

NOTES FROM THE GREEN AND WHITE ARMY – 22 DECEMBER 2021

An update from Westbourne Running club

HAPPY CHRISTMAS AND BEST WISHES FOR 2022



Forget about Lewis Hamilton versus Max Verstappen (please, forget about it), the last four weekends have seen nip and tuck in the battle to be crowned the winners **2021 WRC Championship**

First up in the run in for the title was event No. 7 in the ten race series, the **Wimborne 10**. Going in to this race for the ladies it was a five horse race (whoops unfortunate phrase) with Judith Coole, Liz Dyble, Louise Blakeley, Maggie Stokes and Vicky Rutter all in with a chance of the title or, at worst, a podium finish. First home on the day was Vicky who picked up fifty points to take her to a running total of 200 and third in the table. Louise was second and her 49 points took her to a running total of 144 points from three races. Third was Judith and with five events already completed 48 points on the day saw her remain top of the table with an unchanged running total of 248 points. Both Liz and Maggie sat this one out leaving them in second and fifth respectively.

For the men it was very much a case of points in the board versus potential as Dave Green had been leading the table since the Eastleigh 10K with Neil Dyble tucked in behind. However, a glance down the table showed a few big hitters potentially waiting to make their move, but I think the football cliché is that it is better to have the points than to have games in hand! Wimborne saw Kevin Drayson pick up the full 50 points, taking his total to 199 points from four completed events. Second was Aaron Beaton and 49 points took him to 197 points also from four events. Third place and 48 points saw Pete Doughty take the overall lead with 247 points. Next home was Matt Seager in his second championship event, meaning to impact the table he would need to run in all three of the remaining events. The Dave Green/Matty Bishop tussle has been a feature of this season and at Boscombe Matty took the honours, so Dave finished the day second in the table (241 points) with Matty third (238 points).

On to the **Boscombe 10K** and the lead changed as on a freezing day and despite a cold Vicky was first lady past the post and fifty points saw her top the table with 250 points. Mathematically at this point it was possible for Judith to also finish with 250 points, but in the small print it says "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.". All a bit complicated but I think that was Vicky's name on the title, which left a battle for second and third places. Back to the race and in her first club run of the season Felicity was second and third saw Maggie leap frog a place to fourth in the table. Our other finishers were Thays de Freitas in her first ever WRC championship event, Liz and a covid recovering Judith. Judith and Liz were second and third in the table with their points totals unchanged.

In the men's side of things cometh the hour, cometh the Beaton. Aaron taking 50 points in first to give himself a title chance in the run in (198 points from four events). Second was Dave who also remained second in the table with Pete's third place meaning he led the table but didn't improve his overall point score. Matt Seager was fourth, but had he left it too late to complete five events? Matty Bishop was another who didn't improve his overall points position but remained in third overall. Amongst the Westies it was good to see Richard Colbourne in action.

The **Southampton Common 10K** was an odd one as it was a late addition to the championship following a mini-spate of cancelled events and only two Westies rocked up. For the ladies Judith was first lady and second Westie home and, I think, with a total of 249 points secured second place in the final table. With Maggie and Louise not running, Liz guaranteed herself third place in the final table without leaving the house.

The sole runner in the men's section may well turn out to be significant. Proving that this is the season when turkeys do vote for Christmas an injured Dave Green sportingly transferred his place to Aaron who secured another 50 points (you have to be in it etcetera). This meant Aaron went into the final weekend leading the table and the contenders were:

- Aaron Beaton – 248 points, Pete - 247 points, Dave Green 243 points
- Mathematically the top three was beyond Matty (238 points) and Neil (231 points) but I really don't think that should detract from their fine seasons.
- However, lurking in sixth was Kevin with 199 points from four events.

