

WIMBORNE AC NEWS

Spring 2018

WAC NEEDS



YOU



FROM THE CHAIRMAN *Jason Hall*

Well, we are now at the start of a new track and field season after coming through the worst of our winter training. It's time to see the benefits of all of the hard work we have put in during the dark winter nights and look forward to the weather warming up I hope. As a club we had a fantastic season last year in athletics, cross-country and Sportshall and I really hope we can build on this success.

The roadrunners once again put an awful lot of effort into the Wimborne 20 planned for the 4th of March and it was a real shame that the race had to be cancelled due to the very bad weather. It was a difficult decision to cancel the race but a responsible one.

This brings me onto the main theme of my write up in the newsletter. To organise all of the events that our athletes compete in, from cross country through the winter, track and field during the summer to our road running events, takes a lot of time and effort. We rely totally on volunteer help to enable us to organise these events. As a club we have a core of volunteers that do this work but we do now need to take some of the pressure off this relatively small volunteer group. So I am asking for new volunteers to come forward and help us take full advantage of our success.

Don't be worried that the tasks are difficult, they are mostly support tasks like raking the long jump pit at competitions during the summer to helping man the WAC welcome desk on a Saturday morning, and there is always someone there to help if needed. We can't support our athletes ambitions without volunteer help, YOUR HELP, so please speak with me or any of the coaches to talk about how you could help.

ROAD RUNNING *Nick Solomon*

In November we hosted the 20th Wimborne 10. This event proves a popular event in the local racing calendar. The race was started once again to the blast of muskets from Wimborne Militia. Over 500 runners then embarked on the 10 mile course from Pamphill to Shapwick. First WAC finisher was Chris Woods who knocked 2 minutes off his 2016 time by finishing in 1:00:43. We had a tie for the first WAC lady with Shirley Clegg and Jess Billington sharing the honours. The race raised £1000 for Lymphoma Association.

In March the Wimborne 20 was a casualty of the Beast from the East as the event was cancelled due to the unseasonal snow. The 300 entrants were offered a free place in the 2019 race thus allowing them 12 months of further training.

The annual Road Runners awards evening took place in December. The Best Marathon award went to Chris Woods for his performance in the North Dorset Village Marathon, the Road Master award went to Julie Gosling and the Frampton Cup was awarded to Glyn Davies.

The 2018 road running year started on January 1st with the Junction Quarter Marathon with 18 WAC athletes completing the new course around Broadstone. The second Dorset Road Race League event was the Blackmore

Valley Half Marathon held in February. Again we saw 18 WAC runners completing this race. There are a further 10 events which make up the Dorset Road Race League ranging from 10k to a full marathon. A Fidelity Trophy is awarded to an athlete who completes all 12 races each year. Last year Julie Gosling and Wendy Kennedy were the proud recipients of this award.

Many club members take part in parkruns. This weekly timed 5k run depends on volunteers to marshal and act as timekeepers and organise the event. To show their appreciation the road runners took over the volunteering roles on January 27th at Upton House parkrun supervised by Run Director Michelle Whitehurst.

Looking forward to the lighter evenings the road runners have ditched their winter hi-viz for shorts and t-shirts and relocated to Pamphill for their Thursday evening training runs. While some are preparing for marathons in London, Edinburgh and North Dorset some are enjoying the social aspect of road running. So if you want to join us we meet Thursdays at 6:30, Pamphill School Car Park.

CROSS-COUNTRY ROUNDUP 2017/2018 *Ian Kennedy*

It's been another memorable cross-country season for the club. In the juniors our teams dominated the Wessex League with wins in all categories between under-13 and under-17 for boys and girls bar one, where we were runners-up. There've been great team performances elsewhere too, our under-15 boys team of Charlie Davies, Seth Lake, Ben Martin came 6th in the South of England Cross Country Relays. There were very strong team showings at the South of England Championships from both the under-15 girls and under-17 girls too.

