

WIMBORNE AC NEWS

Spring 2017



FROM THE CHAIRMAN *Jason Hall*

This is my first newsletter since becoming Chairman at the end of last year. So firstly I'd like to thank Peter for all he has done for the club during his time as Chairman, his continuing help for me, and everything else he is still doing. Also thanks must go to everyone who helps make the club run as well as it does, the committee members, coaches and helpers. Without you all WAC would not be the fantastic club that it is.

Since the last newsletter we have completed both the cross-country season and also Sportshall. In both of these we have done exceptionally well once again, with many athletes representing Dorset, a superb achievement for a club the size of ours. These achievements are a real reflection of the hard work that all our athletes put in throughout the year. Well done all those who can now proudly wear a green Dorset vest. All of this would not have been possible without the commitment of Paula Hine and Ian Kennedy and their team of helpers. Well done everyone.

It's also important to realise that not all of our athletes are driven to compete, for some just participating is where they get the joy from their preferred events. So we should not forget all the other athletes that run for the fun and joy of just doing an event they love. They are just as important to the club, so keep on enjoying yourselves, you're all part of the WAC family.

Congratulations also to the roadrunners for staging the very successful Wimborne 20 on 5th March. These events are not easy to organise and the Wimborne 20 team did themselves proud, a big thanks to everyone who helped make this such a successful event.

Looking forward ...

It's now time to put the dark, cold, wet and windy winter behind us and look forward to the lighter, cold, wet and windy British summer. The track and field season will be starting with the Bournemouth Open, taking place on 2nd April. Last year, you may remember (or you are maybe trying to forget), we had a surprise hailstorm that turned the track white with hailstones, let's hope we get better weather this time.

There are many more events throughout the summer and I would encourage you all to participate. There is always a great atmosphere at all the league events and it's great fun for everyone from the u11s to veterans. Last year we did very well in all the leagues and we hope to repeat this performance again this year. Please have a look at the programme for this year and save some slots in your diary, you won't regret it. Also keep an eye out on our Facebook pages as this is where a lot of information can be found.

... and finally

As a parent, if you are interested in athletics and would like to learn more or help us in any way, please speak to me or any of the coaches. We are growing, and there are opportunities throughout the club for you to develop your knowledge, if you are interested and have the time. Anything from simply raking a long jump pit during training to becoming a fully qualified coach or anything in between. The opportunity is there for you to learn a new skill and take it to whatever level you are comfortable with. There are also opportunities as track or field officials if coaching is not for you.

Whether you are an athlete, coach, official or helper, good luck, enjoy yourselves and have a great track and field season.

WAC SUMMER PARTY – Saturday 12th August *Ian Kennedy*

Over the past two summers we've staged the very popular summer party. We're repeating the formula once again. We start at 2pm and go into the night. There will be marquees/tents, a disco until late, and of course we'll be hiring inflatables - quite possibly the assault course that was such an enormous hit last time around. Many brought their tents last year and slept on site, we're expecting even more to do so this time. Fingers crossed we get good weather! There will be more details on this event nearer the time. *Don't miss it!*



WAC ON SOCIAL MEDIA *Ian Kennedy*

Have you visited 'Wimborne Athletic Club' – www.facebook.com/groups/128602837494 – yet? It's a 'public group' page and aims to encompass all aspects of the club from cross-country, to roadrunning, social events, Sportshall, track and field. Please 'join group' and feel free to post and raise the club's online profile.



There are more specific Wimborne AC Facebook group pages (these are 'closed groups'). They are: 'Pole Vault - Wimborne AC' – www.facebook.com/groups/1848850462011828, 'Wimborne AC Speed & Hurdles Group' – www.facebook.com/groups/419308554817393, 'Wimborne Endurance Squad' – www.facebook.com/groups/396855940383796, and 'Wimborne Roadrunners' – www.facebook.com/groups/144043369075953.

Don't forget to follow us on Twitter – [@WimborneAC](https://twitter.com/WimborneAC) – for latest news too!

