

# Wimborne A.C. Road Runners – January 2006

**STARTING WITH A BANG** – The first league race took place on 1<sup>st</sup> January at Broadstone where we fielded full teams for both the men and ladies. The men have something to live up to this year, but I feel that 2006 could be the year we see a big improvement in ladies league placing. Sheilagh's Broadstone race was far and away her best run yet, and if we can field the nucleus of those who ran at Broadstone in the other league races, and we have a number of runners who weren't able to run on the day who can make a big contribution, we will make some real progress. Sue Harrogate was the first Wimborne Lady home and looks set to continue the sparkling improvement in form she found at the end of last year, so upwards and onwards!

**SETTING YOUR TARGET** – The start of a new year is a good time to reflect on what your running aims and ambitions are. Are you looking for faster? Say sub-35, 40, 45, 50, 55, 60 minute 10ks for example. Or further? Perhaps your first marathon. Or League Fidelity? Perhaps your target is recovery from injury? We have got a few in that category at the moment – hopefully Richard will make it back before the end of 2005/006 cross-country season in March, and Eric who has been a giant contributor to the team since joining a few years' ago, and who finished top of WAC's league averages in 2005, our best ever year. Whatever the targets you set yourself, good luck with them, you needn't announce what those targets are of course, but sometimes by doing so your team mates can help you to achieve them. The man who has set himself the biggest target for the year is undoubtedly Andy who is well along the way with his preparation for April's Marathon des Sables in the Moroccan Sahara. To describe 250 km in sand and rock in 7 days as daunting doesn't really do it justice! (More of that later.)

**MORAG'S 50<sup>th</sup> BIRTHDAY – SATURDAY 7 JANUARY – LADIES ONLY** – Morag is having a Ladies-only breakfast run, this will be a walk run or jog from her house (2 Brunstead Place, Branksome), 8.30 am meet and **8.45 am** to start, the course will be through Bournemouth Gardens to the beach and back, so as long or short as you like. Richard and helpers will be on hand at the end of our run with breakfast. Morag says no presents, donations to Lymphoma will be great. Morag would like to know approx numbers for the food required (01202-540844). She would like *all* the ladies from the club to be part of her special day.

## [www.wimborneac.co.uk](http://www.wimborneac.co.uk)

Jerry has taken over responsibility for the club's website. It is now being updated much more frequently, it will feature information from the latest newsletters for the first time, plus a fixture list. News that can't wait for the next edition of the quarterly newsletter will also be posted up. Take a look.

[If you have any ideas for what you'd like to see on the site then please let me know (Jerry)]

## **DORSET ROAD RACE LEAGUE – CHANGES FOR 2006**

As reported in the last newsletter there have been some changes to the rules. The biggest of them to have an impact on us is the change from 10 races a year 12. To achieve your highest possible rating in the averages you will need to compete in at least 7 races, not six as in previous years. You will need to finish in all 12 races to win a Fidelity Award – a fine achievement if we have anyone in our midst who can do it. A reminder of this year's league races are:

Broadstone Quarter Marathon	1	January (Sunday)	2006
Blackmore Vale Half Marathon	5	February (Sunday)	2006
Lytchett Manor 10	19	February (Sunday)	2006
March Hare 20	5	March (Sunday)	2006
David Lloyd Quarter Marathon	15	April (Saturday)	2006
Purbeck 10 km	10	May (Wednesday)	2006
Poole 10 km	4	June (Sunday)	2006
Puddletown Plod (20 km)	11	June (Sunday)	2006
Portland 10	2	July (Sunday)	2006
Sturminster Half Marathon	6	August (Sunday)	2006
Gillingham Hilly 7.5 Mile	22	October (Sunday)	2006
Wimborne 10	19	November (Sunday)	2006

For the first time, 2006 will see the introduction of an award to first, second *and* third in the team prizes. That should prove an incentive to our men's team to emulate this year's performance. The other significant change is that second claim runners will no longer be eligible to compete for their Dorset club in the Road Race League (second claim runners can still compete for us in the Wessex Cross-Country League). Unfortunately we have lost one team from the Dorset RRL in 2006 as Poole AC has resigned and will compete in the Hampshire League instead.

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**WAC Presentation Night, 25 November** – This event was superbly organised by Clare, Howard and Roz and held in the bar at Ashdown Leisure Centre. There were more than 70 of us there, which included a good number of road runners. The senior men road runners won the **Team Award** this year, I think that this is the first time the road runners have been recognised in this way by the club as a whole. Although there was one more race in the road race league to come, our **Top Male** and **Top Female** awards were also presented as both Jerry Shield and Wendy Kennedy had established unassailable leads in these categories. The **Roadmaster Trophy** went to Andy Horsley – the only WAC man to run in every League race this year. Andy has run far and away more miles than anyone else in the club this year. **Top Marathon Runner Trophy** was won by Simon Mortimer with a time of 2:53:58 at London last April – in what was his first ever marathon – well done. For a full report of the awards event see [www.wimborneac.co.uk](http://www.wimborneac.co.uk)

**WAC Roadrunners Christmas Party 8th December** – Around 25 of us were there for the Christmas party where some rather more spurious awards were made. Those that I can recall, although it is lost in some sort of haze were: Worst Excuse For Not Running, Adie Mead (It's too hot!); Best Excuse For Not Running, Andy Horsley (for running Poole10k, the day after he ran Dartmoor Challenge); Loudest WAC Support, Barb Frampton (and the bells!); Most Injured Runner, me (hoping not to be able to win this one again for a while); Worst Prepared Runner, Louise (for Dorset's Duddle); and the Gordon Ramsey Award (for – well work it out for yourselves) to Julie Mead! Great food, great company, well done to Julie for organising the event.

