

WIMBORNE A.C. NEWS

Late Summer 2007

The Track and Field season seems to be over almost before its begun but perhaps that has something to do with the weather this year. We have just two matches left before we move on to Cross-Country and winter training. One of these matches is particularly important to us. We are languishing in the depths in the Southern Women's League but a good strong performance at Dartford on Saturday September 1st could see us lift out of danger but we need to fill every slot – so please join us. We are even going to make it free on the bus providing you catch the bus at 9.00am from Ashdown or 9.15am from Sainsbury's at Ferndown.

Thanks to everyone who helped at the three Open meetings that we held at Ashdown. We actually managed brilliant sunshine on each occasion. Numbers in each event were sometimes small but everyone seemed to enjoy the occasion. If anyone has any thoughts as to how these events might be developed perhaps with an under 11s and under 13s League incorporated then please let anyone on the Committee know.

CLUB BARBECUE

Steve Snook is hosting a club barbecue at Staddlestones, Hinton Martell on Friday 14th September. While this is nominally to celebrate the end of the track and field season anyone is welcome. £3.50 buys you a hotdog, a burger and soft drinks. If you want anything more elaborate or stronger then you can bring it yourself. We will try to do a veggie alternative provided that someone knows how to barbecue vegetarian sausages without them burning. Details from Steve Snook on 01258 840228 or any committee member.

OFFICIALS

In some matches we get points for supplying officials and it is always useful to know what you are doing in these circumstances. It also helps on the insurance side. Amongst a number of courses in the South-West there is a course at Kings Park on Saturday 3rd November. There is also a special course for Endurance Officials on Sunday 28th October at Yate. If you are already qualified and wish to upgrade or just need more information please look at www.Englandathletics.org

COACHING

Coaching is very important to the club. The only good coach is a coach who keeps on learning and that opportunity is available to everyone through the courses organised by England Athletics. Currently there are Level 1 courses booked for Sat 3rd of February at Bournemouth University and Level 2 course is being staged on 17th and 18th February. More information can be obtained from www.Englandathletics.org including levels 3 and 4. If you are prepared to make a commitment to the club we will help with the cost of courses.

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TRACK AND FIELD

In junior athletics we have been competing with Poole AC and Dorchester AC as part of TEAM DORSET in the UK Young Athletes League and we won Division 2 West overtaking Chichester in the final match of the season. Next season it will get a little harder but we will be in the same division as Bournemouth and Poole Runners so at least one match will be local. Congratulations to all those who took part in Team Dorset.

In the Southern Men's League an excellent home win helped to keep the combined Poole AC/Wimborne AC team to eighth place out of sixteen in Division 3 West. Filling up the team with athletes would have put us on the verge of promotion but there is always next year.

South West League has been a little quiet this year despite an encouraging start. The final match takes place at Yeovil on September 2nd. This is an opportunity for any athlete particularly those who haven't competed to have a go.

The Southern Women's League team needs athletes there in Dartford on September 1st to avoid relegation.

NEW CLUB RECORD

Well done to Kyle Wilson who set a time of 24:15 seconds at Yeovil on 19 August to beat the previous WAC club record in the under-15 boys 200m. A record which had stood since 2001.

TRACK & FIELD RANKINGS

Check out the rankings on [athletics data.com](http://athleticsdata.com) or Power of 10. They are not as up to date as they could be but show for the South-West

Long Jump Under 15	Abby Sandford	1st – 5th in UK
Javelin Under 13	Meggan Cornelius-Jones	1st – 5th in UK
Discus Under 13	Meggan Cornelius-Jones	1st – 10th in UK
100 metres Under 15	Kyle Wilson	2nd
100 metres Under 20	Karyn Light	7th
High Jump Under 13	Jack Snook	4th
Long Jump Under 13	Hannah Winton	9th
100 m Masters 55+	Steve Henderson	7th in UK

And we know there are others.

Congratulations to Karyn, Kyle and Abby for their performances at the English Schools and to Meggan for her performances at the National Prep Schools finals in Birmingham.

