



# The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 29 – SUNDAY 22 DECEMBER 2019

**All Things Westbourne:** it is that time of year where we all get a somewhat reflective and any year brings some good, some less so good. The good includes two Westies being blessed with ‘little bundles of joy’ so congratulations to Laura and Ian Hamilton on the birth of Alex and to Adam Corbin and Nina Miller who were made three by Hope. Meanwhile, it will be little comfort to those on our injured list that ‘real runners’ are always either recovering from an injury, injured, or about to get injured, especially as it feels we have recently had more than our share of injuries. Aaron Beaton and Marcus Harmes saw the middle of their seasons blighted by injury. Sarah Rejchrt recovered from a broken toe only to injure an ankle (a saga reminiscent of virtually any England world cup squad in the 80s or 90s). The end of the year saw ladies champ Sarah Ellis with a calf injury, Felicity Hooper with a broken hand, whilst Curtis Badley had no sooner joined WRC than his knee was playing up and I doubt this list is anywhere near extensive and, in particular, David Green and John Hubbard have been sidelined for most of the year. So, fingers crossed for everyone in 2020 and let’s hope that we see David and John back in action soon.

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**The Committee wishes all Westies and their families**

**a very happy Christmas, and**

**an injury free 2020**

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**parkrun Landmarks, Doubles, Socials and Travels:** Liz Dyble is on course for chalking up her 250<sup>th</sup> parkrun on Christmas Day at Poole. At the same time, and in the same place, Darrell Minvalla will hit the 150 landmark. Geoff Parrott has decided to run incognito at Panshanger on Christmas Day and to wait until he is back ‘amongst his people’ at Poole on the 28<sup>th</sup> to brandish his bar code for the 250<sup>th</sup> time

(Yawn, warning repeated paragraph follows) - “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](mailto:ndyble@gmail.com) and not let on to Greta T’ about your plans!”

As Shaw Taylor used to say “keep ‘em peeled” on Face Book for any 2020 parkrun Socials (and I’ll follow up with an email for those that eschew social media). For younger readers Shaw Taylor used to present ‘Police Five’, a sort of 1960s low rent version of ‘Crime Watch’.

Looking further ahead and further afield Louise Blakeley has mooted a big Westie day out to Bushey parkrun. I think that idea might have legs.

**The 2020 AGM:** Yes, it is that most wonderful time of year, no not Christmas but the WRC AGM!

Details are:

Tuesday 28 January 2020 at 19:00

Community

Talbot View Community Centre

Alder Way, BH12 4AY

I will send out the formal notices by email between Christmas and New Year, but for now, block off the date in your diary



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**The 2019 Christmas Do:** Liz has updated the website and I've no wish to steal her thunder and also I don't like missing any opportunity to steer you towards the new website. However, in brief, the big winners on the night were:

- Ladies' Championship; Sarah Ellis first (for the third consecutive year), runner up Sandra Hewson and Liz Dyble third.
- Men's Championship; Adam Corbin first, runner up Peter Doughty and Kevin Drayson third.
- ORS Ladies; Maggie Stokes first, runner up Sandra Hewson and Tracey Price and Sarah Rejchrt joint third.
- ORS Men; Peter Doughty first, runner up Kevin Drayson and David 'ever present' Child third.
- Most Improved Runner; Adam Corbin-Jones.
- Club London Marathon Place; Kevin Drayson.
- Most Supportive Runner; Peter Doughty.
- Outstanding Achievement; Kevin Drayson.
- Special Recognition Awards; Jean Henry (all 25 Sticklers) and Sandra Hewson (services to Westieism).

Thanks to Liz and Neil for organising and coordinating another successful Christmas/Awards Bash. Liz's web page, with Dave Hibbert's photos (thanks Dave), can be found at:

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

**Training:** The usual plugs with a seasonal 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. Looking to 2020 Neil is gauging the level of interest in hill training sessions in January and February. These will probably be on Tuesday at 18.30 for an hour, if enough Westies are likely to come along. Contact Neil on: [ndyble@gmail.com](mailto:ndyble@gmail.com)
- Westie 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 suggest checking with Emma before setting out.



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**Closed/Open to Entries:** This is mainly based on a trawl around the internet at the start of this week, so may already be out of date. However, 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. See also <https://www.westbournerc.co.uk/local-race-calendar> for further races:

- Round the Lakes on 26/12/19 – still open (as at 16/12/19) and they allow entries on the day if not already full by then
- Broadstone Quarter Marathon (DRRL) on 01/01/20 – now full and closed to entries.
- The Maverick (17K route is in the ORS) on 11/01/20 – still open (as at 16/12/19) and yes at that price I'm not surprised either ...
- Race #2 of 3 in the G3 Series on 18/01/20 – admittedly well off of our patch, but if you fancy joining four Westies in a trip to Guildford, 100 places remain available (as at 18/12/19).
- Blackmoor Vale HM on 02/03/20 – places still available.
- Lytchett 10M (WRCC and DRRL) on 09/02/20 – event full but there is a waiting list.
- Eastleigh 10K (WRCC) on 22/03/20 – entries still available (as at 16/12/19) but predicted to close soon.
- Salisbury 10M (WRCC) on 29/02/20 – fully booked, but Peter Doughty may have a spare place. If interested either contact him on Face Book or via me.

