual white star event {14.01} - 2.20.06

Even allowing for it being a WRC Club Championship event, nevertheless it was a good turn out of Westies at the **Lytchett 10**:

Lytchett 10 2021									
							Registration	Participants	Results
Rank	Bib	Name	Gender	Gender Rank	Age Group	AG Rank	Club	Chip Time	
24.	118	Peter Doughty	M	23	Male 40-44	7	Westbourne Running Club	1:04:50	
32.	122	Kevin Drayson	M	31	Male 35-39	7	Westbourne Running Club	1:07:45	
80.	306	Vicky Rutter	F	7	Female 30-34	1	Westbourne Running Club	1:17:17	
90.	90	Darryl Corbin-Jones	M	78	Male 35-39	14	Westbourne Running Club	1:17:47	
132.	30	Matty Bishop	M	108	Male 40-44	18	Westbourne Running Club	1:24:14	
142.	244	David Green	M	115	Male 45-49	25	Westbourne Running Club	1:26:00	
150.	75	David Child	M	120	Male 60-64	11	Westbourne Running Club	1:27:08	
189.	366	Kevin Trowbridge	M	141	Male 45-49	29	Westbourne Running Club	1:38:53	
198.	87	Judith Coole	F	55	Female 50-54	9	Westbourne Running Club	1:40:49	
200.	129	Neil Dyble	M	144	Male 55-59	17	Westbourne Running Club	1:41:29	
212.	128	Liz Dyble	F	63	Female 55-59	7	Westbourne Running Club	1:46:38	
220.	33	Louise Blakeley	F	71	Female 50-54	13	Westbourne Running Club	1:49:37	

"Target time was 1.45. Cherry on the cake time was 1.40. Longest race since Oct 2019 when I did the Stickler" **Neil Dyble**

"Fab run at Lytchett. Six minutes faster than last time. Thanks to Neil for the motivation at mile eight." **Judith Coole**

"Had hoped for sub 1.45 and run the whole way, but only managed 6 miles before the hills finally got me and I walked At least I got round." **Liz Dyble**

"Long run with Lytchett 10M in the middle." **Kevin Drayson** who turned it into a 21 mile run.

"Very hilly, so pleased with 7th lady." **Vicky Rutter**

Matty B' catches **Dave G'** on the line in a chipped timed event! Just one of the many photos taken at the **Lytchett 10** and the one that generated most comments on Facebook, which proves that you agree with what this old codger has been telling you for years – it is Gun Time that matters not these newfangled Chip Times!



"it was a painful race I had to stop and walk quite a lot the hills were tough but glad I managed it, it was good seeing familiar faces and meeting members I hadn't met before.... plus I've finally taken part in a club championship race! oh I also got lost on route, when I arrived the car park marshal said not to rush to the start as I had ten minutes, i got there to find out they started the race early - but as it was chipped all was good it just made it more eventful 😊

Dave doesn't look to happy - he overtook me on the last mile but didn't realise I was that close near the finish as I came back and took him on the line... we had a good chat after and found out we live around the corner from each other.

Not looking forward to how my ankles are going to feel tomorrow, but I can rest them now for a few weeks." **Matty Bishop**

"Ha ha love it. Sums up my thoughts about that race (or rather how I ran) nicely" **Dave Green**

"A picture paints a thousand words!" **Judith Coole**

"Amy mentioned you might have stopped your watch before the line Dave!!" **Pete Doughty**