**LONDON MARATHON, 23rd April, 2006** – It's not that far away, in just over 3 months we will be hammering along The Mall to the finish line. I don't have a full list of WAC runners in the race yet, but we have some runners who have qualified as Elite or 'Good for Age', so very well done to you. Some who are running in charity places, who will be a nightmare to pick out at the finish – but if we spot you we shall shout for you (you are much easier to see when you are in a club vest). Then there is the general ballot. I think that we had the worst results ever from the ballot this year. Around a dozen of us went into the ballot and only Jill got a place. That left the ballot for club places – one difference this year is that we were allotted three places this year instead of the usual two. So there were 11 names in the hat, the 3 places went to Steve Guy, Debbie Pittard and me, with reserves drawn as Andy Horsley and Nigel Eldred. For Debbie it will be her first ever marathon and she is not the only one with her work cut out in the next three and half months. We had some discussions before the draw for the club places was made, on how this should be done for London in 2007 and some changes were decided upon. We wanted to offer our club runners incentives to turn out for the WAC team as often as possible, so this is the scheme we came up with. Every member who is fully paid up on July 1<sup>st</sup> who gets a London rejection will go into the ballot with one ticket, but your name will also go into the ballot once for every race you compete in either of the leagues for Wimborne in the calendar year. For instance you could earn 12 tickets in the draw if you did all the RRLs and 6 if you did all the Wessex League Cross-Country races. This should favour those who have shown the most commitment to the team in the previous 12 months, while not ruling out anyone. Unfortunately this system works against anyone who has a spell out injured – but no system is perfect. GOOD LUCK TO THIS YEAR'S LONDON MARATHON WACers

Jerry's full report on the Wimborne 10 follows later but I wanted to have my say on the matter too. I think this year's event was our best ever, it takes a huge amount work to sort everything for the day and Jerry did a brilliant job – and he managed it with his house move coming up the following weekend. Well done Jerry and the team. We received this e-mail from one runner who appreciated all our efforts, *'Just to say how impressed we were by the race last Sunday - the care taken regarding warning runners of ice and the support of the marshals en route, not to mention the Morris dancers and then best of all the amazing banquet of cakes and hot tea/coffee. Well done! Looking forward to next year! Regards Dolores and other New Forest Runners'*

### AN AWESOME SOURCE OF PLEASURE, PAIN AND SATISFACTION – Lairig Ghru Hill Race

Fancy a real challenge – before we go any further you will need to bear in mind this will be a REAL challenge – perhaps not on the Saharan scale, but all the same should not be taken lightly. Andrew and Jane moved from Wimborne to Aberdeenshire in the middle of last year and have now joined their local running club, Deeside Runners. They have kept in touch and mentioned this epic race organised by their club. A few of us are interested in going up as a WAC party. We are still awaiting absolute confirmation of the date but it looks almost certain to be 25<sup>th</sup> June. The plan would be to fly up to Aberdeen and sort out some wheels when we get there - Andrew and Jane have offered accommodation and transport but that is dependent on how many of us travel up there – but those are details to sort out later, here is more about the race.

28 miles (with a 6 hour cut-off) – An ultra distance hill race, between the police stations of Braemar and Aviemore over the top of the Cairngorms, with 28 miles of spectacular scenery, run over an historic drove road rising to 2733 ft. between some of the highest peaks in Britain. There are no regular drink/feed stations,

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route marking or immediate first-aid. To meet safety requirements, and for their comfort, competitors should typically be capable of a sub-4 hour road marathon and do the required training for the event. The race calls for a degree of self-sufficiency and commitment, and also a readiness to assist someone in real distress on the exposed portions of the route. If you cannot complete the event within six hours, do not enter.

The route's first few miles from Braemar are on tarmac. From there a track leads to Derry Lodge, then over fairly soft ground through Glen Lui. The ground rises steeply by Carn a'Mhaim with the Devil's Point on the left, as soon as the full splendour of the Lairig Ghru comes into sight. It is rough going, hard on the legs and on the concentration. As the track rises, it passes between Braeriach on the left and Ben Macdui on the right. The two boulder fields before Pools of Dee are tricky, but soon after this, Aviemore can be seen, and the ground descends over softer surfaces down to Rothiemurchus Forest. The final miles are on well-used tracks out on to the road at Coylumbridge. Finally, the town of Aviemore is approached by the old bridge over the Spey, under the railway line, and up the main road to the finish.

As you will know from the news, there are always risks on the Scottish mountains. Even in summer, they can be very dangerous, particularly if a scantily clad runner is forced to stop. Cairngorm Mountain Rescue teams have provided support to the event and assisted with occasional minor injuries. The Lairig Ghru race requires competitors to carry the following minimum essential equipment: a) whistle b) full waterproof body cover c) emergency food equivalent to 2oz chocolate d) a map of the route and compass.

**SPEAK TO ME SOON IF YOU ARE UP FOR THIS – THIS WILL REQUIRE EARLY COMMITMENT AND A LOT OF HARD WORK**

**WESSEX LEAGUE – CROSS-COUNTRY SERIES 2005/2006** – We are at the halfway stage in the cross-country season the remaining league races are:

Race 4:8<sup>th</sup> Jan, Devizes

Race 5:5<sup>th</sup> Feb, Avon Heath Park

Race 6:12<sup>th</sup> March, Taunton

If you haven't tried it yet come and join us – most of those that have, have returned for more. Race 5 and 6 are on new courses. Avon Heath Country Park should be an interesting one it is a great place to run and in fact a few of us met up for a New Years' run on 2<sup>nd</sup> January. It is a pity it clashes with the Blackmore Vale Half Marathon (RRL) – make sure you do one or the other.

