

Wimborne A.C. Road Runners – April 2007

We have a busy diary over the months ahead with much to look forward to. The London Marathon and the Wessex Ridgeway 100k Relay are just a few of the challenges that WACers have accepted. Amongst those signed up as new members are Paul Grist, Claire Newby and Kelly Nugent. New faces Racheal and Paula's names appear for the first time on the time trial sheets – welcome to you all. On the down side we shall be losing Mary MacClancy as her work contract in Wimborne draws to a close at the end of next week. Mary has made a big contribution to the life of the Roads Runners side of the club over the past 12 months and she will be missed – we wish her well for the future, and hope to stay in touch.

WAC WORLD RECORD HOLDER – WACer Tim Harris, on completion of the Marrakech International Marathon (see *Tim's report later*), now has a record that can be recognised by the *Guinness Book of Records*. He has completed 7 Marathons on 7 Continents in the least number of days (92 days) and is also the youngest (23 years, 335 days) and fastest (29 hrs 49mins) person to achieve this feat. Quite apart from the terrific athletic achievement, Tim has also raised serious amounts of money for Wateraid which is a charity which aims to establish clean and safe water supplies to communities around the world. We are intending to organise a night where Tim can give a talk about his exploits – this is yet to be finalised, but we will keep you posted. Tim has received much press coverage nationally, both in the papers and on TV, and an article about his achievements appears in the recently published (May Edition) *Runners World*.

LONDON MARATHON – 22 APRIL – This looms large for many of us. I think I counted that there are 18 WACers entered in the race. The most finishers WAC have had previously is eleven so we should comfortably beat that number. As you will know, when you start to pile up miles in training there are all sorts of incidents, and high and lows along the way. A number of us can go up to the start line at Blackheath knowing that we are much better equipped to take on the big challenge than we were just a few months ago, having picked up a few PBs along the way over 10 miles and half marathon distance in recent races. Sadly, Cora has deferred her place until next year but hopefully everyone else will make it.

Despite the fact she broke her toe about 6 weeks ago, I think there is a real chance that we could see the fastest time for a lady WACer for many years from Raj Witt. Richard Atkins has also been 'in the wars'. Since injuring his hand at work more than a year ago he has had numerous operations and he has had to fight off two bouts of MRSA over the winter. Most of us would be happy just to be back on our feet after that experience but Richard will be out there pushing for a sub-3'30" marathon – fair play to you. Guy Miller's story is also remarkable. Guy had a major operation when he was a teenager when he had a steel rod inserted to straighten his spine. Before Guy accepted the challenge of the London Marathon he went to see his doctor to get some medical advice to see if he would be OK to run. His doctor told him he had never encountered anyone in Guy's situation attempting a marathon, so reserved judgement. Guy's training has been pretty well injury-free, and his race speed has increased dramatically in the past 3 months. He will arrive at the start line as well prepared as any Wimborne Athletic runner. Have a look at Guy's website for more on his story <http://www.justgiving.com/gizza-runs>

I think that we have our first WAC blogger. Selwyn Richards has kept a training diary which can be found at www.realbuzz.com/en-gb/Blogs/index?pageID=1997&blog=1856 which has recorded his training progress for London. Troughs and peaks of the past months are all there. Selwyn is rather playing down his ability on his blog, but I feel sure he is set for a good time on 22 April. Apart from cross-country training, he seems to have been using cha-cha and salsa as part of his race preparation! Go and visit his blog. Apart from all the WAC runners at London we also manage to assemble a large and very noisy contingent of WAC supporters. Barbara will be leading the 'Red & Black Army' with her bells, although many of you will be pleased to hear that the hooter Callum used last year is broken and will not be making the trip. The WAC support masses on the right-hand side as you approach the final bend on Birdcage Walk about 600m from the finish. Runners, look out for the tree decked out in red and black – you can't miss it. Even without Callum's hooter I am still expecting the WAC support crew to be the noisiest anywhere on the course. It is a relatively short walk - although it may not feel like it - over to the WAC support after you have finished. Make sure you are wearing your club vests on the day (even if you are running for a charity) to give our supporters a chance of spotting you.

BEACH RUN, FLAGHEAD CHINE, Thursday 26th April, 6.30pm – This has become our post-London Marathon wind-down for a few years now. The English Channel can act as your ice bath if you are still recovering. We run along the Prom from Julie and Adie Mead's beach hut, which is between Flaghead Chine and Shore Road in Sandbanks, or just count to see how many toenails we have left and compare blisters! There will be barbecues on the go, so bring along some food and drink. Hope to see lots of you there.

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WESSEX RIDGEWAY RELAY 20th May – The brilliant 100k race from Tollard Royal to Uplyme (near Lyme Regis). No markers, and only two marshals in 100k! Each team is given a set of instructions with map references. We finish up in a pub in Uplyme with bangers and mash, we will have earned it by then! This is going to be a massive day for WAC. It is hoped that teams will be finalised at The Horns this Thursday. There should be more WAC runners in the race than ever before – I am expecting us to field three teams and possibly even four!

HIGH CORNER INN RUN, Thursday 7th June, 7.00pm – A 6 mile run off-road in one of the lesser known but most attractive parts of the New Forest. 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 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.

WIMBORNE 10 TIME TRIAL, Thursday 14th June, 6.30pm – 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.

WAC CRUISE TO WAREHAM –15th June – 'Ahoy Shipmates' . Leave Poole Quay at 7pm back at 10.30pm No running involved with this one, unless you're late for the boat! Organised by Clare Gladden. Family and friends are welcome, the tickets are £7 each, £5 for under-16s, book early to avoid disappointment (as tickets are limited). Booking forms will be sent out in due course. If you would like any further information phone Clare on 01202-624612.

