

Wimborne A.C. Road Runners – April 2008

'British Summer Time' is officially here and at long last this allows us to get off the streets of Wimborne and out into the open countryside and onto the drover's roads on a Thursday evening. Joining us, I hope, will be a clutch of newly signed up WACers, welcome to Annemarie Fachiri, Graeme Furley, Teresa Grist, Marion Main, Anne-Marie Pearson and David Wild. Many of these will be familiar names to you as they are rejoining our ranks or have been pretty active in the past few months. Annemarie has run for our Championship-winning cross-country team (*more of that later*) and featured in the 5k winter series from Boscombe Pier; Graeme has been a massive contributor to our Saturday cross-country sessions; Teresa ran her first ever 10k at Bournemouth Bay; Marion ran with Clare Horsley at the New Forest Half Marathon and Dublin Marathon in late 2007 but is currently carrying an injury but was still there to support her team-mates at Bournemouth Bay at the weekend; Anne-Marie is welcomed back into the fold and has become a regular at Ed Arnold's excellent Tuesday night sessions and will be out there on the Ridgeway on 18 May and David has already clocked up three RRL scores for WAC in 2008. Robin Hughes is another new face on Thursdays and will also be stepping out on the Ridgeway in May.

A big thank you to those who helped out at the March Hare and Bournemouth Bay races. As a club we are fortunate that we have so many members who are regularly prepared to give up time to help others enjoy our sport. So thank you to Shirley Billington, Jon Braund, Bob Caines, Mel Downton, Mark Hitchcott, Jools Maskell, Maggie Miller, Andy Porter, Nicki Roe, Nick Solomon (I hope I haven't forgotten anybody) who all pulled on marshals bibs. Our next appeal to your good nature will be for marshals for the Blandford Bridges race on 15 June.

With the cross-country season over, and a lull in the road race calendar (just one RRL in the next 3 months) there is not much going on at the moment, right? *Wrong!* We have a packed schedule. Here is a list of the key dates – we will look at each of them in turn later.

06 April	Cross-Country End of Season Awards & Skittles Night
13 April	London Marathon
17 April	Flaghead Chine beach barbecue and run
18 April	WAC Quiz Night, Allendale Centre
04 May	Neolithic Marathon
07 May	Purbeck 10k
18 May	Ridgeway 100k Relay
01 Jun	Poole 10k (RRL) & Festival of Running
05 Jun	High Corner Inn Run
12 Jun	Wimborne 10 time trail
15 Jun	Blandford Bridges Run
22 Jun	Purbeck barbecue and run

plus two for later

27 Jul	Wimborne 10 run, walk <i>and</i> crawl!
16 Aug	Race the train, Tywyn, Mid-Wales

Tracking Andy Horsley through the desert – While a few of us were struggling with the unseasonably warm weather and resulting dehydration at the Bournemouth Bay Half Marathon (remarkably three runners were taken to hospital) – one our number, Andy Horsley, was running in the Sahara on Leg 1 of an altogether tougher challenge. This year's Marathon des Sables is 245.3km long, making it the longest ever in its history. Andy is going into this event with his eyes open, having been forced to abandon on his first attempt in 2006. We all wish him well, and here is one way we can all help. We can show our support for him by sending messages via the race website (http://www.darbaroud.com/index_uk.php) Andy is able to pick these up at the end of each stage. He can receive messages from the 30th March to 6th April. Andy says, 'Last time messages were encouraging, funny, abusive, insulting, amusing, etc., but all were motivational in their own way. What would give me a real boost is loads more again.' Andy's running number is 734 you will need to enter this on the website. Results are uploaded to the website every evening. There will be nightly bulletins on Eurosport covering the event. At the time of writing, Stage 1 & 2 results have been posted and Andy has made a great start.

