

## NOTES FROM THE GREEN AND WHITE ARMY 13 November 2020

### Introduction

Crikey, so here we are in Lockdown#2, which means these mid-month updates will be continuing for a bit longer. It also means that the Wednesday social runs and hill sessions are on hold until at least 9<sup>th</sup> December. Whilst I find running as part of a group much more enjoyable than slogging around bungalow-land on my own, I do get that there are bigger fish to fry than Westie Wednesday, so in reality it is but a small price to pay. However over to our governing body, England Athletics, to clarify what can take place; “The UK Government have confirmed that you can exercise with people from your own household OR with one other person. For athletics and running this means;

- You can train with your household or one other person in **a public** outdoor space
  
- 1:1 coaching can take place in **a public outdoor space** following social distancing measures (Please note: We are seeking clarity on 1:1 coaching with U18s and disability athletes/runners). (Outdoor public places, such as parks, the countryside, beaches and public gardens can stay open, this means that tracks must close during this period)
  
- Virtual training sessions can be delivered by qualified coaches
  
- Virtual competitions will still take place.”

See <https://www.englandathletics.org/athletics-and-running/news/new-guidance-announced-for-athletics-and-running-following-latest-national-lockdown-restrictions/> for more information.

Fortunately this still leaves us able to exercise. The Time Trials (thanks Team Parrott) and farkrun (thanks Felicity) can also continue and if you have any other suggestions for lock down events, do contact a committee member. As to the news, for the second month in a row we start with the London Marathon and once again thanks to all the contributors.

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### London Marathon postscript No. 1 – Felicity Hooper's Virtual Marathon



The virtual London marathon was nothing I expected it to be. I hadn't expected to be cheered on by random strangers we passed on our route, or have people shout encouragement from their cars as they drove by. It was fantastic to spot other runners out doing their London marathon and to share a few words of support. I ran with four of the Deckchair Dynamos, our chosen route was fantastic, I got my trail fix on the first half as we ran from Ringwood following the Castleman Trailway to Upton then on to the seafront to Boscombe Pier. There was one point where we had to wade through calf deep water only to realise 100yards on there was a way round! This run changed my perspective of a virtual race, it may be due to the size of the event but it felt like we were part of a race rather than just out for a run.

Felicity Hooper

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### London Marathon postscript No. 2 – more from the Facebook posts of the King of Bling aka **Darrell Minvalla**

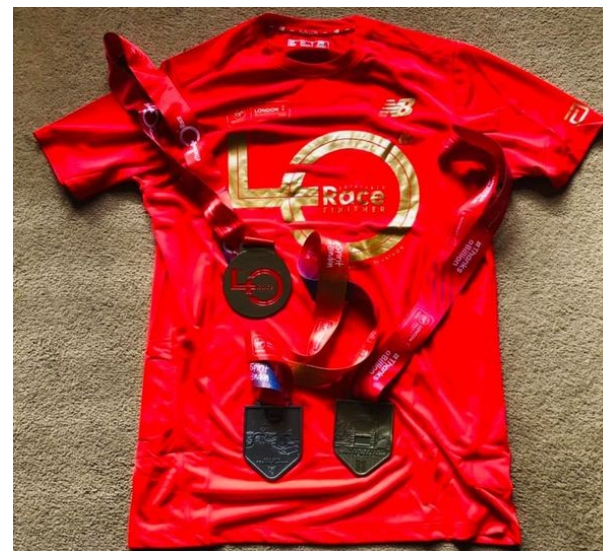


Postie's been with more bling to celebrate that I'd wobbled around another VLM!  
Albeit this time it was a virtual one because of the pandemic. A great way to still be involved on the 40th race! Proud that some great friends & I made history on 4th Oct this year!  
Personally, 3 in a row ain't too bad either, for this once, very fat lad. Each year has motivated me, with the time to finish getting quicker - That along with a new tee and bling each time .... I swear I was a magpie in a previous life 🙄👉👈  
More importantly over £5k raised to support blind and deaf children as well as those with learning difficulties - and their families - thank you to all that gave up your hard earned money

However, it turned out that the t-shirt didn't fit ...

A shout out to a fellow running buddy Keith  
. He offered and sent me his new VLM tee as mine didn't fit - he didn't want a swap of mine in return, nor would he take any money or postage costs. Made me think, despite all the crap that 2020 has thrown us, there are still some very kind and supportive people out there!  
It arrived this morning - what a top man and gent!

Darrell Minvalla



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From **Neil Dyble**: “You might've heard the rumours, and the rumours were true. There was a local race today [17/10/20]. Congratulations to **Vicky Rutter** for finishing 10th Lady in today's **Jurassic Maverick** Middle Distance event (20K) on Purbeck.”



Maverick Jurassic trail race 🏃‍♀️🏃‍♂️🏃‍♀️🏃‍♂️ awesome!!

First race since March 🏃‍♀️🏃‍♂️🏃‍♀️🏃‍♂️ epic hills, great descents and nice technical sections 🏃‍♀️🏃‍♂️

Vicky Rutter



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Now the virtual races – well it is the way of 2020 – first up **Liz Dyble** runs the virtual **London Vitality 10K**

I signed up for the London Vitality 10k as it was only £15 and they promised a nice shiny medal and quality T shirt. I had the whole of the half term to fit it in and, of course, it added a further 6 miles for my LeJog challenge.