BLANDFORD BRIDGES RUN 17th June, 10.30am – Organised by Steve Guy with the co-operation of WAC and Dorset Daddlers. 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

PURBECK RUN AND BBQ, REMPSTONE Thursday 21st June, 7.00pm – This event was added to the WAC calendar for the first time last year. Rempstone is not the easiest place to get to in an evening, so we have chosen the summer's longest day to get the best of the light. Only about half a dozen of us made it there last year but we had a fantastic evening. Rona has planned a route which gives fantastic views of Poole Harbour and Green Island that follows the course of an old tramway for a distance then takes a sandy trail that leads onto Forestry Commission tracks.

Directions to Rona's (OS map ref SY994840):

From Chain Ferry, follow the road out of Studland towards Swanage and Corfe Castle. Where the road forks towards Swanage continue on the road to Corfe which is straight on. Follow this road for about 2-3 miles passing the golf club. The road goes into a dip beside Rempstone Hall (a big house with a Beech hedge). As you come up the other side at the crest of the hill take the right turn.* It is signposted by a green sign 'RVP2' and a camp site sign. Follow the road (this is a single track with passing places) as you come past the farm on the left, the road sweeps around to the left. Go straight on at the junction, there is a sign here 'Ropes Course half mile', follow the road through the trees passing the campsite on the right and ropes course to the left. The road is signed as being 'Private Rempstone Estate only'. Keep going, Rona's house is through the trees and right in front of you. It is the cottage on the right-hand side. There is some parking in front but please leave a space on the left for the neighbours. Alternative parking is in the yard behind the house and on the road at the rear. Please leave plenty of passing space as it is well used by tractors and trailers!

From Wareham, follow the road to Corfe Castle. At the entrance to the village is the NT visitor centre on left. Take first left after the visitor centre going under the railway viaduct. Follow the road for about 2 miles look out for Brenscombe Outdoor Centre on the right. Take the next left after Brenscombe it is about half mile further on at the crest of the hill. Then follow directions from * above.

'RUN TO THE COAST' 15th July, 2007 – Fourth time around for the largely off-road Wimborne to Mudeford run. The idea is that you can run either the whole route or join at points along the way. An outline of the route is (and approximate distances):

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

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Wimborne (0m.) – Suspension bridge – Canford Village (1.25m) – Knighton House – Longham (4.25m) – Parley Cross (5.7m) – Merritown House (Adventure Wonderland) – Throop Mill (9.3m) – Riverside Avenue (Tesco) – Iford Bridge (11.9) – Tuckton (13.3) – 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 to the Spit. 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.

WARRIOR'S KEEP RUN Thursday 19th July, 6.30pm – We shall be running from Denise & Nigel's House at 6.30pm (Warriors Keep, Keeper's Lane, Stapehill, BH21 7NE). The run will use the footpaths around Uddens and the Castleman Way. Denise will be knocking up some of her brilliant pasta bakes for afterwards (including for Veggies) – so just bring along whatever you are going to drink. There is a pool so if you fancy a dip bring some swimming kit. We did this for the first time last year and had a brilliant night, see you all there.

RACES & MARSHALS – MARCH HARE/BOURNEMOUTH BAY/BLANDFORD BRIDGES/WIMBORNE 10

We recently put out an appeal for marshals to help with the **Bournemouth Bay** 5k, 10k, and half-marathons. The race is organised by Bournemouth Borough Council, and more specifically Jennifer Impett, the council's Events Organiser. Jennifer, who was a very fine track & field athlete for WAC as a junior, did a terrific job of seeing this major event go off smoothly and has asked me to pass on her thanks to the WAC marshals. As a result of our marshals efforts we have received a generous donation towards club funds – thank you all.

We have another two events in which we will need your support as marshals later in the year, these are '**Blandford Bridges Run**' on 17 June and of course the '**Wimborne 10**' on 18 November. With all the races we run in throughout the year we should never take for granted the organisation that goes into them, without which there would be no races. This year's '**Mad March Hare**' was run in appalling conditions, high winds, rain and flooded roads. I know many of you felt the marshals that day were exceptional. Selwyn made the observation on his blog that the marshals were great, but they could have done with some lifeguards! WAC member Steve Guy organises the '**Blandford Bridges Run**', he has raised a good deal of money for a local hospital charity over recent years – let's make sure we give him our full support this time around too. We will be coming after you for a firm commitment nearer to the race date.

The '**Wimborne 10**' may be some way off but it needs more than 50 volunteers on the day, so it will be 'all hands to the pumps' that day. Incidentally the 'Wimborne 10' has received the honour of being the race chosen for the South-West Championships (the South-West region is Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset and Wilts) so we should see an influx of top quality runners from further afield this time. Any one of the permitted road races in the seven counties could have been selected, so it is huge compliment to Jerry, under whose guidance the race has achieved its current standing, that our race has been selected. This will be our tenth year and we will be making a big push to make it our biggest and best yet. When I was chatting with Jennifer at the Bournemouth Bay Half Marathon on Sunday I discovered that she will be celebrating her 30th birthday on 'Wimborne 10' day. I tried to convince her that there would be no better way to celebrate than to compete in the race, I don't think I have succeeded, ye!