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POLE VAULT - WIMBORNE AC MAKES HEADLINES!

Mike Bushell, BBC News 24 presenter, joined the beach vault team on Weymouth beach to learn how to pole vault. Having taken instruction from Wimborne Athletic Club Pole Vault coach, David Pearson, he was soon flying on to the inflatable pole vault bed and enjoying the exhilarating experience of this event. Mike's progress was broadcast on BBC1 on Saturday 25th August between 6am and 10am. In addition, the beach vault was on the front page news in the *Dorset Echo*.

This year's beach vault has seen over 80 complete novices 'have a go'. From 6 year-olds to 70 year-olds, the attraction of pole vaulting on the beach has proved irresistible! All participants learned the basic technique and enjoyed the experience.

Earlier in the year the portable vaulting system was taken around the sports colleges in Dorset for the first time. Over 50 new athletes in each session were given the opportunity to try out this challenging event. Thank you to all the athletes and parents that have helped make this summer so productive in promoting pole vault.

Yes, the summer holidays are over for most of us...but do not feel too disappointed if you didn't manage to join us at one of the beach vault venues. This winter several beginners courses will be run at The Osprey Leisure Centre, Portland with the opportunity to progress into the Pole Vault Academy for the most talented and committed athletes.

Please contact David Pearson on 01258 837057 for further information

TRAINING SESSIONS FEES

Increased costs of facilities at both Ashdown and Queen Elizabeth's Leisure Centres have, to date, been absorbed by the Club. Regrettably we must now increase our training session fees from the current £1.50 to £2.00 with effect from Monday 1st October and Saturday 6th October respectively.

Please ensure you pay the new amounts from those dates and sign in on the attendance sheets at every session.

SPORTSHALL

Athletics coming soon to a sportshall near you. For more information contact Steve Henderson on 01202 881635 or Steve Snook on 01258-840228.

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CROSS-COUNTRY - A NEW SEASON 2007-2008

With the new season about to start the WAC XC coaches have been in touch with local schools in a bid to attract more cross-country runners to the club. Posters and flyers will be sent out to the PE Departments in the first week back at school and it is hoped that we can attract some new faces to the Cross-Country Open Day which we have planned for 10am Saturday 29 September. If you know of anyone who may be interested, please encourage them to come along on that day and give it a go.

We are also keen to involve some of our current Track & Field athletes who will be out of competition over the winter months. Cross-country running is an excellent way to improve your cardio-vascular fitness and stamina. Talk to your coaches to see if they feel YOU would benefit from being involved in WAC's cross-country team.

The team competes in the Wessex League, a series of six races which take place between October and March each year. The race calendar is still being finalised, but this is how it stands at the time of going to press

Race 1:	7 October	Salisbury	Race 2:	25 November	To be advised
Race 3:	16 December	Glastonbury	Race 4:	13 January	To be advised
Race 5:	17 February	Yeovil (?)	Race 6:	2 March	Avon Heath, Ferndown

ROADRUNNING

We have seen excellent turnout for road and multi-terrain races over recent months which has been helped by a steady influx of new members. This year's London Marathon saw more WACers than ever before complete the course (18). Three WAC teams competed in the Wessex Ridgeway 100k Relay (another club record) and we had almost 40 WACers lace up their running shoes for the Tarrant Valley races in July. The only blemish on our record was the Sturminster Half Marathon where perhaps a little complacency crept in and we failed to field a complete men's team - well done to our Ladies that day though and the four WAC men who took part.

This year sees the 10th anniversary running of the 'Wimborne 10', and it is our aim to make it bigger and better than ever. The club has received the great honour of having its road race selected for the South-West Championships - any one of the hundreds of permitted road races in the seven South-West counties could have been selected. This should see an influx of top quality runners from further afield this time and perhaps a new course record.

In order to make our race the best yet *we will need your help*. It will take more than 50 volunteers on the day to see that things run smoothly. If you can assist at all please contact Jerry on 01202-881085 or Jerry@Wimborne10.co.uk
For more information see the race website www.wimborne10.co.uk

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