**Handicap Time Trials** – These times were recorded over the Willett Arms route. In the previous quarter it was Rona who made a massive improvement in her time trial times. This time it is Sue who has improved by over 3 minutes for 4 miles. No time trial was held in December, results for October and November are:

### October

Position	Name	Handicap	Actual time	Handicap time
1	Neil Hopkinson	9 mins	26:16	35:16
2	Graham Whiffen	9 mins	26:47	35:47
3	Ian Kennedy	5 mins	31:29	36:29
4	Norman Frampton	0 mins	36:51	36:51
5	Barb Frampton	2 mins	35:50	37:50

### November

Position	Name	Handicap	Actual time	Handicap time
1	Sue Harrogate	0 mins	32:38	32:38
2	Graham Whiffen	9 mins	26:59	35:59
3	Ian Kennedy	4 mins	32:20	36:20
4	Derek Sainsbury	2 mins	34:26	36:26
5	Kim Jolliffe	2 mins	34:56	36:56

*Keep on runnin', Ian*

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### Dorset Road Race League Review

Wow – a fantastic result for the men's team this year. Over the ten races we came 3<sup>rd</sup> twice, 4<sup>th</sup> six times and 6<sup>th</sup> twice – giving us an overall position in the Dorset Road Race League of THIRD place. Our previous highest ever position was fifth back in 2001 so it really is an excellent result for Wimborne AC. Last year we were eighth. This was recognised at the club presentation evening in November where the men's road running team picked up the trophy for WAC team of the year. The roll call of male runners who've managed to count for us over the year is quite long and impressive – Simon Mortimer, Tim Harris, Eric Gilbert and Stewart Little have all lead us home with Graham Starmer, Graham Whiffen, Neil Hopkinson, Ian Kennedy, Andy Horsley, Nick Solomon, Steve Guy, Mark Hitchcott and myself all finishing in the top 5 men in events and therefore scoring for us.

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The ladies came ninth overall equalling their 2004 position. Again the depth of the squad is impressive. Gillian Keith, Cora Quinn, Julie Mead, Jane Little, Wendy Kennedy, Denise Craddock and Sue Harrogate all took turns leading the ladies home. Others who scored were Debbie Whittle, Rosie Forward and Jane Cooper.

The turnout for 2005 has been very impressive. In the 10 different races we had 17,19,10,12,16,18, 8,18,15,21 runners finishing – an average of 15 each time. That means that only once – at Portland - did we fail to get a complete Mens and Ladies team. This is a big improvement over 2004 when we could only average 9 finishers per event and when the ladies failed to get a complete team (of three) on 6 occasions and the men failed to get a team (of five) 3 times. Thanks to everyone for making the effort to get out there and run for us – even if you haven't ended up scoring for us. Having more runners encourages us all to do better.

Two of our runners – **Wendy Kennedy** and **Andy Horsley** did all ten races and so were awarded the county fidelity award at Broadstone last Sunday. Wendy also picked up the award for first Wimborne Lady in the league whilst **Eric Gilbert** was our first man. Well done to everyone.

Poole Runners came first in both the mens and ladies leagues – scoring perfect sixes in each (i.e. six first places).

### Wimborne 10

This is a bit of a blur now as we moved house only 5 days later. It gets better and better. We had a new record number of entrants (427) and a new record number of finishers (370). The weather was excellent for running: cool but clear but despite that the course record stood. First finisher was Willard from Poole Runners in 53:05. First lady was Vicki Ingham also of Poole Runners. We had a few worries before the race with ice at a couple of points of the course which was desperately cleared just in time, but otherwise it all pretty much went like clockwork. The only other problem was due to the beautiful weather. A lot of people decided to go for a walk in the Pamphill area which resulted in a lot of cars trying to drive through the finish line. Once again the tea and cakes proved to be extremely popular. We had a return of the town crier to start the race along with a musket man – surely the loudest starting gun around. Ian also arranged to get a Morris dance band to perform on the course in Shapwick.

I am not going to attempt to name everybody who deserves to be thanked for fear of forgetting anyone but there was a lot of people who helped out on the day and before and without which it just wouldn't happen. I must in particular thank Brian Lincoln who not only handles all the results but also does the Wimborne 10 website. Also Graham Starmer and Nicki who spend a huge amount of time in the weeks and months before the event handling all the entries. And I might get in trouble if I forget to thank Julie and Denise who are our major sponsors – Maddison Hair Design. And of course our very own man with a van – Norm – who's been there every year at 7 o'clock in the morning to set up the course. The best way, of course, to thank everyone, is to give them the opportunity to run it, so following on from the inaugural Wimborne 10 for WAC runners last year we'll have a return this year. So take note: **JAN 15 – WIMBORNE 10 FOR WAC AT PAMPHILL. Starts at 10 am.** This is effectively a 10 mile time trial over the Wimborne 10 route, which proved popular when we held it for the first time last year.

Jerry

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**Marathon des Sables – Sahara Desert (Morocco) – April 2006 –** I am writing this short piece to thank everyone for their support in my run up to this particular jaunt. I have been overwhelmed by the interest, questions, help and general support I have had from everyone at the club since I let it be known that I was going to give it a go. I thought I would also provide some facts on what I am preparing to do. By the time you get the April newsletter I will be in the desert preparing for the race which starts on the first Saturday of the month. I am using the race in order to try and raise some funds in aid of the Children with Leukaemia charity based at Great Ormond Street in London. I am sure a lot of you are familiar with their runners at the London Marathon with Mr Men vests.