Here is what the race's own website has to say about the race, 'The race will be challenging from day one - and continue that way - offering all the variety of the Sahara. The course will take runners over ergs (dune zones), seriously steep jebels (up to 25% slope factor) and rocky plateaus. They'll have to cross hard as iron salt-flats and the driest of wadis. The backdrop to all of this is the most beautiful of landscapes with vistas accessible only to those on foot'.

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CROSS-COUNTRY AWARDS & SKITTLES NIGHT, 6 April, 7pm, at The Cuthbury, Wimborne Town FC

Our end of season bash takes the form of a skittles evening this time around, all are welcome and we particularly want to see all of those who have contributed in any way, shape or form to the XC team over the season. The skittles will start at 7pm and later we will be making awards to our top male and female XC runners, most improved XC runner, the team awards and the Jean Frost Trophy. Hope to see lots of you there.

LONDON MARATHON, 13 April

Less than 2 weeks, to go at the time of writing. We have a few WACers who are struggling with niggly injuries so not sure if we will break last year's record number of WAC finishers. As always there will be the usual Wimborne encampment on the right-hand side of Birdcage Walk at the Buckingham Palace end. As usual we intend to make more noise, showing more colour than anyone else. Good luck and see you there.

BEACH RUN, FLAGHEAD CHINE, Thursday 17th April, 7.00pm – Our post-London Marathon wind-down for a few years now. We run along the Prom from Julie and Adie Mead's beach hut, which is between Flaghead Chine and Shore Road in Sandbanks, always a good night. There will be barbecues (bring your own food and drink) on the go, so bring along some food and drink. Hope to see lots of you there.

WAC QUIZ NIGHT, Quarterjack Suite, Allendale Centre, Wimborne, Friday 18th April, 7.15 for 7.30pm –

Sure to be another top night organized by Clare and Roz. Let's see loads of roadrunners there, I seem to remember the last time the roadrunners took part in a club quiz we all did rather well. The teams are made of up to four players and tickets cost £4 each. Give your brain a spring clean, while you test your general knowledge. For more information contact Clare on 01202-624612 or by e-mail clare.gladden@tesco.net or talk to Roz on 01929-550566. You will have already been sent entry forms, but if you are receiving this newsletter electronically another copy of the entry form is attached. **Entry forms are due in by 13 April**, so do it before you set off to London for the marathon. See you there.

NEOLITHIC MARATHON & HALF MARATHON, 4th May –

Included in the list of dates as word has spread through the club about what a great event this is. There will be around half a dozen of us taking part, and there is room for more, as entries do not close until 11 April. A very different experience to the London Marathon, physically tougher than a road marathon, but somehow mentally less demanding. The first half of this race is through some of England's finest scenery.

PURBECK 10K, 7pm Wednesday 7th May – Unusually *not* a league race this year, but still one of your best chances of bagging a PB over 10k. *No entries on the day*, see fixture list later in this newsletter for details of how to enter. It has turned into a bit of a WAC tradition in recent years to retire to Wareham Quay after the race with a bag chips and a pint of beer. PS: Your other great chance for a 10k PB in 2008 will be the Christmas Pudding race – see *fixture list*, although months away, you need to enter this race now to avoid disappointment as it fills up very quickly.

WESSEX RIDGEWAY 100 RELAY RACE TOLLARD ROYAL-UPLYME, 18th May –

For some of us this will be our toughest challenge of the year. WAC will be fielding FIVE teams this year – that is 30 runners. We have 2 men's teams, 1 Ladies team and 2 mixed teams. Hard to put into words just how great an event this is but it has been featured previously on the website and in past newsletters. The 'nanny state' ceases to exist out on the Ridgeway, no doubt there will be stories to be told long after this race is over. *Enjoy*.

POOLE 10K, 1st June – The only RRL in the quarter. Enter in good time, the race attracts many runners from outside our region and is likely to fill up well before race day. Although the course is fairly gentle the very large field can inhibit your chance of a PB. More details in the fixture list.