In August Maggie Stokes took on the Run 31 Miles for Pancreatic Cancer Challenge

Well, scrolling through fb (as one does on a regular basis!) this challenge caught my eye as it was asking people to raise money and awareness of Pancreatic Cancer for the charity, Pancreatic Cancer UK or PCUK as they are known. I didn't know much about this charity as I usually fundraise for the Pancreatic Cancer Research Fund...I don't know if they are known as PCRF but they probably are!! Me, being me I misread it, I thought it said 'run 31 DAYS in August' not 31 miles....I had committed by then and signed up and ordered the T-Shirt so I had to go through with it. I thought to myself ..if I'm going to ask for donations I better up my mileage as running one mile a day, even for me, is a doddle -so that's why I plumped for 5k every day throughout August as I know I'd be 'cream cracked' by the 31st and that it would be a challenge for me to run every single day but, on the other hand, I wouldn't mind asking people for their hard earned dosh!! Also another string to my bow - I joined Strava (!!) as the charity asked participants to upload their runs to their fb page! It's good that Strava isn't it! I was the Local Leg-End on a few occasions!! I did feel a bit of a turncoat swapping charities but it's all for the good of bringing awareness and money to help people suffering from this awful disease and to put more money into research for tests for early diagnosis, so hopefully the very low survival rate for this type of cancer will greatly improve . To be honest I really enjoyed the challenge and yes, some days I felt rubbish...the first two weeks I was on holiday and the first 10 days we were away, so the 1st August we were camping near Bristol and then onto Pembrokeshire - not knowing the area and where to run was great fun for picking routes - I usually plumped for out and back either turning left out of the campsite or turning right and always kept on the road!! I'm so unadventurous - I was so concerned if I went XC who knows where I would end up and get totally lost!! The latter part of my annual leave we were back home so down the beach it was! It started getting challenging when I had to go back to work...I'm not a great fan of running in the evening - have always preferred running first thing - so I was mainly running before work - dragging myself up at 0530 to get out the house by 0600 - it never happened it was always 0615 or later!! The early morning runs by the beach were my favourite runs - I cant believe the disco singing bin at Boscombe Pier was in full flow belting out 'I will Survive' EVERY time I ran past it ...it must be faulty!! I did start flagging when the month turned into the 20s.....not helped by going on an impromptu bender on a night out, getting up late for work the next day and then having to run in the evening - that was torture....yes,yes,yes ...all my own fault I know!! My last few days were not how I would have liked to end the challenge...I started getting snivels a few days before and by the 31st I wasn't feeling great but I was determined to run the last day...made even better by meeting the Tuesday Trot...Trundle?? Let's call it the Tuesday beach run....met the crew just as I was finishing at Boscombe Pier!! Couldn't have planned it better! Well I crawled into work on 1st September...then spent the next four days in bed with the worst cold ever...yes it was just a very heavy cold and not COVID thanks goodness!! But I felt a real sense of achievement running every day and I was so pleased I raised £972 altogether and the total raised by the challenge was £316,954.57!! Thank you, thank you thank you so very much everyone who sponsored me - I know Ive said it before but it really did mean alot to me and your support really did keep me going!! My first run will be tomorrow since my challenge so a full 14 days off with this blimmin' cold!! Lets hope it all goes OK and the Disco bin is still belting out 'I will survive'...watch this space!!

Maggie

Stokes

I know what you are thinking, where is the link to **Maggie's Charity page**. Well look no further:

<https://www.facebook.com/donate/5844890488918739/10159910477142650/>

In total Maggie ran 169.34k (105.2 miles) in August.

Maggie's challenge in photos:



The Lordshill 10K - event No. 4 of the 2021 WRC Championship and a 10K PB for **Vicky Rutter**

Results:

	Chip Time*	Position Overall	Position Gender
Peter Doughty	38.01	43	43
Aaron Beaton	40.27	80	76
Vicky Rutter	43.30	127	17
Dave Green	43.56	137	116
Matty Bishop	44.43	156	131
Judith Coole	55.49	333	103
Louise Blakeley	57.25	348	110
Neil Dyble	58.16	357	241
Liz Dyble	58.35	361	119
David Mayne	1.00.28	366	248
John Mollon	1.01.05	388	251

“Course PB thanks to chasing Neil all the way. Aiming for sub 1 hour so thrilled to get 58.35 despite the uphill last km.” **Liz Dyble**

“Official time 58.16. 30 seconds ahead of target time and 90 seconds quicker than Eastleigh” **Neil Dyble**

“... under 56 but not quite a PB. 55.49 official. Good fun though.” **Judith Coole**

*I so wanted to use the available Gun Times!



