

WIMBORNE A.C. NEWS

Autumn 2017



CHAIRMAN'S REVIEW *Jason Hall*

Well, what a way to end the track and field season, the red army certainly has done itself proud. The last South West League match of the year was more like a swimming gala than an athletics match but it took us over the line in first place. **FIRST PLACE** in the South West League, a momentous achievement, something the club has never done before and something we should all be very proud of. I think a huge **CONGRATULATIONS** is in order to everyone who contributed to this fantastic result.

Athletics may seem to be a sport of individuals, there are very few team events except say the relays, however this is not the case. Our success this year is due to everyone involved with the club and I think its worth just thinking about this for a moment. Firstly there are the athletes at the sharp end of the club, they put immense time and effort into their training and preparation for their particular events. However, it's not just the elite athletes who excel in their events, there are all the others that do it for the love of the sport, those who fill the gaps in our coverage across all the events at each and every league match. The cross-country athletes that throw a hammer, sprinters that compete in long jump, jumpers that join the relay teams. Without each and every individual contribution we could not have achieved what we have, so a big thank you to everyone who took the plunge and did something that WAC have never done before. Then there are the parents, a hardy bunch who come out in all weathers to take their children training and to competitions in the blazing sunshine (we have had some this year) or the pouring rain, some even compete themselves. They help the athletes through the difficult times, the injuries and share the successes, keep up the good work you're doing a brilliant job. Next are the coaches, without a structured training plan there wouldn't be the progress through the seasons and there would certainly be more injuries. The coaches do a fabulous job, more often than not coming along to competitions to offer that vital advice and more often than not helping officiate the events and even competing themselves. They are all extremely dedicated and passionate about getting the best out of each and every athlete. Then where would we be without the team managers, most people don't give them much thought, well it can't be that difficult can it! If everything went to plan that may nearly be true. However, injuries, illness and other commitments cannot be predicted and the planned team is rarely the one that competes on the day. Team management can be like juggling and plate spinning while bouncing on a trampoline, without wanting to embarrass anyone, Paula has done an exceptional job. Finally there are the countless contributions made by so many people throughout the year, thank you all.

This then brings me on to moving forward. Now is a good time, at the end of the track and field season and beginning of the cross-country season, to take stock of how we feel we have done over the season (track and field athletes) and start planning our winter training and thinking about our goals for next year. Similarly we (cross-country athletes) need to think about what we want to achieve over the imminent cross-country season, what would we as individuals like to achieve. With this in mind we are planning to hold a couple of club events aimed at finding out what individual athletes think. This will give the coaches a much better idea of how to plan the training sessions and support everyone to achieve their goals. So watch this space, we will be publishing more on this over the next month via all the usual channels (Facebook, email, pre-training briefings, etc). What I would ask of you all is to take some time to think about how the last track and field season went and what you want to achieve next year or what you want to achieve during the up and coming cross-country season, that way we can build on the great year that we've had and carry it on into the cross-country season.

As a growing club we could always use a little extra help throughout the year to keep everything running smoothly. If you would like to help with anything from raking a sandpit, or helping with publicity, right the way through to coaching or timekeeping (or anything in between) please speak to any of the coaches who will be more than happy to talk through what you would like to do and point you in the right direction. Thanks for the support everyone has given us through the year and roll on the cross-country season.



@WimborneAC

With the club becoming South West League Champions for the first time, 2017 is proving to be a very significant year in our history. It is also significant one for WAC's roadrunners. In November the club will stage the Wimborne 10. This year marks the event's 20th anniversary. Over that time the race has gained a well-earned reputation as one of the friendliest and best organised races on the Dorset roadrunning calendar. It takes a huge commitment from our roadrunners to stage an event like this, requiring an army of volunteers. The Wimborne 10 continues to enhance the profile of the club amongst the roadrunning community. Race director Steve Wyatt has had matters well in hand for months now, but if you are available to help on 19 November I'm sure he'd like to hear from you spwyatt@aol.com. Once our landmark 20th anniversary race has taken place, there will be no time for resting on laurels, as hot on the heels will be February's Wimborne 20 (by comparison a mere stripling, now in its third year)!

WAC AWARDS NIGHT PARTY – SATURDAY 25 NOVEMBER *Ian Kennedy*

After such a great year it's time to celebrate. The club's annual awards night and end of year party will take place at **Colehill Sports & Social Club** (BH21 2QR) on **Saturday 25 November**. In recent years, numbers attending have soared. The awards are presented in the earlier part of the evening (covering age-groups, disciplines and the club's special trophies) and this is followed by a disco where we can party until late. *Admittance is free for members and their families.* Further details will be sent out nearer the time.

