

Wimborne A.C. Road Runners – April 2006

It's that time of year again. For many of us our greatest running challenge of the year comes in the spring with a marathon. There are quite a few of us competing in the London Marathon on 23 April. The Red Army led by Barbara with the bells will be making themselves heard at the far end of Birdcage Walk. It is a magical day whether you are running in it, or spectating, so enjoy it. Good luck to all of you. For one of our number a marathon is not a big enough challenge though. By the time you read this Andy will be off on the road to Morocco for his 6 days and 240km in the desert. His preparation has been meticulous and we wish him all the best. Although this race will be a major test of fitness, it is also a massive test of character, courage and sheer belligerence. Andy has left nothing to chance, and the level of his planning should mean that barring unforeseeable circumstances he should achieve his target. I spoke to him just before he left and he tells me there are still places in the Marathon des Sables for 2008 for team entries. Count me out, the more I hear about this race less inclined I feel to do it! I'll stick to Wessex Ridgeway I think!

We have seen a couple of new faces recently so welcome to Derek and Carolyn. Derek has already run his first Thursday time trail – he was equal fastest with Graham. Carolyn was introduced to the summer time trail route a couple of weeks ago, so hopefully she will put down her marker in the April time trail.

NEW DORSET CHAMPION – Ian Cardy a major contributor to our Wessex League Cross-Country team became the new Senior Men's Cross-Country Dorset Champion in King's Park in January. Unfortunately his cross-country season has been curtailed by injury since, but he should be back soon to do track events in WAC colours. Simon Mortimer was defending the Vets category in the Cross-Country Dorset Championship but this year had to settle for the runners-up position.

You may remember the talk in the last newsletter about the Lairig Ghru fell race in Scotland, this has now been put on hold for 12 months and we hope that a group of us will be fit and ready to tackle this race in June 2007. So you have plenty of time to prepare for it!

Clare and Howard Gladden organised a skittles and quiz night at Pamphill village hall recently that was attended by around 40 people. A good night was had by all. They are now looking at organising a boat trip in Poole Harbour in the summertime we will keep you posted.

There are a whole host of events coming up in the Spring and Summer, dates are:

END OF CROSS-COUNTRY SEASON PARTY AT CHRISTCHURCH SKI CENTRE THIS SUNDAY, 9th April at 7.00pm – All are welcome, if you are brave enough to go tearing down the slopes in a ringo you need to be there at 6.45pm and I need to be advised of number of ringos required in advance (£4.50 for half an hour). If you are just coming along for a drink and the handing out of trophies just turn up. Hope to see lots of you there.

BEACH RUN, FLAGHEAD CHINE, Thursday 27th April, 6.30pm – A run along the prom from Julie and Adie Mead's beach hut, which is between Flaghead Chine and Shore Road in Sandbanks. A chance for a real burn-up (perhaps in more ways than one). There will be barbecues on the go afterwards so bring along some food and drink.

WESSEX RIDGEWAY RELAY 21st May – A truly great event. It is a 100k race from Tollard Royal to Uplyme (near Lyme Regis). Each runner will run about 12 miles. Apart from being available on the day, you will need to set a side a day for learning the legs you will run. There are no markers, each team is given a set of instructions with map references. We finish up in a pub in Uplyme with bangers and mash, you will have earned it by then! We need six runners to make up a team. The Ladies already have a team: Jill, Gillean, Kim, Julie, Denise and Louise. We are currently putting together a men's team. At the moment we have five names: Graham, Stewart, Phil, Jon and me. *If you are interested in taking part please let me know as soon as possible.*

HIGH CORNER INN RUN, Thursday 1st June, 7.00pm – A 6 mile run off-road in one of the lesser known but most attractive parts of Middle Earth. The High Corner Inn does good food, there is a children's play area if you want to bring the kids. If you don't fancy the full six miles or tackling Ragged Boys Hill, an out-and-back to Holly Hatch Cottage would be about three miles. If you want to bring your bikes, the route to Holly Hatch would be a good ride. The High Corner Inn is just beyond the village of Linwood heading east towards Cadnam, map reference 197107. The easiest way to find the High Corner Inn is to go on the A338 Ringwood-Salisbury road, about 1 mile north of Blashford it is signposted to the right on a brown 'tourist sign'. Follow the signs to the pub, but watch out for the right-hand fork to Linwood near Moyles Court, the

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journey will take you past the Red Shoot Inn, the High Corner is signposted off the road, about 1 mile further on, down a forest track on your left. Hope to see lots of you there.

BLANDFORD BRIDGES RUN 18th June, 10.30am – Organised by Steve Guy with the co-operation of WAC and Dorset Doodlers. Steve will require a fair number of marshals on the day. If you are able to help please phone Steve on 01258-455647. The race website is found at www.blandfordbridgesrun.co.uk

WIMBORNE 10 TIME TRIAL, Thursday 22nd June, 6.30pm – A chance to hone your form a week before the RRL 10 mile road race at Portland. We are going to use the Wimborne 10 course, it has not yet been decided whether to run this 'real time' or as a handicapped time trial. Jerry is organising this so let him know your thoughts on this. After the run we will dive into the showers at QE and then get some liquid refreshment in The Vine at Pamphill.