So, how did it pan out at The Christ Pud

The season finale for the 2021 WRC Championship

So, the final race of the championship, the **Christmas Pud 10K** at Christchurch and this time the recipient of Dave Green's place was Judith, but it turned out there was no change to the leading three places. On the day Vicky was the first lady home, followed home by Felicity, Maggie, Louise, Liz, Judith and Thays. So the final points for the top three are:

Vicky	250
Judith	249
Liz	242

This still left a three way shoot out for the men's title and from the gun Pete was soon into a typical early lead, pursued by Kevin and Aaron, so in the real time 'as it stands table' Pete was leading the table. However, after about a mile Pete was caught by Kevin. All Kevin needed to do was to cling on to the lead, but Aaron was surging through the field first passing Pete and then after about 8K drawing level with Kevin. In his own words Aaron had to dig deep into the hurt locker but he passed Kevin after about 8K and hung on for the win and with it the title.

Aaron	249
Kevin	248
Pete	247

Could it have been any closer?

Congratulations to Vicky and Aaron and well done to everyone who took part, even if in only in one event. Talking of which there was a welcome sighting of the Lesser Spotted Geoff Bates at Christchurch. Once a regular visitor but now something of a rare sighting. A five from 10 championship may be a bit of an oddity, but in the face of covid it has ensured the club championship took place in 2021. You can find the full tables at:

<https://www.westbournerc.co.uk/club-championship-ors-tables-for-20>

and thanks to Liz for diligently maintaining these tables all season.

A Christmas Challenge set by Liz Dyle

As we didn't get to do the quiz at the awards evening I thought I'd send out this challenge which I had planned on setting on the night:

Get your poetic skills in motion and complete the limerick below - at the committee's expense - but please nothing rude!

There once was a Westie called <Clive; Judith/Jude; Liz; Pete(r); Vicky/Vic(s)>

.....

Have a very happy Christmas and send your rhymes by 1st Janto liz-wrc@outlook.com and the committee will choose our favourites to share

Keep an eye out for our spasmodic **Sunday Social** runs – wet feet always a possibility!



And now another **Christmas Quiz**, either a version of Spot the Ball called **Spot the Jean**, or a version of Where's Wally? retitled **Where's Henry?**



Spot Jean and send your answers on a postcard addressed to Westie Towers c/o yourself for a chance to win a free run on the Prom on a Wednesday night, second prize two free runs ...