WESSEX LEAGUE CROSS-COUNTRY NEWS – 2006/2007 ROUND UP

The season has been reviewed in both the recent *Wimborne AC News* and also the *WAC Cross-Country Bulletin*, so I will concentrate just on the seniors' achievements here and end of season's awards. It was very encouraging to see a few new faces at Avon Heath, both Cathy Hartle and Kelly Nugent, ran their first XC races of the season, as did Selwyn Richards. I hope we can see more seniors competing next season. The men's team finished the season fourth in the league, led by Tim Shakespeare and Graham Whiffen. The ladies came in 5th in the general classification, but in the Vets category they finished on the podium with a third place. This was down to the tremendous commitment put in by Jill Harsent, Kim Jolliffe and Julie Mead over the entire season. These three received valuable support from both Lynda Faulkner (at Salisbury) and Cathy Hartle (at Avon Heath). Well done to all of you. Kim also enjoyed individual success coming second in her age category (F40) and Jill narrowly missed out on a trophy, coming fourth in her age group. We held our annual XC end of season 'do' at the ski centre on 1st April and awarded club XC trophies for *WAC Top Male Runner* to Tim Shakespeare (top senior in the averages) and a regular at County level, *WAC Top Female Runner* to Kirsty Harvey (u17) who has had a terrific season and has got to pull on a Dorset County vest for the first time this year. *Most Improved Runner* award went to Jack Snook (u13) who has also represented

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Dorset for the first time this season. The Vaughan-Johnceys, Alexandra (u11) and Maddy (u15), both collected *Fidelity Awards* as they were the only WACers who competed in every Wessex League race this year in their age groups. One of the high points of the season was Alexandra's race win at Devizes. The final trophy awarded was the *Jean Frost Trophy* which is awarded to someone who has made an outstanding contribution to the WAC XC team. This year it went to Kim Jolliffe. Kim has been instrumental in the improvements that we have been able to make in XC coaching this season, bearing the brunt of the administration in organising our coaching staff (four new Level 1 coaches - Jon Braund, Craig Dixon, Kim, Jeannie Puckeridge – plus Veronica Harvey, me, and Ed Arnold, who has always been available to guide us in the right direction - thank you all). I would also like to thank Jill Harsent, Tina King and Selwyn Richards who have also made valuable contributions to our Saturday morning sessions.

POOLE RUNNERS SUMMER SERIES – We have been advised of dates for the new summer Friday night series. 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, contact Bruce Cameron on 01202-695472. The race dates are:

Race 1: 4 May, Upton House Race 3: 15 June, Upton House Race 5: 20 July, Upton House
Race 2: 18 May, Canford Park Arena Race 4: 6 July, Canford Park Arena Race 6: 17 August, Canford Park Arena

HANDICAP TIME TRIALS

January saw yet another record set for the number of WACers taking part, with 16 runners. Quite a few of you are moving in the right direction with your times. Julie Gosling managed to take off a whopping 3½ minutes between January and February (which meant that she ended up having a very solitary run as no-one could catch her!). Claire Newby's improvement between time trial runs was even more spectacular – she gained almost 5 minutes in March on the time set in January. With the lighter evenings we now revert to the summer time trial route (in my opinion a much more interesting route). So come Thursday 12 April we will be heading off past Pamphill church to Cowgrove and back past The Cuthbury, Wimborne Town's football ground, and finish with a sharp turn up St Margaret's Hill to QE. One thing I would like to see change with the time trials is our pre-run preparation. We wouldn't dream of setting off WAC juniors on a time trial without a proper warm-up. So why do we do it ourselves!? An absolute minimum of five minutes, but preferably longer, warm-up would see an improvement in our times and also would help to lessen the risk of injury.

January

Position	Name	Handicap	Actual time	Handicap time
1	Jools Maskell	8 mins	32:16	40:16
2	Guy Miller	3.5 mins	37:25	40:55
3	Kim Jolliffe	8.5 mins	32:45	41:15
4	Alex Wheeler	14.5 mins	26:50	41:20
4	Mary MacClancy	11 mins	30:40	41:40
6	Kelly Nugent	7 mins	34:45	41:45
7	Tim Box	7 mins	35:00	42:00
8	Jerry Shield	16.5 mins	25:30	42:00
9	Barbara Frampton	4 mins	38:05	42:05
10	Jill Harsent	5 mins	37:15	42:15
11	Annemarie Fachiri	4 mins	38:15	42:15
12	Graham Whiffen	14 mins	28:50	42:50
13	Bob Caines	7 mins	35:50	42:50
14	Claire Newby	0 mins	43:10	43:10
15	Julie Gosling	0 mins	45:00	45:00
16	Jackie Suffolk	2 mins	46:00	48:00

February

Position	Name	Handicap	Actual time	Handicap time
1	Julie Gosling	0 mins	41:34	41:34
2	Paul Grist	11 mins	33:35	44:35
3	Nick Solomon	16 mins	29:02	45:02
4	Kelly Nugent	11 mins	34:35	45:35
5	Graham Whiffen	16 mins	29:50	45:50
6	Kim Jolliffe	13 mins	33:04	46:04
7	Julie Mead	11 mins	35:35	46:35
8	Tim Box	10 mins	36:46	46:46
9	Cathy Hartle	16 mins	31:15	47:15
10	Bob Caines	9 mins	36:21	47:21

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March

Position	Name	Handicap	Actual time	Handicap time
1	Claire Newby	0 mins	38:23	38:23
2	Paula Miles	0 mins	40:23	40:23
3	Racheal	0 mins	40:23	40:23
4	Paul Grist	9.5 mins	32:05	41:35
5	Craig Dixon	14 mins	27:43	41:43
6	Kelly Nugent	8.5 mins	33:32	42:02
7	Tim Box	6.5 mins	35:54	42:24
8	Sue Harrogate	8.5 mins	34:00	42:30
9	Alex Wheeler	16.5 mins	26:23	42:53
10	Andy Horsley	14 mins	30:03	44:03
11	Selwyn Richards	14 mins	31:12	45:12
12	Raj Witt	11.5 mins	33:50	45:20

WIMBORNE 10 TIME TRIAL – 21 JANUARY

The first of the year's 10 mile time trials took place in January, your next chance to improve your time is on 14 June. Raj was unfamiliar with the route and missed the turn at Cowgrove on the return leg, so ended up running a slightly shorter route. Julie M. and Sue also ran that day but not over the same route. Despite having to tackle 'Cardiac Hill' on the return leg, incredibly every one of us did negative splits, well done. Thank you to Jerry, our timekeeper.