PURBECK RUN AND BBQ, REMPSTONE Thursday 29th June, 7.00pm – A chance to run in the beautiful countryside of the Purbecks. Rona is planning a cross-country run for us. We are using her new house as our base. There will be barbecue facilities afterwards, so bring some food and drink. Should be a great night.

'RUN TO THE COAST' 16th July, 2006 – The third annual run from Wimborne to Mudeford. The idea is that you can run either the whole route or join at points along the way. An outline of the route is:

Depart Wimborne (0m.) – Suspension bridge – Canford Village (1.25m) – Knighton House – The Bridge House, Longham (4.25m) – Dudsbury Fort (the only hill) – Parley Cross (5.7m) – Brambles Farm – Merritown House (Alice in Wonderland) – Throop Mill (9.3m) – Holdenhurst – Riverside Avenue – Iford Bridge (11.9) – Tuckton (13.3) – Wick Village – The Spit, Hengistbury Head (16.3) – Ferry to Mudeford.

Roughly 7.5 miles of the first 9 miles are off-road, the next 2 miles are on a quiet road, then some off-road until the Iford-Tuckton Bridge section which is road and finally quiet road to Wick finishing with off-road. We will depart Wimborne at 9.30am, other possible joining points are shown in the route summary with mileages. So suggested times would be Canford village 9.45, Parley Cross 10.25, Throop Mill 11.00, Iford Bridge 11.30, Tuckton Bridge roundabout 11.45. The timings are only suggestions, talk to others you intend to run with – you might find these timings too fast or too slow – if you want to leave earlier or later feel free to – the idea is that we should all meet up in the pub at Mudeford for food and drink between 12.00 and 1pm. The route is not marked but a set of route notes are available if you contact me (I can either e-mail or post you the information).

WAYFARER'S RELAYS - Saturday afternoon 12th August – This is a relay race for teams of 4 or 6 around a 3 mile(ish) loop off road. This is organised by Poole Runners and takes place near Ferndown police station. They also provide camping at ridiculously cheap prices and a bar, a disco, a BBQ and a breakfast run. Great event, great atmosphere - well worth it. Please tell Jerry if you're interested. We can enter all male (6), all female (4), Junior (4) or mixed (6) teams - as many as we like. We had a fantastic turnout for this last year. Let's see if we can manage that again. Jerry is organising the teams, if you are interested in taking part give him a ring on 01202-881085. The club will be paying entry fees for the race from club funds.

POOLE RUNNERS SUMMER SERIES – We have been advised of dates for the new summer Friday night series, note that Canford Park Arena replaces the Willett Arms for the shorter race distance. The start time for all races is 7.30pm (junior race at 7.00pm), with registration on the night. Entry fee is £2 per race, you retain the same race number for the whole series. The series consists of six races, with four races to count towards a race series score. Two courses are used (Upton House 3.5 miles and Canford Park Arena 3.3 miles). Any queries about this contact Bruce Cameron on 01202-695472. The race dates are as follows:

Race 1: 5 May, Upton House Race 3: 16 June, Upton House Race 5: 28 July, Upton House
Race 2: 19 May, Canford Park Arena Race 4: 14 July, Canford Park Arena Race 6: 18 August, Canford Park Arena

WESSEX LEAGUE – CROSS-COUNTRY SERIES 2005/2006 END OF SEASON REVIEW – The final race of the season took place on a cold and windy Somerset hilltop just above Hestercombe House near Taunton. The season ended with a superb run from Tim Shakespeare in the u-17 race which ensured that he finished third overall in his age group for the season – a fantastic achievement. It was great to see Richard Atkins back in a WAC vest again – his first race since his injury at work in October. With the season's averages calculated let's have a big hand for the WAC Ladies Vets team who came second in the league. The ladies who scored the key points for the team in this category were Jill Harsent, Barb Frampton, Kim Jolliffe, Clare

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Barratt and Yana Williams – well done. Jill finished top WAC runner in the ladies averages and for the men Graham Whiffen just pipped Phil Burgess as top WAC man. In the junior categories Tim has been outstanding all season, Jack Snook has put in a series of solid performance in the u-11s race, and Tate Young has been an ever-present for the under-11s. We have seen some terrific progress in the performances and commitment from the girls in the under-15s, and under-13s age groups with many of our team regulars now pushing for team places at County level.

The big disappointment at the last race of the season was in the Senior Men's category. In order to record an average at the end of the season you need to have recorded 4 finishes. Ian Cardy, the reigning Dorset Cross-Country Champion, had already scored two firsts and second and needed just a top five score to finish as top man in the Wessex League. Unfortunately he didn't have sufficient time to recover from a calf injury he picked up while running in the Cross-Country National Championships at Parliament Hill so was unable to compete – there's always next year.

There are a fairly small band off us involved with the cross-country team, but those who are involved put in some terrific commitment. I would particularly like to thank Jill, Barb and Phil for all the hard work during the season. We have also had big contributions from Kim, Graham, Daryl and the parents of all our Juniors. It would be great to add a few more roadrunners to our ranks for the 2006/2007 season which starts in October.