SPORTSHALL 2016/17 ROUND-UP *Paula Hine*

The last of the three Sportshall league matches took place just before Christmas. The Wimborne red army was out in force despite Christmas preparations and we had a very positive and successful end to the league, winning both the boys and girls u11 and u13 age-group competitions. We have had over 40 athletes competing at every meeting, and many young WACers have worn their red vest for the first time. Sportshall athletics is a great introduction to the sport, we have had a fantastic team spirit, and superb support from our parents cheering all the athletes and helping with officiating when asked.

Saturday 28 January saw the Dorset County Sportshall Championships, also held at the Canford School. Again there was a great turn out from the Wimborne team, despite a clash with the South of England Cross-Country Championships being held at Parliament Hill in London. We can proudly say that we now have no less than 22 County Champion individuals or relay teams. The future definitely looks bright for Wimborne AC!!

With all these fine WAC performances 16 of our young athletes were selected to represent Dorset in the regional finals. The Dorset squad had one of their finest performances of recent years with the under-11 girls being crowned Regional Champions and the under-11 boys finishing in second place overall. Well done Dorset!!

I would like to thank all the athletes who have competed for Wimborne this season and all the parents who have supported them. Bring on the track and field. Come on Wimborne!!

WINTER INDOOR 2016/17 ROUND-UP *Ian Kennedy*

In recent years WAC athletes have become increasingly involved in the indoor winter athletics scene. There's a strong case to be made that the winter just passed has been our best indoor season ever. Amongst the highlights were:

- Charlotte Ayton South West England U17W Long Jump Champion
- Piers Copeland South West England U20M 800m Champion
- Matthew Lissenburg South West England U13B 1500m Champion
- Piers Copeland South West England U20M 1500m Champion
- Grace Copeland South West England U20W 1500m Champion
- Hannah Winton South West England Senior Women 60m silver medallist
- Joe Miles South West England U20M High Jump silver medallist
- Elliot Sales South West England Senior Men Shot Putt silver medallist
- Ben Butcher South West England U15B Long Jump bronze medallist

Piers's best race didn't bring him a championship title however. His 8:10.78 for 3000m at the Cardiff Christmas Classic puts him 6th on the British under-20s 'All Time' list, it also has him 2nd in the UK in 2016, and very high up in the current world rankings. His current UK ranking for the 1500 is also 1st. With his success at under-20 level, this created the opportunity for him to compete in the senior men's competition at the British Athletics Indoor Team Trials - he was given the option of the 800, 1500 or 3000m - an extraordinary range of events to be able to cover at the highest level. Piers opted for the 1500, and was the only under-20 on the card and he made it through the qualifying heat to the final. It was fantastic to see a red Wimborne vest at such a high profile event. Piers wasn't the only Wimborne interest at that event, Ryan Webb was also there. Ryan is studying at Loughborough Uni and is now first claim Birchfield Harriers, second claim Wimborne AC. As many of you will know Ryan was under the tutelage of WAC's Peter Impett for five years. Ryan recorded an indoor high jump PB of 2.13m.

ROADRUNNING *Nick Solomon*

In November, we hosted the Wimborne 10 mile road race. This popular event, which starts and finishes in Pamphill attracted over 500 entrants. Lead WAC man was Chris Wood who finished in a time of 1:02:08 and the first WAC lady was Sarah Orr in 1:14:04. The race raised £1,000 for Dorset Air Ambulance.

In March Race Director Steve Wyatt re-assembled his race crew around Gaunts Common to marshal the Wimborne 20 mile road race. Despite some inclement weather over 250 runners completed the course with Chris Wood and Sarah Orr again taking the honours for WAC in times of 2:10:01 and 2:41:51 respectively. Following the race, a donation was made to Holt Parish Council.

Meanwhile across the other side of the world two WAC runners – Michele and Phil Whitehurst – were competing in the Tokyo Marathon and in doing so joining an exclusive club of runners who have run all the major marathons (London, New York, Chicago, Boston, Berlin and Tokyo).