The race itself takes place in 6 stages over 7 days in the Sahara Desert. The stages are of varying length, the smallest distance is a half marathon on the last day and the largest is about 50 miles which takes place over two days. The total distance will be about 250km (150 miles). Each stage has rigid cut off times which, if missed, would result in disqualification. About 600-700 people from all over the world attempt this race each year, about 50% are from France and the UK. Many drop out each year for many reasons, blisters, exhaustion, dehydration, injury or just cannot go on. In *extreme circumstances* people have died during the race. The terrain in the desert varies from deep, soft sand and dunes to solid rock and boulders, all of which is undulating/hilly/mountainous. I will be expected to carry all of my belongings for the week including sleeping bag, food and other equipment. There are many compulsory items in case of emergency such as a distress flare, anti venom pump, salt tablets, reflector mirror, survival blanket and compass. The total equipment carried (not including water) will weigh about 10-15kg. Water is issued to us at certain stages

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throughout the week so we will only carry as much as we need for each stage. At night we sleep in open sided tents supplied by the Berber tribesmen, temperatures at night will drop to freezing. As many of you know, I am well into the training programme for this event. I am following a similar schedule which Jerry and I used to train for the London to Brighton, with a few extras thrown in. As well as training with a backpack on, I am having to put several layers of clothing on to try and replicate some of the temperatures I may encounter (not easy at this time of year!). I am also trying to get used to eating de-hydrated food. The event itself is followed by an army of journalists and news reporters from all over the world in helicopters and planes, including about 150 television channels. In the UK the best coverage is done daily by Eurosport in evening broadcasts. Results are also posted daily on the internet. I will also be able to receive e-mails due to advanced technology whilst I am in the desert (after each stage) and it is my intention to send back a daily diary to anyone who may be interested. If you would like to be included please send your e-mail address to [andy@surreycomputers.net](mailto:andy@surreycomputers.net).

I see the race myself as a massive challenge, not only physically but also mentally. I will be putting myself beyond my comfort zone on many counts. Not only the challenge of covering the incredible distance but also with the environmental conditions (I don't run well in the heat). In addition I will be sleeping rough, unable to wash for a week, having to deal with venomous creepy crawlies (spiders, scorpions and snakes), sharing sleeping quarters with many (equally smelly) others and trying to find the only palm tree to have a pee behind. Despite all this I am actually looking forward to it and hopefully completing it. Thanks again to everyone who is helping me, particularly those who have volunteered to accompany me on those long training runs.

Andy

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**Wimborne 10** – To everyone who made cakes for the Wimborne 10, a huge thank you, it was so good to relax on the day knowing we had enough cakes for everyone. Some cakes were taken to QE and we were able to offer them to the staff who had been amazing. Special thanks to the front line, Ellen, Morag and Kate who stood for two and a half hours serving, and to all the background crew.

**Cross Country** – 'Things happen in threes', or so we're told! We had arranged to meet Mags, Sadie and Ian at the Ringwood roundabout to travel in convoy to Newbury. My car decided to die at Ringwood with a burst pipe (lots of steam and lots of excited chatter from Tate and Callum), so into Mags car and we arrived safely. Tate's race went really well with his best result yet, Sadie was going really well in her race on the first loop she was ahead of two. Second lap she took a bad fall and twisted her ankle, true to her spirit she insisted on walking through the finish line as she said 'I'm part of the team I can't let them down', well done Sadie. My race was ok, so I did think we could get away with two incidents, but no, we get back to the car, Mags opens up we load everything in only to find Mags has lost the keys - 15 minutes later after emptying the car out completely we find them in the car on the floor, we laughed lots on the way home and enjoyed a great day. Be warned it does go in threes.

Barb

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**A new year a new challenge** – Late on in 2004 I decided to take the plunge and finally try road running properly, having been a spectator for many a race I had a fair idea of what to expect, or so I thought. Up until 2004 I had virtually confined myself to keeping fit in the gym and exercise studio but after successfully completing the Playtex London Moonwalk marathon (a 26 mile walk with 15,000 people, most of them wearing elaborately decorated bras, starting from Hyde Park at midnight, to raise money for breast cancer research) in May, I felt ready to expand my horizons. During the training for the Moonwalk my level of fitness had improved and had given me the confidence of doing something that previously I had never seriously considered, so I was keen for new goals and started to run regularly. My first race was the Boscombe 10km (not including the Race for Life) closely followed by the Wimborne 10, a distance I had never dreamt of running so shortly before. I just decided not to think too much into it but just to give it a go. I was never going to be a fast runner but just challenged myself each time, trying not to give in to the urge to give up and just walk. With 2005 a clean slate I took the tentative steps of entering the first of the 10 Dorset RR league events, the Milborne 10. The first race I ran with my trusty mp3 player, which efficiently blocked out the sound of my own huffing and puffing and distracted me when it got hard going. I decided to 'cherry pick' the 6 races that I thought I could seriously complete throughout the rest of the year. However, somewhat stubbornly I still opted to do the Mad March Hare (20M), probably one of the few times that I have pushed myself to an unknown limit, but also finished with a rare feeling of emotional high (possibly helped as it's a downhill finish!). By half-way through the year I had started to realise that I should push on to finish all 10 – although it didn't seem to be getting any easier. My race times were never going to be anything other than fairly sedate but I did try and speed up with personal bests in the June Poole 10km and Portland 10m runs,

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(possibly aided by listening to Basement Jaxx all the way round). However, after a fairly disappointing Half-Marathon at Sturminster I was then made to wait through the autumn to complete the final two runs, these being a very damp and hilly Gillingham and a chilly but flat Christchurch Xmas pudding 10km. My competitive tendencies became apparent towards the end of the year when it became a realistic possibility that I might find myself in the unknown position of winning an award for running – I became a frequent visitor to the Dorset League website to check on league positions.

At the end of the year I was rewarded with the Fidelity Award and Top Wimborne Lady runner award, which is really satisfying. In 2006, although I will not be competing in the Flora London Marathon, I have again successfully entered the increasingly popular Playtex London Moonwalk, so will be balancing running training with long distance power walking and am hopeful to continue entering road races during the year. Achieving a Fidelity Award will be a harder prospect in 2006 but I will aim to challenge myself again. One race now done, only 11 to go!

I know that to have managed to finished all the races in 2005 at all, I have several people to thank (or blame), firstly Ian, who supported and encouraged as always, but who was also able to provide invaluable insight in to how to run intelligently and safely. Andy and Clare Horsley, who gave help with childcare and cheerleading children, Jerry and Michele, Barbara Frampton and all the members of the club who competed throughout 2005 with whom it is always a pleasure to run with.