Position	Name	5 mile split	Finish time
1	Graham Starmer	38:22	64:43
2	Jon Braund	38:40	75:27
3	Craig Dixon	38:40	76:00
4	Raj Witt	40:35	77:20
5	Selwyn Richards	41:35	82:28
6	Ian Kennedy	41:35	83:00
7	Kim Jolliffe	44:44	88:17
8	Nigel Eldred	44:30	88:34
9	Bob Caines	45:08	89:58

Keep on runnin', Ian

RACE REPORTS

Tring2Town – 45 miles - 27th January 2007 – I had this one lined up as my last long training run before doing the 'Thames Meander' again in February. The run starts in Tring in Hertfordshire and follows the Grand Union Canal for the last 45 miles to Little Venice (nr Paddington) in London. It has to be done carrying a backpack containing food, spare clothes and essential equipment and water/drinks which can be topped up at 5 checkpoints. It had been an early start to get to Tring for registration at 7am only to be told the good news that the start had been delayed by another hour so we would have to wait until after 9am for the race start. We had been issued with written instructions and our personalised numbers (nice touch) and were given the briefing at 8.30. Aside from the usual warnings of not upsetting fishermen, dogs and houseboat people we were warned that if we were to be running the last few miles in the dark we should pair up for safety reasons as the course would be taking us through some of the most undesirable places in London. The start went off just after 9am with the usual publicity shots and we proceeded for a mile or two along roads and pavements down to the canal. I was running with Harley, a New Zealander who had been in my tent in Morocco last year and we stayed together for a few miles before he sped off (he ended up coming 3rd!) After a few miles along the canal I became aware of several runners behind me and catching up fast. The leaders had taken a wrong turn (very easy to do with all the criss-crossing of the canal) and were having to catch up us slower runners. I was going well and reached the 1st checkpoint at 11-12 miles in about 1½ hours – much faster than I had planned. It was also a lot warmer than expected. I took on more water and eyed up the snacks but none took my fancy – I was carrying enough sweets and gels to fuel a rhino! The next section was a bit harder and I was suffering a bit with my back and with fluid loss. Checkpoint 2 was at Rickmansworth at about 20-21 miles and I again took on more water and food (jelly babies). The next section up to 28 miles (Uxbridge) was the worst for me of the day. My calves cramped up and I was reduced to a walk for about 5 miles until I got to the checkpoint. A fellow competitor gave me some Dioralyte which would hopefully revive me – and it did, slowly over the next 2-3 miles and then to give me a further boost my family appeared on a bridge at West Drayton. The scenery up to now had been OK – lots of houseboats, swans, pretty bridges, locks etc, etc. However at about 32 miles we turned left onto the Paddington arm of

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the canal for the last 13 miles or so, which is where it changed. I should have been wary because after about 200 yards I felt something on my leg and looked down to see a fish hook hanging out of it. Having removed this I carried on to the 4th checkpoint at 33-34 miles. Another boost from my travelling fan club at about 34 miles and then onward again. From there I passed through Southall, Greenford, Northolt, Wembley and Acton. I would like to say that it was pleasant but it wasn't. The scenery was factory estates, council estates, the rear end of shopping precincts etc. Most of my time was spent dodging dog turds and drunks with their witty remarks ('you've got a drink problem mate!') with an overpowering smell of rotting fish. I reached the last checkpoint at about 41 miles and realised it had got dark. After a bit of a chat with the marshals I nicked some sweets, put on my head torch and headed out into the war zone. If there's one thing guaranteed to keep you going, it is the canal side in London at night, especially when you are lit up like a Christmas tree without the strength to fight off a small child. I passed by Wormwood Scrubs prison and Kensal cemetery. I was not in any physical shape to do any speedwork tonight though so just persevered on to the end as quick as my tired legs would carry me. The finish was an anticlimax after running under the A40 flyover. The Race Director shook my hand as I crossed the line and I was given my medal. I didn't realise until I got home that so many people had dropped out during the day including two of the race favourites. Organisation of the race was very good and all of the few marshals were exceptionally helpful. 141 starters, 83 finishers, I finished 45th in 8 hours 54 minutes.

Andy

Marrakech International Marathon - 28th January 2007 – We arrived on Friday evening and met up with Charlotte, from WaterAid, Dominic, a reporter from the *Daily Star*, and Suzanne, a freelance photographer. The weather was not quite what we expected from Morocco when we landed, but it was meant to be the coldest month they have there so we didn't complain. On the Saturday morning, Charlotte had organised a trip to a small village up in the Atlas Mountains called Toulkin. This village had little access to safe clean water until water projects similar to those that the money I raised would be used to build in Uganda, so it was interesting to see how the wells and pumps were built and worked. With just a few facilities the villagers struggled with sanitation but were very friendly and the kids were very excited. Suzanne took some photos and we received some great hospitality from the guest house in the village. The journey up and down the mountain was too much for my vertigo-suffering cousin, as we drove two dodgy cars up the edge of the mountains.

On the Sunday morning, the day of the marathon, I felt pretty good, but was nervous as to what sort of shape I was in after not running throughout January due to tendonitis in my right knee. I set off in cool, damp conditions, perfect for marathon running. My pace was a little fast over the first few kilometres but I eventually settled to a sensible pace. At about 15km I met Dave, a member of the 100 marathon club and he said that he would take me through at the right pace for breaking the accumulative time record. I needed to run 3 hours 45 or less. So I stuck with him all the way through to the last few kilometres where I really began to struggle. I tried my usual sprint finish but pulled up with cramp just metres before the line and so I hobbled over the line in an official time of 3 hours 34 mins, 11 mins inside the record. Now I can relax a little and have started putting some speed and strength work ready for shorter track distances!

