

NOTES FROM THE GREEN AND WHITE ARMY

30 July 2020

Introduction

Well, admittedly I have slipped from my mid-month target, but the following is the updates that I have managed to glean and coerce from various Westies. Do feel free to send me anything you want including next time around.

An update from men's Captain **Pete Doughty**

I've paused on the T-shirt races theme. I've been enjoying Farkrun, Treasure Hunt, general running, and of course now the Westie Wednesdays are back (yay)!. I think I've done five of the TTs now, and thoroughly enjoyed all of them. Love the idea of setting them up as a Strava segment, so we can all do them whenever and find the route, record the results. I'm even starting to get to grips with some of my road names in Bournemouth, thanks to the overlap of some TT routes and me paying a bit more attention! This might give me a slight chance when I get round to tackling Aaron's route, as I struggle to combat my reluctant navigational tendencies! I've still got Darryl's TT course to tick off. Plenty to occupy!

One thing that I have found helping my running, is the first haircut in ages! I just missed a trip to the Barbers pre lockdown, so it was more than well overdue. Lopping off the shaggy look has been a huge relief, feel much lighter and ventilated!

Inadvertently I've found myself doing a fair bit of multiple running some days. It's an interesting way of upping the mileage (if that's your thing). Not something I've intentionally set out to do, but a mixture of doing my own planned runs, social running with others, and combining trips into Bournemouth for TT routes. Having breaks in-between runs makes it less challenging than you might think to do a chunky days mileage. I don't know if this technique would work for marathon training as a replacement for one off long runs – but if it would, its what I'd do. Way easier than the thought of setting off on a 15-20 miler in one go!

Keep well all, and look forward to seeing some of you at Westie Wednesdays and/or any Socials we can manage (many thanks Lucy!).

Peter Doughty



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Westie Wednesdays are back!!! Contact **Clive Grewcock** at wrcclive7@gmail.com for details

14 July:



Where are **Vicky Rutter's** selfie skills when you need them?

21st July:



It isn't easy at the moment so a big shout out to **Lucy and Tim Evans** for seizing the initiative on the social side of things.

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If ever there was an indicator of how long lock down has been in place, it is farkrun which has now reached week 19! Our continued thanks for **Felicity Hooper** for continuing to administer farkrun and Westbourne had a rather good week last Saturday!



Weekly Club results

Club	No. of runners	Points for most runners	3 farkruns	Points for 3 farkruns	6 farkruns	Points for 6 farkrun	12 farkruns	Points for 12 farkrun	24 farkruns	Points for 24 farkruns	Total points
Westbourne RC	12	3	0	0	1	4	3	15	0	0	34
Christchurch Runners	9		0	0	0	0	1	5	0	0	14
Deckchair Dynamos	4		0	0	0	0	0	0	0	0	4
Littledown Harriers	1		0	0	0	0	0	0	0	0	1
Poole AC	0		0	0	0	0	0	0	0	0	0
Bournemouth AC	0		0	0	0	0	0	0	0	0	0

- 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

Cumulative club results

Club	Total points
Westbourne RC	438
Christchurch Runners	375
Deckchair Dynamos	156
Poole AC	8
Littledown Harriers	6
Bournemouth AC	1

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We are now on to the seventh iteration of the **Time Trial Challenges** that **Adam Corbin** initiated. Thanks to everyone who has contributed a route and well done to everyone who has taken part. See Face Book or your emails for the latest route from that bloke **Clive Grewcock**.

<u>Week Five Felicity's Meyrick Park TT Route</u>		<u>Week Six</u>	
Aaron Beaton	38.48	Peter Doughty	23.19
Richard Colbourne	40.09	Aaron Beaton	25.45
Matt Bishop 45:43 (with some added distance)	45.43	Felicity Hooper	31.36
Felicity Hooper	44.44	Matt Bishop	31.48
Peter Doughty (according to the strava segment)	48.02	Judith Coole	37.47
Judith Coole	1.01.08	Liz Dyble and Jessie the Dog	1.01.39

We've a few too many on the injury list (good luck all) but here is some encouraging news from **John Hubbard**.

My update is a little more positive than before. I saw the Consultant at the end of June and he said things are taking longer than expected but otherwise he was happy. I have restarted physio and the lady I am seeing is brilliant. I have a load of new exercises to do and things are starting to improve. I am still not ready to run but maybe come September you never know! In the meantime I can walk and have been cycling a bit so I am not totally inactive any longer which is helping. I hope to catch up with everyone soon

John Holland



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The **Treasure Hunt** was based on a list of ideas from **Sarah Rejchrt**, so it is neat that 'judging' the latest round fell to Sarah. The winners were 75% of **Team Doughty** who will be setting the next set of clues.



As Sarah pointed out in finding something spiky **Judith Coole** appeared to be casing a few suitable properties.



Amy and Lucy Doughty, who along with **Catherine** will be setting the next set of clues.

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As always I'm sure I've missed more than a few runs that could have fitted into this list (especially virtual runs), so just let me know and I will add them next time.