Wendy

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### RACE REPORTS

**Cricklade Half Marathon (2<sup>nd</sup> October, 2005) and Stroud Half Marathon (23<sup>rd</sup> October, 2005)** – Fancy a race outside Dorset? A fast scenic course? Needs to be a manageable drive from home? Look north my friends - to south Gloucestershire! In truth I fancied doing a half marathon before the end of the year and was too late for the New Forest entry. Knowing Gloucestershire well (relatives live there) it was logical to try to find something suitable there. In fact I found these two, three weeks apart - one low key with good reports and the other rated in the top 50 races by Runners World and with chip timing.

**Cricklade** ([www.crickladefunrun.co.uk](http://www.crickladefunrun.co.uk)) - North of Swindon on the A419, Cricklade takes about one and a half hours to get to. Close to the Cotswold Water Park (so likely to be flat then), the town boasts approximately twice as many pubs as Wimborne, and doesn't appear much bigger. The posted instructions suggested three runs all starting from the same place. The fun run and 10k would start before the Half from the same road. A lovely sunny autumn day and I've already stripped off enjoying the warm sunshine. A lady carries a placard informing all, that the race about to start is the 10k. I watch it set off, assuming that the half marathon runners would be called next. Only when they started and disappeared did I spot the mass of runners another 100 yards down the road and the marshall about to fire the gun. I sprinted down the road against the tide of oncoming runners to join them from the back. The problem with a 10k race starting a few moments before is that the faster runners from the Half rapidly came across the slower runners from the 10k. The water stations weren't well organised - one lady 'manning' one station was positioned down a grass bank with her table full of plastic cups, with the runners on the adjacent road - it put a different meaning to a fast pick up. Another water station served faster runners who had already completed a loop, and slower runners coming from the other direction - a recipe for chaos. But despite all this, I enjoyed the race and would recommend it as a fast flat Half Marathon. My time 1 hour 27min. 28sec. (23<sup>rd</sup>, PB).

*Gill's spectator's note: reasonable parking on the A419 side of the town, short walk to start. Not much to do in Cricklade until the pubs open, although it's a pretty town. It's easy to get to roughly half-way if you want to wave – 5 minute drive up the A419, then stop at a crossroads just past the Water Park. There's a visitor centre just before this with a lovely café, but you have to watch your timings – we arrived after too long a coffee to see Neil disappearing in the distance!*

**Stroud** ([www.stroudathleticclub.org.uk](http://www.stroudathleticclub.org.uk)) - Like chalk and cheese these two. Stroud is a big event with over 3,000 runners, chip timing, massive number of marshals and Police, and a big crowd. One might think that being deep in the Cotswolds it's a hilly course but it's not - better described as slightly undulating. A combination of town and rural running with two loops over the M5 motorway. Impeccable organisation with good parking. I finished in 1hr 27min. 22sec. (147<sup>th</sup>, PB) Again, I would recommend it. 'Big' race with 1,000s of runners or low key - the choice is yours.

*Gill's spectator's note: lots of good parking at the Leisure Centre, but quite a walk to the start/finish. It's difficult to find a good en-route waving stop as the race takes the main road out of town which is closed for the duration and the alternatives are seriously steep Cotswold back lanes! We stayed in Stroud which is not particularly attractive to wander around – the only coffee available was at Waitrose. But if you stay near the start/finish area, there are quite a few stalls, a bouncy castle and a tea tent.*

Happy New Year to everyone!

Neil and Gill

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## Wimborne A.C. Road Runners – January 2006

**La Rochelle Marathon** – After a tedious run around Edinburgh in the marathon in June – resulting in a time of 4 hours and 3 minutes – the worst 3 minutes of my life – I decided I would like to do another marathon in 2005 to try to get the sub-4 hours. I was looking for a marathon in November time so that I could train in the Autumn, another runner at work said he had seen details of the La Rochelle marathon at the end of November on the internet with special offers for the first 200 British runners. I had a look, and the temptation was too great. For 3 nights B&B accommodation in a 3 star hotel, marathon entry, transfers from the airport, the pasta party for one runner and an accompanying party it was 285 euros, if you went with another runner it was 320 euros. I owed my Mum a holiday so thought it was a good offer. The flights from Stansted to La Rochelle airport were not included but I think we paid £30 each for them!

I highly recommend doing a marathon at this time of year as I had got the long runs out of the way before the hour changed and when I started training in late September the temperature had dropped. I managed to find enough people who trained with me – although Kim did start feigning several injuries to avoid me!

The organisation from start to finish was flawless and the French certainly seemed to know what they were doing. From La Rochelle airport we became a bit of a group as all the British runners were in the same hotel. They were a great bunch of people ranging from people doing their first marathon to the seasoned marathon runner putting another pin on the map!! The hotel was lovely and the breakfasts were huge.

The pasta party was amazing 1,500 people sitting down for a 3 course meal with wine and red roses for the ladies – my mum certainly enjoyed the wine that not many people were drinking!

La Rochelle is a beautiful old town based around its historic harbour and the flat 2 lap course mainly took us around the coast and through the old town. It was an excellent spectators event as you could stand at the same spot and see the runners four times. Also the town is small enough not to get lost looking for a good place to stand. The support was really good, although my Mum complained that there were not many fun runners – I think they have a cut off time of five hours which may deter some.

There were two separate starts to avoid congestion amongst the 4,500 runners it took me two minutes to cross the line. The drink stations were amazing with so much choice of food and drink and a whole table dedicated to the Coke stand which the French made a beeline for – it must work as the majority of runners were between 3–4 hours.

I had a good run and felt good until the last five miles which is the only lonely bit of the course and was hard work – the battery on my ipod had run out too. The finish is spectacular as you run through a between some big forts to the line where you are presented with a red rose, two dozen oysters, a great wind proof jacket and a very substantial medal – I felt like I had won with all that lot in my arms. Best of all I had managed the sub-4 hour marathon finishing in 3 hours 55 mins. It was easy to find a nice restaurant to celebrate with a nice glass or two of muscadet. I believe some of the British runners celebrated with a bit more determination – one lady fell off the chair she was dancing on and seriously damaged her ankle which caused a lot of hilarity!!

