

Wimborne A.C. Road Runners - January 2008

NEW TRAINING SESSION – QE TUESDAYS AT 6.30 PM – Reps and intervals session, building speed into your running. This session will suit all athletes from 400 metres to marathons. Track and road runners of all ages and abilities. Learn to run, enjoy the speed. Run within your zone. Tuesday evenings from 8th January the session will be led by coach Ed Arnold. £2 session fee. For more information contact either me or Ed.

WAC 2007 AGM & AWARDS NIGHT– We had a cracking night at the awards do with around 100 people in attendance. Clare Gladden puts in an awful lot of hard work to make these big social occasions a success. Amongst the many trophies awarded on the night were those for Top Male Road Runner – Jerry Shield, Top Female – Wendy Kennedy (these first two are based on all 12 of the Dorset League races), Top Marathon Runner – Tim Harris (for his 7 marathons on 7 continents). The Road Master Trophy was awarded to Bob Caines, not just for the consistent mileage he puts in a red vest, but also for his general commitment to the club cause and the encouragement he has given to many of our newer runners. Although overall we had good numbers on the night it would be great to see a few more roadrunners amongst the track & field athletes to celebrate our team-mates' achievements. The clubs all round service award, the Les Phillips Trophy, went to Glyn Davies who is working up the Wimborne AC Club Mark bid, he is also Minutes Secretary, Equipment Officer and Welfare Officer and has competed in senior men's competition in track & field and even the Wimborne 10 amongst other activities. The sheer range of duties that Glyn has taken responsibility for does highlight the need to get more helpers on board – if you feel this may be you and if you are interested in what happens at a club committee meeting please let me know. The night was rounded off with a disco through until 11.30pm. Hope to see even more of you there for the Awards Night in 2008. For a fuller account of the night see 'WAC Awards Night Review' on the website and also 'The Long and the Short of it', Peter Impett's Chairman's AGM report summing up the club's past 12 months.

WAC ROADRUNNERS CHRISTMAS PARTY – We had our biggest turnout ever for this annual event. As we have come to expect from Primizia the food was absolutely first class. A few presentations were made on the night, including a new cup, which we named the Frampton Cup. This trophy was donated by Barbara and Norman Frampton and is to be awarded annually to someone who has made a big contribution to the life of the club. The winner of the trophy in its inaugural year is Tim Box – well done Tim. Well done also to Claire Newby, she was presented with her red 'Wimborne Athletic Club' shirt as, in the Glastonbury cross-country race the week before, she managed to get in her fourth league race of the year. The serious business of the draw for the three London Marathon club places was made and these went to Cathy Hartle, Wendy Kennedy and Andy Porter with Richard Atkins as reserve. Julie Mead, along with co-conspirator Michelle Shield, donated and then went on to award a number of rather less prestigious awards. Stand up if you won any of the following: Camping it up award, Fake WACer, Get a Life, I'm only here for the beer, Most injured, What do you want to do that again for?, International Runner of the Year, Rear of the Year, etc., etc!

On a serious note the increased numbers brought new challenges though. It is only two years ago that we had just under 30 people attend. Numbers have almost doubled since then. I knew in advance that the restaurant had some concerns about serving so many people at one sitting (a house record), and that they would be serving table by table. They had served around 40 of us with no problem last year but the extra bodies meant that there was just too long a time delay between the first of us served and the last. I think that with our current numbers, using a smallish restaurant no longer works as well as it once did and while it is still fresh in our minds (rather than next October/November) we should discuss what we ought to do for next year's Christmas bash. The best parts of the night for me are when we can mingle as a group. There was a great atmosphere when we were all crowded downstairs chatting noisily at the start of the evening and also later when everyone went upstairs for the presentations. Once we take our seats you can talk only with those in your immediate vicinity. I wonder if it might be better to hire a venue – say Pamphill Village Hall or perhaps Wimborne Town Football Club – and all take along a plate of food (in much the same way we all pull together for the big Wimborne 10 cake effort) – and then build the night around some event we put on ourselves – perhaps a skittles night, games, quiz or disco or some combination of any of these – let's have some feedback on this one.

