

WIMBORNE A.C. NEWS



Autumn 2011

TIME

Time is very important in athletics. Sprinters try to reduce the time it takes to run their distances. Ultra-runners try to increase the length of time that they can run for. Accuracy is essential especially when it comes to world records. At our level a time can mean the difference from going to the English schools or staying at home, going out in the heats or making the final. The timekeepers need to get it right but first we need timekeepers. At present Richard Nunn is our only qualified timekeeper and we are usually required to provide timekeepers at matches and for major events. Could you help?

Time is also important to the way that we run things. If we can start club sessions on time we can make better use of the facilities that we pay for. Get there early and we get off to a flying start.

Have you got time on your hands? Coming up we have the Wimborne 10 road race and cross-country meetings which require marshals, and Sports:Hall which needs lots of help from parents. Please let us know if you can help us with a few hours of your time.

It's time to celebrate and to start organising for 2012. We will be celebrating our year on 12 November with our presentation evening. Do find the time to come and congratulate our trophy winners, and how about spending some time asking local businesses for top quality raffle prizes. Our organiser Clare Gladden (01202 624612) will be very pleased to receive any offers of prizes. The AGM will be held at 7.00pm on Monday 14 November at the Wimborne Minster Town Hall, Council Chamber, 37 West Borough, Wimborne Minster.

Peter Impett

PRESENTATION EVENING

This year's presentation of awards will take place on Saturday 12th November at Wimborne Football Club. This is the annual occasion where we recognise the achievements of the athletes, runners (road and cross-country) and unsung helpers of the club. In a break with tradition there will be **NO CHARGE** for this event, so we are looking for a bumper turnout.

We will, however, be attempting to boost club funds with a raffle on the night so any contribution of prizes will be warmly appreciated. Please contact any club official regarding this. Ian Kennedy will be spinning the discs on the night so why not let him know your choice of music before the event; then turn up to see if he was listening.

Our social secretary Clare Gladden will be organising the evening and ticket information will follow shortly.

Glyn Davies

FACILITIES AT QE LEISURE CENTRE

It has been a difficult couple of years or so at QELC with the prolonged construction of the new school. Our activities have been somewhat disrupted and have affected our ability to practice the javelin and discus safely and compromised other activities. Once the school is finished we will see how the landscaping is finalised and we will then have a better idea as to how we can make best use of the available space.

We have just moved most of our equipment into a large container sunk into the bank behind the track. We are sharing the container with the school so we would ask all WAC members and helpers to ensure that equipment is always put away safely and to be vigilant in keeping an eye on such equipment. The club has invested thousands of pounds in equipment over the years so we need to look after it.

We are hoping to obtain a couple of small containers to store various items and we await a decision from the school as to whether we can store the Sports:Hall equipment within the confines of the school. We are also hoping to secure a more appropriate meeting place.

Glyn Davies

2011 TRACK & FIELD SEASON – A RECORD YEAR?

It doesn't seem that long ago when we were looking forward to the first open meeting at the beginning of April, but now its time for a brief round up of the 2011 Track & Field season.

There was a large variety of competitions which Wimborne AC athletes took part in, ranging from league matches and open meetings, through to the national schools and UK age group championships. To plagiarise a popular TV show title ... Wimborne's Got Talent!

Our league commitments included the South West League, Southern Women's League, Southern Men's League, and the UK Young Athletes League. This year also saw a very successful inaugural Quadkids League for Dorset athletic clubs, providing outdoor competition for our under-11 athletes through the summer.

Our team performance in the South West League was the best for many years, attaining third place in our division. We had a great turnout of athletes for all four fixtures in this league and fabulous team spirit, matched by some fabulous individual performances.

For the UK Young Athletes League, we join together with three other Dorset Clubs to field a composite team (Team Dorset) in the Premier Division. In a high quality competition, our athletes again performed really well enabling the team to defend their position in that division finishing in sixth place.

There were also some good team performances in both the Southern Men's and Southern Women's leagues - both entered as Team Dorset also. Our athletes helped Team Dorset to second place in Division 1 West in the women's league, and sixth place in Division 2 West in the men's league.

