

The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 45 – 24 MAY 2021

Apologies: This newsletter is somewhat later in the month than normal, but it seemed sensible to wait until we had held a committee meeting and there was some actual news to communicate. Even then much of our thinking is tentative, but we are still living with the pandemic so that is probably unavoidable.

All Things Westbourne: Realistically joining the Westies at this time of year is the best way to get the maximum number of months for your pounds (I think I've anglicised and sanitised a nasty Americanism quite neatly there). So, if you do know a potential runner who is wavering, whilst there is no need to give it the hard sell, now might be the best time to gently mention the benefits of membership. Talking of which we welcome no less than three new members to the fold this month:

- Benjamin Hobson
- David Mayne
- Simon Roylance

All three have run with us on Wednesdays and/or Sundays and hopefully we will all get to meet up soon.

Incidentally because England Athletics have extended their 2020/1 affiliation until 31 August we will wait until that date to update our records and the Strava Group in respect of leavers (if you are a leaver I will email you in the next few days with what this means in practice.)

The Club Championships: After last year's hiatus we would like to see some form of championship in 2021, albeit we think the full on eight races to count from a list of 15 is unrealistic in the current climate. So, we have cobbled the following five from ten' list together from the available races:

29/05/21 – Egdon Easy 10K

04/07/21 – Eastleigh 10K

25/07/21 – Duberville Dash 10K

08/08/21 – Sturminster HM

21/08/21 – Lytchett 10M

12/09/21 – Hoborne 5M (and Memorial Trophy)

10/10/21 – Gold Hill 10K

31/10/21 – The Stickler

21/11/21 – Wimborne 10m

??/11/21 – Boscombe 10K

A few pointers, firstly as several of us have money tied up in deferred 2020 entries, where possible we have included events that were due to be part of last year's championship. It looks like there are enough events on the list that are not already full with deferred places so that everyone who wants to will have a chance to get to run five events. Secondly, we think it would be ambitious to additionally attempt to organise an Off Road Series for this year so apologies to the trail runners

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Continued:

amongst us. However, we have sneaked the Stickler in to the main list! Hopefully the ORS will return in 2022. After much debate we agreed that points for a marathon will apply in the normal way but that this will not be extended to either virtual marathons or to any ultras. I've an inkling whichever way we resolved the virtual issue would have pleased some and not others!

It seems almost inevitable that something from the above list will be cancelled or rearranged to create a date clash so our reserve event is the Christmas Pud 10K.

We have had a significant number of new members join since the 2020 Championship was abandoned, so here is how it works in normal times:

1 Club Championship

Points for a club championship race will be awarded as follows:

50 points for first place and drops in 1 point steps (ie 49 for second, 48 for third etc). The best 8 scores from 15 races count.

2 Marathon points

If a member successfully completes a marathon within the season they are awarded a one-off 50 points immediately towards the Club Championship (CC) and the marathon counts as an event in its own right. A member can potentially achieve maximum 400 points with 7 championship races plus a marathon.

The season begins once the year's club championship has been determined and runs until the last race of the next CC.

In the event of a tie, any marathon points will be ignored and the final position be determined based on CC points only. If there is still a tie, then look at the overall head-to-head positions.

So for 2021 it reads as above but 'best 8 scores from 15' becomes 'best 5 scores from 10' and no virtual marathons. Arguably we could have had more discussion with the wider membership on this, but in the current environment it seemed best to decide on something and get on with it.

London Marathon Places: England Athletics are offering clubs "... that held places in 2020 the same number of places for each of the 2021 and 2022 events, minus the number of entries where the runner has deferred to 2021 or 2022 respectively". Or in simple terms we will next be offered a club place for the London Marathon in 2022. Our solution to allocating this place is to have the usual ballot, following the usual criteria, but with five 2021 Club Championship races qualifying for one ticket in the ballot and every additional Championship race earning an extra ticket. It is probably a hugely unconstitutional solution, but as with the 2021 Championship, these are strange times! The full existing rule is as follows:

"The club place(s) will be awarded to the First Claim club member via a club ballot under the following rules:

- a) The draw will take place following the end of the race calendar based on the amount of completed Club Championship, Off-Road series and DRRL races in the current race year (assuming each of the above leagues run each year)
- b) The member must have been a first claim member for one full year before entering the club ballot
- c) The member must have entered the London marathon public ballot and been unsuccessful. Proof is required in the form of the rejection letter or e-mail
- d) Also, any member who received the following places, in the previous year will not be eligible for entry into the club marathon ballot in the following year (ie miss one year): A club place, a public ballot place or a good for age place
- e) The number of tickets each qualifying member receives for entry into the ballot is as follows:

One ticket is awarded once a member has completed 8 qualifying races

A further ticket is awarded for each additional qualifying race"

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Dorset Road Race League (DRRL)

I cannot remember if I've previously mentioned this or not but, either way, the DRRL have already decided to scratch their 2021 championship.

Race Diary

Liz has kindly updated the Local Race Calendar on the website;

<https://docs.google.com/spreadsheets/d/1K673ZXUy5U9shlpAAle1rrUbh2-8Wovb0Q90sYRyBl8/edit#gid=0>

Additionally now we have a 2021 Championship list I'll update and circulate my paper listing and Liz will highlight the relevant races and create a club companionship table on the website.

Training, Social Events etc:

At our recent committee meeting we discussed various ideas and all being well more detail will follow soon. I would mention, however, that we are looking to arrange some sort of track training this summer, but in addition to Covid causing issues, the stadium at Kings Park is being renovated so we are looking at other venues.

We are very much back in the Westie Wednesday and Sunday Social routine and you are, of course, more than welcome to come along.

One other idea is that we are thinking of organising an evening sunset social event/run to mark the Solstice. If this appeals, block off the evening of 21st June in your diary.

2021 AGM

Another date for your diary – the unmissable WRC AGM will be on 14 September 2021 – time and venue to follow.

PYOR Time Trials

Apologies as I managed to bog my self down with the handicapping but with Pete's help I think I can sort myself out and we'll re-launch the 7.5K PYOR 'Handicap' Time Trial for June. Hopefully, with some sense of normality returning this may then be the last Time trial for a while.

Parkrun

There has probably been enough publicity around this that you don't need me to mention that the return of (adult) parkrun is deferred to 26th June subject to a 'go/no go' decision on 11th June.

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UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
<p>29/05/21 Egdon Easy 10K</p> <p>04/07/21 Eastleigh 10K</p>	<p>Sorry Cancelled for 2021</p>		<p>Wednesday Training and Sunday Social Runs</p> <p>Looping back run - Every Wednesday at 7pm by the Durley Inn</p> <p>Hills – alternate Wednesdays at 7pm at Bournemouth Pier</p> <p>Social Runs - Sunday mornings at Hengistbury Head</p>	<p>Felicity Hooper's farkrun</p> <p>Every Saturday before 12:00</p>