ROAD RACE SUMMARY

For the first time for many years we saw a lady WACer in Dorset's top 10 at the end of the road race season – very well done Cathy Hartle. The rest of our top three was made up of Wendy Kennedy and Michele Whitehurst. In all 20 ladies turned out for us in the league. The ladies team finished 10th, they were 9th in 2006. I am absolutely convinced that the Ladies will improve on this placing significantly in 2008. Thirty men competed this year with Jerry Shield top of the WAC averages, with good back-up from Andy Horsley and Neil Hopkinson. Jerry finished outside the league's top 10 by a single place. The men's team finished 6th for the second year in a row. We had two fidelity award winners (running in all 12 league races) – Andy Horsley and Wendy Kennedy. Wendy now has an unbroken sequence of 36 races – only one lady in Dorset can beat

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

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that total (it was for 36 races in a row that Wendy was presented with the 'Get a Life Award' at the Christmas meal!). The first league race of the season has already taken place with a very encouraging 18 WACers taking part – an excellent start, let's keep that up. Performance of the day must go to flying Graham Starmer. This year's league races are:

Broadstone Quarter Marathon	1	January	2008
Milborne St Andrew 10 Mile	13	January	2008
Lytchett Manor 10 Mile	17	February	2008
March Hare 20 Mile*	2	March	2008
Rotary Quarter Marathon	22	March	2008
Bournemouth Half Marathon	30	March	2008
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

THREE WACers SET FOR AFRICA

Good luck to the three WACers off to Africa in the coming months. The first to leave is **Nick Solomon** who is on his way to South Africa as I prepare this for the newsletter. Nick will be out there for about six weeks working as a volunteer at Sicambeni village Sustainable Development Project in the Eastern Cape. To find out more visit the project website www.aviva-sa.com/projects/people/amapondo/index.htm and Nick is also keeping a web diary/blog <http://sollyinafrica.blogspot.com/>

Denise Craddock is next to leave. Denise is bound for Eastern Ghana initially, and will be working in an orphanage and a school teaching English and Maths. She is taking her running shoes and some kids trainers that she will be leaving with the school. She is then off to East Africa – currently due to go to Kenya (but this is now in doubt due to political unrest) and she may be switched to Tanzania before finishing with a holiday in South Africa. Denise will be away for around 4 months.

Andy Horsley is the last of our trio bound for Africa – due off in April. Andy is tackling the Marathon des Sables in the Sahara for a second time – we all wish him well, but anyone who has read his race report from two years ago – see www.wimborneac.co.uk/pdf/mds.pdf will wonder why! It is for this race that Andy was awarded the 'What do you want to do that again for Award' at the Christmas meal! Good luck to all three of you.

Keep on runnin', Ian

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FREE SPORTS MASSAGE –During the course of this year I will be completing a Diploma in Sports Massage Therapy. As part of this there is a requirement for me to complete 100 hours of massage practice before the end of the course in September. I am looking for volunteers who would like to receive some free sports massage during this period. If you would be interested please either email me nigel_eldred@yahoo.com or call me on 07974 622856 and let me have your contact details. Then I will ring to arrange appointments when necessary. Thanks for your support.
Nigel Eldred

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THE THREE AMIGOS (x 2) – It was a dirty job, but a number of WACers (Adie, Craig, Ian, Neil, Nick and me) volunteered, putting club before anything else was truly courageous. Arriving in Malaga after a delay free, smooth flight the hire car was there to meet us and by mid-afternoon we were on our way, along the coast road through the concrete Costas. We drove for nearly 2 hours and as the light was fading, we made the decision to stop and take refreshment before we made our ascent into the mountains, who knows what might happen to us up there? Bar El Parriaso made us welcome with *cerveza* and *tapas*, refreshed we made the long ascent some 40mins into the mountains catching glimpses of the coast and the tiny *pueblos* twinkling on the side of the hills. As time was getting on we decided not to stop at Bar Haza de Lino but pushed on to Alfornon which we saw below us. Arriving in the village we made our way along the mule track behind the school and up to my *casa*, we donned our head torches and made our way to the front door. The rest of the group remained outside while I checked for snakes - only one rattler! We soon had the wood burner going, radiator on, lights and water on, it was time for a well earned supper of *cerveza*, *vino*, olives and *albondigas*. Sleeping arrangements were sorted out, Ian and Adie in the bedroom; Craig, Nick & Neil in the sitting-room and me in the nut store with my nuts. After settling in we ventured into the village to

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accustom our legs to the steepness of the streets and find the bar, unfortunately it was closed, we set all the dogs barking so the village knew we had arrived.

Friday was rise, coffee and into the small town of Cadiar for breakfast of freshly-squeezed orange juice, coffee and *tostados* of pate, olive oil and tomato. Next, to the butcher, for pork steaks, sausages, burgers and *salchichons*, supermarket for *chorizo* and a few beers.

