

The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 40 – 30 NOVEMBER 2020

A few words from Peter Doughty: “Dear Westies, I hope this latest newsletter from Clive finds you well. Our esteemed Secretary claims to have run out of wit, which I don’t believe, but I’m afraid it means you’ve got a few words from me to put up with.

It’s been a funny old year so far, and not at all how any of us would have expected or wanted. Tough times. Hopefully our running club has managed to provide you with some source of inspiration and distraction. I know we’ve all missed the various aspects we usually enjoy – the social fun, banter and competitive spirit of meeting up at ParkRun and Races to name but one. But on the plus side it has enabled us to all individually focus in on what is important to us. It has re-emphasised what a good and healthy activity running is – for the body and mind. I’ve loved seeing everybody’s different approaches to activities – exploring new routes, set challenges, pushing personal targets. It’s been great to observe on Strava, Facebook, and via Clive’s informative witty communications.

Personally, although I really miss the social and ‘racing’ aspect, I’ve thoroughly enjoyed my local runs, finding new paths and routes – some on road, some off. And when the times allow, I’ve enjoyed doing a few of the TT routes – they’re a great test for my compromised navigational skillset! Thank goodness races are nearly always well signed and directed!! It’s been really nice to see some of you at the ever popular Westie Wednesday evenings, and meet up for joint runs with others. Although Peter Rejchrt always provides a tougher off road and longer distance than I am used to or expect!

And of course there has been FarkRun, which many of us have partaken of. Huge kudos to Felicity Hooper (& John) for initiating, organising and enabling our participation in this – it’s provided that otherwise lacking incentive for me at least to get out on the usual Saturday morning for a burst of parkrun like effort.

So keep up your running folks, enjoy whichever aspect of running that suits you, and stay fit, safe healthy and well. Look forward to seeing you all when things improve in 2021.”

The Christmas Do - the People Have Spoken: Well that is a bit of a lie, because in reality we have only had two responses to the question in the last News Letter and Pete’s follow up Facebook message. One in favour of a Zoom meet up and one who favours leaving it for this year. Unless there is a sudden avalanche of responses, we are taking the silence to mean there is no great appetite for a Zoom meet up in the run up to Christmas and that, for this year only, we should present the 2020 awards (well, those that have survived this virus) at the AGM. So with slickness of Smashy and Nicey the segue to ...

Most Improved Runner, Most Supportive Runner and Outstanding Achievement: Therefore the Most Supportive Runner and Outstanding Achievement awards will be presented at the AGM so do let Liz have your nominations by the end of the year. In addition, traditionally the Most Improved Runner award is made at the AGM, so do please also let Liz have your nominations at Liz-WRC@outlook.com. So once again with slickness of Smashy and Nicey the segue to ...

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The Annual General Meeting: As mentioned in the last Newsletter we are looking into the options for our AGM and considered a zoom meeting on 18th January. However, we are also looking at alternatives to this, given the restrictions could be in force for some time to come. It is understood that other committees have cancelled or deferred their meetings but our present constitution states that the AGM “shall be held no later than January 31st”. With this in mind, and that a few agenda items need to be passed before the start of our membership year in April, we would like the membership opinions on the following:

Option 1 - Full AGM via zoom on 18th Jan

Option 2 - Essential matters to be covered and passed using email voting

Option 3 - As option 2 but to also hold a meeting later in the year to discuss any non-urgent matters

Please let any committee member have your thoughts by mid December.

Westie Wednesdays: As it stands it looks like we can resume our Wednesday evening combined training and running sessions starting from this coming Wednesday. If so, and with fingers crossed and magpies saluted, we will kick off with a double bill - hills at the BIC and a social run starting from outside the Durley Inn. Both runs will start at 7pm. Please email Judith.coole29@gmail.com or wrcclive7@gmail.com to sign up.

Social Sundays? Hengistbury Head – Sunday 6th December 9:30am: From Peter Doughty; “Would anyone fancy meeting up on a Sunday morning for a relaxed gentle jog at a similar weekend time to when we used to race/park run? If so, I’d happily lead a group (social distancing and maximum bubble/s of six obviously). Don’t worry about pace – intention is to run nice and easy – I know I have a tendency to speed off sometimes, but that’s only when solo, I am more than happy to run steady and have a bit of a chat So let’s say 09:30 @ Hengistbury Head on Sunday 6th December, and going forwards we can stick with this venue or rotate through a few different ones. Do let me know (peterdoughty@totalise.co.uk, 07534 466 595). Cheers, Pete”

Aaron to the Rescue: Some of you may have noticed a seemingly throw away one liner from Aaron Beaton on Strava, so in his own words here are the gaps filled in; “I just planned to stop [on the pier] and did and there was no one about until I spotted the bloke. I saw he was the wrong side of the railings and thought something is not right here. I couldn’t with good conscience run on and not try and help him. I just tried to engage the guy in conversation and be friendly. It was a windy day and he was perched on a thin bit of metal I was worried he might fall in even if he didn’t mean it. Eventually some people from the council turned up with walkie talkies he spotted them, did some shouting and then with a little encouragement hopped over the barrier and legged it off down the pier before the police or anyone else could turn up. Quite surreal really.” I think you’ll all join me in saying ‘well done Aaron’.

Race Diary: I didn’t issue an update in November (I cannot think why not) but I will issue something in early December.

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UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
<p>2020 NOW CANCELLED</p>	<p>DRRL CANCELLED FOR 2020</p>	<p>Wednesday Training</p> <p><u>Social Run</u></p> <p>2, 9, 16, 23(?) December</p> <p>7pm on the Prom at the Durley Inn</p> <p>Book at wrcclive7@gmail.com</p> <p><u>Thrills on the Hills</u></p> <p>2 and 16 December</p> <p>7pm on the Prom at Hot Rocks</p> <p>Book at judith.coole29@gmail.com</p>	<p>'Weekly' TT Challenge Run</p> <p>See Facebook/email for the latest route</p> <p>Every Saturday Felicity Hooper's Fark Run</p>	
		<p>Sundays</p> <p><u>Social Run</u></p> <p>6 December</p> <p>9.30 am at Hengistbury Head</p> <p>peterdoughty@totalise.co.uk</p>		