Team Rejchrt takes a break - Not from running but from Westbourne RC

September is a month of transition and so it is for Team Rejchrt, as we embark on the next phase of our running lives. We took the decision with some trepidation earlier in the year to pause our membership for a season as an experiment and now the time has come. In part, the reason for the change was a surfeit of legacy races and a view that continued uncertainty around the global pandemic would translate into a lesser need to be licensed athletes. I will try to avoid these ramblings becoming overly poetic, philosophical or emotional. For many in the running community, the pandemic seemed an inconvenience on the road to getting back to the old way of doing things. For us, it provided an opportunity for some disruptive innovation, to reset, re-evaluate and reflect. Former chair Neil published a reading recommendation near the start of the pandemic, so I dipped back into Murakami. His essay on distance running provided a timely reminder of the reason we both run. For movement, for pleasure, for the joy of being out in nature and to give time for reflection and evolution, for oneself, against oneself. And I guess also for the sheer pursuit of how far can we push ourselves in an activity in which we have no particular skill. Timely indeed when faced with lockdowns and edicts controlling movement. And we're privileged to live in the New Forest with a wealth of footpaths, tracks and trails to explore. Taking in, enjoying and trying to preserve and protect the incredible biodiversity of the area. Watching the change of the seasons, colours of the foliage, the movement patterns of the animals. What a stunning backdrop. And with each day it became clearer to us that trail running is what brings us joy and pleasure every day. And connecting with a few people along the way as part of life's journey. For the benefit of newer members, I thus, without any particular goal in mind, set about my daily outdoor exercise, as permitted by the regs in lockdown 1.0 with running interspersed with virtual classes, home gym, re-landscaping and the occasional walk to rest the legs. Or so I thought at the time. On 26th May 2020, after a "rest" day of walking, I reflected and decided that walking, being a different skillset, really wasn't resting me. And so I started running. Virtually, I have now covered London to north-east Iran without a day's rest. So, 2021 is different and with a few more races in the calendar, we've dipped our toes back in and picking up some of the legacy events. But with our new-found knowledge a road race will need a compelling theme (e.g. Farnborough airfield, Severn Bridge Wales to England) to grab our interest. Of course, I won't deny getting sucked back in, getting an all-time half marathon PB on my first race back and on day 412 of my sequence may have helped! Prize winning on a hot day in Somerset gets an entry into another race, free volunteer places for 2 events and all of a sudden Q4 2021 is not as race-free as I had envisaged.

For those who crave stats:

Sarah: 7x 50k ultras so far in 2021. One a month, although a chink has appeared that perhaps in 2022 she might drop down to a 42.2 every month.

Peter: as at 31st August the running sequence is 463 days old, 5730km long (with the border to Afghanistan looming in my virtual overland route) and 75,500m of climb, that's the equivalent of close to the 9th summiting of Everest. And yes, insanity prevails. I have taken to adding top-up runs on my race days while Sarah completes her run. And a 50km plus a virtual marathon in the bag this year, the legs are feeling used, August was my slowest month of the year and a PT colleague asked if I ever get DOMS and predicts the come-down, both emotional and physical, might be hard. I hadn't even thought about the what happens after question.

And the goal? Remains elusive. As in life, to keep going as long as it brings enjoyment. Is there an end goal? I've always believed in being flexible and adapting to changes in the environment and so with the running sequence. Unfortunately, my crystal ball is unable to predict the forthcoming mutations and variants of SARS Cov-2, I can't predict when I will get injured and the re-opening of the world has already resulted in a few sniffles, anything and everything can happen. One day at a time, with Mother Nature guiding us, and with a smile (and occasional grimace) we plod on to whatever number has been pre-ordained for me. Sarah has joked that the sequence will end when I'm knocked down by a car on our pavement-less roads. I'm ever hopeful she's right only 99.9% of the time.

And so, Team Rejchrt wishes everyone who's persevered in reading this far enjoyable running, go out and enjoy what the world has to offer, and most importantly, continue to stay safe and look after each other. We're not far away and, although less active, our exploits can be tracked on Strava.