HIGH CORNER INN RUN, Thursday 5th June, 7.00pm –

Our annual visit for this 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 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. We had an excellent turnout for this last year.

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WIMBORNE 10 TIME TRIAL, Thursday 12th June, 6.30pm – June's time trial is set over the longer distance of 10 miles using the Wimborne 10 course. A great opportunity to find out just how well you are running.

BLANDFORD BRIDGES RUN 15th 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

PURBECK RUN AND BBQ, REMPSTONE Sunday 22nd June, 2.00pm – We have used Rona's house, which is in an idyllic setting in the Purbecks, for a run and barbecue for the past two summers. Previously we have organised this for a Thursday night but for some of us it is just too far away for a mid-week run. This time we have settled on a Sunday afternoon so we can get more WACers there. Those of you who have been to Rona's before will know what a treat the run will be as it gives fantastic views of Poole Harbour and Green Island and follows tracks over heath and woodland. The barbecues will be on the go after the run (bring whatever you intend to eat or drink) and it is sure to be a great day out in the countryside.

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.

WIMBORNE 10 RUN, WALK AND CRAWL!!, Sunday 27th July 10.30am –

If all that running around makes you thirsty, then this one could be for you! By July you should be fully familiar with the Wimborne 10 route, this time though there will be a difference. Claire and Nicki cooked up this idea – and the plan is that we do the 10 miles and stop at 10 pubs. Anyone familiar with the race route will know that there are not 10 pubs on the route so the mileage will be around 12 miles to allow us to get into the middle of Wimborne where there will be no shortage of 'drinks stations'!



RACE THE TRAIN, Tywyn, Mid-Wales, Saturday 16 August –

Do you think you can beat this Veteran? (pictured left) This one is starting to snowball, It looks like we could get a good number of red shirts to run in this extraordinary multi-terrain race. A group of us will be camping in Tywyn going up on Friday afternoon then staying on Saturday night before the long drive home. There are also B&Bs available in the area. Debbie Whittle went last year and really enjoyed the race, despite having an argument with a barbed wire fence! Her report can be found on www.wimborneac.co.uk The race's own website www.racethetrain.com has this to say,

'... a must for all multi-terrain runners ... [This] event also gives you the additional challenge of not only racing your fellow competitor's but also the Train. Having been televised world-wide on several occasions we have attracted many runners from abroad coming from as far away as New Zealand, Australia, America, etc. Race the Train takes place along the route taken by the Talyllyn Railway on its journey to Abergynolwyn and back. In order to do this it uses a mixture of public roads, lanes, un-metalled roads, tracks, agricultural land, and rough grazing pastures. The terrain varies all the time and can be very wet and muddy in places, the route also ascends and descends quite steep terrain and runs on narrow footpaths with little chance of overtaking. Often the Train or track is just over the fence and in many places if you coincide with the train your family friends, if they are on the train, will be able to shout encouragement to you. The Talyllyn Railway ... is now one of the Great Little Trains of Wales ... Spectators can enjoy watching the races by travelling on the Race trains, but the capacity is, of course, limited.'

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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. The Upton House course is around 3.5 miles long. Any queries, contact Bruce Cameron on 01202-695472. The race dates are:

Race 1: 2 May, Upton House
Race 2: 16 May, Upton House

Race 3: 6 June, Upton House
Race 4: 27 June, Upton House

Race 5: TBA, Upton House
Race 6: TBA, Upton House

THURSDAYS AT QE – For a while we have been working to a loose schedule for the Thursday run from QE. It is not set in stone as it needs to be flexible enough to suit the events in our racing calendars. The basic format is as follows:

Week 1: Steady, sociable run - drinks afterwards.
Week 2: Handicapped time trial
Week 3: Run with fartlek work
Week 4: Hill reps
Week 5: Steady run

We have long had a tradition of going for a drink after Week 1's run – we are going to give a new venue a try, the social club at Wimborne Town Football Club starting from this week. It has a competitive priced bar and they are going to cook us some carbohydrate-based food so that we can refuel after our session. This first month it will be a pasta carbonara (shepherd's pie, jacket potatoes and lasagne are amongst the option likely to be available in future months). The cost will be dependent on numbers but it will be inexpensive, the carbonara will cost £2 a head if there are 20 diners £4 a head if there are 10 for example. Come along this Thursday and make this venue a success – it will be good to support another sports club which is very much part of its community.