HANDICAP TIME TRIALS – Here are the latest time trial timings, all set on the Willett Arms route. With the clocks having changed the April time trial will revert to the summertime route past Pamphill church to Cowgrove and via the Cuthbury and St Margaret's Hill:

January

Position	Name	Handicap	Actual time	Handicap time
1	Kim Jolliffe	0.5 mins	32:40	33:10
2	Phil Burgess	7 mins	27:30	34:30
3	Gillean Keith	1 mins	33:40	34:40
4	Bob Caines	0 mins	34:41	34:41
5	Graham Whiffen	8.5 mins	26:42	35:12
6	Jerry Shield	9.5 mins	26:50	36:20

February

Position	Name	Handicap	Actual time	Handicap time
1	Kim Jolliffe	1 mins	31:28	32:28
2	Graham Whiffen	6 mins	27:41	33:41
3	Gillean Keith	0 mins	33:50	33:50
4	Ian Kennedy	2 mins	34:57	36:57

March

Position	Name	Handicap	Actual time	Handicap time
1	Graham Whiffen	?	27:07	
2	Derek Evans	?	27:07	
3	Neil Hopkinson	?	27:29	
4	Gillean Keith	?	34:35	
5	Bob Caines	?	36:36	
6	Barb Frampton	?	38:00	

Keep on runnin', Ian

ROAD RACE LEAGUE SUMMARY

After four league races we have 6 runners who have done all 4; Julie, Wendy, Denise, Steve, Nick and Brian and a further 8 that have done 3 out of 4. In all we've had 15 men and 12 Ladies turn up to race for us in the league. Per race we've had a good turnout 13, 19, 20 and 16 runners respectively. Next event is Rotary Quarter Marathon (previously known as David Lloyd Quarter Marathon) on Easter Saturday. Then we have the Purbeck 10K on Wednesday May 10th – come and run it and then stop for fish and chips and a beer in Wareham. And in June we have the Poole 10K on the June 4th and the Puddletown 20K on June 11th.

I'm putting all the entry forms for the league races as and when they become available on the club website www.wimborneac.co.uk.

Jerry

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Marathon des Sables – As ready as I will ever be – There are 763 participants listed from 32 nations taking part this year. The British contingent numbers about 200. The majority of competitors are French with the rest made up of Germans, Japanese, Spanish, Americans etc. The favourites to win are the Ahansal brothers from Morocco whose numbers are 1 and 2. Competitors are ranked during several stages throughout the 7 day race and it is not unusual for the faster runners to be held back to start a stage later than most. As this is the 20th anniversary of the event, the organisers have promised us some entertainment along the way. Last year this included a Japanese opera singer and Moroccan cavaliers following the runners shooting rifles etc. Very surreal.

The event is covered worldwide by the media. In the UK there will be twice daily broadcasts on Eurosport. These are usually broadcast each evening after each day's stage. Also the French channel, TV5 for those of you with satellite TV, are broadcasting daily. In addition there are several TV stations making documentaries to be shown later in the year and generally revolve around a celebrity or particular runners taking part, several will be British. The results will be available daily from http://www.darbaroud.com/uk/index_uk.php They will show the times taken for each stage and each runner's position overall. They will also have a list of 'abandons'.

I have now prepared all my food for the 7 days of running. All packed into seven small packs, labelled with contents and calorific value and weight. I have to be able to show the organisers the relevant amount of food for the time remaining at any spot checks. My total food weight is 5.5 kilos and works out at just under 3,000 calories per day on average. This includes powdered energy drinks, two main meals and all snacks for the seven days. Some of the foods I have including are Pot Noodles, Pepperami, Crunchy Nut Cornflakes, NutriGrain, Nik Naks, Tutti Fruttis, Beef Jerky, Skittles, Energy Bars and coffee. Water will be issued at pre-set points as we go. Our final instructions also warn us that there will be random drug testing throughout the event in line with the IAAF. I don't think they'll trouble me too much unless Nurofen has suddenly been banned.

There are strictly controlled cut-off times for each stage. In most races in the UK you would see someone on a bike or in a car or even an ambulance bringing up the rear. In Morocco they use two camels. Basically if you fall behind the camels you are out! The camels have the nicknames 'Charles' and 'Camilla'.

Following my recent visit to the doctor's I have been passed medically fit to compete. The ECG and other checks all turned up OK, so I've no excuse now not to go. The doctor signed the medical form and all my vital statistics stacked up OK but he refused to say I was mentally fit to compete - I wonder why!

I now have all my equipment prepared ready for the race - I think? I have received back from the saddlers my training shoes with my home made gaiters attached. My training shoes are two sizes larger than normal to allow for the swelling of my feet. The gaiters I made myself from parachute silk in a very attractive olive green colour. They are attached to the trainers with both glue and stitching and hopefully prevent any sand from getting in. I have built in two elastic drawstrings so during heavy sand dunes there will be two barriers, and the gaiters themselves will come up nearly to my knees if need be. I have also purchased a very becoming set of disposable overalls which are lightweight and will hopefully protect me from sand and wind in the evenings and early mornings.