Presentation Evening – The Ladies 2021 WRC Championship



Second Judith Coole



First Vicky Rutter



Third Liz Dyble

Presentation Evening – The Men's 2021 WRC Championship



Second Kevin Drayson



First Aaron Beaton



Third Peter Doughty

Presentation Evening – 2021 Age Gradings



**Second Aaron Beaton – 72.2% Christmas Pud
10K**

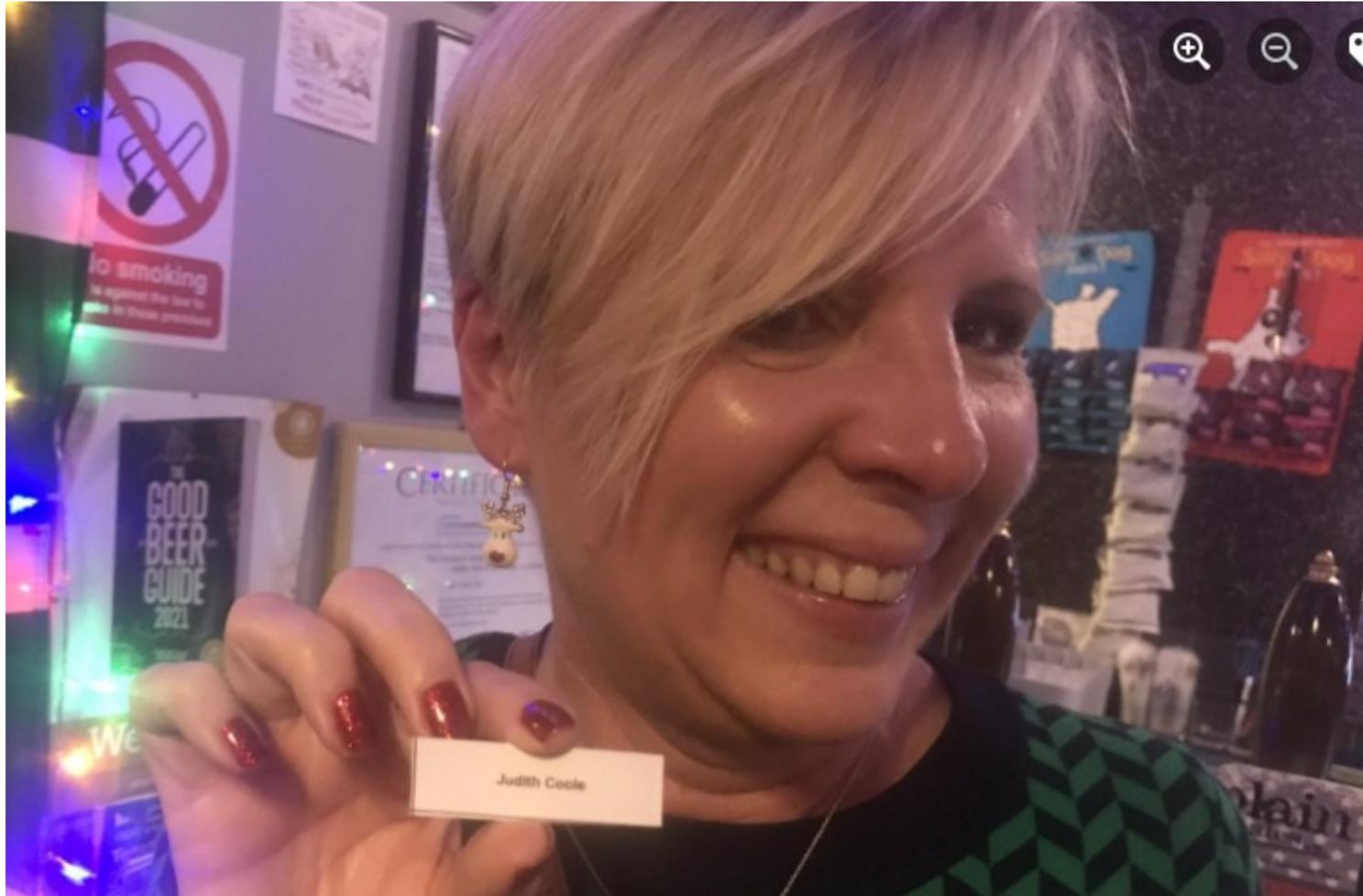


First Peter Doughty – 74.6% Lordshill 10K



Third Kevin Drayson – 71.9% Egdon Easy

Presentation Evening – Judith Coole Club London Marathon Place Ballot Winner:



Presentation Evening – the ones that largely avoided the camera!

Recognition Award – Neil Dyble. For newer members it was Neil who put the club back on a course when we found ourselves at a crossroads and set us in the direction that hopefully we can continue in. Specifically Neil has always looked to develop fellow runners and it was Neil who championed the role of a Ladies Captain for the club.

Best Photographer – Dave Hibbert. Despite being a non runner Dave (aka as Judith's dad) rocks up at virtually every race with his camera and notably somehow made it through storm conditions to get to the Stickler.

Best Bag Protector – Hilary Parrott. A runner herself, whatever the weather Hilary forgoes her run to look after our valuables on Wednesdays and Thursdays. If this is news to you, why aren't you rocking up on a Wednesday or Thursday?

Outstanding Achievement – Felicity Hooper. Just the small matter of running the length of Hadrian's wall in a day ... with DCJ for company. remarkable!

Most Supportive Runner Hobbler – Clive Grewcock. You know the bloke who has the cheek to take credit for all that the committee do collectively.

