

The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 28 – TUESDAY 3 DECEMBER 2019

All Things Westbourne: Firstly some words from our Chair, Neil Dyble; “Don't forget the AGM will be in mid January 2020 (final date and venue tbc). It will be your chance to discuss the club's future, as well as suggest any changes to our rules and constitution. See the following page of the website: <https://www.westbournerc.co.uk/club-policies>

<https://www.westbournerc.co.uk/>

Notices will be sent out in due course.”

Website: Although Liz has scoured the Run Britain website for everyone's PBs, there are probably still some gaps. So take a look at the 'roll of honour' page' and if you spot one of your PBs is missing, then assuming it was achieved whilst you were a paid up member, contact Liz on Liz-WRC@outlook.com

parkrun Socials: On the assumption we'll all be busy enough in the run up to Christmas we are not nominating a parkrun social for December and no doubt most of us will bump into each other at a festive parkrun somewhere anyway. There are, however, a couple of land mark runs coming up for club members. Colds, injuries and cancellations willing, both Liz Dyble and Geoff Parrott should reach 250 park runs on Christmas Day. Liz will be at Poole whereas Geoff will on his travels at Panshanger in Hertfordshire.

After Christmas there is already chat on Face Book about the New Year's Day double. The possibilities seem to include Upton House (08.30) and Bournemouth (10.00) or Netley Abbey or Whiteley (both 09.00) and then driving to Southampton (10.30). If you are interested it is probably best to liaise with Neil on ndyble@gmail.com and not let on to Greta T' about your plans!

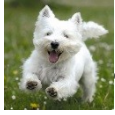
He's run 2,000 metres, it's very far, the snow is falling down: We have now confirmed numbers to the Libertine, but you never know your luck, if you contact Liz or I, we might be able get around the Forge's Chef de Patron and sneak you in. Details are as follows:

Christmas Party & Awards Evening at The Forge function room, part of the Libertine bar and restaurant, in Westbourne. This will take place on Sunday 15th December, at 7pm.

There will be club awards, recognition of outstanding personal achievements, the announcement of our London Marathon club place winner, drinks from the bar, a buffet meal, seasonal music, an open fire, and (maybe) one of Liz's fiendish running themed quizzes.

Training: The usual plugs with a Decemberish slant:

- Firstly there are the social runs starting at 17.30 on Tuesdays and Thursdays from LV='s offices at County Gates.
- Neil's intervals are taking a well deserved natural break for December. Watch this space for his New Year plans.
- Emma Hinchcliffe organises evening social runs on Tuesday (19.00) and Thursday (18.30). Both runs start and finish at All Hail Ale in Queens Road (BH2 6BE). As there is always the possibility that the festivities will disrupt these runs, I'd surest checking with Emma before setting out.



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The 2019 Dorset Road Race League Season: The 2019 DRRL season has been summed up by Neil as follows: “Well done everyone who took part in this year's DRRL. Tough year for the men's team, but our ladies finished 3rd in Div 2, and were the best ladies team at Round the Rock 10K.”

The 2020 Off Road Series: Thanks to everyone who made suggestions for the 2020 ORS. At Monday's Committee Meeting we agreed the following:

11/01/19 - Maverick New Forest 17K
10/05/20 – Harewood Forest 10K
07/06/20 – Bransgore 10K
10/06/20 – Corfe Mullen Carnival 5K
19/07/20 – D'Uberville Dash 10K (also main Championship)
06/09/20 – The Beast
04/10/20 --Clarendon way HM
25/10/20 – The Stickler

Hopefully this list is a balance of something old, something new, something short and something long. Quite a few trail runs are a bit pricey and whilst it has been impossible to avoid these altogether, hopefully there are enough value for money events in there to balance it out. There is admittedly now clusters of WRC/DRRL/ORS events in May and June and if you are on holiday then or tweak a hamstring around about then, apologies. I wouldn't claim to have anything as grand as an audit trail of the list I submitted to the committee, but if your favourite is missing, I can look at my notes and either say why it missed the cut, or admit that I overlooked it altogether.

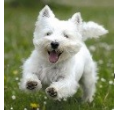
Closed/Open to Entries: As of Sunday 24 November, there were just 145 places remaining in the first DRRL race of 2020, the Broadstone Quarter Marathon, on 1 January 2020.

The Eastleigh 10K (22 March 2020) is also filling up fast as Neil Notes “Folks. Need to get our entries in if we don't want to miss out on a 2020 Club Champs race. It will sell out. 1000 places gone already. If you can't make it, it'll be easy to transfer your place to someone else.”