CROSS-COUNTRY SUMMARY 2007/2008 SEASON –

WIMBORNE LADIES CROWNED LEAGUE CHAMPIONS

Well done to our Ladies team who became Wessex League Champions after the final race of the season. The best individual performance from the ladies came from Lynda Faulkner when she finished 3rd in Race 1. But the team prize was won because of the hard work and commitment put in over the season from the backbone of the team: Jill Harsent, Julie Mead (both of whom competed 5 times) and Nicki Roe (who raced 4 times). These three received excellent support from Lynda, Claire Newby, Kim Jolliffe, Wendy Trueman, Annemarie Fachiri and Veronica Harvey. Apart from the team awards Julie finished first F40 for the season and Jill third F45.

The Senior men's 'A' team finished 4th in the league, and we won another trophy when our 'B' team took what is effectively the Division 2 title. Our top two runners over the season for the men were Daryl Davies (the only ever-present) and Graham Whiffen. Ian Cardy who only ran in the first two races won both times out. There was an excellent supporting cast of committed XCers particularly Phil Burgess and Steve Snook. Quite a few others dipped their toe in Wessex League waters and hopefully we will see more of Richard Atkins, Jon Braund, Craig Dixon, Graeme Furley, Tim Harris, Jeff Hinsley and Stewart Little next season.

Jon, Craig, Veronica and Kim, often assisted by Daryl and Graeme, put in sterling work on the Saturday XC training sessions over the winter months working with the juniors. For our juniors Maddy Vaughan-Johncey (u17) and Laura Harvey (u15), Callum Kennedy, Jack Snook, Alexandra Vaughan-Johncey (u13) were regular performers. There were also appearances from Kirsty Harvey (u17), Lauren Hutton (u15) and Kelly Snook (u11). With two races to go Adam Collins (u11) entered the fray and won on his debut and in the last race of the season Tom Broderick (u13) ran a very good race – an encouraging end to the season.

The other highlight of the year was the South of England Championships at Parliament Hill, Hampstead Heath. We were the only Dorset club to field a senior men's team. There were some terrific performances and our team included a few more runners (Pete Lemon and Jerry Shield) we would like to attract to the Wessex League races next season. Jerry was first WACer home at Parliament Hill. Callum Kennedy and Jack Snook (u13) both gave a good account of themselves on the day too. A really great day was had – fuller accounts of all our cross-country events (with results) are to be found on www.wimborneac.co.uk

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ROAD RACE SUMMARY

With three months gone, 6 of the 12 Dorset Road Race League races have already taken place. The pace now eases up, the next league race is not until 1 June. After six races we still have two runners on target for Fidelity awards – Julie Gosling and Wendy Kennedy. Julie has been struggling with injury recently and she did exceptionally well to get through those two races in eight days at the end of March. The break in the schedule should allow her to recover fully.

It is great to see that both Simon Mortimer and Graham Starmer have taken time out from their busy triathlon schedules to post some very strong league runs. There have been excellent league performances for the ladies from Cathy Hartle and Raj Witt. Craig Dixon bagged a PB in the Bournemouth Bay Half Marathon and remarkably he ran the race at a faster pace than the Rotary Quarter Marathon which took place just 8 days previously. Tim Box also had a very strong run scything some 9-plus minutes off the time he recorded in the same race in 2007.