Tim H

Thames Path 50 Mile Ultra – 17th February 2007 – This race replaced what was the 'Thames Meander'. The route had been shortened slightly to a convenient 50 miles and the finishing line was in the entrance to a hotel in Shepperton. It is now organised by Ambition Events who organise the Marathon of Britain as well as several other events including the 'Tring2Town' which I had done 3 weeks earlier.

The race starts in Reading and follows the Thames Path to Shepperton in Surrey. On the way you have to carry compulsory equipment and your own food and clothing changes as well as drinks and a backpack. Water is given out at 4 checkpoints along the route. I had completed last year's race in just under 12 hours, so with the reduced route I was hoping for a sub-11 hour finish.

The race started on time and it was a mild, dry day – perfect for running with only a light breeze. The week before had been very wet though and we were expecting lots of mud and possibly flooded areas. We were not disappointed and after about 5 miles we were knee deep in water having crossed lots of mud beforehand. It took me another mile or so to get going again as my feet were numb and calves very cold from the water. We also had to contend with a large diversion around Shiplake. I had decided before the race to start off slowly this time so as to avoid the problems I had encountered at Tring. This I managed to do fairly successfully thanks to the conditions and got to the first checkpoint at Henley without incident. The second checkpoint was in Marlow at about 19/20 miles but to get there we had to cross lots of muddy fields. It was here that last year's lessons had been learnt and I had left the road shoes at home in preference for some off-road shoes. Despite the mud being worse than last year I found it easier, but saw many other 'road' runners struggling. We had been promised some milkshake at Checkpoint Two but there was none due to the delivery van having had an accident on the way there. I asked as to the driver's well-being and was told he was 'All shook up!' I assumed he wasn't too bad then. I knocked back some jelly babies and carried on

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

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

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across meadows, fields and narrow paths – all covered in mud – towards Maidenhead. I also took a wrong turn at one point and added on an extra ½ mile and was punished by being passed by 4 runners. As I got towards Cookham at about 23 miles I started to get some stomach cramps. This made onward progress very uncomfortable and slow and I was reduced to a walk until I managed an emergency pit stop just after Checkpoint 3 at 28 miles. I had lost a lot of placings during this time and took a while to get going again. However I started to feel better and picked up the pace a little until I got to the last checkpoint at Runnymede at about 38 miles. I stopped there for a few minutes to unload rubbish and take on some more food and drink. I had just passed a runner who was struggling and had been witness to one or two that had retired so was actually feeling quite good at that point. I walked out of the checkpoint with 3 other runners and we walked for about ½ mile till I decided to try and run a bit more. I left them behind and carried on. I started to find I had a lot more energy than I thought and started to run a bit better. It was still light (at this point last year I was in darkness), and I was feeling strong. One by one I started to pass the other runners who had passed me earlier, and others who were struggling. My 11 hour target was now starting to look like 10 so I was even more motivated. I had never felt this good after more than 40 miles. I passed through Staines to the sound of laughter from the locals who thought my appearance was amusing with my backpack, bottles and straws. Darkness fell as I ran between Staines and Chertsey but I was going better than at any stage since the beginning of the race, obviously my mid-race 'rest' had done me good. After Chertsey I walked along with a young runner who was limping along, to check he was OK, and then attacked the last two miles or so. I met Harley, my New Zealand friend on his way home, he had finished 2nd! The last mile was down an unlit road before turning into the hotel grounds and crossing the line. I felt really good and have not enjoyed a day's running like that for a while. For once my training schedule seemed to have paid off. I was even more pleased to beat last year's time by 2 ½ hours! I was booked into the hotel so didn't have far to go for a bath, meal and a drink. The cut-off was 1am so I was well inside this time and it was quite reassuring to be sat in the bar with Clare and other runners at about 10-11pm hearing that there were still 20-odd runners out there. Marshals were superb as usual and organisation was spot on. 167 starters, 113 finishers, I finished 39th in 9 hours 24 minutes. Andy

'Mad March Hare' – 4th March 2007 – 20 miles in the flat scenic countryside of the Hampshire/Dorset border, sounds idyllic doesn't it? Yes well think again. From the start this was not going to be pleasant. It was cold, windy, and chucking it down with rain, and nobody wanting to leave the sanctuary of the scout hut! How I laugh when I recall how I, and others, dodged the puddles in the first 500m, only to find at 1km the road completely underwater. That was at the beginning of a road race, where it would have been entirely appropriate if the competitors had worn flippers instead of trainers. Particularly soggy sections were encountered at regular intervals, but noticeably at around 10-12 miles and again a very prolonged section at around 16 miles, which I found myself walking through. It was so deep that the freezing water was splashing up to mid-thigh and sapped the last bit of enthusiasm out of me, not that there was much left at that stage. For the majority of the course the high winds hadn't proved too difficult, but on one point at around 13 miles, the gales brought down an overhead power cable, which runners then had to gingerly jump over. At the same point (a little humped bridge) there had also been a car accident! Unfortunately, the later stages of the course swung us around into a headwind making it all the more tiring. This race was the first opportunity for me to use my recently bought Nike+ ipod attachment, a motivational device that tracks distance, time, calories etc. Due to a calibration error, the information relayed to me was getting further out on sync with each mile I progressed, which meant that at 18.5miles my Ipod was telling me I was on the last 400m. As you can imagine when you still have another mile and a half to run that's not what you want to hear! By this stage I was suffering from tight calves and as this was the first long run after a period of injury I opted to walk/run the last mile or so. I wanted to finish but I wasn't relishing the finish line, as I knew that prior to the race start it was a muddy bog, and with knackered legs could be a potential nightmare. Thankfully straw had been laid down which meant it was fairly easy to cross, and I didn't see anyone losing a trainer! I can't say that I will look back on the day with fond memories, I completed it in my slowest time, and was frozen by the end, but would mention that as usual the marshals did an excellent job in difficult circumstances and the WAC supporters were much appreciated. Thanks for letting me shelter under your umbrella Jerry. Oh and what an ironic race memento – a lovely fluffy towel, just what we all needed. Wendy