Peter Rejchrt

Stop Press: I'll try and persuade our **London Marathon** participants to come up with some words for the next issue, but for now a few highlights gleaned from emails, Strava and Facebook:

Looks like our Westie hero London Marathon runners are all in - a quick summary here for you all. Well done Westies - great running, loved watching from my lazy sofa, looked amazing!!

Judith Coole 4:53:38

Darrell Minvella 6:47:00

Kevin Drayson 3:04:18

Carys Gallagher 4:18:28

Sandy Luke 4:55:58

and

Darryll Corbin-Jones 3:18:47

Adam DNS (injury **Peter Doughty**

A couple of streaks that I know about. Firstly **Darrell Minvalla** has now taken part in four consecutive London's (see medals below) and **Carys Gallagher** became the third generation of her family to run the London Marathon.

"Spent the day recovering but put my name in for next year." **Sandy Luke**

"Well done Kevin Drayson. Legend." **Alexis Drayson**

"Superb, [Kevin] you did the club proud." **Judith Coole**

"Awesome running Kevin. Seriously impressive mate." **Tim Evans**

"What an amazing day. Didn't manage to Strava PB but got a new official marathon race PB and was very pleased to come in under 5 hours.

Highlights that made me cry were the Cutty Sark, Tower Bridge, seeing my children and Phil, finally getting over the line and then going to meet some Guide Dog puppies in training. Huge thanks as always to my Mum and Dad for coming too." **Judith Coole**

"Still buzzing from the VLM crowds (mums, dads & kids) all singing dinner, dinner, dinner Batman for hours on end, at the top of their voicesAlthough I may have developed tinnitus

Spine tingling to see so many people line the streets for the first time in 2 years." **Darrell Minvalla**



Judith Coole



More from the London Marathon:



Darrell Minvalla Yes, it is beyond me too!



Carys Gallagher

The London Marathon – before and after with Kevin Drayson



Record Breakers with Liz Dyle

With the return of actual races I thought I wouldn't get involved in any more virtual runs but I couldn't resist the chance to participate in a couple of World Record attempts. The first was organized by Endtoend (from my LeJog run) – they wanted as many people as possible to run or walk 5k on 4th September. The record they hoped to beat was 6,718 runners.

As it was on a Saturday I, along with many others, decided to use parkrun as our chosen run. Neil and I went to Salisbury as Bournemouth had been cancelled and I even achieved a course pb of 28:29. After all the times were submitted we are waiting to hear confirmation that the new record is 11,171.

I then used Lordshill to enter a 10k World Record attempt on 19th September through Virtualrunners. With Neil's help I managed another course pb of 58:35. However, I had to keep going passed the finish line to make sure I had run the full distance! I've had confirmation that I took part but don't know yet whether the record was broken, or even how many participants there were.

Liz Dyle



Final Numbers for the World Record Attempt 5K
Today, 14:31



Another championship race and a 'proper' run with hills and trails – the **Blackhill 10K**

"Great event and recommend it to anyone who likes trail running. I'm not the biggest fan generally (only because of the injury risk), but really enjoyed this. Tough, but not in a soul destroying way." **Neil Dyble**

"Absolutely brutal but I do love a wooden medal" **David Green**

"Started well but walked a narrow uphill bit behind a few others walking up early on so new early on I wouldn't run it all. Couple of issues (pain in side twice and had to walk them off; turned ankle after 7K and a 'Stickler downhill' scary moment) ... had a time of 75 minutes planned which I would have achieved if the [the course wasn't] over distance. Still ... at least I got round!" **Liz Dyble**