MULTI-DISCIPLINE GROUP – *Trudi Carter, Dave Pearson, Ed Arnold*

This September, we will be offering an opportunity for those athletes who wish to train for more than one event to join a multi-discipline group. We appreciate that you may not wish to concentrate on just one event, especially those coming up from the U11s, and so we will be running sessions on a Wednesday 6.30-8.30pm and a Saturday 9.45-11.45am initially. In each session we aim to cover two events as well as plyometrics, flexibility and speed work.

This group is open to U13, U15, U17, U20 and senior athletes as we will have at least three coaches involved. If you are in one of these age groups and wish to compete in more than one event, please contact Trudi at tcarter.pv@gmail.com giving the following information: *Your name, age group, plus a contact email and phone number.* Please also answer the following: *Which events do you wish to train for? Who coaches you at present? Which days of the week are you available?* Please let us have this information before the first session which will be on Wednesday 20th September. We look forward to hearing from you.

TRACK & FIELD 2017 – OUR BEST SEASON YET! *Ian Kennedy*

'Our best season yet' seems a bold claim, but I believe that statement can bear scrutiny. In the 'Chairman's Review' our victory in the South West League has already been acknowledged. We went into the final fixture at Exeter knowing that our fate was in our own hands and if we could win that meeting we would take the league title. A huge team effort got the job done. Peter Impett's comment, *'This was a tremendous result - the best in all my 30 years at the club'*, says it all.



A record number of Wimborne athletes (12) reached the English Schools Athletics Finals this year. The competition is the fourth largest athletics event *in the world*, and was first established in 1925. Our athletes there were Charlotte Ayton – long jump, Bethan Burley – 400m hurdles (where she PB-ed with a club record) and relay, Grace Copeland – 3000m, Piers Copeland – 1500m, Toby Hiller – long jump, Pippa Hine – 200m and relay, Abbie Lovering – 800m, Emily Shaw – 1500m, Martha Taylor – javelin, Erin Thickett – long jump, Abbie and Ellie White – both hammer.

Earlier in the season at King's Park there had been a huge haul of medals for Wimborne athletes at the County Championships. We had 30-plus County Champions, they included:

Hannah Acquah (2000m steeplechase, SW), Bethan Burley (high jump, javelin, shot, JW), Ben Butcher (high jump & triple jump, U15), Isabella Cox (discus, U13), Charlie Davies (3000m, U15), Oscar Davis (javelin, U13), Ronnie De-Bique (100m hurdles & 400m hurdles, SM), Zach Fenwick (javelin, U17), Sarah Green (1500m, U13), Amy Hewitt (high jump, U17), Thomas Jeffery (discus, U13), Seth Lake (300m & 800m, U15), Joshua Lock (javelin & long jump, U15), Flo Lockwood (80m hurdles, U17), Abbie Lovering (300m & 800m U15), Ben Martin (1500m, U15), Emma Martin (1500m, JW), Amy Mercer (3000m, U17), Teddy Mercer (shot, U13), Joe Miles (high jump, JM), Dave Pearson (pole vault, SM), Jon Perks (400m, VM), Emma Salkeld (100m, U13), Ruby Sargeant (shot, U13), Emily Shaw (1500, U15), Kate Simmonds (800m, U13), Hannah Slater (1500m steeplechase, U17), Ryan Walbridge (400, SM), Ryan Webb (high jump, SM), Hannah Winton (long jump & triple jump).

Amongst these were championship best performances from Abbie Lovering in the 300m, Hannah Slater in the 1500m steeplechase and Ryan Webb in the high jump, with Emma Salkeld equalling the championship record over 100m for under-13 girls. We also had considerable numbers claiming silver and bronze medals.

The Wessex Young Athletes League is a very important development league for us and we've been busy there too, finishing the best-placed of the Dorset clubs for the under-13 to under-17 age range, and Quadkids. Quadkids is where our stars of the future will emerge from, and most of them will go on to compete in Sportshall over the winter, with some doing cross-country too.

A quick look at the club records on our website will show that over the past four or five years a fantastic number of club records have been improved upon. Despite the bar being raised a little higher each year the records continue to tumble. New club records this year include:

