

The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 41 – 8 JANUARY 2021

All Things Westbourne: Well I started typing these words in Tier four and mid way through the opening sentence the latest ‘Statement to the Nation’ meant I was in Lockdown#3 by the end of the sentence. Crikey, since the last news letter Bournemouth Christchurch and Poole had already slid into Tier Four quicker than any of Brentford, Northampton Town or Swansea City ever managed. The net result is that this *may* be one of the shorter newsletters, but there is some light in amongst the gloom as we have a new member. Gillian Curley has already ticked off a couple of Time Trials been up and down the BIC slope with Judith a few times and has also joined in with some of Pete’s social runs at Hengistbury Head and has now signed up. Personally I think it is Team Doughty’s baking skills that swung it. So, welcome to the Westies Gillian.

The Annual General Meeting: I realise you are all beside yourself with anticipation as you await the formal highlight of the WRC year; the AGM. However, still your beating heart for a day or two as we will put out a separate note with some thoughts about how to facilitate this in a lock down.

It is voting time: You will have seen Liz’s email in your in-box with the nominations for the Outstanding Achievement Award and the Most Supportive Runner and Most Improved Runner awards. Despite, or perhaps because of, lock down there is a surprising range of worthy nominations so get voting.

Westie Wednesdays/Social Sundays: ‘You put your left leg in, you take your ...’ yes the club’s Wednesday and Sunday runs are on hold again. This is the third hiatus for Wednesdays and means the anniversary of the first time we met on a Wednesday at the Durley will pass unmarked. On the plus side Pete managed to get the Social Sunday runs established this time around and the numbers have been encouraging. To reiterate what I said in my recent email the committee very much want to arrange group runs, training and other activities but we are somewhat stymied at the moment. Talking of which ...

The EA Five Mile Virtual Relay – run and record a five miler by 10th January: If we could get eight of us (four men and four ladies) to run a five miler and log it on the Open Track website we could have a crack at getting past round one of the EA’s Five Mile Virtual relay. Details are here (and our club code is WBRC):

https://www.englandathletics.org/athletics-and-running/england-competitions/virtual-competitions/virtual-road-relay-competition-2020-21/?fbclid=IwAR16ekLC8fxmymfyf3YAUqiS3ievF9oVPNov4cl8BL_HCuggfgFb7qXCLJ8

Go on, click on the link, you know you want to! Please don’t be deterred by thinking you won’t be in our fastest four/eight – our first hurdle is to get eight times on the board. To quote Aaron ‘the more the merrier.’

Time Trials: Sorry, this is my fault as I didn’t get the time to finalise my route and then it reached the point that, even though we were then in Tier Three, I wasn’t that keen on straying too far from home. Recently seeing the Poole Boundary marker on a Wednesday evening has felt like an adventure (and even that now seems an aspiration)! I’ll dust down one of the previous routes and circulate it to follow on from the EA time trial. I’ll pick one of the more straight forward ones!

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Race Diary: This still sits on my to do list (I wonder why I haven't applied myself to this) but Judith took one for the team and attended, via Zoom, a DRRL committee meeting. As an aside she picked up some gossip about local races so I will do an update covering off what we know so far about races in 2021.

UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
WATCH THIS SPACE!!			Wednesday Training and Sunday Social Runs On hold	'Weekly' TT Challenge Run See Facebook/email for the latest route Every Saturday Felicity Hooper's farkrun