

The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 43 – 7 MARCH 2021

All Things Westbourne: It is that time of year, so I'll hand over to Liz:

"First of all, I want to say "Thank you" to everyone for the support you have shown the club during this past, difficult year. I hope that you are all well and looking forward to happier times ahead. The good news is there now a path out of lockdown when we will be able to meet up again, with maybe a race or 2 by the summer!

With this hopeful outlook, it is that time of year when I send out your friendly reminder to let you know it's time to renew your membership for 2021/22.

If you have paid and / or just joined since January this year, then please ignore this email unless your details have changed (if in doubt contact me)!

As agreed at the EGM **subscriptions for 2021/22 will be £20 for first claim renewing members** (£25 for new members; and £10 for second claim members) **and are payable by 31st March 2021.**

Please can you either **complete and return** the attached membership form; **or confirm** that your details (especially your email address) are unchanged. Payment can be made online or by cheque / cash and all details can be found on the form.

Your membership includes affiliation to the England Athletics Association (EAA) which gives you discounts on EAA race entry fees (typically £2 per race) and other benefits which can be found on the EAA website.

<http://www.englandathletics.org/clubs--community/club-affiliation/benefits-of-affiliation>)

If you no longer wish to renew then please let me know so I can update our records.

If you've got any queries then either email (liz-wrc@outlook.com) or message me on Facebook.

Have a good year and look forward to meeting up at some of our events."

Time Trials - Pick Your Own Route: The current Pick Your Own Route is a Quarter Marathon Time Trial. So that is 6.55 miles which I think equates to 10.54 kilometres for the youngsters amongst us. We will use the same light touch rules as for the 10K, so you can have as many attempts as you want and pick a route with as many laps and loops as you like so long as you start and finish in roughly the same place. We won't be looking to 'police' your start points, working on the premise that by now we all know the Government's current rules on exercise.

Yes I know it is kooky distance but apparently a quarter marathon is a thing here in Dorset (despite 21 years of living amongst you and I still haven't grown used to your ways) and the BCP area boasts two QMs. One is the Broadstone Quarter which repeats the same hill twice and one is the Rotary Quarter which is along the sea front. So whilst it isn't part of the rules we thought it might be an interesting twist to see who can find routes that either repeat the same tedious hill twice or follow water for as long as possible.

As before members of the diaspora, especially the Wednesday crowd are more than welcome to join in. As with the previous time trials we will extend this to non-members, especially those in the Wednesday diaspora.

If you could upload your attempts on to Strava with the title - 'Westie PYOR QM TT' – that would be helpful. Closing date is 14th March and we do have something slightly different up our sleeve for the second half of the month.

The Westie

WRC - The friendly running club
MEMBERS E-BULLETIN

NUMBER 43 – 7 MARCH 2021

Westie Wednesdays/Social Sundays: Fingers crossed but with a fair wind it looks like we can get back to running in groups of six on:

- 31 March - Westie Wednesday
- 3 April – Social Sunday

2021 Race Diary: At long last attached to this is an attempt at a 2021 race calendar. Rest assured that this will be out of date by the time it reaches your in-box.

Notes From the Green and White Army: If you anything for inclusion in the mid-month (virtual races, challenges, training tips etc) please send it to me by the 15th March. Thanks

UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
<p>WATCH THIS SPACE!!</p> <p>It does sound like there is an intent to organise some form of DRRL this year though.</p>			<p>Wednesday Training and Sunday Social Runs</p> <p>On hold until April</p>	<p>TT Challenge Run PYOR QM Ends 14th March</p> <p>Every Saturday Felicity Hooper's farkrun</p>