The annual roadrunners presentation night saw age-grade awards going to Karila Faulkner, Michele Whitehurst, Wendy Kennedy, Shirley Clegg, Tony Watts, Steve Wyatt, Jerry Shield and Gerry Hutchings. Other awards went to Andy Olden (Roadmaster), Michele Whitehurst (Marathon) and Bob Caines (Frampton Cup).

As we move into spring, several athletes are finalizing their training towards a spring marathon. We have nine WAC runners running in the London Marathon whilst others are due to compete in Brighton, Southampton, North Dorset and Dorchester.

With the clocks changing and lighter evenings, our training venue switches to Pamphill on a Thursday giving us the opportunity to run the drovers trails around Kingston Lacy and Badbury Rings.



CROSS-COUNTRY 2016/2017 ROUND-UP *Ian Kennedy*

What a season! We had the highest ever turn-out at a cross-country event - the combined Wessex League Race 4/County Championships at Bryanston where we had 70 competitors. It was the culmination of a very successful Wessex League campaign where we were Wessex League Champions in six team categories - under-13 boys, under-15 girls and boys, under-17 women and men, and senior women. Ben Martin was u15 Wessex League Champion and their were individual Wessex honours for Tom Fuller, Ollie Rawles, Amy Mercer, Holly Nixon, Michael Johnson, Hannah Slater, Minty Stubbs, Ryan Walbridge and Pete Kingswell-Farr too. Our under-15 girls team were also South West England Champions and bronze medallists in the Hampshire League. Hannah Slater and Abbie Lovering won individual Hampshire medals. Record numbers of Wimborne athletes represented Dorset in the Inter-Counties Championships at Loughborough.

The schools races were also a happy hunting ground for WACers. Emily Shaw and Grace Copeland were both Dorset Schools County Champions and the performances in the Schools County Championships and the South West Schools Championships saw a record number of WAC athletes representing Dorset at the English Schools Cross Country Championships in Norfolk. The Dorset girls' team at Norwich had a brilliant day. They brought home the team prize - The Sidney Rose Trophy. Last year they won it by 94 points, this time the victory was by a margin of 541 points! This is all the more impressive when you consider that prior to 2016 we last won that trophy in 1983. That fantastic victory was achieved with a team where 50 per cent of the racers in Dorset's girls' team are Wimborne athletes. The best individual performance at Norwich from a Dorset athlete came from WAC's Emily Shaw. It won her selection to represent England in the home international versus All Ireland, Scotland and Wales on 25 March where she came 6th. Emily is the first athlete in the club's history to represent England at cross-country.

Amongst many other notable cross-country performances over the winter were Grace Copeland's 8th at the National Cross Country Championships at Nottingham, and Emily Shaw's 2nd at the South of England Championships at Parliament Hill Fields, Hampstead Heath.

Our annual cross-country awards were presented after a session at Activate trampoline park at Ferndown. Amongst the trophies awarded, Sarah Graham and Seth Lake were female and male 'Rookie of the Year'. Our 'Most Improved' awards went to Amy Mercer and Matt Yates, and top male and female runners were Tom Fuller and Emily Shaw.

Team of the year were our senior women, aside from being Wessex League Champions, they came 5th in the Hampshire League. The Hampshire League performance was an extraordinary advance on what they've achieved in the past. This came about due to an influx of talented under-20s stepping into the senior team and an indomitable spirit throughout the whole women's squad.

It has been a fantastic cross-country season, but it is now time to turn our attention to the track and see what we can achieve there!