We had a number of county champions and schools county champions this year and many were given the opportunity to compete for Dorset at the South West Counties competitions, both in individual events and also the multi-events.

The competition for places in the Dorset team for the English Schools Championships at Gateshead was high this year – we had 4 athletes in the club who all achieved the entry standards for their events. It was great to see Hannah Winton selected for, and competing in, these championships. She came a creditable 12th in the triple jump which was a great achievement. It was a pity that none of the other three athletes were selected – next year maybe?

We also had Jack Snook competing in the UK Under-17 age group championship at Bedford. He finished tenth equal in the pole vault, another great performance in Wimborne colours.

We also need to congratulate Annabelle Brown on being selected to represent Dorset at the English Schools Multi-Events Championships being held over the weekend of 17/18 September. Well done Annabelle on finishing 13th in the UK.

As you can see, it has been an extremely busy, and very successful, season for the club, but has it been a record year? Absolutely! We had so many great individual performances – there seemed to be personal bests (PBs) for someone at every fixture we went to – too numerous to mention. However, those PBs that were also club records should be highlighted:

U13	800	Piers Copeland	2:20.4
U13	1500	Piers Copeland	4:39.9
U15	1500	Ryan Walbridge	4:27.3
U17	1500	Callum Kennedy	4:35.6
U17	3000	Callum Kennedy	9:58.8
U17	Pole Vault	Jack Snook	3.90m

It has certainly been a while since so many club records were set in one season.

Well done to all of our athletes for their performances, and a massive 'thank you' to all of our volunteers and parents for supporting and helping out at our competitions this year. You should all be proud of your achievements this year.

Steve Snook

SPORTS:HALL – 2011– A CALL TO ARMS

With the 2011 outdoor Track & Field competition season over for most of us, our thoughts turn to the winter. Fortunately it's not all training, training and more training during the cold winter months.

There are quite a few competition opportunities, especially for our younger athletes, over the next couple of months in Sports:Hall. Not only is Sports:Hall a competition opportunity, it's also indoors in the warm – now that's got to be the clincher surely?

For those that don't know Sports:Hall, it is a colourful noisy affair with a combination of track and field events for athletes up to, and including, the under-15 age group. The track events include individual flat running races up and down the sportshall using turn boards at each wall. There are also a variety of team relays, some of which include obstacles. In the field we have standing long/triple and vertical jumps, speed bounce and shot putt.

The range of Sports:Hall competitions are usually made up of a three match league for teams, the Dorset County Championships, and, for those lucky enough to be selected an inter-county championship event, normally held in Torbay.

However, to get a taste of what Sports:Hall is all about before all the competitions start, there is a Sports:Hall Pentathlon being organised at Blandford Leisure Centre for under-11s and under-13s on Sunday 2nd October. Entries cost £3.00 – see your coach for further details.

For your diaries, the event dates we have so far are:

October 2nd (Sunday) – Sports:Hall Pentathlon @ Blandford

October 22nd (Saturday) – League Match 1

November 19th (Saturday) – League Match 2

Steve Snook

CROSS-COUNTRY - A NEW SEASON TO LOOK FORWARD TO

It is with a great deal of optimism that we head into the new cross-country season. The enthusiasm, work rate and commitment of the Endurance Squad has been terrific over the summer and, as reported elsewhere, they have been reaping their rewards on the track. Four middle distance club records were broken, but the club records for those four events were broken 10 times (I think), it was hard to keep track! Our non-record breakers made good progress too, and we are looking forward to carrying all that new-found speed over the hills and across the fields.

I'm hoping that joining our hardcore of middle distance runners we can encourage, entice and cajole some of our other track and field athletes to come along and build up their stamina over the winter, to add to the speed or strength they already have. From the roadrunners it is hoped that we can encourage them to get involved so they can add some speed to their running. (The cross-country races are over shorter distances than most roadrunners are used to.)

The cross-country league fixtures have been announced (*see page 4*) and it is great to see that the distances we have to travel to get to races will be reduced this year. We compete in two cross-country leagues which are quite different in character to each other.