I recently went to Three Legged Cross School to do a presentation to Year 3 on what I am up to. What was intended to be a 20 minute chat turned out to be over an hour. Each of the children sent me a card with their individual messages and pictures afterwards. A couple of questions they asked were – 'What will you do if a scorpion attacks you from behind?' and 'Will you be scared if you see a snake?' They particularly enjoyed the demonstration of the anti-venom pump and the idea that I will be living on Pot Noodles and Tootie Frooties.

We have been told of some of the celebrities who will be running with us this year. Jack Osborne (Ozzy's son) is the subject of a documentary from ITV. Paul le Guen, the French football manager who will be taking over at Glasgow Rangers in the summer, will also be running.

Children with Leukaemia have sent me some small flags to pin to my rucksack. As before the fundraising has been going well and I continue to be amazed by people's generosity. Three Legged Cross school are have had a 'Mufti' day to help me raise funds whereby children bring in donations for the privilege of not wearing school uniform. There also continue to be further donations from friends, family and colleagues. There will be a story about my involvement in the Marathon des Sables in the *Echo* sometime in the next few days. They have told me that they will also try and promote the Children with Leukaemia charity which will obviously help the fundraising even more.

With one day to go I have now packed all my equipment, clothing etc and am more or less ready to go. Physically I feel fairly good, my back seems OK and my hip/hamstring problem has got better day by day. I have just done my last training run - only 8/9 miles. I still feel about 3 stone overweight, it's probably about 3 pounds. Thanks to everyone for their good wishes, cards, messages and good luck visits, they have been invaluable. My backpack looks as if it will weigh approximately 10-12kg. This is slightly heavier than I am used to but as I will effectively be eating some of the contents as I go this should lighten up fairly quickly.

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Now I'm off to spend two days travelling to the desert. We fly out to Ouarzazate in Southern Morocco. There we will spend the night in a 5 star hotel before spending about 6 hours in a coach travelling through the Atlas Mountains and out into the Sahara. We will then journey by army truck to the first bivouac where we spend Friday night. The most amusing part will probably be the sight of many of the competitors at Gatwick on Thursday all dressed up for the desert. We are wearing or carrying as much essential equipment on the flight in case any luggage goes missing. I am sure we'll all get some very strange looks.

To send me a message during the event (between 8th and 14th April) you will need to quote running number 565 and my full name so that the message gets through. Details will be available from the website on http://www.darbaroud.com/uk/index_uk.php I am planning to send updates out daily to Clare who will forward them on to everyone. Please be aware that the e-mails are being sent from the desert nightly at the same time and I may have to queue for 2-3 hours to send it so the updates may be a bit sporadic. The results should be also available after each stage on the website.

Andy

RACE REPORTS

Thames Meander – 18th/19th February – Sounds lovely, a sociable jog on a route along the Thames Path following the meanders of the river, passing through some of the most picturesque towns in Southern England. The truth is very different.....

This event was contrived a few years ago to replicate the longest day of the Marathon des Sables and therefore to be used as part preparation for the Sahara trip. I entered (along with about 170 others) for that reason. The rules are simple, follow the Thames Path from Reading to Hampton Court, including every 'meander' along the way. There are five checkpoints at which you can top up your water bottles. You are expected to navigate yourself and therefore carry map and compass from start to finish taking in each checkpoint. The total distance is just a shade under 55 miles and you are expected to carry a pack with a minimum weight of 4 kg, plus water/drinks. The race is timed to finish well after dark (cut-off 3.30am) and so you are expected to carry sleeping equipment for the end.

And so I found myself stood at 9am in freezing fog on the riverbank at Reading awaiting the start. I had checked my pack weight at 7 kg and was also carrying 1.5 litres of drink. Most of the conversation between runners consisted of comparisons on expected finishing times, footwear choices, pack size and weight and clothing as it was colder than expected. My pack was heavier than most but I felt I had everything I needed for any eventuality. (I did hear of one pack that was 15 kg but there were also some suspiciously light packs.) The race started on time and we all disappeared into the fog along the bank. Over the first 10 miles or so there were many people readjusting their loads due to being unprepared or due to breakages (my energy drink bottle flew off after 2 miles, I should have learned my lesson as it had done the same at Blackmore Vale.) As the field spread out it became very eerie as the fog brought in a cold, quiet atmosphere where you only caught fleeting glances of other runners. After the first checkpoint (conveniently hidden behind a church) near Henley things really thinned out, the 'racing snakes' went off into the distance and the 'shufflers' slowed up. I was somewhere in the middle running with an Australian who was good company until he pulled up with a knee injury. After the second checkpoint at about 19 miles things got rough for me. The fog lifted but the route for the next 15 miles or so was nearly all mud following the rain that had been falling all week. Personally I found it hard going and although my legs were OK despite all the slipping and sliding my brain wanted to go home. I didn't see another runner until I was passed around Maidenhead by a guy who had started late. I got to the third checkpoint (about 28 miles) and stopped for a bit to top up my drinks and chat to the marshals to regain some sanity. I then set off again slowly and reluctantly. Over the next few miles I was passed by two or three more runners as I slowed down, yet again I realised that road shoes are no good for 2-3 inches of mud!

