



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 17 –MONDAY 8 APRIL 2019

All Things Westbourne: A very short Westie this time – think of it as an interim edition to primarily highlight a couple of upcoming events, as I’m aware that some members are not on Face Book and, of those that are, not everyone necessarily hangs on its every word.

April’s parkrun Social: In the Chair’s words: “... the next club social parkrun will be at Bournemouth on 27th April. Once again, we’ll grab a coffee and/or bite to eat locally after.” I’ll be making the case for heading to The Kitchen at 812 Christchurch Road. Many of you may, of course, have other suggestions and, if you think you’ve put in the hours of research that Pete and I have, well fire away! Anyway, back to the Chair: “... we do hope you can make it. Thanks to everyone who completed our poll for this. It was a close-run thing between Bournemouth and Upton House, but we've been to Upton more recently.”

Midweek Intervals: Over to Neil again: “... we'll be meeting on Wednesday 6.30 Poole Park pavilion this week for an hour. I suggest that we do a range of interval times to remind ourselves what a 30s interval feels like compared to a 3 minute one. For those who haven't yet joined us - these aren't all out sprint sessions, but should be completed at, or close to, your current best parkrun 5K pace. Hope to see you and all abilities are, of course, welcome.”

Off Road Series: It is looking like the Studland 5K may not go ahead. That gasp you just heard was a sigh of relief from me, as from my end of town I’m iffy about trailing over to the Purbecks on a Bank Holiday weekend for a 5K. If the Studland 5K is scratched then the committee have decided on the 10 July Upton Series run as the replacement event (roughly the same length so seems the best fit). If like me you haven’t ran in the Upton Series before, then hopefully this may give us the necessary shove to try it. Below is the web address for more details.

<https://poolerunners.co.uk/upton-summer-series/>

YELLOW STICKIES

NEXT CC RACES	NEXT ORS RACES	NEXT DRRL RACES	SOCIAL
Easter Rotary Quarter Saturday 20 April	Boo, hiss, no ORS runs until June!!	North Dorset Village Marathon (NDVM) Sunday 5th May	Bournemouth parkrun Saturday 27 April
		May 5 Sunday 19th May	