



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 33 – WEDNESDAY 6 MAY 2020

THE LOCK DOWN KEEP IN TOUCH SPECIAL EDITION

All Things Westbourne: Contain that excitement, but truly one of the silver linings of the lock down is that this is the second Westie to hit your in-box within a matter of days. Even better is that rather than my usual old drivel this is the one written by all of you.

I'll send the photographs around as a separate email, as when I tried inserting them into this document the formatting went for a walk. In fact some of you may notice the spacing is still awry in places.

Thanks to every who has provided a paragraph:

Judith Coole: Lock down has been a bit of a tale of two halves for me. I'm the sort of person who, ever since I started running, has always had to have races booked in the diary to give me a reason to get out of the door. In the past I have literally stopped for about 5 weeks because there was nothing coming up. This year, it being the year I turn 50, I was really looking forward to running Paris. My training plan was on track, despite various storms trying to blow me off course, and I managed a stonking time at the Wimborne 20 which made me feel really positive about being able to PB in Paris. And then, the world started changing. My next race was the Brentwood Half, which is a key one for me as that was the first race I'd ever done and I try and PB there every year. As the race got closer and closer, it seemed to get less and less likely to take place. The friend I run with, and his wife who is support crew with Phil, decided not to go in the end as she is pregnant, but Phil and I decided still to drive to Essex as who wouldn't want to miss a night in a Premier Inn that used to be Alan Sugar's headquarters?! Even the night before, the race was in doubt, and my Mum and Dad ended up volunteering as so many marshalls had backed out. So glad I went ahead, as I managed to get my PB! In the couple of weeks afterwards, I played the game of chase the race, applying for Brighton, which then got postponed, and then NVDM, which had the same fate. I finally had to come to terms with the fact that my spring marathon wasn't going to happen, compounded by race after race being cancelled. But then, things got better. Instead of being away for work Monday to Thursday, I was now home based. And although busy on teleconferences all day long, no commuting time and longer days meant I had time to run. And not only run, a colleague pointed me at Les Mills online, which meant I developed a taste for Body Combat, Core work and Body Balance (yoga). Suddenly I was exercising 6 or 7 times a week, which was great for my mental health, as I just ran/sweated my worries away! I also decided that very long runs would be avoided, to minimise social contact, and to not overdo it and compromise my immune system. So shorter runs were the order of the day, and that picked up when Felicity introduced farkrun. I realised that if I put the effort in, I could actually get much faster - who knew?! I had always told myself that it wasn't possible to PB apart from in a race, when you get that extra boost of adrenaline. Well, I've now proved that isn't true, by PBing at 10 miles and 5 miles already. 5k is my next PB target, as I'm only 8 seconds off. So overall, from a running perspective, I'm loving lockdown, and don't want to go back to being away for work again any time soon, as I've got more PBs to chase!

Darryl Corbin-Jones: Lock down sucks, I eat more, don't run enough, started to ride my bike, eat a bit more, doing 100 sit ups a night which make no difference, eat more ice cream and look at races that I've paid for already for next year



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Catherine Doughty: I'm happy to admit that I'm taking advantage of the lack of races to focus on enjoying being outdoors and not worry about pace or distance. I'm finding nearby streets I didn't know existed and trying to take advantage of the local off-road options when weather permits.

Peter Doughty: I think we've all found it a bit of a shock to the system and an unwelcome curtailment to our social running habits, let alone any of the other impacts. Since the initial shock wore off, along with wrestling the girls into school uniforms and slightly putting my back out with some excessive gardening, I've been running locally pretty much as usual. As with all I think my mojo has struggled a bit. I've had to change my mindset away from the social/racing aspect, and more to the grassroots of running – so getting out and enjoying the purity and clear head time that running provides, along with nature. I took up running initially for fitness (and eating!!) and a love of the outdoors, and whilst I have got admittedly a bit hooked on the racing over the years, I still love being out in the fresh air regardless. It's been a chance to explore some new routes, on and off road, and in relative peace! I've loved the Farkrun idea from Felicity – which came along just as I was starting to struggle mojo wise. Big kudos Felicity. Hope you all keeping well, and look forward to meeting back up with you all as and when. In the meantime, see you on FB, Strava and somewhat reluctantly from a technophobe, Zoom.