The *Wessex League* is the more local and low key of the two, and this offers a great opportunity to those taking their first steps in cross-country running. It also allows us to field our youngest athletes as there are races for the under-11s right through to the seniors. We play a significant part in hosting two of the Wessex League races, so we are looking for volunteer marshals at Canford on 30 October, and again at King's Park on 26 February. Please contact me if you are able to help – ian@wimborne10.co.uk.

The *Hampshire League* allows us to pitch our runners into a higher level competition and it provides a great test for our improving squad. The first race of the season is the Hampshire League fixture in the beautiful setting of Farley Mount near Winchester. This race also forms part of the WAC roadrunners club championships and it is hoped that we will see some senior roadrunners making their cross-country debuts there, as well as those from amongst our junior runners.

It has felt like a long wait since the end of last season ... bring it on!

Ian Kennedy

ROADRUNNING

If the evenings are drawing in it must be time for WAC's Wimborne 10 race soon. Runners come from far for its friendly atmosphere, great course and famous tea and cakes at the end! However, organizing 500 runners takes a lot of volunteers to sort parking, marshal road junctions, man water stations, etc. If you can help on Sunday, November 20th Jeff Hinsley would love to hear from you (jeff@Wimborne10.co.uk).

We are most of the way through the 12 Dorset Road Race League fixtures for the year. Wimborne AC's roadrunning men and ladies are both in their top divisions with six other teams. After eight races the men are currently lying second (behind Bournemouth AC) and the ladies fourth, but other teams are close behind so we have our work cut out to hold these positions. Richard Swindlehurst is our highest placed man, just one place ahead of Jerry Shield, and Wendy Kennedy is first WAC lady. John Hutchings is heading the league in the U21 men's age group. So far this year we have had 56 different runners representing Wimborne AC and we have four runners (Kevin Elliott, John Hutchings, Wendy Kennedy and Andy Olden) on track to collect Fidelity Awards, awarded for completing all 12 races in the season. Impressively, this is a quarter of the total for all clubs.

For the first time this year Wimborne AC roadrunners have our own club championship. This is based on the best eight results from a possible 15 events. With only a few scoring opportunities before the presentation evening, at the time of writing Jerry Shield is leading for the men and Julie Gosling for the ladies - but there are people close behind still to get their eighth scoring race in.

We can also now boast a national champion! Andy Horsley finished 8th out of 115 to win his age group in the Ridgeway Challenge (86 miles and 9000 ft of ascent) in 18 hours 36 minutes. This was the UK Trail Running Championships and Andy is the official UK over-45 Long Distance Trail Champion, an amazing achievement.

We produce a weekly newsletter of road running activities (results, upcoming races etc). If anyone does not receive this but would like to, please let me know.

Jon Braund

DATES FOR YOUR DIARY

OCTOBER

Sun	2	Sports:Hall Pentathlon	Blandford
Sat	8	Hampshire League, Cross-Country	Farley Mount (CC)
Sun	9	Gold Hill Run	Shaftesbury (RRL)
Sat	22	Sports:Hall League Match 1	
Sat	22	Weymouth 10	Weymouth (RRL)
Sun	30	Wessex League Cross-Country	Canford School (V)

NOVEMBER

Sun	6	Gilly Hilly 7.5m	Gillingham (RRL/CC)
Sat	12	Hampshire League, Cross-Country	Goodwood
Sat	12	WAC Presentation Evening	Wimborne Town FC
Mon	14	Wimborne AC AGM	Wimborne Council Chambers
Sat	19	Sports:Hall League Match 2	
Sun	20	Wimborne 10	(V)
Sun	27	Wessex League Cross-Country	Hudson's Field, Salisbury

DECEMBER

Fri	2	WAC Roadrunners Christmas Party	Wimborne Town FC
Sat	3	Hampshire League, Cross-Country	Popham

JANUARY

Sat	14	Hampshire League, Cross-Country	King's Park, Bournemouth
Sun	22	Wessex League Cross-Country	Ham Hill, Stoke-sub-Hamden

FEBRUARY

Sat	11	Hampshire League, Cross-Country	Hudson's Field, Salisbury
Sun	26	Wessex League Cross-Country	King's Park, Bournemouth (V)

CC – Roadrunners Club Championships, RRL - Road Race League, V - Volunteers needed