As already noted the Salisbury 10 (29 March 2020) is already full. A number of Westies did enter during the window Neil negotiated with the Race Director so it remains part of the club championships. One of the side effects of the Salisbury 10 sell out is that Joanne Francombe, who along with Richard Mollon had the foresight to enter well in advance, has flagged the Shrewton Bustard 10K as “... a corker, that sells out even faster.” This is likely to be in May, but looking at the internet it seems that the exact dates has not been set for 2020.

Perhaps understandably, as entries are not yet open, the Swanage 10K did not make it into the club championships or the DRRL. However, this is a popular event with Westies, so it might be worth keeping an eye on their website, as entries will open once the organisers obtain authorisation the necessary road closures.

It may be if you look on Face Book and on the individual race websites you'll find waiting lists and or swapsies for the events that are full.



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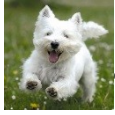
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The Green and White Army's Corner:

- 02/11/19 – Dark Valley 10K and HM: This seemed to involve running around Moors Valley after dark. Darrell Minvalla rattled off a 1.24.46 10K and Kevin Drayson was third male overall in the Half Marathon with a time of 1.32.39.
- 03/11/19 The Stinger 5M and 10M: In the five mile race David Child (45.38) finished in 7th and also won his age category. In the ten mile race Peter Doughty was fourth in 1.07.11, followed home by Peter Rejchrt in 1. 23.17, Kevin Drayson in 1.29.42 (and yes that is Kevin running 10 miles the morning after a half marathon) and Sarah Rejchrt who, after head butting a tree, finished in 2.10.28.
- 03/11/19 Wessex XC Event No. 2 at Lytchett: Events conspired to impact on our attendance as Team Dyble was halved by family commitments, my plan to do a Stinger/Lytchett double was completely snookered by car issues and Team Rejchrt's attempt to do the same double was cut short after the Stinger by the aforementioned tree incident. Credit therefore goes to Darryl Corbin-Jones, Felicity Hooper, Geoff Parrott and Liz Dyble for representing the club.
- 09/11/19 Brockenhurst Park Run: I'll spare you a repeat of my email but the Off Road Series concluded at Brock Park Run and take a bow Maggie Stokes and Peter Doughty, the 2019 ORS champions.
- 17/11/19 Wimborne 10M: in the second half of the month, attention switched to the Championships with Wimborne being the penultimate event. First Westie home, Peter Doughty just missed out on a sub 60 minute 10 miler, finishing in 1.00.10. Adam Corbin (1.01.34) was the second Westie to finish, then came Aaron Beaton (1.05.34) with Kevin Drayson a mere two seconds behind. Ever the gent, Darryl Corbin Jones crossed the line in 1.12.16 with Sarah Ellis a second behind. Geoff Bates is a name we haven't seen so much of recently so it is good to see him finish in 1.19.07. Next Westie home was Kevin Trowbridge (1.23.24), then Sandra Hewson (1.27.08) and Louise Blakeley (1.35.48).
- 24/11/19 Boscombe 10K: a week on and Adam Corbin (36.55) and Peter Doughty (37.35) swapped finishing order. Thereafter the Westie finishing order was Kevin Drayson (38.43), Aaron Beaton (40.33 and good to see Aaron featuring two weeks running), DCJ (41.54), Vicky Rutter (45.25), Richard Colbourne (46.03), Geoff Parrott (49.54), Kevin Trowbridge (50.59), Sandra Hewson (53.29), Tracey Price (53.31 although gun time, aka real time, couldn't separate Sandra and Tracey), Neil Dyble (56.46), Louise Blakeley (56.47), Liz Dyble (1.01.57) and Judith Coole (1.04.40).
- 2019 WRC Championship With Wimborne and Boscombe bringing this year's championship to a conclusion, congratulations go to the 2019 Champions Adam Corbin and, for the third consecutive year, Sarah Ellis.
- 30/11/19 Croxteth Hall parkrun: Despite having run 78% of his parkruns at Poole, David Small joined the 250 Club with, by his standards, a sedate run at Croxteth Hall. David's fastest parkrun to date was a time of 19.08 at Poole on 30 May 2015.

The above list comes with my usual apologies for oversights, errors and omissions and with good luck for your running in December.



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UP AND COMING

NEXT WRC CHAMPS RACES	NEXT ORS RACES AND WESSEX XC RACES	NEXT DRRL RACES	TRAINING	SOCIAL
Lytchett 10 9 February	Wessex XC No. 3 Canford School 15 December	Broadstone Quarter Marathon 1 January	Every Tues/Thurs at 17.30 Social Runs from outside the BH1 gym at LV= Frizzell House	The Christmas Do the Forge, The Libertine 15 December 19.30
	The New Forest Maverick 11 January	Blackmore Vale HM 2 February		
		Lytchett 10 9 February		