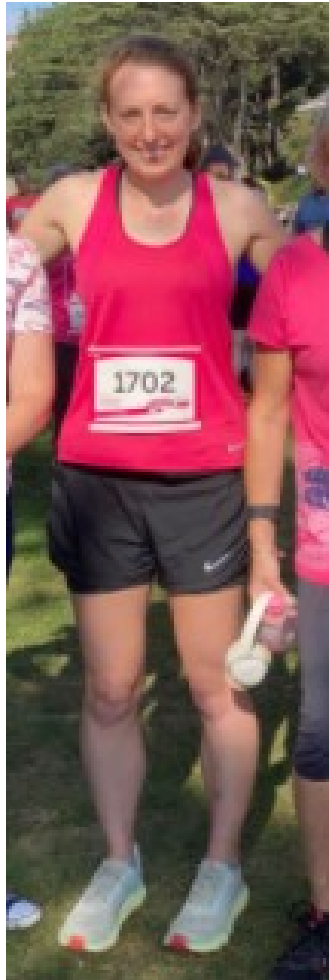


Left to right; **Judith Coole** (1.11.29), **Liz Dyble** (1.16.00), **Neil Dyble** (1.07.45), **Clive Grewcock** (1.24.34), **Matty Bishop** (53.05), **Geoff Parrott** (1.04.23) and not pictured (as he dashed off to his son's birthday party) **David Green** (50.22)

Felicity Hooper's Tour de Force that was **farkrun** came to an end on 4 September and the Westies topped the final table!

Farewell FarkRun - Seems fitting to bid farewell to FarkRun with a lap round Brockenhurst ParkRun on its long awaited return today. Very many thanks to Felicity Hooper & John Lloyd for FarkRun scheme, it's been brilliant through C19 for both Catherine and me. Kept us motivated, focussed & fostered that community feel. Massive kudos to you both.

Peter Doughty



- 1 point per runner Number of runners completing farkrun for the club
- 2 points per runner Individual completing three farkruns
- 3 points for the club Club with the most runners
- 4 points per runner Individual completing six farkruns
- 5 points per runner Individual completing twelve farkruns
- 6 points per runner Individual completing twenty four farkruns
- 7 points per runner Individual completing fifty farkruns

Cumulative club results

Club	Total points
Westbourne RC	1475
Christchurch Runners	1096
Deckchair Dynamos	852
Poole AC	43
Littledown Harriers	29
Bournemouth AC	1

Here there and everywhere – a quick round up!

Two Westies made it to Wimborne St Giles for the relocated **New Forest (Marathon) 10K** – Sally Pritchard (1.03.16) was “... pleased considering hills and lack of training (again)”. **Richard Colbourne** ran 46.35 in his “... first race since Boscombe 10K in 2019. Nice little undulating off road course”

Race for Life 5Ks; in Bournemouth **Felicity Hooper** ran in 25.02. Differing Strava updates from **Neil and Liz Dyble** over in Phapos Cyprus. Liz ran a Race for Life in 30.46 whereas Neil ran the same route in women's underwear (I'll spare you the photo) in 29.34 but his event was called 'Breast of Friends', a gag that I'm sure translates into both Greek and Turkish!

Fair play to anyone who is prepared to run 13.1 miles around Basingstoke 1.45.19 – Matty Bishop 1.45.19 in the **Basingstoke Half**.

This really is Stop Press territory, but at the **Bournemouth (non) Marathon Festival** a time of 24.40 for **Simon Roylance** in the **5k Supernova** and in the half marathon:

Louise Blakeley 2.12.34 – Pre race thoughts; “Aiming for a decent time say 2:15 as not up for a PB quite yet!... “ Box ticked then!

Matt Seagar 1.34.41

Matty Bishop 1.40.27

Thays de Freitas 2.23.28 - “I'm happy with that considering.” This was Thays' first race in a Westie Vestie - “Got a few shout outs for it but don't know their faces. Thanks everyone!”

Vicky Rutter 1.40.11 - “Race PB and Strava PB!!! Yay!!!

Championship Standings

Given that Liz spends a fair bit of time updating the WRC website, rather than copy the **Current Tables** into this update here is a link (you'll need the new password -see your emails):

<https://www.westbournerc.co.uk/club-championship-ors-tables-for-20>

... and whilst you are in the website Liz also regularly updates the **2021 Hall of Fame**:

<https://www.westbournerc.co.uk/copy-of-members-2019-hall-of-fame>

Thanks to everyone who has contributed to this issue – if I've missed something, just nudge me and I will include it next time.