The Dorset Athletics website is in the process of being revamped, to check your results for 2008 visit <http://sirisaac.co.uk/raceresults08.html>

With six RRLs run, plus three Wessex League races, we have a number of you who have recently earned your red 'Wimborne Athletic Club' team shirts. Numbers generally have been pretty good in the early races, with an excellent turnout for the Bournemouth Bay Half bearing in mind some people are away over Easter and we provided half a dozen marshals. The remaining league races are:

Poole 10k	1	June	2008
Portland 10 Mile	6	July	2008
Sturminster Half Marathon	3	August	2008
Littledown 5 Mile	28	September	2008
Wimborne 10 Mile	16	November	2008
Boscombe 10 km	23	November	2008

WWW.WIMBORNEAC.CO.UK

Keep checking the website frequently. The site is updated at fortnightly intervals. Quite a few stories that would in the past have appeared in the roadrunners' newsletter have gone straight onto the website. Here are few examples.

All the following new stories can be found on the website:

Countdown to the Marathon des Sables - Track Andy Horsley's progress in the world's toughest race.

Handicap Time Trial Round-up December and January - Claire Newby is the time trial winner in December, whilst Fiona Sykes wins with a PB in January.

February Time Trial Results - Big gains for Nicki Roe as she takes the trophy

March Handicap Time Trial - A brace of PBs as Tim Box takes trophy.

WACers at Parliament Hill - Race report from South of England Cross-Country Championships, 19 January 2008

WAC deliver on Big Sunday - Report from Wessex Cross-Country League Race 4 – Kings Park

Wessex League Race 5 – Ham Hill - Debut victory on a day for heroes in a tough, tough race

Wimborne Ladies take league title - Report from Wessex League Cross-Country Race 6 – Avon Heath

Tales from the Riverbank - Hell and high water on the 'Thames Path 50 Mile Ultra'.

80 miles along the Grand Union Canal towpath - Andy Horsley clocks up the miles – Town to Tring and back.

If you do not have access to the internet and would like a printed version of any of these stories please let me know



Keep on runnin', Ian

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Pool Runners Winter Series (Boscombe) – Race 4 – Jan 4

Richard Atkins (35)	20:41
Annemarie Fachiri (125)	27:21

Milborne 10 – Jan 13

Mark Hitchcott (18)	1:04:31
Jerry Shield (19)	1:05:14
Neil Hopkinson (49)	1:11:13
Andy Porter (55)	1:11:32
Peter Lemon (64)	1:13:12
David Wild (106)	1:17:46
Cathy Hartle (119)	1:19:17
Julie Maskell (171)	1:25:41
Julie Mead (209)	1:29:41
Claire Newby (229)	1:34:53
Wendy Kennedy (232)	1:35:43
Julie Gosling (254)	1:46:08

Thames Path Ultra 50m – Jan 19

Andy Horsley (42)	8:36:00
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Town to Tring 40m – Feb 2

Andy Horsley (54)	7:00:50
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Tring to Town 40m – Feb 3

Andy Horsley (65)	7:27:00
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Blackmore Vale Half – Feb 3

Graham Whiffen (67)	1:32:12
Peter Wood (80)	1:34:21
Becky Wood (99)	1:36:05
Adrian Mead (109)	1:36:51
Shirley Billington (217)	1:46:29
Tim Box (403)	2:05:46
Debbie Whittle (408)	2:06:44
Nicki Roe (416)	2:07:32
Claire Newby (425)	2:11:13
Julie Gosling (446)	2:19:45

Thames Meander 54m – Feb 16

Andy Horsley (26)	9:43:00
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Lytchett 10 – Feb 17

Jerry Shield (22)	1:03:02
Richard Atkins (47)	1:07:15
Peter Lemon (57)	1:08:58
Shirley Billington (112)	1:17:16
Phil Whitehurst (139)	1:19:09
Paul Grist (148)	1:20:23
Guy Miller (186)	1:24:38
Tim Box (219)	1:28:22
Julie Mead (232)	1:30:07
Bob Caines (244)	1:31:33
Helen Allen (253)	1:33:06
Wendy Kennedy (256)	1:34:40
Claire Newby (266)	1:38:09
Julie Gosling (284)	1:45:22