SOME DATES FOR YOUR DIARY

<i>Date</i>	<i>Fixture</i>		<i>As</i>	<i>Venue</i>
April				
Sat 1	Whistlecroft hurdles & heavy throws		Wimborne	Yeovil
Sun 2	Whistlecroft Spring Open	All	Wimborne	Yeovil
Sun 2	Bournemouth Open	All inc U11	Wimborne	Bournemouth
Sun 9	Wessex YAL	U11/U13/U15/U17	Wimborne	Southampton
Sat 15	Southern League	U17/Senior	Team Dorset	Andover
Sat 22	YDL Junior	U13/U15	Team Dorset	Crawley
w/e 29/30	Combined Events Dorset	U13/15/17	Schools	Millfield
Sun 30	YDL Senior	U17/U20	Team Dorset	Hillingdon
Sun 30	N. Dorset Village Marathon	RRL/DCC	Wimborne	Stur. Newton
May				
Sun 7	SW League	U13/U15/U17/Seniors	Wimborne	Exeter
Sun 14	County Championships	U13/15/17/Seniors	Wimborne	Kings Park
Sat 20	YDL Junior	U13/15	Team Dorset	Aldershot
Sun 21	Southern League	U17/Seniors	Team Dorset	Ashdown
Su 28th	YDL Senior	U17/U20	Team Dorset	Harrow
June				
Sun 4	SW League	U13/U15/U17/Sen	Wimborne	Exeter
Sun 4	Poole 10k	DCC	Wimborne	Poole
Sat 10	County Secondary Schools	Yr 7-13	School	Kings Park
Sun 11	Wessex YAL	U11/U13/U15/U17	Wimborne	Winchester
Sun 11	Puddleton Plod ½ marathon	RRL	Wimborne	Puddletown
Sat 17	S W Schools	Yr 8-13	School	Exeter
Sat 17	Southern League	U17/Senior	Team Dorset	Winchester
Sun 18	YDL Junior	U13/15	Team Dorset	Kingsmeadow
w/e 17/18	England Championships	U20/U23	Wimborne	Bedford
Fri 23	Purbeck 10k	RRL	Wimborne	Norden
w/e 24/25	S W Schools Combined	U13/15/17/20	Schools	Yeovil
w/e 24/25	UK Masters	M35+	Wimborne	Birmingham
Sun 25	Wessex YAL	U11/13/15/17	Wimborne	Portsmouth
Sun 25	YDL Senior	U17/20	Team Dorset	Harrow
July				
Sun 2	South West League	U13/15/17/Senior	Wimborne	Exeter
Sun 2	Portland 10m	RRL	Wimborne	Portland
Fri 7	County Primary Schools	Yrs 4-6	Schools	Kings Park
Fri 7/Sat 8	English Schools	Yr 8-13	Schools	Birmingham
Sat 8	Southern League	U17/Senior	Team Dorset	Salisbury
Sat 15	YDL Junior	U13/15	Team Dorset	Guildford
Sun 16	Wessex YAL	U11/13/15/17	Wimborne	Ashdown
Sun 23	YDL Senior	U17/U20	Team Dorset	Ashdown
Fri 28	Ashdown Open	All	Wimborne	Ashdown
w/e 29/30	England Championships	U20/Seniors	Wimborne	Bedford
August				
Sun 6	Stur. Newton ½ marathon	DCC	Wimborne	Stur. Newton
Sat 12	WAC Summer Party	All		Holt
Sun 13	Round the Rock 10k	RRL	Wimborne	Portland
Sat 19	Southern League	U17/Senior	Team Dorset	Guildford
Sun 20	South West Inter Counties	U13/15/17/Senior	County	Exeter
w/e 19/20	Southern Championships	U15/U17	Wimborne	Crystal Palace
w/e 26/27	England Championships	U15/U17	Wimborne	Bedford
September				
Sun 3	South West League	U13/15/17/Senior	Wimborne	Exeter
Sun 10	Bournemouth Open	All inc U11	Wimborne	Bournemouth
Sun 10	Yeovil Games	All inc U11	Wimborne	Yeovil
w/e 16/17	English Schools Multis	Year 8-13	Schools	Boston
Sun 17	Littledown 5m	RRL	Wimborne	Bournemouth
October				
Sun 8	Gold Hill 10k	RRL	Wimborne	Exeter