When I looked at the forecast I thought I would try venturing out on the only dry day (Monday) but Neil suggested he drop me off at Blandford. He would then meet me after parking the car in Shillingstone, as he was happy to run some of it with me. So, I set off from the start of the North Dorset Trailway and along the Blandford parkrun route. All went well until I found myself in a farm after going the wrong way. Back on track I had to stop a second time to check the map – although I'd cycled here before I didn't want to go wrong again. All was going uphill (by now I was cursing Neil's choice of route!) when the heavens opened. Luckily, I was slightly sheltered by some trees so decided to put my waterproof top on. Unfortunately, I managed to stop my watch with another 4k to go... hoping it wouldn't matter I carried on and soon met Neil coming the other way. We then ran onto Shillingstone – I had to go beyond the station to make sure I had done 10k where I got caught up with the Dorset Doodlers doing their private version of the Stickler and they realized "I wasn't one of their's" as I sailed passed.

After a very welcome pasty and cake at the station café we returned home where I checked the rules and discovered my 2 runs would not be accepted. A few minutes of panic and a bit of googling I discovered it is possible to combine 2 workouts into one. I managed it and although the time and distance were both more than expected I successfully sent it off so I'm now waiting to receive my goodies in the post.

Liz Dyble



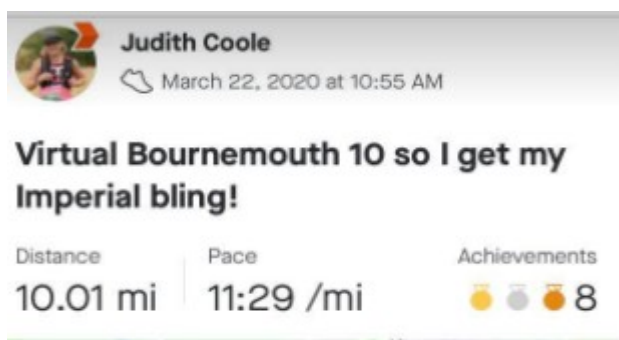
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Originally postponed by storms, in the end Covid-19 finally did for the rearranged 2020 **Bournemouth Ten**. The following is a summary of the various virtual runs that I am aware of.

First out the blocks on 1 March were **Vicky Rutter** and **Darrell Minvalla** who combined their virtual Bournemouth 10s with their 13.1 mile run around Paris. Over to Darrell “.. Vix and i did it as part of our half mara in Paris - not sure on the 10 mile time but the half was 2hrs:16mins.”

**Richard Colbourne**, seen opposite with the bling, ran his virtual Bournemouth 10 in 1. 20.26 “... on the 22 March, the day before lock down started. I followed the actual route as I have done the route a few times. Similar weather to this weekend in November and as usual got a really nice medal and t shirt. Hopefully next year I can do it as a proper race.”

Also out and about on the 22<sup>nd</sup> was **Judith Coole** who ran a loop around Winton and the Stour in 1.54.54



**Peter Doughty** recorded 1.09.29 on 4 November immediately before he rocked up for the start of Westie Wednesday (discuss); “Thrice postponed, time to make it happen. Got the nutrition wrong (cooked breakfast, skipped lunch), hard work, held on!”

Ever the optimist **Marcus Harmes** is “... hanging on for the actual race.”



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**Felicity Hooper** continues to administer **farkrun** which has reached Week 34.

### Weekly Club results

Club	No. of runners	Points for most runners	3 farkruns	Points for 3 farkruns	6 farkruns	Points for 6 farkrun	12 farkruns	Points for 12 farkrun	24 farkruns	Points for 24 farkruns	Total points
Westbourne RC	10	3	0	0	0	0	0	0	2	12	25
Deckchair Dynamos	8		0	0	0	0	0	0	1	6	14
Christchurch Runners	7		0	0	0	0	0	0	0	0	7
Poole AC	1		0	0	0	0	0	0	0	0	1
Littledown Harriers	0		0	0	0	0	0	0	0	0	0
Bournemouth AC	0		0	0	0	0	0	0	0	0	0

- 1 point per runner    Number of runners completing farkrun for the club
- 2 points per runner    Individual completing three farkruns
- 3 points for the club    Club with the most runners
- 4 points per runner    Individual completing six farkruns
- 5 points per runner    Individual completing twelve farkruns
- 6 points per runner    Individual completing twenty four farkruns

### Cumulative club results

Club	Total points
Westbourne RC	714
Christchurch Runners	567
Deckchair Dynamos	321
Littledown Harriers	15
Poole AC	20
Bournemouth AC	1



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The 'results' of the last two **Time Trial** routes are below. The latest route 'Squirrels and Sea Views' can be found on Facebook or in your email in - box. Whilst remaining cognisant of the lock down and social distancing feel free to invite your running friends to have a go and send in their times.

<u>Route Eleven - Clive's No. 2 Route - 'The Sandbanks Short and Simple'</u>		<u>Route Twelve - Aaron's No. 3 Route 'The L'</u>	
Aaron Beaton	24.35	Aaron Beaton	32.41
Tim Evans	28.27	Richard Colbourne	36.39
Geoff Parrott	31.24	Matt Bishop	39.04
Lucy Evans	36.47	Geoff Parrott	42.59
Hilary Parrott	45.43		

As always I'm sure I've missed quite a lot that could have been included, so just let me know and I will add them next time.  
All contributions gratefully received and thanks to everyone who has helped with this edition.