To be continued ....

## The Green and White Army's Corner:

- 07/12/19 – parkrun: Over to Neil for a few words: “ LIFETIME PARKRUN PB ALERT: Huge congratulations to Westie's Vicky Rutter, Lucy Evans and Peter Doughty who all set lifetime parkrun PBs of 22.06, 32.30 and 17.39 this morning at Bournemouth, Poole and Blandford respectively. B.R.I.L.L.I.A.N.T “
- 08/12/19 - The Hogs Back Road Race: Part of Guildford's fine running heritage (yes, I'm clearly cribbing this hyperbole) the Hogs Back is an 11.4 km road run around the Loseley Estate and over the Hogs Back in Surrey. Old twaddle aside, it includes enough incline to separate the men from the boys, or more accurately to separate the daughters from the their dads; Carys Gallagher 1.02.18 and 1.14.32 for me. Embracing the spirit of Draytonism, after the race Carys headed straight off to Fulham to turn out for Sutton and Epsom RFC.
- 08/12/19 - The Christchurch Christmas Pudding 10K: Did I jinx this one by mentioning injuries in this month's opening paragraph? Sarah Ellis' calf saw her pass her place to Curtis Badley only for his knee to flare up meaning he too dropped out. Meanwhile, in speedway terminology, Pete's leg strain saw Team Doughty employ a late tactical substitution which saw Catherine run instead. Along with Catherine three other Westies ran without drama and were led home by the ever steady Darryl Corbin-Jones (44.33), followed by Geoff Bates (49.04 and it is beginning to look a lot like Geoff is back), Catherine Doughty (who stormed to a 50.55 10K PB) and Adam Corbin (who ran in 56.02 alongside Nina).



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- 14/12/19 - II MS Run Lanzarote: Reports are coming in from our Foreign Correspondent (ok, I've been spying on Face Book again) that Marcus Harmes' green and white vest has made its first overseas outing. A time of 39.45 over a five mile (or maybe eight kilometre) course and apparently "... cor blimey that was hot and for a change virtually no breeze.
- 14/12/19 - Wessex XC Event No. 3 at Canford School: Westbourne were well represented at the third Wessex XC event. In the 8K mens' race Adam Corbin (30.44), Darryl Corbin-Jones (34.54), Peter Rejchrt (36.24), Tim Evans (37.02) and Geoff Parrott (42.25) donned the green and white. In the 5.5K ladies' race Liz Dyble (32.45) was our sole representative, whilst Neil Dyble was amongst the volunteers. After three events Liz and Geoff are our ever presents.
- 20/12/19 – parkrun: You Westies do get about! It may only have taken Paul Simon four days to hitch hike from Saginaw, but is still strikes me as remarkable that Tim Evans was in Westbourne Sunday night for the awards bash and then he pops up the following Saturday at Livonia parkrun in Michigan. A none too shabby 21.26 by the way.
- 21/12/19 - Portsmouth Coastal Waterside Marathon: Vicky Rutter's "... second marathon to date. Brilliant event! Lots of mud and water made for cross country like terrain but this was also really fun! There was even JD and coke at mile 15(which would have been rude not to take advantage of). Super happy to just get under the 4hr [3.59.35] making it a pb."
- 21/12/19 – The Trust Studland 10k: Personally I think you have to admire anyone who rolls out of bed to make it across to the Purbecks in time for this one. However, Maggie Stokes makes it sound tempting "... great turn out [I think in addition to Maggie the Westies were DCJ, Felicity Hooper, Kevin Trowbridge and Peter Rejchrt and sorry if I've missed anyone] and very festive on a beautiful sunny morning. The views were stunning as we could see the far side of the IoW, Hengistbury Head, all over Swanage and the Weymouth area."
- Mentioning those that don't get any/many mentions: I wont trot out the full Donald Rumsfeld quote, but you get the gist that as the year comes to an end, I'm aware that I only list things I either know about or that I'm told about. So the endeavours of a vast swathe of Westies go unnoticed. So picking at random one person to represent the 'under mentioned', Kate Allam started 2019 by setting a Bournemouth park run PB of 25.00 on News Year's Day and so far this year has ran over 30 parkruns whilst blowing her own trumpet zero times. (Whilst there is nothing wrong with lights being hidden under bushels, do note Dear Westies that it doesn't make compiling this section any easier!) Not only a park runner, but one of Neil's intervals crew and Kate remained stoic when she was overtaken on bend one of this summer's handicap mile at Kings Park. So my apologies to all those Westies who I've overlooked on these pages in 2019.
- ... and let's not forget: Finally, as another running year closes a word of thanks for all those non-running partners, off spring and parents who attend races, child mind etcetera whilst their other other halves race and who also put up with umpteen meal times being disrupted by training runs. Thanks all!



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## UP AND COMING

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
Lytchett 10 9 February	The New Forest Maverick 11 January	Broadstone Quarter Marathon 1 January	Every Tues/Thurs at 17.30  Social Runs from outside the BH1 gym at LV= Frizzell House	
		Blackmore Vale HM 2 February		
		Lytchett 10 9 February		