Liz Dyble: Neil and I have been very lucky to be able to go out and enjoy the sunshine with a daily walk, run or bike ride. We have found some fab new local places to go to. Apart from thinking up physical challenges for other Westies we have been setting each other some rather more mental ones (mine was to learn the US States, their location and capitals – which I will probably forget just as quickly). Hoping we can catch up with everyone soon.

Lucy and Tim Evans: So with no sport and no travelling our lock down has been a dramatic but welcome temporary change of pace. Tim has also (until the last week) had an Achilles issue so for him there has been no running either. He is now starting slowly to get back into it. I have been regularly running 3-4 times a week and trying to introduce slightly longer or more challenging runs – some days are better than others! Other than running we decided we would try and sort through the boxes and boxes of "stuff" in our attic. We have thrown away more than 8 boxes of old photos so far and I have been digitising (is that a word?) negatives we found from the 70's, 80's and 90's – quite fun when it's old holidays pics, desperately dull when it is literally hundreds of football photos and I'm trying to identify a country let alone a match! Tim is shredding old papers and sorting out football programs every day. I have also done a lot of gardening and spent 4 days jet-washing the large patio area we have. I have also got a little heavy with my pruning and we have taken out bushes that have been around for 20 years or more – the garden looks great but very different! We



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are also seeing tons more wildlife than usual and regularly see deer (Roe and Muntjack) and foxes in our garden. Last night we had a display of two deer rutting which was very cool. Tim had his 60th birthday in lock down and, apart from shaving off the moustache he has had for 40 years, we “house partied” with family and regularly join friends and family virtually. Its been fun and in some cases we are talking more than usual which is a bonus as we miss seeing people. One nice side effect of lockdown has been the lovely community in our road has finally started communicating and we are getting to chat to people, safely, that we haven’t before. We also share our shopping deliveries getting things for other people as needed and making sure all are OK which has been heart-warming. Like everyone else we read and watch box sets a lot in the evening but generally are so busy during the day we don’t have time for TV. Tim occasionally watches Wales or Saints fixtures from years past! So we are enjoying lock down. We hardly go out and that is fine for now. We feel safe and lucky to live in such a beautiful place.

Clive Grewcock: Always looks on the bright side of life and on the plus side our bank account looks more healthy now than it did five weeks ago. I have done a bit more cycling of late and running wise my monthly mileage was up for April. However, on the downside my pace is down and I do miss the incentive and company of running with others. Despite rediscovering back garden cricket I’m missing badminton too. However, on balance I’ve a lot to be thankful for and there are bigger fish to fry than me missing a few activities. One mystery I’ve yet to solve during the lock down is who some of the characters who turn up at their front gates in our road at 8pm every Thursday are, I’ll swear I’ve never seen some of them before in the 20 years we’ve lived here. They seem nice enough coves though and I may even try talking to them when this is over. Stay safe everyone and hope to see you all soon.

David Green: I've been doing the same as many, I expect - combining working from home with attempting to home school the kids and keep them entertained. To be fair to them, they have been pretty good all things considered, although it is very clear that they are all missing their various sporting activities, just as much as we are all missing races and parkrun. So we have been doing plenty of family bike rides and keeping active in the garden. A highlight for me has been Jacob's 26 mile challenge on 26 April, when we cycled a route to take in each of the swimming pools he usually trains at. Don't think he's ever gone over 10 miles before, so he did really well. In less interesting news, I have repointed the patio!

Jean Henry: I have been enjoying many an hour hacking rhododendrons in my garden...been meaning to do it for years! Also getting to grips with some technology i.e. Zoom. What a fab thing. Have been exploring a few new running routes too. Everyone stay sane and safe

Felicity Hooper: My lock down has involved running around Meyrick park golf course at lot, I haven't run anywhere else, so if anyone needs a route round there I'm the person to ask! I've almost developed a run everyday habit, which I never thought I'd do. I'm fortunate that I can work from home so that along with doing the farkrun results on a Saturday is keeping me busy.