The highlight of the event for me was wandering into the massage tent and finding a handsome masseur to sort my legs out – very painful but worth it – shame I wasn't really looking my best! I was disturbed to find the infamous French blister doctors there in force with big syringes wandering around looking for unsuspecting victims to practise their blister removal skills – ( Andy – I believe this was their training for the real thing at the Marathon de Sables where they have no mercy!!!).

I would thoroughly recommend this marathon to anyone, its great for those taking a non-runner, there is lots to do in La Rochelle it's a very relaxing town and the shops were great. Running a marathon abroad could cause unnecessary stress with the travelling and working out whats going on but the French really had it organised well. They even provide a translator to each foreigner to pick up their numbers. I also received a full break down of all my split times on a certificate the week after.

*Gillean*

### London to Brighton – 2<sup>nd</sup> October

Jerry Shield (32)	7:51:27
Andy Horsley (101)	9:45:01

### Cranborne 10K – 2<sup>nd</sup> October

Sorry can't find the results.

### Gold Hill 10K – 9<sup>th</sup> October

No WAC runners!

### Wessex League XC Race 1 – Millfield – 9<sup>th</sup> October

Great WAC debut from Richard Atkins. Tim Shakespeare sees a massive improvement in form since last season. Anna Barratt also makes an excellent debut.

#### **Senior men**

Simon Mortimer (30th)	33:23
Richard Atkins (39th)	34:34
Phil Burgess (55th)	36:18
Ian Kennedy (83rd)	42:08

#### **Senior women**

Jill Harsent (44th)	27:39
Barb Frampton (47th)	28:49

### Wessex League XC Race 1 – Millfield – 9<sup>th</sup> October (cont.)

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## Wimborne A.C. Road Runners – January 2006

### Under 17 men

Tim Shakespeare (4th)	18:37
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### Under 15 girls

Kirsty Harvey (40 <sup>th</sup> )	16:13
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### Under 13 girls

Anna Barratt (20th)	9:31
Olivia Frost (22 <sup>nd</sup> )	9:38
Laura Harvey (27 <sup>th</sup> )	9:59

### Under 11s

Tate Young (28th)	6:11
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### Pooler Runners Winter 5k – 14<sup>th</sup> October

Mark Hitchcott (21)	17:42
Graham Whiffen (54)	19:18
Nick Solomon(130)	21:22
Sue Harrogate(172) - Third in F40 category	23:09
Tilaye Bailey(215)	25:15

### Hoburn 5 – 23<sup>th</sup> October

Sue Harrogate (55)	39:02
Debbie Whittle (85)	41:49
Jonnie Pittard (86)	41:54
Bob Caines (97)	42:32
Debbie Pittard (150)	50:24

### Stickler – 30<sup>th</sup> October

Steve Guy	1:22:02
Jerry Shield	1:23:56
Stewart Little	1:31:25
Jon Braund	1:32:20
Nick Solomon	1:36:14
Louise Lucas	2:03:04
Rosie Forward	2:05:27
Bob Caines	2:05:27

As fantastic as ever. Mild conditions. Unfortunately Stewart injured himself and dropped from a top ten position walking the last 2-3 miles

Simon Mortimer(24)	44:56
Mark Hitchcott (33)	46:55
Jerry Shield (36)	47:21
Neil Hopkinson (46)	49:18
Steve Guy (49)	49:41
Andy Horsley (81)	54:41
Sue Harrogate (116)	60:18
Gillean Keith (149)	64:33
Debbie Whittle (153)	65:42
Bob Caines (155)	66:25
Wendy Kennedy (166)	67:05
Rosie Forward (192)	74:45
Sheilagh Howes (195)	75:05
John Guy (198)	75:36
Lee Longmore (199)	75:46

Rather like the previous week at the Stickler – the weather was atrocious on the way up but was quite kind during the race – at least for most of it. Stewart bravely attempted the run but had to retire injured. Still we did enough for the men to pick up 3<sup>rd</sup> place in the league.

### Weymouth 10 – 12<sup>th</sup> November

Gillean Keith(136)	82:47
Debbie Whittle(170)	88:40
Rosie Forward(204)	100:46

### Wessex League XC Race 2 – Salisbury – 13<sup>th</sup> November

#### Senior men

Simon Mortimer (24th)	30:29
Graham Whiffen (50th)	32:34
Daryl Davies (65th)	34:15
Phil Burgess (97th)	37:56
Steve Snook (112 <sup>th</sup> )	40:41

#### Senior women

Lynda Faulkner (3rd)	16:33
Kim Jolliffe (52 <sup>nd</sup> )	20:56
Jill Harsent (54 <sup>th</sup> )	20:59
Clare Barratt (57 <sup>th</sup> )	21:08
Barb Frampton (68 <sup>th</sup> )	22:29

#### Under 17 men

Tim Shakespeare (6th)	14:33
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#### Under 15 girls

Kate Roper (27 <sup>th</sup> )	9:34
Kirsty Harvey (46 <sup>th</sup> )	10:17
Maria Barratt (53 <sup>rd</sup> )	11:06

#### Under 13 girls

Anna Barratt (18th)	8:30
Olivia Frost (26th)	8:42
Laura Harvey (32nd)	8:55
Sadie Miller (60 <sup>th</sup> )	11:24

#### Under 11s

Jack Snook (10th)	Unrecorded
Tate Young (29 <sup>th</sup> )	Unrecorded

### Gillingham 7.5 6<sup>th</sup> November

### Pooler Runners Winter 5k – 18<sup>th</sup> November

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## Wimborne A.C. Road Runners – January 2006

Simon Mortimer (19) –First in M40 category	17:20
Jerry Shield (36)	18:01
Graham Whiffen (59)	18:54
Nick Solomon (120)	20:44
Sue Harrogate (173) –Second in F40 category	22:29
Debbie Whittle (222)	24:48
Tilaye Bailey (233)	25:51

### Wimborne 10 – 20<sup>th</sup> November

Simon Mortimer (15)	60:36
Graham Whiffen (45)	65:50
Daryl Davies (63)	67:39
Nick Solomon (116)	73:15
Debbie Whittle (276)	87:20
Mark Hitchcott (284)	88:29
Glyn Davies (299)	89:32
Helen Allen (315)	92:01

Brilliant debut at ten miles for Daryl. Mark's turn to limp home injured – bad luck. And good to see Glyn representing the WAC committee.