Most Improved Runner – Judith Coole. More PBs in 2021 than you can shake a stick at. An object lesson in how to make the most of lock downs.



The name's Dyble, Neil Dyble

Thanks to the **kit sub committee** for their work to date and their presentation during the evening – interesting and exciting news. So much so that our newly found friend, despite having no connection with the club, hung on every word. **DO NOT FORGET TO COMPLETE THE KIT SURVEY BY 3rd DECEMBER!**
Thanks **David, Lucy and Matt.**

Additionally a thank you from Vicky, Pete and myself for all the work **Judith and Liz** put in to make the evening a success.

Presentation Evening – a few of Dave's Photos



Race Summary – the Wimborne 10

Male

38.	225	Kevin Drayson	Westbourne R C	Male 35-39	1:04:20
44.	115	Aaron Beaton	Westbourne R C	Male 40-44	1:04:58
57.	474	peter doughty	Westbourne R C	Male 40-44	1:06:38
90.	134	Matt Seager	Westbourne R C	Male 40-44	1:11:39
107.	291	Matty Bishop	Westbourne R C	Male 40-44	1:14:00
141.	102	Dave Green	Westbourne R C	Male 45-49	1:19:57
227.	165	David Mayne	Westbourne R C	Male 60-64	1:42:36

Female

14.	263	Vicky Rutter	Westbourne R C	Female Senior	1:12:59
153.	123	Louise Blakeley	Westbourne R C	Female 50-54	1:43:25
167.	118	Judith Coole	Westbourne R C	Female 50-54	1:48:48

POWERED BY

Judith Coole - "Wimborne 10. Past Covid. Pleased with that as only 30 seconds slower than my course PB."

Vicky Rutter - "Wimborne 10!! 10 mile PB thank you for the awesome pacing DCJ"

- **Peter Doughty** -Lovely route through autumn country lanes in fabulous weather. Not quite as fast as I used to be, but as much as I could muster with Dodgy back (60:11 last time 😊). Great to see all the Westie's past & present.
- **Aaron Beaton** - "Well happy with that."
- **David Mayne** (ghost written by Clive) - "somehow contrived to arrive after the car park was full, had to find a side street to park in, didn't know the way to the start, found it eventually, started after the sweep, signs had been taken up for the first five miles, then presumably they got word to the marshals there was a runner behind the sweep and then the signs were left up, he caught the sweep after about 7 miles ... and finished last.

Race Summary – the Boscombe 10K

POS	NAME	BIB	M/F	TEAM/CLUB	CATEGORY	GUN TIME	CHIP TIME
26	Aaron Beaton	25	M	Westbourne RC	M40	00:40:28	00:40:24
59	Dave Green	142	M	Westbourne RC	M40	00:43:34	00:43:20
60	Peter Doughty	107	M	Westbourne RC	M40	00:43:34	00:43:21
62	Matt Seager	345	M	Westbourne RC	M40	00:43:38	00:43:26
71	Matty Bishop	33	M	Westbourne RC	M40	00:44:22	00:44:06
81	Vicky Rutter	330	F	Westbourne RC	FSEN	00:45:38	00:45:24
82	Richard Colbourne	78	M	Westbourne RC	M40	00:45:39	00:45:34
97	Tim Evans	119	M	Westbourne RC	M60	00:46:40	00:46:35
98	Jason Dyer	113	M	Westbourne RC	M40	00:46:41	00:46:31

For the first time since I started 'Notes from ...' the race results won't fit on one page – a massive Westie turn out!

Felicity Hooper - "I think it will be a PB as long as the actual results have me under 49:50. 49.34 oh wow, super pleased with that!"

Peter Doughty - "Thoroughly enjoyable and not as cold as I anticipated, phew! Nice to run in company of Westie's Dave, Matty & Matt. Thanks for dragging me along Dave."