After passing yet another diversion, cunningly set up to add more distance, I heard a voice behind me, 'Are you a sight for sore eyes!' I looked round expecting to see a very short-sighted person and saw Michael, a 6'5" Lancashire lad who I had met a few weeks previously at a desert training seminar and last seen in the fog at Reading. He told me that he had been having a really bad time and could he stick with me for the rest of the race, having told him a similar story we carried on with a run/walk strategy. We passed and were passed by several people over the next few miles, most notably a Dutchman who we corrected several times as he insisted on trying to get lost, the last time trying to enter the grounds of Windsor Castle. He stayed with us until the next checkpoint after I told him what the police would do to him trying to get into the Queen's back garden with a backpack and several items strapped to him. It must be noted that his name and looks were of Middle Eastern origin.

The penultimate checkpoint was at Runnymede (38 miles) where my family had pitched camp to witness more stupidity by myself. This gave us a lift and we put more running in until it got dark at about 6pm. This is when Omar ran ahead to try and improve his finishing time. Thereafter running was only carried out when

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very safe despite wearing head torches. Having said that walking was done at an astonishing pace trying to keep up with my tall friend. We got through to the last checkpoint (48 miles) through telling each other scary stories about the desert. (Does anyone know anything about Camel Spiders?) We gave the marshals our best wishes as they would be there until 1am at least and carried on with Jim, an MDS veteran who joined us for the last few miles having caught up with us just before the checkpoint which again boosted our morale. After another encounter with 'rentacrowd' we crossed Walton Bridge and started on the last 5 miles or so along the pitch black riverbank.

The mud along this part was not too bad and the lights at the finish were a welcome sight in the blackness along with my family who cheered us to the end. The three of us crossed the line together in 11 hours 51 minutes. More than 6.5 hours inside the cut-off, a pleasant change for me! After having a medal put over our heads and issued with a t-shirt we were put on a minibus to the Sports Centre at Surbiton for the night. We were offered free tea, soup, etc. and a space on the wooden floor to sleep. The only people in already were the elite runners who applauded us as we came in (a reaction which was repeated for every runner throughout the night until the last ones in at about 3am). After some soup, a shower and half a dozen cups of tea I lay down in my lightweight sleeping bag in my clean clothes (all of which I had carried from Reading). After the banter had died down we all tried unsuccessfully to sleep until someone's alarm went off at 6am. We were then given more tea/coffee and some muesli before departing home.

When we do this for real in the Sahara in a few weeks we will have done 3 days hard running before this and will have to do a marathon the next day, feeling as I do I cannot imagine how it will happen and it will be the hardest thing I have ever done.

Statistics for the day, the winner finished in 7hrs 55min!, there were 135 starters, 21 dropped out and I finished in joint 54th place. I accumulated three very large blisters, two very sore legs and one large sense of achievement. Last note must go to the organisers and marshals, many of whom were on duty from 8am Saturday until sometime Sunday, nothing was too much trouble and they really made you welcome everywhere.

Andy

Rough'n'Tumble 10.4m – Pewsey Vale – 15th January, 2006 – It is said that Eskimos have 100 words for snow. After this I had 100 words for mud, none of them very polite, especially for the stuff that was deep, churned up by the people in front of me and clay-based, for that extra-slippery feeling. This felt a bit like the organisers had found all of the steepest hills within a 5-mile radius and then joined the dots. At one point this meant going over a hill, along a couple of hundred yards, back up it, along further and back down again (all seriously steep). The Grand Old Duke of York would have loved it.

It was the most friendly race I have ever done (Wimborne 10 excepted, of course) was well organised and the course is guaranteed to hold the interest, ticking most of the boxes for the type of race I like. However, it is at the limit of how far I want to travel to a race and while I enjoy hills as part of a route, the switch-back nature of this did seem a bit silly at times. There must be enough hills in Wiltshire to just go up each one once! Given the likely clash I will probably be doing the Wimborne10 rerun next year instead.

Jon

Foggy's Revenge – 12th February, 2006 – In the post race euphoria of the 'Dorset Duddle', Louise and I decided to do 'Foggy's Revenge'; a mere 25 miles in the middle of February. No problem. However, as February was now here and the training was sadly lacking we decided to walk all of it along with Kim. Ian also decided to take part, but running as much as possible to test out his foot.

The start is from Pimperne, NE of Blandford and quickly takes in Hod, Hambledon and Penn hills before turning east towards Tollard Royal then back to Pimperne. The terrain was varied with fields and woodland and passed through some attractive villages. There were masses of snowdrops in the hedgerows, and catkins in flower, a real nature ramble. The views were fantastic and we were lucky with the weather. However, the overnight rain and the thaw had turned most of the footpaths into mud baths making even the flat heavy going and the downhill treacherous. As usual with LDWA events the checkpoints were well stocked with tea and cakes and the marshals chatty, making some of the stops longer than intended. We finished in 8hr 25min, well within the cut-off time after having a very enjoyable day. Ian did well and ran most of it with no problems.