'Rhayader 20' – 17th March, 2007 – This 20 mile race happens around the same time each year and is definitely a challenge. Lytchett Manor Striders always have a trip there with people walking, running, cycling but mostly having a few drinks and a social get together. Rhayader lies in the very heart of Wales midway between Hereford and Aberystwyth, halfway between Snowdon and the Brecon Beacons set 700ft above sea level in the Upper Wye Valley with hills rising to 1500 feet (which, yes, are in the 20 mile run). The town is also the gateway to the spectacular Elan Valley, which makes it a beautiful place for exploring. The countryside surrounding Rhayader is home to the famous Red Kite and daily feeding can be seen at the Red

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Kite Centre, Gigrin Farm, so there is something for everybody! I would recommend that Wimborne AC include it in the calendar for next year.

Anyway, we left at 6am on Saturday morning in convoy from Wimborne with bikes on the back of/in cars ready for the non-runners to support the runners on the way round. Once over the Severn Bridge (being charged to get into Wales) there is always a stop in Abergavenny for a full 'English' well, full Welsh really, for those who could face the prospect of running the 20 with that settling in your stomach! I decided on a bacon toasted sandwich that was very nice indeed! The café was full of Lytchett Striders and I took some verbal abuse about joining Wimborne AC! Mind you, a few people have said that if they had to join another club it would be WAC.....

We arrived in Rhayader at 11o'clock with the 20-mile race starting at 1pm and the 5-mile race at 1.30. The 5-mile race is basically the last 5 miles of the 20 and is the easiest part with only one long hill. The registration hall is inside the local sports centre and has many local sports shops selling reasonably priced kit. My running partner Caroline and I entered the race and then went to get settled in our B&B. There are many B&Bs available but they do get booked up quickly for this weekend. We stayed at The Horseshoe that is situated at the top of the village and not far from the pubs. England and Wales were playing rugby at 5pm and it was St Patrick's Day, so there did seem to be quite a lot of activity in the pubs.

Anyway, to the race. It was cold but sunny with a strong wind, which was in our faces until 15 miles! The first 6 miles is basically all up hill to the top of the mountain and is very tough. I have completed the race 3 times always in around 4 to 4.5 hours and I forget just how hard those first few miles are. Once you are at the top of the mountain it is very bleak with nothing but sheep and wind turbines for company. The race is well supported though with everyone wishing you well and handing out jelly babies, chocolate and drinks. The miles from 6 to 15 are undulating (and we all know what that means) and with the strong wind it was a challenge. The scenery is spectacular passing many reservoirs, waterfalls and dams.

When we reached 15 miles we had the wind behind us but then it started to rain, great! Caroline started to ramble about the Mad March Hare for some reason! Anyway we completed the last 5 miles in a good time meaning that we finished in 4 hours 10 minutes which given the conditions was great. However, the winner finished in 2 hours 4 seconds so some improvement required! Seriously, this race is not about the time but the feeling you get when you finish is amazing because you truly feel that you have achieved something! We finished to the cheers of our supporters, who had been in the pub, conveniently situated by the finish, some worse for wear. This was blamed on Caroline and I taking so long round the course! I of course had again been harassed with shouts of "Get that vest off" which I think was not just some drunken request but a pop at Wimborne AC.....again!

In the evening it was off to another pub for a full roast carvery that was delicious! Wales had beaten the English at rugby but we did not let that dampen our spirits. Sunday morning meant more food of course, another full Welsh breakfast but for the really energetic another walk up to the viewing point. Given that it was snowing with gale force winds we decided to make our way back to the sunny south leaving Wales behind without being charged for the privilege.

Julie G

Note: Wessex League XC results are now shown only in the Cross-Country Bulletins and on the website

www.wimborneac.co.uk
and at www.wessexleague.com

Milborne 10m – Jan 14

Simon Mortimer (17)	1:01:56
Jerry Shield (18)	1:02:05
Steve Guy (39)	1:05:56
Graham Whiffen (69)	1:10:53
Andy Horsley (76)	1:11:37
Nigel Craddock (138)	1:20:39
Brian Lincoln (178)	1:26:37
Denise Craddock (188)	1:29:05
Wendy Kennedy (198)	1:31:21
Lee Longmore (241)	1:55:33

Poolo 5k Winter series – Jan 19

Kim Jolliffe (138)	25:05
Sue Harrogate (166)	27:09

Blackmore Vale ½ Marathon – Feb 4

Simon Mortimer (11)	1:22:12
Jerry Shield (19)	1:24:47
Adrian Mead (63)	1:32:00
Selwyn Richards (143)	1:40:46
Graham Starmer (149)	1:41:18
Nigel Eldred (282)	1:56:24
Bob Caines (317)	2:01:37
Debbie Whittle (332)	2:03:53
Julie Gosling (391)	2:15:30
Helen Allen (404)	2:20:11

Meon Valley Plod – Feb 11

Selwyn Richards (142)	3:25:37
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Lytchett 10m – Feb 18

Graham Starmer (18)	1:03:52
Adrian Mead (34)	1:08:16
Graham Whiffen (50)	1:10:56
Selwyn Richards (79)	1:14:10
Nigel Eldred (141)	1:23:38
Paul Grist (149)	1:24:50
Bob Caines (182)	1:30:22
Tim Box (194)	1:33:16
Guy Miller (198)	1:34:11
Julie Gosling (217)	1:41:05