Girls U11 – 75m – Freya Blundell – 10.9 – Portsmouth – 25/6/17
Girls U11 – howler – Freya Blundell – 28m15 – Portsmouth – 25/6/17
Boys U11 – 75m – Harry Bunting – 11.0 – Portsmouth – 25/6/17 (equal)
Boys U11 – 600m – Woody Van der Feltz – 1:55 – Bournemouth – 10/9/17
Girls U15 – 300m – Abbie Lovering – 42.4 – Bournemouth – 14/5/17
Women U17 – 3000m – Grace Copeland – 9:55.01 – Milton Keynes – 3/6/17
Women U17 – javelin (500g) – Martha Taylor – 38m86 – Exeter – 17/6/17
Women U20 – triple jump – Caitlin Hooper – 10m82 – Harrow – 25/6/17
Women U20 – 100m hurdles – Bethan Burley – 14.85 – Yeovil – 26/6/17
Women U20 – 200m – Bethan Burley – 25.97 – Yeovil – 26/6/17
Women U20 – 400m hurdles – Bethan Burley – 62.59 – Birmingham – 8/7/17
Women U20 – heptathlon – Bethan Burley – 4866 pts – Yeovil – 24/6/17
Women overall – 400m hurdles – Bethan Burley – 62.59 – Birmingham – 8/7/17
Women overall – heptathlon – Bethan Burley – 4866 pts – Yeovil – 24/6/17
Women overall – 4x400m – Bethan Burley, Pippa Hine, Amy Mercer, Caitlin Rogers – 4:13.58 – Exeter – 2/7/17
Men U20 – 800m – Piers Copeland – 1:51.58 – Cardiff (indoors) – 5/2/17
Men U20 – 1500m – Piers Copeland – 3:49.31 – Cardiff (indoors) – 15/1/17
Men U20 – 5000m – Tom Bourne – 15:35.90 – Exeter – 4/6/17
Men overall – 800m – Piers Copeland – 1:51.58 – Cardiff (indoors) – 5/2/17
Men overall – 1500m – Piers Copeland – 3:49.31 – Cardiff (indoors) – 15/1/17
Men overall – 5000m – Tom Bourne – 15:35.90 – Exeter – 4/6/17

The last weekend in June was a particularly golden one with new club records established at Harrow, Portsmouth and Yeovil.

Finally, Dave Pearson, one of Wimborne AC's greatest ever stalwarts, has had a fine season which culminated in a series of terrific performances over the first weekend of September where he took the silver medal at the British Masters Decathlon Championships at Sheffield.

These are just some of the highlights from a vintage track and field season for Wimborne AC.

www.wimborneac.co.uk

SPORTSHALL 2017/18 Paula Hine hinepad@me.com

WHAT is Sportshall Athletics? For those of you that don't know much about Sportshall it is a colourful noisy event with a combination of RUN, JUMP and THROW track and field events for young athletes. The track events include running races of different lengths up and down the sportshall using turning boards at each end. There are also team relays and some times some obstacles to run over and through. The field events involve jumping for height, distance and speed and there is also a shot putt, chest push and target throw event.

The season consists of three league matches and the County Championships. In addition, for those lucky enough to be selected, there is an opportunity to represent Dorset at the South West Regional Championships.

WHERE is Sportshall Athletics? All of the events are indoors, in the Canford School sportshall in Wimborne.

The regional championships take place in Torbay and transport is available for the Dorset team.

WHEN is Sportshall Athletics? The matches all take place on Saturday afternoons. The dates are as follows:

League match Saturdays – 21st OCTOBER, 25th NOVEMBER, 16th DECEMBER.

County Championships – Saturday 6th JANUARY

South West Regional event for selected athletes – Saturday 3rd MARCH

WHO is Sportshall Athletics for? There are separate competitions for under 11s, under 13s and under 15s. Wimborne AC enters teams in all the age groups and there should be a place for everyone in the team who wants to take part.

Parents are encouraged to come along and support their children. There is plenty of opportunity for parents to get involved and help the officials with counting and measuring performances – any offer of help is always very much appreciated.

Sportshall is a very noisy, slightly chaotic atmosphere with plenty of cheering with FUN to be had by all!!

Traditionally WAC's young athletes do very well in this league. If you would like to take part this season, I will be sending an email out asking for availability in the next few weeks, please get back to me as soon as possible.

Meanwhile please don't hesitate to ask if you have any further questions. I can be contacted at hinepad@me.com COME ON WIMBORNE!!

CROSS-COUNTRY 2017/18 Ian Kennedy

Wimborne's cross-country team gave us a season to remember last winter. Many went on to represent their county in championship races last time around, and one of those – Emily Shaw – also got an England call-up. There have been some cracking middle distance performances on the track over the summer, but I can't wait to get back into the puddles, muck and hills that cross-country delivers. Mind you we've seen a few puddles on the track over the summer too!

The club competes in two cross-country leagues – the Hampshire and the Wessex. Fixtures in the Wessex League always include races for under-11s (the youngest athletes must have reached their 8th birthday by 31/8/2017 in order to compete) and the age groups continue right through to seniors. In the Wessex League we don't have to travel too far to compete – Canford Heath on 1 October, and two fixtures at Bryanston School (22 October and 10 December) which sandwich a race over the challenging course at Yeovil Country Park on 5 November. The first of the Bryanston races is on a brand new course, along a beautiful woodland route, and on our second visit this season we use the course that worked so well for the County Championships in 2016.

