

NOTES FROM THE GREEN AND WHITE ARMY

28 August 2020

Introduction

Once again my mid-month update has slipped to the month end, but at least this time we have a race report. Maybe that is a sign that normality is returning, but it almost seems to me as though as we take one step forward as more businesses reopen whilst we simultaneously take one step back as more countries are added to the quarantine list.

An update from our Treasurer **Liz Dyle**

Today marks 140 days of lockdown. I've been keeping a record of my daily exercises since then, never imagining how long covid restrictions would last. So far I've racked up 271 miles of walks (lucky dog); 203 miles of jogging (poor Jessie, when I've dragged her along too); and 89 miles on the bike. There have been many upsides to lockdown as we've found some fabulous places to explore on our trips out. Although, as some will know, it's been quite a traumatic time this last month. Luckily we can, now, look forward to more adventures and catching up with everyone else's through social media (gives us lots of ideas). And, as lockdown eases, we will enjoy seeing the Westie family back together. In the meantime, stay safe and take nothing for granted. Let's make every day a happy and healthy one. See you all soon.

Liz Dyle



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The following is just a snapshot of how the **marathon plans** of two Westies have been affected by the lock down.

Darrell Minvalla: So VLM didn't happen for obvious reasons – As many know, it was postponed and then goes virtual for the 40th anniversary on 4 Oct....This would be my hat trick of VLMs in a row since 2018, when it was the hottest on record, with a cool temperature of 32 degrees recorded at pavement level!
However, with all the uncertainty post COVID-19 it really made me under prepared by not having a goal. But a month ago I was introduced to the Lands End to John O'Groats challenge – to run/walk 874 miles virtually over a 12 month period. I've now got my mojo back by doing this - after 4 weeks I've run/walked 183 miles, with 690 to go. Hoping to get this done in under 6 months, and fingers crossed more organised races will be happening again ... & getting us all back to somewhere a little more normal than we've been.



Judith Coole: This year continues to be a disappointing one for the marathon runners amongst us. Kevin Drayson, who had our club place for London, must have been gutted when the rescheduled event was cancelled. For me, I was really looking forward to running in Paris, especially as my training was going so well in the first few months of the year. When it got postponed, I got caught up in a frantic couple of weeks of chasing marathons, firstly Brighton, then NDVM, only for them to be postponed in their own right almost as soon as I had booked them, as though I were cursed. It quickly became clear that a spring marathon wasn't going to happen, so I reworked my spreadsheet of training ready for Paris in October, which then became November, which has now become 2021. And without something to train for, my runs have become shorter, because there just didn't seem to be any point in spending/wasting so much of a weekend running around, with nothing to show for it except the ability to eat a lot of cake without putting on weight. I can only marvel at people like Peter R and Felicity, who continue to churn out long runs just for the fun of it. Please tell me your secret!
So anyway, my eyes are now turned towards spring 2021, where I am currently entered, with accommodation booked, for both Paris and Brighton, just a week apart. If the mood takes me, I might do both, just for a laugh, but otherwise, I'm simply hedging my bets. Wish me luck!



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Westie Wednesdays



Whilst a socially distanced social run sounds an oxymoron that's what we have been aiming for since we re-started Westie Wednesdays in July. Over the past few weeks, along with the stalwarts, we have seen new faces, visitors and some old friends. One and all are welcome to join us for a 'social/looping back/no one runs alone' run along the prom. We meet on the prom by the Durley Inn at seven o'clock on Wednesday evenings and until we see the back of the virus we will run in groups of no more than six so please do book with me in advance at; wrcclive7@gmail.co Thanks to our regular photographer **David Child** for the above photograph.

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At long last we can include a race report as the **Ooser Half Marathon** went ahead on its re-arranged date. In fact so keen were they to go ahead that their final communication said they wouldn't cancel for "... rain, blowing a hooligan, or unseasonably hot temps ...". Our sole representative was **Carys Gallagher** who has omitted to mention in the following that she finished in the top ten of the ladies race.

So, the Ooser - Sunday 16th August was The Socially Distanced Ooser. There was lots of emails on the lead up to the race (including at 5am on the day) explaining all the social distancing measures. Face coverings were required at the start and finish areas. You were not allowed to cross the line without the covering on, but they did not stay on for long. Runners were split into three waves based on estimated finish time and then set off in groups of six. All the marshals had masks and volunteers at the water stations were fully kitted out in masks, gloves and aprons. Drinks were available, but you did have to run with your own bottle/cup. Huge selection of cakes at the end and a massive medal, I expect the views would have been great if the weather was better, and so good to be back at an event.

Carys Gallagher



Carys Gallagher

f

Female 25-29

Westbourne RC

2:01:48

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Not only does **Felicity Hooper** continue to administer **farkrun**, which has now reached week 23, but she is single handedly acting as farkrun's brand ambassador by sporting her meyrick farkrun t-shirt. Meanwhile the Green and White army seem to have extended their lead at the top of the table:



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	13	3	0	0	0	0	1	5	0	0	21
Christchurch Runners	9		1	2	0	0	0	0	0	0	11
Deckchair Dynamos	5		0	0	1	4	0	0	0	0	9
Littledown Harriers	1		0	0	0	0	0	0	0	0	1
Poole AC	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	499
Christchurch Runners	420
Deckchair Dynamos	205
Littledown Harriers	14
Poole AC	8
Bournemouth AC	1

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We are now on to the ninth iteration of the Time Trial Challenges that Adam Corbin initiated. Thanks to everyone who has contributed a route and well done to everyone who has taken part. See your emails for the latest route set by Matt Bishop .			
<u>Route Seven -Tuckton Time trial</u>		<u>Route Eight – Clifftop, Chine and Bridges</u>	
Peter Doughty	32.39	Richard Colbourne	35.57
Aaron Beaton (with a double take at the foot of the steps)	37.14	David Small	38.02
David Small (despite his fall)	41.33	Aaron Beaton (running with James White formerly of this this Parish)	40.44
Matt Bishop	45.40	Geoff Parrot	44.28
Felicity Hooper	49.54	Matt Bishop	45.37
Clive Grewcock	52.32	Judith Coole	55.05
Judith Coole (with a detour by returning along the cycle track)	59.44		

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Team Doughty (or more accurately 75% of Team Doughty) set the most recent set of **Treasure Hunt** clues based on the theme of green. **Judith Coole** was the 'winner' and has set the next clues based on the theme of white; see your emails or Face Book for details.

Firstly, apologies for the confusing final clue. It was written as "Something which you wouldn't expect to be green but is" before some unholy combination of technology corrupted it! We've (I hope) been suitably understanding in the judging. Turns out there aren't so many green creatures about either but it was acorns to the rescue when it came to nuts or seeds.

We were all very impressed with the inventiveness and lateral thinking employed in all of the entries. A very honourable mention to Sarah for the greenest green creature, I hope the cauliflowers have been spared any more of them! The girls especially liked Liz's horse of a different colour. However, we declare Judith to be the winner! Pete was very impressed with the green Aston Martin and we've allowed the green butterfly (particularly as it meant we could stop trying to spot the creature hiding in the unexpectedly green water!)

So if anyone is up for more treasure hunting it'll be over to Judith for the next set of clues.

Catherine, Amy and Lucy (Team Doughty)



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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.