Jill

Coniston 14 – 1st April, 2006 – Here goes with a 'Race Report'. Ian nagged me into writing this, honest. It all started around this time last year when a mate of mine that I go riding with (Trevor) said he'd just done this race with some mates of his for whom the event was a regular boys weekend away. So I was in!! Unfortunately I was also 'in' with staying with 10 complete strangers in a bunk house on the Kirkstone Pass and also into a mountain bike ride in the afternoon of the race and 'gill scrambling' on the Sunday!! The Coniston 14 is a 14 mile (surprise) road race from Coniston all the way round Lake Coniston. The forecast was not good for the weekend but did show the only dry period as being across the time of the race - which starts at 11.30. And so it was. The field is restricted to 1,500 runners. Very well organised with changing accommodation in the local school, plenty of parking and great kit tents (two cool-max singlets for

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£5). The course is undulating with quite a long climb on mile 11. The run out is on the main road which is closed to traffic. After the turn at the end of the lake the road is a minor one with beautiful views of the Old Man of Coniston (two of us on this occasion) and it runs right next to the water for much of the return leg. I had never run that distance ever in my life before (two half marathons some 15 years ago being the previous max). The club Wimborne 10 run that Jerry organised was the only long run I did in training but I managed to get round without difficulty. As Ian will tell you I tend to start well back and enjoy reeling in the slower runners in front of me. There were two drinks stations at 6 and 11 miles.

I finished in 1.42.28, the fastest of our group of eight runners (and I was the eldest!! - well chuffed). Lasagne and salad in the (un-forecast) sunshine watching the tail enders come in then it was onto the bikes for a crazy technical/push-the-bikes ride along Ullswater and over the ridge back to the bunk-house. Just got back before dark at 7.30. Fell over after three pints of Guinness. Neither Trevor nor I could walk on the Sunday morning so we left the gill scrambling to the younger members of the group and set off on our return journey south waving goodbye to our friends through horizontal driving rain - we made the right choice.

(Brotherswater Inn Bunk-house £12.00 per person per night - clean, well-managed accommodation and good pub food)

Phil

Woking 10m – 2nd April, 2006 – I targeted this race because for some reason I thought it was a big ten mile race with a big field and a fast course. It was a pretty fast course, granted, but also a pretty horrible one. Starting at (9:30am!) in an industrial estate, we ran along streets and pavements on a 2 lap course with little to recommend it. There was fairly constant traffic and fairly absent spectators. Conditions were fairly windy. The course ended next to Woking AC's track – I'd hoped it would be inside it - all very low key. Admittedly the mayor did turn up - although he was late and he hadn't got there when I finished! Even the showers were rubbish! The only things to recommend it was the park which kept the kids occupied while I was running and the fact that the course was relatively flat (by Dorset standards) allowing me to huff and puff home in a PB of 63.08. 198 finishers.

Jerry

Broadstone 1/4M – January 1st

Steve Guy	43	43.07
Jerry Shield	45	43.17
Graham Whiffen	50	44.11
Andy Horsley	94	48.40
Nick Solomon	95	48.40
Brian Lincoln	137	53.23
Sue Harrogate	138	53.27
Julie Mead	163	58.29
Wendy Kennedy	165	59.07
Denise Craddock	176	61.04
John Guy	187	64.04
Sheilagh Howes	188	64.22
Lee Longmore	196	67.45

Total finishers 209

Ladies and men's team both came fifth in the league.

Dorset County XC Champs, Kings Park – January 7th

Senior Men

Ian Cardy	1	27:43
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Vets Men

Simon Mortimer	2	32:33
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Under-20

Daryl Davies	10	27:10
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Under-17

Tim Shakespeare	4	20:59
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Under-15

Kate Roper	12	14:24
Kirsty Harvey	13	14:28
Maddy Vaughan-Johncey	18	15:05

Dorset County XC Champs, Kings Park – January 7th

Under-13

Anna Barratt	12	10:15
Olivia Frost	14	10:27
Laura Harvey	15	10:35

The under-15 girls finished 3rd team

The under-13 girls finished 4th team

Wessex League, Devizes – January 8th

Senior Men

Ian Cardy	1	27:34
Graham Whiffen	31	34:34
Phil Burgess	41	36:23

Senior Ladies

Clare Barratt	22	30:29
Kim Jolliffe	26	31:29
Jill Harsent	31	32:53
Barb Frampton	38	36:05

Under-17

Tim Shakespeare	4	20:59
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Under-15

Kirsty Harvey	16	?
Maddy Vaughan-Johncey	21	?

Under-13

Anna Barratt	14	9:09
Laura Harvey	15	9:17
Sadie Miller	37	10:57

Jack Snook and Tate Young ran in the under-11s race.

Jerry Shield: Email: Jerry@Wimborne10.co.uk – Tel: 01202 881085

Ian Kennedy: Email: ian@Wimborne10.co.uk – Tel: 01202 577081

www.wimborneac.co.uk

Wimborne A.C. Road Runners – April 2006

Milborne 10 – January 8th

Stewart Little		63.20
Steve Guy		67.25
Neil Hopkinson		67.38
Adee Mead		71.49
Sue Harrogate		86.07
Julie Mead		87.24

Wimborne 10 for WAC runners – January 15th

Jerry Shield		66
Stewart Little		67.32
Steve Guy		67.32
Phil Burgess		71.17
Adee Mead		71.41
Neil Hopkinson		73.39
Adam (Kim's friend)		87.5?
Kim Joliffe		89.16
Jill Harsent		91.31
Bob Caines		92.15
Ian Kennedy		92.39
Andy Horsley		92.40
John Guy		101.16

Three way tie for first place for best excuse between:

- Andy (who had a back pack on and ran a marathon the day before)
- Neil (who had only just run the whole 10 mile course 15 minutes before)
- Ian with first run post-foot op.