The Hampshire League opens with a local race – King's Park, Bournemouth on Saturday 14 October. This league is for athletes from under-13 through to seniors. The venue for the fixture on 11 November is a new one to us, QE Country Park, Petersfield and this is followed by Popham (2/12/17), Reading (13/1/18) and finally another new venue ... Aldershot (10/3/18).

We are the host club for the final Wessex League cross-country race on Sunday 10 December and once again this race also serves as the Dorset County Championships. We will need lots of volunteers to help with marshalling on that day. We are also taking the lead role when staging the race at Bryanston in October, working with other clubs under the Team Dorset banner. I will be putting out appeals for helpers a little nearer the time. If you'd like to be put on the mailing list specifically for cross-country activities then please email me at ian@wimborne10.co.uk

ROADRUNNING

There's no let up for WAC's roadrunners, no off-season, as we continue to pound the roads of Dorset in races over distances between 5k and 26.2 miles.

A scan through the results will see Wimborne AC parkrunners logging times every weekend, and this year we've been able to add Upton House to the existing local venues. Marathons come in clusters, in spring and autumn. So far 21 WACers have completed at least one marathon this year, with Chris Wood recording the fastest time (2:42:32) when he won the North Dorset Village Marathon in April, with Sarah Orr our fastest woman (also in April, in London).

For some though, marathon distance just isn't a big enough challenge. A fine example of this is Briony Wood, recently returned from the Fire & Ice Ultra in Iceland. *'The toughest multi-terrain race in the world'* claims the race website, its 250k (that's 156 miles!) over six days across the almost lunar wilderness which includes lava fields, hot springs and glaciers. Completing it is an awesome achievement ... somehow the words *'Well done Briony'* seem insufficient!

Closer to home we are gearing up for the 20th staging of the Wimborne 10 on 19 November. The race attracts 500 runners and the race limit will be reached well before the day. The event is organised and marshalled by volunteers. Over Wimborne 10 weekend some 50 individuals will carry out a range of tasks. If that were not enough, a similar-sized 'red army' will be delivering the club's other race - the Wimborne 20 on 4 March. We're all set for a busy winter! If you would like to help at either race then please contact Steve Wyatt spwyatt@aol.com



SOME DATES FOR YOUR DIARY

Sun 01 Oct	Wessex XC	Canford Heath Middle School, Poole
Sun 08 Oct	Dorset Road Race League	Gold Hill 10k
Sat 14 Oct	Hampshire XC	King's Park, Bournemouth
Sat 21 Oct	Sportshall	Canford Leisure Centre, Canford Magna
Sun 22 Oct	Wessex XC	Bryanston School, nr Blandford
Sun 5 Nov	Dorset Road Race League	Gilly Hilly (7.5 miles)
Sun 5 Nov	Wessex XC	Yeovil Country Park
Sat 11 Nov	Hampshire XC	QE Country Park, Petersfield
Sun 19 Nov	Wimborne AC road race	Wimborne 10
Sat 25 Nov	Sportshall	Canford Leisure Centre, Canford Magna
Sat 25 Nov	Wimborne AC Awards Night Party	Colehill Sports & Social Club
Sun 26 Nov	Dorset Road Race League	Boscombe 10k
Sat 02 Dec	Hampshire XC	Popham Airfield, nr Winchester
Sat 02 Dec	WAC Roadrunners Christmas Party	Colehill Sports & Social Club
Sun 10 Dec	Wessex XC & County Champs	Bryanston School
Sat 16 Dec	Sportshall	Canford Leisure Centre, Canford Magna
Mon 01 Jan	Road Race League	Broadstone Quarter Marathon
Sun 07 Jan	South West XC Champs	TBA
Sat 06 Jan	Sportshall County Championships	Canford Leisure Centre, Canford Magna
Sat 13 Jan	Hampshire XC	Prospect Park, Reading
Thu 18 Jan	Dorset Schools XC	King's Park, Bournemouth
Sat 27 Jan	South of England XC Champs	TBA
Sat 03 Feb	South West Schools XC	Stover, Devon
Sun 04 Feb	Road Race League	Blackmore Vale Half Marathon
Sat 10 Feb	Hampshire XC	Aldershot
Sat 24 Feb	National XC Champs	Parliament Hill, Hampstead Heath, London
Sun 25 Feb	Road Race League	Bournemouth 10m
Sat 3 Mar	Regional Sportshall Final	Torbay
Sun 04 Mar	Wimborne AC road race	Wimborne 20
Sat 10 Mar	Inter-Counties XC Champs	Loughborough
Sat 17 Mar	English Schools XC Champs	Leeds