Mad March Hare – Mar 2

Simon Mortimer (15)	2:07:51
Jerry Shield (23)	2:11:39
Peter Lemon (51)	2:27:02
Craig Dixon (59)	2:29:32
Richard Atkins (63)	2:31:16
Adrian Mead (92)	2:38:09
Cathy Hartle (97)	2:40:31
Philip Whitehurst (101)	2:42:58
Michele Whitehurst (209)	3:20:22
Wendy Kennedy (210)	3:20:33
Claire Newby (217)	3:25:22
Guy Miller (225)	3:29:50
Tim Box (234)	3:43:17
Julie Gosling (235)	3:44:29

Pool Runners Winter Series (Boscombe) – Race 6 – Mar 7

Mark Hitchcott (21)	18:30
Anne-Marie Fachiri (127)	26:07

The Grizzly – Armageddon – Mar 9

Peter Lemon (164)	3:04:07
Jon Braund (248)	3:13:47
Jeff Hinsley (590)	3:43:48

Rotary Quarter Marathon – Mar 22

Graham Starmer (17)	39:51
Mark Hitchcott (22)	40:22
Pete Lemon (41)	42:54
Craig Dixon (55)	44:54
Andy Horsley (57)	45:00
David Wild (87)	48:33
Tim Box (137)	52:36
Julie Mead (161)	54:56
Bob Caines (170)	56:33
Wendy Kennedy (184)	58:08
Claire Newby (209)	1:01:04
Julie Gosling (231)	1:05:33

Bournemouth Bay 10k – Mar 30

Teresa Grist (841)	1:19:49
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Bournemouth Bay Half Marathon – Mar 30

Craig Dixon (54)	1:29:31
Jon Braund (109)	1:33:53
Neil Hopkinson (144)	1:35:49
Phil Whitehurst (196)	1:39:33
Raj Witt (294)	1:44:17
David Wild (317)	1:45:04
Paul Grist (344)	1:46:21
Mark Jordan-Gill (633)	1:57:38
Michelle Whitehurst (637)	1:58:37
Wendy Kennedy (693)	2:01:59
Tim Box (717)	2:02:23
Bob Caines (747)	2:03:00
Debbie Whittle (775)	2:05:35
Claire Newby (848)	2:08:45
Guy Miller (941)	2:16:10
Julie Gosling (952)	2:18:16
Clare Horsley (1008)	2:26:56

Timings for the Bournemouth Bay races are chip times. Guy had a recurrence of the knee injury which first emerged during marathon training a year ago.