Boscombe Pier 5K – January 20th

Graham Starmer	69	19:10
Graham Whiffen	74	19:19
Nick Solomon	122	20:46
Kim Joliffe	187	23:29
Debbie Whittle	215	25:05

Total finishers 279

South of England XC Champs, Bicton – January 28th

Senior Men

Ian Cardy	35	52:42
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Under-17

Tim Shakespeare	69	23:39
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Under-15

Kate Roper	84	18:36
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Kirsty Harvey	116	20:27
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Under-13

Anna Barratt	82	13:30
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Laura Harvey	15	13:34
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Blackmore Vale Half – February 5th

Jerry Shield	29	1:26:06
Stewart Little	37	1:27:00
Neil Hopkinson	59	1:29:19
Adee Mead	78	1:31:03
Steve Guy	80	1:31:09
Nick Solomon	185	1:40:42
Jon Braund	186	1:40:44
Brian Lincoln	285	1:50:38
Sue Harrogate	333	1:55:18
Debbie Whittle	342	1:56:00
Andy Horsley	350	1:56:55
Julie Mead	351	1:57:00
Denise Craddock	405	2:03:39
Wendy Kennedy	420	2:05:29
Johnnie Pittard	425	2:06:27
John Guy	461	2:16:59
Debbie Pittard	480	2:24:08
Lee Longmore	492	2:32:57
Lynda Eldred	496	2:36:30

Total finishers 502

Men came 4th in league, Ladies were 9th. Superb run from Debbie W. who scythed minutes of her PB, whilst almost everybody else lost time compared to last year's race.

Wessex League, Avon Heath – February 5th

Senior Men

Ian Cardy	2	27:43
Simon Mortimer	19	34:25
Jim Williams	55	38:53
Phil Burgess	57	39:01
Graham Whiffen	73	41:53
Ian Kennedy	89	47:41
Bob Caines	91	49:26

Senior Ladies

Yana Williams	18	21:00
Jill Harsent	28	23:00
Barb Frampton	38	25:49

Under-15

Keiran Finn	17	18:21
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Under-15

Kirsty Harvey	16	12:18
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Maddy Vaughan-Johncey	17	12:28
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Under-13

Anna Barratt	6	8:13
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Olivia Frost	14	8:40
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Laura Harvey	15	8:44
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In the under-11s race James, Joseph and Maddy Williams, Jack Snook, Callum Kennedy and Tate Young all ran. The return of the Williams Clan – with Yana leading home the ladies. Excellent team 2nd from the u13 girls.

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Wimborne A.C. Road Runners – April 2006

Boscombe Pier – February 17th

Graham Whiffen	50	19:36
Kim Jolliffe	112	22:54
Gillean Keith	120	23:19

Total finishers 182

Lytchett 10– February 19th

Stewart Little	20	1:04:25
Neil Hopkinson	30	1:07:25
Graham Whiffen	34	1:08:03
Adee Mead	39	1:08:58
Steve Guy	50	1:10:24
Brian Lincoln	101	1:22:04
Gillean Keith	112	1:24:01
Julie Mead	119	1:25:29
Ian Kennedy	122	1:26:02
Nick Solomon	124	1:26:13
Johnnie Pittard	131	1:27:29
Denise Craddock	152	1:32:01
Bob Caines	157	1:32:46
Wendy Kennedy	158	1:32:52
Helen Allen	164	1:35:24
John Guy	169	1:38:44
Sheilagh Howes	178	1:44:49
Lee Longmore	179	1:44:49
Debbie Pittard	184	1:51:10
Lynda Eldred	185	1:51:10

Total finishers 190

Men 3rd in league, Ladies 6th

Boscombe Pier – March 3rd

Graham Starmer	23	18:37
Graham Whiffen	37	19:10
Nick Solomon	71	21:19
Sue Harrogate	91	23:23

Total finishers 139

For the whole Series - Sue Harrogate finished runner-up in the F40-44 category.

March Hare 20m – March 5th

Simon Mortimer	28	2:07:53
Jerry Shield	45	2:14:04
Adee Mead	72	2:20:20
Neil Hopkinson	102	2:26:40
Steve Guy	125	2:30:37
Nick Solomon	176	2:41:59
Brian Lincoln	228	2:53:53
Jill Harsent	285	3:07:06
Johnnie Pittard	286	3:07:25
Andy Horsley	287	3:07:25
Debbie Whittle	304	3:11:17
Wendy Kennedy	315	3:15:59
Bob Caines	319	3:18:21
Denise Craddock	335	3:25:09
Julie Mead	336	3:25:09
Lynda Eldred	358	3:53:42

Total finishers 366

Both men and Ladies teams were 5th in league. First ever 20 mile runs for Bob, Johnnie and Lynda, a key run for marathon preparation.