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John Hubbard: My recovery is still going reasonably well. All physio cancelled but I have been out for a couple of walks of up to two miles. We are lucky enough to have a treadmill at home and I have walked on there a few times for up to half an hour doing 3K at best. I was hoping to start to jog on it last week but decided against it – perhaps next week! I met Mike Cure a couple of weeks ago, he had the same operation as me a while back and he said it took him about 18 months to get back to a reasonable level. Not really what I wanted to hear but sets it out just how long it might be. I don't care about speed I just want to get out there especially in the glorious weather we have been having. Other than that working at home every day and hating it. Also missing the footy although in Charlton's case it may be a good thing. See you all soon I hope. Stay safe everyone.

Hilary and Geoff Parrot: My husband and I – or should that be me and Geoff? – have been mostly trying to keep ourselves to ourselves as advised by HMGov. Geoff has kept up his running with a couple of 6 -7 milers each week with 2 or 3 shorter 3m runs keeping me company and his mileage at around 20 per week. Lucky to have local routes that are pretty quiet so we can avoid others without too much traffic dodging. Plus a few weights for him and an exercise video for me in between. Hard to keep motivated with no Parkrun, races or holidays to look forward to, but determined to keep fit and healthy. On the days we don't run we've been taking long walks round Branksome Woods, Lilliput and Parkstone Golf Course to make the most of the recent sunshine. Lots of crosswords, sudokus and books to try and keep mentally fit as well! Can't wait for some normality to kick back in so we can all meet again!!

Peter Rejchrt: My creative juices have dried up ha ha so it's a short paragraph. Get up, eat lots of eggs, do lots of fitness stuff, run like a nutter up hills, do more fitness stuff, do gardening, do cleaning and then fall into bed exhausted. Repeat.

Sarah Rejchrt: I love my racing, it's a great opportunity, particularly off road to run places you're not normally allowed access to and I wondered whether my running would take a hit if I only ran locally during lock down. Would I get bored of the same hills What I hadn't appreciated is how little I run locally and how I used the same measured routes for specific days. You hear everyone extolling the virtues of routine right now, but it's what I hate when running. Armed with an Ordnance Survey and a kitchen table I've found new paths and routes and rediscovered ones I've not used for decades. I admit I'm particularly lucky to live in the New Forest with lots of options, it doesn't make for great pace training having to negotiate stiles, gates, cattle grids but my balance and ability to swing my leg over when underneath is rotten wood is a great skill for off roaders. The dry weather has helped many of the bogs have dried sufficiently to allow you to tip toe across, some have not and usually I'm running with Peter and his clean shoes when we do those. Unlike many of my friends I've not lost out on cancelled marathons and don't feel too sad to be missing the road races. I've not nailed any PBs but I have seen many things I have not seen in the 25 years I've lived in the Forest. I've seen, smelt and heard the seasons progressing. Seize the day, make the most of this unique time.



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David Small: The Small family have been doing circular runs from home, avoiding Bournemouth beach unless very early in the day. One occasion which saw me getting sandy was a beach run from Bournemouth Pier to the end of Sandbanks and back where I saw the group in the attached pic. They all seem to be emulating their owner's barnet (or perhaps vice versa?). It amused me anyway.

Maggie Stokes: Hello fellow Westies here's hoping everyone is safe and well in these surreal times! Well lock down for me hasn't been Working From Kitchen Table I've been heading into work Mon-Fri as I work for Adult Social Services at Bournemouth Hospital so not much has changed on the work front but plenty on the running side of things! I'm missing the social runs of parkrun and although I haven't been able to get to Thrills on the Hill sessions I'm missing seeing Westies at the various races across the County and at parkrun. I'm running at the weekends but not in the week and I'm attempting to run every race I've entered as a fake run so trying to match as near as possible to the type of terrain and distance but close to home... My next race should have been Harewood Forest 10k so I'm heading over to Meyrick Park for that... But I better check the course description first! Other than running I'm teaching myself crochet... Very slowly and I'm doing a lot more puzzles with Anwen... I've just ordered two 1000 piece ones.... A bit ambitious but this is one activity I will continue after lock down is over as I really find it therapeutic. Take good care everyone and see you all as soon as possible.