



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 31 – SUNDAY 29 MARCH 2020

All Things Westbourne: Rather than dwelling on the doom and gloom of the lock down, let's start with a positive. Hurrah and huzzah as we have two new Westies to welcome. In order of joining these are firstly Abbi Harris-Saunders, who was introduced by Felicity Hooper and is already known to the Wednesday crowd. Secondly, Hilary Parrot has finally conceded that if you cannot beat them you may as well join them and followed husband Geoff's example and signed up. I'm sure you will all make Abbi and Hilary feel at home at WRC.

At our most recent committee meeting we gave some thought to how the spate of race postponements and cancellations would impact the championship and, more importantly, the off road series. It is human nature to want to appear decisive, but realistically until we know how long the lock down will last it is difficult to formulate a plan. So, we will defer a decision until things are up and running again (and at this point I have to credit David Green for that line – well I guess it clears up why he works in compliance rather than marketing). However, we did discuss the possibility, that if compressing postponed races into the second half of the year leads to clashes (i.e. two or more championship races on the same day), we will accept that two or more Westies can claim 50 points on the same day.

Anyway, enough old waffle from me, the sensible stuff from Neil Dyble, our chair, now follows:

“Hope you're keeping safe and well in these exceptional times. While we're unable to take part in races for the foreseeable future, we can at least continue training every day for now. Like you, I have no idea how long this will continue for, so I would encourage you to make the most of this opportunity, while sticking to the latest official guidelines. I know many of you are missing being able to run in groups, either in our weekly sessions, or with family and friends. While it's not the same as seeing each other face-to-face, do feel free to message any of us on the committee, if we can help you with anything. Also, do make the most of our Facebook and Strava groups, where we're doing our best to share tips, support and information still.

In the next couple of days we'll announce on Facebook and Strava* some club challenges you can do at home. These will be really easy to attempt, but sufficiently difficult to make you work just a little. How are you at core exercises, like planks, and do you have a skipping rope gathering dust in the house somewhere? Hope so.

See you on the other side, and do stay safe.”

*As usual I'll also email these around as I'm aware that not everyone is on social media.

Renewal: A word from, Liz Dyble, our Treasurer; “Thanks to everyone who has paid their subs already. Whilst our membership year starts officially on the 1st April, you may have seen an email from EA saying that they are extending the time that clubs can pay for individual affiliation. No one knows when we will be able to race again, but if you, now, could renew by the end of April, that would be great. The committee are working on ideas to keep you active whilst making sure you are safe and to allow for potential further restrictions on our movements. Take care everyone. “



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Drum Roll ... Lock Down Challenges coming to a website near you soon: Are you missing your training buddies? Tick! Are you also missing taking part in races? Another tick! So, keep looking at the website because as Neil mentions above, soon Liz will be revealing details of various challenges designed to keep you both physically fit and mentally sharp. Intrigued? Of course you are, so this is the page you need to keep tabs on:

<https://www.westbournerc.co.uk/coronavirus-update>

Training: Again I'll look to start on a positive note as our Ladies Captain, Vicky Rutter completed the England Athletics Leadership in Running Fitness qualification this month, the first step towards achieving full coach status.

On a less positive note, okay a totally negative note, both Tuesday Intervals and Westie Wednesdays are on hold for the foreseeable future. I think we all appreciate that there are bigger fish to fry at present than our training nights, but the timing is a tad unfortunate. Before the lock down Neil was already brimming with new ideas for his Tuesday sessions and my guess is confinement will have given him even more thinking time and that by now he is brimming to bursting point with ideas. Hopefully we will be able to run in groups soon enough to avoid the danger of him self combusting.

Closed/Open to Entries: Stewth, Storms Ciara, Dennis and Jorge and now Covid -19, who would be a race organiser? It all goes to prove you shouldn't listen to that eejit who blathers on about the need to enter races as early as possible (and that eejit wishes he hadn't listened to himself). Liz has done a great job of tracking the changes on our website, see:

<https://www.westbournerc.co.uk/coronavirus-update>

In addition I'll update my Closed/Open list and circulate it round in a day or so, but it could be a very busy Autumn for runners.

LV= Support: As you may or may not be aware LV= is undergoing a large degree of corporate change and consequently they have advised the club that they will not be able to support us financially in 2020. We are all aware that the club's historical links with LV= are both close and long standing and obviously we wish that relationship to continue, so we will be looking to liaise with LV= about their community support plans going forward.