'The Terminator 10' – Feb 25

Graham Whiffen (108)	1:40:04
Louise Lucas (670)	2:33:46

Poolo 5k Winter series – Mar 2

Graham Whiffen (33)	20:39
Kim Jolliffe (90)	25:57

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

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Mad March Hare 20m – Mar 4

Adrian Mead (76)	2:24:00
Selwyn Richards (96)	2:30:35
Neil Hopkinson (101)	2:31:25
Nick Solomon (127)	2:37:47
Andy Horsley (138)	2:39:03
Richard Atkins (187)	2:48:45
Nigel Eldred (254)	3:00:30
Michele Whitehurst (294)	3:11:36
Guy Miller (301)	3:13:02
Debbie Whittle (304)	3:13:55
Wendy Kennedy (332)	3:21:17
Bob Caines (349)	3:28:48

Poole 5k Winter series – Mar 23

Mark Hitchcott (19)	18:42
Graham Whiffen (35)	19:52
Kim Jolliffe (95)	23:28

Well done to Kim who finished runner-up over the whole series in her age group (F40-44)

Bournemouth Bay 10k – Apr 1

Bob Caines (408)	54:35
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A great turnout for the Bournemouth Bay runs – I hope I have found all the WAC results, I had to trawl through almost 2,000 names in the *Evening Echo* in both races to find you! A special mention to Barb Frampton, Jill Harsent, Louise Lucas, Maggie & Will Miller and Claire Newby who all put in sterling work as marshals on the day.

Bournemouth Bay ½ Marathon – Apr 1

Derek Evans (43)	1:25:10
Adrian Mead (69)	1:28:19
Neil Hopkinson (90)	1:30:14
Tim Harris (99)	1:30:53
Selwyn Richards (164)	1:34:39
Andy Horsley (211)	1:37:27
Paul Grist (461)	1:48:00
Guy Miller (592)	1:52:49
Michele Whitehurst (676)	1:55:50
Sue Harrogate (744)	1:58:27
Debbie Whittle (778)	1:59:45
Wendy Kennedy (809)	2:01:03
Helen Allen (936)	2:08:33
Tim Box (978)	2:11:48
Sheilagh Howes (1069)	2:22:57
Cora Quinn (1086)	2:26:56
Lee Longmore (1087)	2:26:56

Date	Status	Race	Contact	Close Date	Late Entry	Start Time
07 Apr	RRL	Rotary Easter ¼ Marathon	01425-650568	Closed	Yes	15.00
15 Apr		Avon Heath 10k/5k	Ian Banks, 5 Juniper Close, Ferndown, BH22 9UB oseza@btinternet.com	Closed	Yes	11.00
15 Apr		Totton 10k	27 Hounslow Avenue, Hounslow, Totton, Southampton, Hampshire SO40 9EU. margaret.driscoll@btopenworld.com	31.03.07		11.00
22 Apr		London Marathon	www.london-marathon.co.uk	20.10.06	No	
26 Apr		Beach Run, Flaghead Chine	Contact Julie M. on 01202-889051 or Ian on 01202-577081			
29 Apr		Marwell 10k	108 Stoke Heights, Fair Oak, Eastleigh, Hampshire SO50 8AJ. marwell10k@yahoo.co.uk www.eastleighrunningclub.org.uk	15.04.07	No	10.30
04 May	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472		Yes	19.30
06 May		Fordingbridge Fire Station 10k	Fire Station, Station Road, Fordingbridge, Hants SP6 1JN. whitey999pmw@aol.com www.fordingbridgefirestation.com	01.05.07		11.00
06 May		Downton multi-terrain 10k	Downton Leisure Centre, Wick Lane, Downton, SP5 3NF. info@beaconleisure.co.uk www.beaconleisure.co.uk	20.04.07		10.00
06 May		Neolithic Marathon* Neolithic ½ Marathon†	Wiltshire Wildlife Trust, Elm Tree Court, Long Street, Devizes SN10 1NJ. Email: sarsentrail@wiltshirewildlife.org Web: www.wiltshirewildlife.org	16.04.07	Yes	10.30* 11.00†
09 May	RRL	Purbeck 10k	Race Secretary, Flat 7 Sandford Court, 32 Belle Vue Road, Southbourne, Bournemouth, BH6 3DR. Email: romneymike@ntlworld.com www.dorset-athletics.freemove.co.uk	05.05.07	No	19.30
13 May		Moors Valley 10k	Race Organisers, 21 Barnes Crescent, Wimborne, BH21 2AY. paul.webster2@tiscali.co.uk www.dymb.org			10.30
13 May		Cow Pat Canter, 10k-ish, Midsomer Norton	Race Organiser, 26 Staddlestones, Midsomer Norton BA3 2PP 01761-419160 andymanley1953@yahoo.co.uk		Yes	11.00
18 May	PRSS	Canford Park Arena 3.3m	Bruce Cameron 01202-695472		Yes	19.30
19 May		Marlborough Downs Challenge	Tim Gravina, Hochgurgl, Poulshot, Devizes, Wiltshire, SN10 1RP. tim.gravina@btinternet.com www.marlboroughrunningclub.co.uk	01.05.07		10.30
20 May		Wessex Ridgeway 100k	www.gillinghamtrouters.talktalk.net/wessex07.htm		No	07.30
26 May		Egdon Easy	8 Portway Close, Weymouth DT4 8RF www.sirisaac.co.uk/EntryForm2007.PDF		Yes	19.00
03 Jun		Poole 10k	Mike Towner, 49 Mountbatten Drive, Ferndown, BH22 9LE. mitowner@which.net www.poolerunners.freeuk.com		Yes	14.00
05 Jun		Corfe Mullen Carnival 5k	01202-658188 www.cm5k.co.uk	25.05.07		19.00