### Boscombe 10K – 27<sup>th</sup> November

Graham Whiffen (29)	40:12
Nick Solomon (97)	44:27
Debbie Whittle (215)	51:57
Tilaye Bailey (236)	54:01
Helen Allen (253)	55:07
Sheilagh Howes (318)	60:16
Rosie Forward (319)	60:16
Lee Longmore (320)	60:16

### RNLI Moors Valley 10K – 27<sup>th</sup> November

Sue Harrogate (116)	48:44
Jacqui Sainsbury(429)	65:00

### South-West XC Championships – Exeter – 4<sup>th</sup> December

#### **Senior men**

Tim Harris (37th)	32:20
Daryl Davies (67th)	36:57

#### **Under 17 men**

Tim Shakespeare (8th)	16:49
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#### **Under 15 girls**

Maddy Vaughan-Johncey (28 <sup>th</sup> )	15:46
Kate Roper (31 <sup>st</sup> )	16:55
Kirsty Harvey (36 <sup>th</sup> )	17:46

#### **Under 13 girls**

Anna Barratt (29th)	11:08
Olivia Frost (34 <sup>th</sup> )	11:29
Laura Harvey (36th)	11:33

Fantastic debut from Ian and Wimborne's first race win of the season.

#### **Senior men**

Ian Cardy (1st)	22:29
Graham Whiffen (44th)	27:44
Daryl Davies (55th)	28:30
Phil Burgess (56th)	28:37

#### **Senior women**

Lynda Faulkner (3rd)	18:32
Kim Jolliffe (45th))	23:31
Jill Harsent (46th)	23:36
Barb Frampton (56th)	25:01

#### **Under 15 girls**

Kate Roper (18 <sup>th</sup> )	13:26
Maddy Vaughan-Johncey (24th)	13:58
Kirsty Harvey (27th)	14:10

#### **Under 13 girls**

Laura Harvey (19 <sup>th</sup> )	7:52
Anna Barratt (25 <sup>th</sup> )	8:06
Sadie Miller (60 <sup>th</sup> )	14:00

#### **Under 11s**

Jack Snook (14 <sup>th</sup> )	Unrecorded
Callum Kennedy (42 <sup>nd</sup> )	Unrecorded
Tate Young (29 <sup>th</sup> )	Unrecorded

### Christchurch Xmas Pud 10k – 11<sup>th</sup> December

Simon Mortimer (27)	35:05
Jerry Shield (52)	37:23
Stewart Little (61)	38:19
Steve Guy (70)	38:53
Neil Hopkinson (74)	39:11
Adrian Mead (100)	40:26
Andy Horsley (146)	42:36
Nigel Eldred (156)	43:38
Jon Braund (182)	44:54
Mark Hitchcott (202)	45:50
Sue Harrogate (238)	47:00
Bob Caines (337)	51:47
Julie Mead (339)	51:50
Gillean Keith (340)	51:52
Tilaye Bailey (358)	52:50
Wendy Kennedy (368)	53:34
Norman Frampton (386)	54:01
Becky Selby (387)	54:05
Juliet Mellor (388)	54:06
Sheilagh Howes (476)	59:29
Lee Longmore (481)	60:08

A great turnout – 21 runners in all. The mens team were pipped for third place (in the league) by one point by Lytchett.

### Wessex League XC Race 3 – Newbury – 11<sup>th</sup> December

### Poole Runners Winter 5k – 16<sup>th</sup> December

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## Wimborne A.C. Road Runners – January 2006

Graham Whiffen (49)	18:50
Nick Solomon (94)	20:43
Sue Harrogate (130)	22:54
Tilaye Bailey (165)	25:28

### Round the Lakes – 26<sup>th</sup> December

Ian Cardy (3)	31:52
Stewart Little (31)	37:26
Steve Guy (57)	39:50
Jane Cooper (217)	47:57
Ian Kennedy (221)	48:04
Sue Harrogate (224)	48:18
Tilaye Bailey (299)	53:10
Debbie Whittle (326)	55:40
John Guy (336)	57:15
Lee Longmore (363)	62:43
Sheilagh Howes (364)	63:44

Thank you for all the great contributions for this issue of the newsletter – keep them coming.

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## Wimborne A.C. Road Runners – January 2006