The 'Westbourne RC – Members Only' Strava Group: Social media divides opinion, but as Neil has highlighted it does provide a way of maintaining contact during the current lock down; "Is everyone in our club Strava group who wants to be? This is a great way to see what club mates are up to, and give kudos, especially at times like these." There are a couple of Westbourne groups on Strava but the current one is the one called 'Westbourne RC – Members Only'.



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Bookworm's Corner: At a recent Editorial Meeting at Westie Towers we came up with the wheeze of each committee member giving running book recommendations ~~as a filler~~ (whoops I, of course, meant) as a highly constructive way of spending all this free time we suddenly have. Having checked, it appears I've not read a running book since 1997 (yes, I do know that it shows) and Liz's recommendation is 'Running Man' by Stephen King so I'm not totally convinced she's taking this seriously. So it is over to Vicky, Neil and Pete:

- Vicky's suggestion is 'Just a Little Run Around the World' by Rosie Swale-Pope. Vicky's comment; "I actually read this before I was a runner and was inspired."
- Neil's recommendation is 'What I Talk About When I Talk About Running', by Haruki Murakami. Neil's comments; "Sounds intellectual, but it's pretty down to earth. Murakami is a best selling novelist, as well as being a marathon runner and sometime triathlete. It's a meditation and a love letter to running at the same time. Murakami has been criticised for not being competitive enough, but I think his Mara PB is just over 3 hours. Not bad for someone who probably also writes a 1,000 words a day, and has travelled the world, promoting his books. Kindle version is £5.49. You can get a paperback or 2nd hand hardback for a similar amount or less."
- Last not not least is Pete's suggestion; "So my slightly flimsical book is 'Running' an autobiography by Ronnie O'Sullivan Sullivan. Not purely running but I quite like snooker (I know many might not) and had no idea RS ran to a pretty good standard (sub 35 10k). Interesting albeit very light reading about a slightly troubled character who uses running as escape/valve. "

I appreciate libraries and bookshops are currently closed, but there is Kindle (surely things won't ever get that bad though) and your library probably has Borrow Box or a similar download service. Meanwhile, feel free to submit your own suggestions.

The Green and White Army's Corner: For some reason this section is shorter than normal:

- 07/03/20 – The Larmer Tree 10M A good day for the club with a top twenty place for Matt Bishop in 1.25.28 (and second in his category). Vicky Rutter's (1.32.58) summary ;"first time doing the Larmer 10 miler (aka almost 11) today!! Bloody loved that! Epic hills and awesome trails!" There's more, so over to proud dad Dave Hewitt; "Judith Coole (2.17.46) at Larmer Tree 10 Mile - knocks 10 minutes off." Darrell Minvalla (2.20.24) seemed slightly more muted with his "never again" comment.
- 07/03/20 – The Larmer Tree Half Marathon Only Felicity Hooper (2.31.03) opted for the extra 3.1 miles. Given that Felicity's Strava recorded 1,647ft of hillage, I'm not surprised she was on her own!



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- 08/03/20 - Sika Trail There were two Westies at the rearranged Sika Trail. Vicky Rutter (46.14); “Great race ... getting photo bombed by the race director, mud, water and a medal and brownies to finish (what's not to like)! Also managed bag myself 4th lady (which I'm pretty happy with after yesterday's race too).” Maggie Stokes (1.02.47); “... in a nutshell typical XC... it it was a great race - run all on defined tracks through the forest but on open tracks so not through dense forest where trips can occur ... the tracks were wide during the majority of the race and never single file. A few hills but nothing to arduous .. marshals at all the junctions you could have gone wrong at, so well marshalled, nice medal and brownie at the end of the race ... all in all a really enjoyable race and yes I would say a high contender for next year's ORS! [Hint taken Maggie].”
- 15/03/20 – Brentwood half Marathon With LV= having offices in Brentwood there has long been Westie involvement in this one. This year saw Judith Coole take 3 minutes off of her half marathon PB with a time of 2.19.14.
- 15/03/20 – Weymouth 10K First Place for Pete Doughty (40.27) at this one; “slippy grass loops at start, strong old headwind, making for a progressive run, windblown finish!”

... and then it all went quiet!

UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
NOT A LOT! STAY SAFE				