Got a call from Neil, he was at Alfornon so we made our way back. We decided to go to Cortijo Belen to check out the first of our routes, we took along our wine containers in case he was open - he wasn't - we were told by his son Oscar that the next *bodega* was open, so we made our way through the *campo* to El Chaparro - that was also shut. Things were looking bad, we made our way back to the village and found the small shop open, luckily Carmen Maria was in and she agreed to sell us some *vino*, we picked up some potatoes, onions, garlic and peppers for our evening meal. That evening we sat down to pork steaks, sausages, burgers, *papas o pobre* and local *costa* wine. Time to check the bar out, this time it was open and we had a couple of beers with *tapas*. We returned to the *casa* across the *campo*, I was the only one to see a shooting star, we stayed up a while talking about the next day's route and then retired to bed.

Saturday, the sun was shining, we looked at our map and decided to run to the coast, down through the gorge, ascend the other side, skirt Sorvilan and onto Los Yesos on the coast, Neil estimated the route to be 9kms. So we packed water, bread, and *chorizo*. We set off at 10am, the fastest of the group were there in under 2hrs, I acted as sweeper. We sat on the beach and had our lunch, recovered and started to make the long climb back to Alfornon. We soon started to spread out and Ian and I were at the back, Ian was running out of water and I was suffering from hunger, we called the others on our mobiles, they were at the gorge and pressing on, we dropped into Sorvilan to find the bar and get a drink, we found it and four cokes, two bags of crisps and a handful of monkey nuts later we were on our way. We all met up at the *casa* to compare notes, we had covered nearly 20 miles. Nick's GPS recorded an elevation gain + 1,287ft / - 4,363ft going down to the coast and the opposite for the return route. That evening we tucked into *salchichon con habas*, *patatas fritas* and *costa*. We took a gentle walk to the bar to ease the stiffness from our legs, had a couple of beers and *tapas* and then made our way back across the *campo*. The sky was clear as we stood on the roof of the *casa* with drink in hand watching the shooting stars. Our eyes were drawn to one very bright star of white, red and green. What was this vision? It didn't get any closer or further away and it was nearing Christmas so we decided it was the mothership. We slept well that night.

Sunday was a rest day, we drove to Venta Del Tarugo to book a table for lunch at 1.30pm, Neil was leaving later that afternoon. As we had a couple of hours to kill we went onto Quatro Veintos and took a quick look around the museum and into the restaurant/bar for a glass of wine and *tapas* and took in the view of the Sierra Nevada. We returned to Venta Del Tarugo to have lunch, 4 hours later we returned to the *casa* for tea. No one was very hungry so a few *tapas* and drink was sufficient. A stroll to the village was needed to walk off the lunch. The bar was a little busier that night, we had a couple of beers and some *tapas* and later walked back to discuss the following day's run.

Monday - a quick trip into Cadiar for breakfast and steaks for the evening meal. On the way back we stopped of at Cortijo Belen to refill the wine bottles. The afternoon's run was to the House of Zoro and the *barranco* accompanied by 'Boris' the village puppy. Adie and myself came back through the *pueblo* past the pigs and across the *campo* - we scrumped a few oranges on the way. Early evening was spent by the fire watching a film. That evening we cooked steaks, *papas o pobre* and *migas*. It was our last night so it would have been rude not to say goodbye to the kind folks in the bar. We were obviously a source of amusement to them, they wanted to know how we could fit so many people into a tiny *casa*. The walks back from the bar were getting easier now - our legs must have got stronger.

We stayed up and discussed the events of the last few day and retired to bed.

Tuesday was the clear-up day and a leisurely drive back to Malaga taking lunch on the beach at La Herradura.

The mothership failed to dock with us so we had to return home!

Tim Box

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Littledown 5 - Sept 23

Jerry Shield (18)	29:41
Jon Braund (55)	34:01
Andy Horsley (58)	34:08
Cathy Hartle (87)	37:09
Ian Kennedy (96)	37:50
Wendy Kennedy (160)	42:29
Michele Whitehurst (164)	42:57

Poole Runners Winter Series (Boscombe) - Race 1 - Oct 5

Graham Starmer (31)	18:09
Mark Hitchcott (37)	18:17
Craig Dixon (55)	19:21
Richard Atkins (67)	19:50
Andy Horsley (84)	20:29
Cathy Hartle (124)	21:47
Mark Jordan-Gill (128)	21:58
Debbie Whittle (173)	24:56
Anne-Marie Fachiri (211)	28:15

Hoburne 5 - Oct 7

Guy Miller (90)	41:17
Barbara Frampton (120)	46:24

Gold Hill - Oct 14

Stewart Little (8)	40:56
Graham Whiffen (28)	45:28
Ian Buckingham (35)	46:56
Bob Caines (83)	58:00
Claire Newby (102)	1:03:10

Weymouth 10 - Oct 20

Ian Cardy (1)	54:44
Craig Dixon (36)	1:10:52
Raj Witt (99)	1:21:15
Claire Newby (163)	1:36:30
Julie Gosling (177)	1:43:26