Poole Park Prostrate Cancer 5k – March 12th

Mark Hitchcott	26	18:50
Stewart Little	29	19:10
Bob Caines	185	26:59

Total finishers 330

Wessex League, Taunton – March 12th

Senior Men

Graham Whiffen	32	34:33
Phil Burgess	38	35:51
Daryl Davies	40	36:23
Richard Atkins	55	39:24
Ian Kennedy	61	43:53

Senior Ladies

Kim Jolliffe	24	25:06
Jill Harsent	26	25:17
Barb Frampton	33	28:35

Under-17

Tim Shakespeare	2	?
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Under-15

Kirsty Harvey	18	14:33
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Under-13

Anna Barratt	12	8.13
Laura Harvey	15	8.44

Jack Snook, Tate and Bryony Young all competed in the under-11s race.

Jerry Shield: Email: Jerry@Wimborne10.co.uk – Tel: 01202 881085

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Wimborne A.C. Road Runners – April 2006

Bournemouth Bay 1/2M – April 2nd

Nick Solomon	253	1:44:42
Nigel Eldred	494	1:57:33
Debbie Whittle	495	1:57:35
Wendy Kennedy	576	2:02:01
Helen Allen	695	2:10:06
Sheilagh Howes	802	2:27:30
Lee Longmore	812	2:32:08
Lynda Eldred	813	2:34:31

Total finishers 822

Bournemouth Bay 10K – April 2nd

Bob Caines	258	54:01
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Total finishers 603

Thanks for very much for all your contributions to this latest newsletter. Make sure you have your say, if you have any contributions for July's newsletter please e-mail them to

lan@Wimborne10.co.uk

Date	Status	Race	Contact	Close Date	Late Entry	Start Time
15 Apr	RRL	David Lloyd ¼ Marathon				
23 Apr		London Marathon	www.london-marathon.co.uk			
27 Apr		Beach Run Flaghead Chine				18:30
05 May	PRSS	Upton House			Yes	19:30
07 May		Marwell Zoo 10k	www.eastleighrunningclub.org.uk Race Secretary, 108 Stoke Heights, Fair Oak, Eastleigh SO50 8AJ	30.04.06	No	10:30
10 May	RRL	Purbeck 10	www.dorset-athletics.freeserve.co.uk/entryforms.htm	08.05.06	No	19:00
19 May	PRSS	Canford Park Arena			Yes	19:30
21 May		Wessex Ridgeway 100k Relay				
27 May		Egdon Easy	www.dorset-athletics.freeserve.co.uk/entryforms.htm		Yes	19:00
01 Jun		High Corner Inn	Contact Ian 01202-577081			19:00
04 Jun	RRL/DCC	Poole 10k	www.poolerunners.freeuk.com	20.05.06	Yes	14:00
11 Jun	RRL	Puddletown Plod (20k)	www.dorset-athletics.freeserve.co.uk/entryforms.htm	04.06.06	Yes	10:30
16 Jun	PRSS	Upton House			Yes	19:30
18 Jun		Blandford Bridges	www.blandfordbridgesrun.co.uk Steve Guy 01258-455647	10.06.06	Yes	10:30
22 Jun		Wimborne 10 Time Trial				18:30
25 Jun	DHS	Stourpaine Hambleton Hill 9.5k	Roger Phelps 01963-370587		Yes	11:30
29 Jun		Purbeck Run & BBQ				19:00
02 Jul	RRL	Portland 10m	www.rmpac.co.uk		Yes	11:00
08 Jul		Charmouth to Golden Cap Challenge (8m)	www.charmouth.dorset.sch.uk		Yes	15:00
14 Jul	PRSS	Canford Park Arena			Yes	19:30
15 Jul		Maiden Castle Loop	www.egdonheathharriers.co.uk			
16 Jul		Run to the Coast	Contact Ian 01202-577081			
28 Jul	PRSS	Upton House			Yes	19:30
29 Jul		Swanage Half Marathon	Proposed date			
06 Aug	RRL/DCC	Sturminster ½ Marathon	Pam Caffyn 01963-23707			10:30
12 Aug		Maiden New Ten Madness	Proposed date			
12 Aug		Wayfarers Relays	Contact Jerry 01202-881085			
18 Aug	PRSS	Canford Park Arena			Yes	19:30
28 Aug	DHS	Shillingstone 5 Mile Hill Race	Roger Phelps 01963-370587		Yes	14:15
03 Sep		The Beast	Proposed date, www.pooleac.co.uk			
05 Sep		Poole Park Ladies 5k	www.poolerunners.freeuk.com		Yes	19:00
17 Sep	DCC	New Forest Marathon	PO Box 438, New Milton BH25 7YL www.nfma.org.uk	30.06.06	No	
17 Sep		New Forest Half Marathon	As above	30.06.06	No	
01 Oct		Clarendon Way Marathon ½ Marathon and Relay	www.hants.gov.uk/clarendon-way-marathon			10:30
08 Oct		Gold Hill Run	Proposed date			
22 Oct	RRL	Gillingham 7.5m				
19 Nov	RRL	Wimborne 10	www.wimborne10.co.uk			
26 Dec		Round the Lakes 10k	www.pooleac.co.uk			

DCC – Dorset County Championship; DHS – Dorset Hill Series; DLY – Dorset League Youths; PRSS – Poole Runners Summer Series; RRL – Road Race League

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