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07 Jun		High Corner Inn Run	Contact Ian on 01202-577081			
10 Jun	RRL	Puddletown Plod 20k	John Mills 55 Hopsfield, Milborne St Andrew, Blandford. Dorset. DT11 0LD 01258-837985 jane.mills5@btinternet.com	03.06.07	Yes	10.30
14 Jun		'Wimborne 10' Time Trial	Contact Jerry on 01202-881085			
15 Jun		WAC Cruise to Wareham	Contact Clare on 01202-624612			
15 Jun	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472		Yes	19.30
17 Jun		Blandford Bridges Run 10k multi-terrain	www.dorsetdoddlers.org/ENTRY_FORMS/blandford_bridges_07.jpg Steve Guy 01258-455647 or Joan Royal 01258-452723		Yes	10.30
21 Jun		Purbeck Run & BBQ	Contact Rona on 01929-481405 or Ian on 01202-577081			
21 Jun		Moors Valley Solstice 8k	Debbie Anderson, 22 Bargates, Christchurch, BH23 1QL. Email: fundraising@twas.org.uk www.twas.org.uk/page.php?ref=9-fundraising-events-diary			19.00
24 Jun		Stourpaine Hobleton Hill 9.5k	Roger Phelps 01963-370587		Yes	11.30
01 Jul	RRL	Portland 10m	Race Sec., 12 Mead Bower, Portland DT5 2DZ Tel: 01305-861291 www.rmpac.co.uk		Yes	11.00
01 Jul		Tarrant Valley 10m	www.tarrantvalley10.fsnet.co.uk Tel: 01258-830247		Yes	10.30
01 Jul		Gillingham Festival 10k	Valerie Sanders Langham Place, Langham Lane, Gillingham. SP8 5NT valeriesanders1@btinternet.com www.gillinghamfestival.org.uk	25.06.07	Yes	10.00
06 Jul	PRSS	Canford Park Arena 3.3m	Bruce Cameron 01202-695472		Yes	19.30
07 Jul		Charmouth Challenge	www.charmouth.dorset.sch.uk Tel: 01297-560341		Yes	15.00
08 Jul		New Forest 10m	NF10, PO Box 4085, New Milton, BH25 5YR www.nf10.co.uk enquiries@nf10.co.uk	24.07.07	No	11.15
14 Jul		Maiden Castle Loop	www.egdonheathharriers.co.uk/forms.htm		Yes	19.00
15 Jul		Run to the Coast	Contact Ian on 01202-577081			
19 Jul		Warrior's Keep Run	Contact Denise on 01202-893553 or Ian on 01202-577081			
20 Jul	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472		Yes	19.30
28 Jul		Swanage Half Marathon	L. Welsh, Withy Lakes, Betcher Farm, Church Knowle Wareham BH20 5NG welsh@welsh2k.freeserve.co.uk www.swanagecarnival.com	22.07.07	Yes	11.00
05 Aug	RRL	Sturminster ½ Marathon	www.sturhalf.co.uk Tel: 01258-573587			10.30
11 Aug		Maiden New 10 Madness				
17 Aug	PRSS	Canford Park Arena 3.3m	Bruce Cameron 01202-695472		Yes	19.30
27 Aug		Shillingstone 5 m Hill Race	Roger Phelps 01963-370587		Yes	14.15
02 Sep		The Beast, Corfe Castle 13/14m multi-terrain	Race Director, 2a Cranfield Avenue, Wimborne, BH21 1DE www.pooleac.co.uk/infopage.asp?infolid=187	13.08.07	No	10.30
16 Sep		New Forest Marathon	PO Box 438, New Milton BH25 7YL www.nfma.org.uk	30.06.07	No	09.30
16 Sep		New Forest ½ marathon	As above	30.06.07	No	10.00
23 Sep	RRL	Littledown 5m				
23 Sep		Coffin Dodgers Dash 8m Multi-terrain	24 Edgarton Road, West Canford Heath, BH17 9AZ www.coffindodgersrunningclub.co.uk		Yes	11.00
30 Sep		Clarendon Way Marathon* Relay & ½ Marathon† Salisbury-Winchester	Paul Elderkin, 4 Bereweke Way, Winchester SO22 6BJ www.clarendon-marathon.co.uk (1/2 marathon starts from Broughton)			10.30* 11.00†
07 Oct		Hobourne 5				
14 Oct		Gold Hill Run				
28 Oct		Studland Stampede 12k	VN Events, 5 Charnwood, 40 Tower Road, Poole BH13 6JA www.getoffyourarseandrun.com	20.10.07	Yes	10.00
28 Oct		The Stickler	www.dorsetdoddlers.org Joan Royal 01258-452723			10.30
04 Nov		AECC Dash Back 5k & 10k	Zoe Hayne, AECC Chiropractic College, 13-15 Parkwood Road, Bournemouth BH5 2DF Tel: 01202-436322 racesecretary@aecc.ac.uk	26.10.07	Yes	11.00
11 Nov		Gillingham 7.5	www.gillinghamtroters.talktalk.net			
18 Nov	RRL	Wimborne 10	www.wimborne10.co.uk		Yes	10.30
25 Nov	RRL	Boscombe 10k	www.bournemouthjoggers.co.uk/bosc10k.htm 01202-533273		No	
25 Nov		RNLI 10k, Moors Valley (also a 5k fun run)	01202-662260		No	10.00
09 Dec		Christchurch 10k	66 Stony Lane, Burton, Christchurch BH23 7LE www.christchurch-runners.org.uk		No	11.00
26 Dec		Poole Park 'Lakes 10k'	www.pooleac.co.uk		Yes	11.00

PRSS – Poole Runners Summer Series; RRL – Road Race League

Jerry Shield: Email: Jerry@Wimborne10.co.uk – Tel: 01202 881085
Ian Kennedy: Email: Ian@Wimborne10.co.uk – Tel: 01202 577081
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