Date	Status	Race	Contact	Close Date	Late Entry	Start Time
08 Jan		Milborne St Andrew 10m	John Mills 55 Hopsfield, Milborne St Andrew Blandford. Dorset DT11 0LD		Yes	10.30
<b>08 Jan</b>	<b>WXC</b>	<b>Devizes</b>	<b>Ian – 01202-577081</b>			
08 Jan		Somerley Park 10K	<a href="http://www.thedominoappeal.com/">http://www.thedominoappeal.com/</a>			
<b>15 Jan</b>		<b>WAC WIMBORNE 10</b>	<b>Jerry – 01202 881085</b>		<b>Yes</b>	<b>10:00</b>
20 Jan	PRWS	Boscombe Pier 5k			Yes	19.15
22 Jan		Andy Scott Memorial 10k	D.R. Ruffer, Directorate Secretary, c/o Anesthetic Dept (B18), Royal Bournemouth Hospital, Castle Lane East, Bournemouth BH7 7DW <a href="http://www.rbch.nhs.uk">www.rbch.nhs.uk</a> Email <a href="mailto:dily.ruffer@rbch.nhs.uk">dily.ruffer@rbch.nhs.uk</a>		Yes	10.00
29 Jan		Stonehenge Stomp	<a href="http://www.btinternet.com/~amesburywalkers/page5.html">http://www.btinternet.com/~amesburywalkers/page5.html</a>			
<b>05 Feb</b>	<b>WXC</b>	<b>Avon Valley Park, Nr Ferndown</b>	<b>Ian – 01202-577081</b>			
<b>05 Feb</b>	<b>RRL</b>	<b>Blackmore Vale Half Marathon</b>	<b>Ringtree House, The Ring, Stalbridge, Dorset DT10 2NG. 01963362749</b> <b><a href="mailto:john@ringtreehouse.freeseve.co.uk">john@ringtreehouse.freeseve.co.uk</a></b>	<b>01.02.06</b>	<b>Yes</b>	<b>11.00</b>
12 Feb		Foggy's Revenge 25miles from Pimperne	Event Secretary, Pig Tale Barn, Church Lane, Osmington, Weymouth DT3 6EW 01305-834674 <a href="mailto:Hardy.annual@btinternet.com">Hardy.annual@btinternet.com</a>	31.01.06	Yes	08.30
17 Feb	PRWS	Boscombe Pier 5k			Yes	19.15
<b>19 Feb</b>	<b>RRL</b>	<b>Lytchett 10</b>	<b>David Hatch, 69 Sandy Lane, Upton, Poole Dorset. BH16 5EJ 01929 558041</b>	<b>10.02.06</b>	<b>Yes</b>	<b>10.30</b>
26 Feb		Terminator				
03 Mar	PRWS	Boscombe Pier 5k			Yes	19.15
<b>05 Mar</b>	<b>RRL</b>	<b>March Hare 20</b>	<b>Chris Potter 66 Stony Lane, Burton, Christchurch. Dorset. BH23 7LE.</b> <b><a href="mailto:christopherpotter@seleniacom.com">christopherpotter@seleniacom.com</a>,</b> <b><a href="http://www.christchurch-runners.org.uk">www.christchurch-runners.org.uk</a></b>	<b>01.03.06</b>	<b>Yes</b>	<b>10.00</b>
12 Mar		Poole 'Prostate Cancer' 5k	T. Birch 20 Chalbury Close, Canford Heath. Poole. BH17 8BS <a href="http://www.poole5k.co.uk">www.poole5k.co.uk</a>	21.02.06	Yes	11.00
<b>12 Mar</b>	<b>WXC</b>	<b>Taunton</b>	<b>Ian – 01202-577081</b>			
02 Apr		Bournemouth Bay Half Marathon	Jennifer Impett, Events Co-Ordinator. Bournemouth Borough Council, VIB, Westover Road. Bournemouth. BH2 5AA <a href="mailto:events@bournemouth.gov.uk">events@bournemouth.gov.uk</a>	28.03.06	No	10.00
02 Apr		Bournemouth Bay 10K	As above	28.03.06	No	9.30
04 Apr		Poole Park Ladies 5k	B. Panton, 5 Nicholas Gardens, Ensbury Park, Bournemouth. BH10 4BA. <a href="http://www.poolerunners.freeuk.com">www.poolerunners.freeuk.com</a>	04.04.06	Yes	19.00
<b>15 Apr</b>	<b>RRL</b>	<b>David Lloyd ¼ Marathon</b>				
23 Apr		London Marathon	<a href="http://www.london-marathon.co.uk">www.london-marathon.co.uk</a>			
23 Apr		Valognes Half Marathon				
<b>10 May</b>	<b>RRL</b>	<b>Purbeck 10</b>				
21 May		Wessex Ridgeway 100k Relay				
27 May		Egdon Easy	Proposed date			
<b>04 Jun</b>	<b>RRL</b>	<b>Poole 10k</b>	<b><a href="http://www.poolerunners.freeuk.com">www.poolerunners.freeuk.com</a></b>	<b>20.05.06</b>	<b>Yes</b>	<b>14.00</b>
<b>11 Jun</b>	<b>RRL</b>	<b>Puddletown Plod (20k)</b>				
18 Jun		Blandford Bridges				
25 Jun	DHS	Stourpaine Hambleton Hill 9.5k	Proposed date			
25 Jun		Lairig Ghru 28mile Hill Race	Contact – Ian 01202-577081			
<b>02 Jul</b>	<b>RRL</b>	<b>Portland 10m</b>				
08 Jul		Charmouth to Golden Cap Challenge (8m)	<a href="http://www.charmouth.dorset.sch.uk">www.charmouth.dorset.sch.uk</a>		Yes	15.00
15 Jul		Maiden Castle Loop				
29 Jul		Swanage Half Marathon	Proposed date			
<b>06 Aug</b>	<b>RRL</b>	<b>Sturminster ½ Marathon</b>				
12 Aug		Maiden New Ten Madness	Proposed date			
12 Aug		Wayfarers Relays	To be confirmed			
28 Aug	DHS	Shillingstone 5 Mile Hill Race	Proposed date			
03 Sep		The Beast	Proposed date			
05 Sep		Poole Park Ladies 5k	<a href="http://www.poolerunners.freeuk.com">www.poolerunners.freeuk.com</a>		Yes	19.00
08 Oct		Gold Hill Run	Proposed date			
<b>22 Oct</b>	<b>RRL</b>	<b>Gillingham 7.5m</b>				
<b>19 Nov</b>	<b>RRL</b>	<b>Wimborne 10</b>				
26 Dec		Round the Lakes 10k				

DCC – Dorset County Championship; DHS – Dorset Hill Series; DLY – Dorset League Youths; PRWS – Poole Runners Winter Series; RRL – Road Race League; WOC – Wessex Orienteering Club; WXC – Wessex League Cross-Country

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# Wimborne A.C. Road Runners – January 2006

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