Liz Dyble - "Boscombe 10K curse PB 58.10 (was 59.24)"

Judith Coole - "Boscombe 10K. Hit my my sub hour goal-just! Great to see so many Westies"

Boscombe 10K continued

139	Felicity Hooper	177	F	Westbourne RC	F35	00:49:48	00:49:34
234	Maggie Stokes	375	F	Westbourne RC	F55	00:57:22	00:57:09
251	Liz Dyble	111	F	Westbourne RC	F55	00:58:23	00:58:10
272	Judith Coole	86	F	Westbourne RC	F45	01:00:00	00:59:47
287	Darrell Minvalla	255	M	Westbourne RC	M40	01:01:57	01:01:42
315	Thays De Freitas	98	F	Westbourne RC	F35	01:05:47	01:05:32



Race Summary – the Southampton Common 10K

Second Westie overall and first Westie Lady
Judith Coole
59.40



First Westie overall and first Westie Man
Aaron Beaton
39.39

Race Summary – the Christmas Pud 10K

Overall Place	Bib	Name	Chip Time	Overall Pace	Division	Gender Place	Team
24	31	Aaron Beaton	38:40	9:55/K	M 40-44	23/188	Westbourne R C
31	136	Kevin Drayson	39:33	10:00/K	M 35-39	30/188	Westbourne R C
32	132	Peter Doughty	39:40	10:01/K	M 40-44	31/188	Westbourne R C
60	386	Matt Seager	42:53	10:21/K	M 40-44	56/188	Westbourne R C
74	43	Matty Bishop	45:07	10:37/K	M 40-44	68/188	Westbourne R C
80	368	Vicky Rutter	45:35	10:39/K	F 1-34	7/190	Westbourne R C
100	27	Geoff Bates	48:12	10:54/K	M 40-44	82/188	Westbourne R C
102	152	Timothy Evans	48:21	10:56/K	M 60-64	84/188	Westbourne R C
157	224	Felicity Hooper	53:02	11:23/K	F 35-39	46/190	Westbourne R C
188	422	Maggie Stokes	55:14	11:39/K	F 55-59	56/190	Westbourne R C
216	144	Neil Dyble	57:09	11:49/K	M 55-59	145/188	Westbourne R C
219	143	Liz Dyble	57:19	11:50/K	F 55-59	73/190	Westbourne R C
255	183	Judith Coole	59:45	12:04/K	M 50-54	159/188	Westbourne R C
285	45	Louise Blakeley	1:01:53	12:17/K	F 50-54	118/190	Westbourne R C
324	120	Thays De Freitas	1:05:12	12:37/K	F 35-39	147/190	Westbourne R C
336	355	Sheila Redrupp	1:06:58	12:47/K	F 60-64	158/190	Westbourne R C

Showing 1 to 16 of 16 entries (filtered from 370 total entries)

Race Summary – the Christmas Pud 10K continued

Judith Coole - “Another one sneaked under the hour. Fab to see so many Westies today.”

Liz Dyble - “After struggling at an easy pace yesterday I had hoped to do better today.... Maybe having Neil in my sight the whole way helped and tried to do an even pace ... Not only did I smash my course pb (2017 58:50) but have a new 10k pb (was 2016 Purbeck 10k in 57:39)... Chuffed! “

Neil Dyble “Official time 57.09. Had hoped for a 56 but still my quickest 10K this year. Tied up a bit in 2nd half. First 5K was a short 28. 👍”

Pete Doughty - “Can't beat a Xmas pudding post race! Very happy with sub 40, and great to see fellow Westie Aaron get a cracking sub 39 to take the 2021 Champs 🏆🏆, not quite for injured Kev, but still amazing speed.”

Aaron Beaton - “Game plan executed to perfection, so pleased with that!”



Festive Thays!

If you are looking for New Year's resolution - **Hills** every other Wednesday

As always thanks to everyone who has contributed to this update. If I have missed something apologies, but let me know and we'll include it next time.

Clive