Thanks to Andy Horsley who compiled the bulk of these results

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Date	Status	Race	Contact	Close Date	Late Entry	Start Time
13 Apr		London Marathon	www.london-marathon.co.uk www.poolerunners.com		No	
02 May	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472		Yes	19.30
04 May		Royal Manor Portland Silver Jubilee 10k	Entry Secretary, 11 Parkmead, Weymouth DT4 9AL Tel: 01305-760218	27.04.08	Yes	10.30
05 May		Neolithic Marathon & Half Marathon	Wiltshire Wildlife Trust, Elm Tree Court, Long Street, Devizes SN10 1NJ	11.04.08	No	10.30
07 May		Purbeck 10k	Race Secretary, Flat 7, Sandford Court, 32 Belle Vue Road, Bournemouth BH6 3DR Tel: 01202-719106	05.05.08	No	19.00
16 May	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472 www.poolerunners.com		Yes	19.30
18 May		Wessex Ridgeway Relay	Contact Ian 01202-577081		No	07.30
31 May		Egdon Easy	www.egdonheathharriers.co.uk		Yes	19.00
01 Jun	RRL	Poole 10k	Poole Sports Council, 30-32 Northmead Drive, Poole BH17 7RP www.poolerunners.com		No	14.00
01 Jun		Poole 5k	As above		Yes	11.30
06 Jun	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472 www.poolerunners.com		Yes	19.30
07 Jun		Otmoor Challenge 13.1m	www.otmoorchallenge.net	30.05.08	Yes	14.00
08 Jun		Puddletown Plod 20k	J. Mills 55 Hopsfield, Milborne St Andrew Blandford, Dorset DT11 0LD janemills5@btinternet.com	31.05.08	Yes	10.30
15 Jun		Blandford Bridges Run	Race Secretary, 3 Kings Road, Blandford DT11 7LD www.blandfordbridgesrun.co.uk		Yes	10.30
15 Jun		Purbeck Plod 25m	Event Sec., 12 Limited Road, Bournemouth BH9 1SS 01202-522467 www.dorset-ramblers.co.uk/PurbeckPlod.htm	08.06.08	Yes	09.30
27 Jun	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472 www.poolerunners.com		Yes	19.30
29 Jun		Stourpaine Hill Race	Roger Phelps 01963-370587		Yes	
06 Jul	RRL	Portland 10m	Race Sec., 12 Mead Bower, Portland, DT5 12DZ 01305-861291 www.rmpac.co.uk	30.06.08	Yes	11.00
12 Jul		Maiden Castle Loop	www.egdonheathharriers.co.uk			
20 Jul		Tarrant Valley 10k	The Race Secretary, Tarrant Monkton House, Tarrant Monkton, Blandford DT11 8RU 01258-830247 www.tarrantvalley10.fsnet.co.uk	18.07.08	Yes	10.30
26 Jul		Swanage Half Marathon	Linda Wells, Withy Lakes, Betcher Farm, Church Knowle, BH20 5NG 01929-481342 www.swanagecarnival.com/roadrace.aspx	20.07.08	Yes	10.00
26 Jul		Wayfarers Relays	Contact Jerry 01202-881085			
03 Aug	RRL	Sturminster Half Marathon & 5k	Race Sec., Bramleys, Bath Road, Sturminster Newton DT11 1EB 01258-472010 www.dorsetdoddlers.org	28.07.08	Yes	10.30
09 Aug		Maiden New Ten	www.maidennewtonrunningclub.blogspot.com			
16 Aug		Race the Train 14.75m (also supporting shorter races)	www.racethetrain.com	05.08.08	Yes	14.05
17 Aug		Dorset Duddle Weymouth-Swanage 31m	www.btinternet.com/~hardy.annual/duddle.htm	31.07.08	Yes	09.00
25 Aug		Shillingstone 5m Hill Race	Roger Phelps 01963-370587		Yes	14.15
06 Sep		The Beast	Race Director, 2a Cranfield Ave, Wimborne BH21 1DE www.poolerunners.co.uk	11.08.08	No	10.30
21 Sep		New Forest Marathon	www.nfma.org.uk nfmarathon@hotmail.co.uk			
21 Sep		New Forest Half Marathon	www.nfma.org.uk nfmarathon@hotmail.co.uk			
28 Sep	RRL	Littledown 5m				
05 Oct		Hoburne 5				
12 Oct		Gold Hill Run				
26 Oct		The Stickler	www.dorsetdoddlers.org keep@bp.com			10.30
02 Nov		Gillingham Hilly 7.5m	www.gillinghamtrotters.talktalk.net			
16 Nov	RRL	Wimborne 10m	www.wimborne10.co.uk			
23 Nov	RRL	Boscombe 10k	Mrs D. Dowsett 50 Capstone Road, Bournemouth, Dorset BH8 8RP Tel: 01202-533272 www.bournemouthjoggers.co.uk/bosc10k.htm		No	11.00
14 Dec		Christmas Pudding 10k	www.christchurch-runners.org.uk		No	

PRSS – Poole Runners Summer Series; RRL – Road Race League; WXC – Wessex Cross-Country League

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