Emily Shaw's was our top female runner this year. It's been another outstanding season – Dorset County Champion, Dorset Schools Champion, South West Schools Champion, 4th in the South of England Championships, 4th at the English Schools are all among the highlights. The latter saw her selected to represent England in the Home Internationals on 24 March. Perhaps it was for that that she saved her best performance – 3rd English girl home in a dominant team win. Emily is one of three runners from Wimborne's Endurance Squad to have received an England call-up this year. Grace Copeland's England debut comes on the back of some fine performances in the schools, Southern and Nationals and a second place in the British Cross Challenge series. Grace travels to Paris to represent England at the Schools Cross-Country World Championships in the first week of April. Piers Copeland, however, represented England's men's team indoors over 1500m in Slovakia.

WAC's cross-country awards took place on 24 March and amongst our winners were 'Rookies of the year' – Iris Courtney and Tristan Green, 'Most Improved' – Sarah Graham and Oscar Davis and top male – Joey Kelliher. Team of the year was the under-15 boys. The Jean Frost Trophy for contribution to the XC part of the club went to the Green family – Paul, Tara, Joel and Ollie. When so many are performing well in the squad it makes for some difficult decisions when awarding trophies!

WAC athletes were well represented in the county team. The standout performance here came from Dorset's Junior Girls at English Schools. The team (half of which was made up of WAC runners – Daisy Baker, Sarah Graham, Marianna Sawyer and Emily Shaw) are the best eight runner team in their age-group in the country. This is believed to be the first time Dorset has managed this in any category. Bearing in mind the population of Dorset compared to the teams we have to beat, this is an extraordinary achievement.

We are about to adopt our summer training schedule as we turn our attention to middle distance on the track. From April until June Tuesday track sessions will be at Canford School (July to September is at Blandford), Thursdays at Blandford and Saturdays at QE remains part of the routine year-round.

Keep on runnin'

SPORTS HALL ROUNDUP 2017/2018 *Paula Hine*

As the Sportshall athletics season draws to a close it is time to reflect on how the season went for our young WAC athletes.

The club took part in the Sportshall league which consisted of three matches at the Canford School in Wimborne on a Saturday afternoon. There were five clubs taking part and the competition was open to under 11's, under 13's and under 15's. The results for all the events and matches can now be found on the Team Dorset Athletics website.

<http://teamdorsetathletics.btck.co.uk/Competition/Sportshall>

Starting with our enthusiastic under 11 girls (two teams!), they had a very tight competition against a much larger club than ourselves, Bournemouth AC. They started the season off well, winning match one with an 11.5 point lead but Bournemouth AC won match two by just 3 points. Wimborne came back strongly and finished as overall winners of the under 11 league. A great result girls!

The under 11 boys, although plenty of them at training, have struggled to field a complete team all season. In match one they managed to achieve second place just behind Bournemouth AC. However, in the following two matches they were only able to achieve third place resulting in finishing third overall. Here's hoping that next season a few more of our young boys will be available to compete.

The under 13 girls and boys teams were unstoppable, with both teams winning every match. Consequently they are both league winners. Once again the girls had sufficient depth and interest to field a second team. In the final match of the season the girls actually dominated the event with a first and second placed team position. WAC Girl Power!

The league also includes some events for under 15 athletes. Three girls from Wimborne AC took part in the first match with some excellent results but were unable to compete in the following matches. Three boys did manage to take part in all three league matches. They all competed well and improved as the season went on. Well done to Joshua Lock, Joe Goodwin and Oliver Rawles.

With these fantastic league positions it is not surprising that the Wimborne athletes had some great results at the county championships held at the beginning of January. The club can now boast 10 county champions, with ten silver places and 9 in bronze position. Wimborne also won five out of the eight relays on the day. Over twenty Wimborne athletes went on to be selected to represent Dorset in the regional championships in Torbay. This was a fantastic day of athletics for our young WACers, many of whom were competing in Dorset green for the first time.

WELL DONE WIMBORNE!!

OUR NEW TEAM MANAGER *Jason Hall*

I would like to take this opportunity to introduce our new SW League Team Manager to everyone at the club Shaun Bishop. Shaun has kindly volunteered to take over the team management role from Paula Hine. As Shaun is new to the role please give him all the help you can. Good luck to Shaun and the whole SW League team for the forthcoming season.

I would also like to thank Paula for all the hard work and time she has put into managing the SW League in the past. Without Paula's efforts and dedication we would not have done anywhere near as well as we have, so a huge THANK YOU from all of us at the club for all you have done.

WIMBORNE AC INTERNATIONALS *Peter Impett*

Congratulations to our recent crop of Internationals. Ryan Webb and Piers Copeland on the indoor scene in the Czech Republic and Slovakia, Grace Copeland for England Schools in Paris and Emily Shaw for the home schools international cross country event. Memory suggests that Lindsay Impett won a schools international vest in 1996 and that Tim Slocombe did the same in 1994. Louise Watton is also likely to have achieved international selection and we believe that Bethan Burley competed for Wales against Ireland in the Celtic Games. We should do more to record the achievements of our international athletes, both past and present, so if we have missed any out or got something wrong please let the Chairman know.

WIMBORNE AC CLUB SHOP *Nick Solomon*

Finally please be aware that the Wimborne AC club shop can be accessed from the WAC website. Here you can purchase hoodies and long sleeve t-shirts. We have added to the range by including short sleeve t-shirts for both adults and juniors. Our aim is to increase the range of items on offer so if you have any ideas please let us know.

TRACK AND FIELD FIXTURES 2018

Date	Match	Age Group	Team	Venue
March				
Sun 25 th	Bournemouth Open	All Inc U11	Wimborne	Kings Park
April				
Sun 8 th	Wessex YAL	U11/13/15/17	Wimborne	Bournemouth
Sat 14 th	Southern League	U17/Sen	Team Dorset	Brighton
Sat 21 st	YDL Junior	U13/15	Team Dorset	Crawley
Sun 22 nd	Yeovil Spring Open	All Inc U11	Wimborne	Yeovil
W/E 28/29	Combined Events Dorset	U13/15/17	Schools	Millfield
Sun 29 th	YDL Senior	U17/20	Team Dorset	Bournemouth
May				
Sun 6 th	SW League	U13/15/17/Sen	Wimborne	Exeter
Sun 13 th	County Champs	U13/15/17/Sen	Wimborne	Kings Park
Sat 19 th	YDL Junior	U13/15	Team Dorset	Horsham
Sun 20 th	Southern League	U17/Sen	Team Dorset	Ashdown
Sun 27 th	YDL Senior	U17/20	Team Dorset	Brighton
June				
Sun 3 rd	SW League	U13/15/17/Sen	Wimborne	Exeter
Sat 9 th	County Secondary Schools	Yr 7-13	School	Kings Park
Sun 10 th	Wessex YAL	U11/13/15/17	Wimborne	Portsmouth
Sat 16 th	SW Schools	Yr 8-13	School	Exeter
Sun 17 th	YDL Junior	U13/15	Team Dorset	Ashdown
W/E 16/17	England Champs	U20/23	Wimborne	TBC
Sat 23 rd	Southern League	U17/Sen	Team Dorset	Winchester
W/E 23/24	SW Schools Combined	U13/15/17/20	Schools	Yeovil
July				
Sun 1 st	Wessex YAL	U11/13/15/17	Wimborne	Swindon
Sun 1 st	YDL Senior	U17/20	Team Dorset	Southampton
Sun 8 th	SW League	U13/15/17/Sen	Wimborne	Exeter
Fri 6 th	County Primary Schools	Yr 4-6	Schools	TBC
Fri 13/Sat 14	English Schools	Yr 8-13	Schools	Birmingham
Sat 14 th	Southern League	U17/Sen	Team Dorset	Salisbury
Sun 15 th	Wessex YAL	U11/13/15/17	Wimborne	Andover
Sat 21 st	YDL Junior	U13/15	Team Dorset	Kingsmeadow
Sun 22 nd	SW Inter Counties	U13/15/17/Sen	County	Exeter
Sat 28 th	Southern Inter Counties	U13	County	Kingston
August				
Sat 18 th	Southern League	U17/Sen	Team Dorset	Par
Sun 26 th	Yeovil Games	TBC	Wimborne	Yeovil
Sat/Sun 25/26	England Champs	U15/17	Wimborne	Bedford
September				
Sun 2 nd	SW League	U13/15/17/Sen	Wimborne	Exeter
Sun 9 th	Bournemouth Open	All inc U11	Wimborne	Bournemouth
W/E 15/16	English Schools Multis	Yr 8-13	Schools	Bedford

Correct as at 20/1/18. Local school events not included.