The Stickler - Oct 28

Stewart Little (65)	1:20:33
Richard Atkins (81)	1:22:36
Peter Lemon (91)	1:23:55
Jon Braund (95)	1:24:21

Dublin Marathon - Oct 29

Jerry Shield (272)	3:02:29
Andy Horsley (1058)	3:28:40
Clare Horsley (6814)	5:11:06
Marion Main (6815)	5:11:07

Poole Runners Winter Series (Boscombe) - Race 2 - Nov 2

Graham Starmer (38)	18:09
Ian Buckingham (74)	19:19
Richard Atkins (88)	19:58
Graham Whiffen (114)	20:46
Nick Solomon (140)	21:30
Kim Jolliffe (192)	23:23
Debbie Whittle (234)	25:48
Anne-Marie Fachiri (254)	27:17

Gillingham Hilly 7.5 - Nov 4

Stewart Little (6)	48:31
Ian Buckingham (19)	53:00
Nick Solomon (28)	56:23
Bob Caines (61)	1:05:13
Tim Box (62)	1:05:32

AECC Dashback 10k - Nov 4

Graham Starmer (8)	37:23
Cathy Hartle (14)	46:21

Wimborne 10 - Nov 18

Jerry Shield (59)	1:03:35
Graham Whiffen (92)	1:06:13
Peter Lemon (133)	1:08:50
Andy Horsley (195)	1:13:52
Richard Atkins (198)	1:14:31
Philip Whitehurst (226)	1:16:52
Shirley Billington (266)	1:20:06
Glyn Davies (371)	1:27:39
Wendy Kennedy (405)	1:30:33
Michele Whitehurst (410)	1:30:50
Barbara Frampton (436)	1:35:44
Teresa Ashton (450)	1:39:01
Fiona Sykes (468)	1:43:56
Morag Day (488)	2:45:11

Boscombe 10k - Nov 25

Jerry Shield (59)	38:03
Graham Starmer (22)	38:49
Andy Horsley (77)	43:38
Cathy Hartle (119)	45:44
Philip Whitehurst (120)	45:46
Nick Solomon (129)	46:15
Wendy Kennedy (267)	53:10
Michele Whitehurst (313)	55:20
Claire Newby (326)	56:25

Downton 1/2 Marathon - Nov 25

Helen Allen (176)	2:00:20
Debbie Whittle (183)	2:02:01

Christchurch Xmas 10k - Dec 9

Graham Starmer (30)	38:21
Jerry Shield (33)	38:33
Graham Whiffen (48)	40:05
Peter Lemon (76)	41:07
Nick Solomon (142)	44:47
Cathy Hartle (147)	45:05
Tim Box (292)	52:13
Julie Mead (307)	52:48
Bob Caines (334)	54:03
Debbie Whittle (360)	55:30
Julie Gosling (403)	59:30

Poole Runners Winter Series (Boscombe) - Race 3 - Dec 14

Richard Atkins (63)	19:17
Debbie Whittle (165)	25:44
Anne-Marie Fachiri (166)	25:55

Round The Lakes 10k - Dec 26

Graham Starmer (25)	37:37
Craig Dixon (65)	41:41
Richard Atkins (67)	41:57
Chris Pearson (129)	46:23
Julie Gosling (308)	1:00:37

Broadstone 1/4 Marathon - Jan 1

Graham Starmer (13)	39:57
Jerry Shield (32)	43:02
Richard Atkins (37)	44:06
Tim Harris (38)	44:09
Graham Whiffen (43)	44:45
Pete Lemon (53)	46:06
Neil Hopkinson (55)	46:19
Jon Braund (60)	46:48
Craig Dixon (61)	46:48
Andy Horsley (75)	47:50
Jeff Hinsley (85)	48:39
Brian Lincoln (137)	53:49
Ian Kennedy (160)	55:40
Julie Mead (174)	57:26
Tim Box (181)	59:11
Helen Allen (185)	1:00:04
Wendy Kennedy (186)	1:00:20
Claire Newby (194)	1:02:23
Julie Gosling (204)	1:05:21

Thanks to Andy Horsley for compiling the results.

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Date	Status	Race	Contact	Close Date	Late Entry	Start Time
04 Jan	PRWS	Boscombe Pier 5k Time trial	Geoff Scott 01202-625051		Yes	19.30
13 Jan	RRL	Milborne 10m	J. Mills 55 Hopsfield, Milborne St Andrew Blandford. Dorset DT11 0LD janemills5@btinternet.com	5.01.08	Yes	10.30
13 Jan	WXC	Kings Park, Bournemouth	Contact Ian 01202-577081 or ian@wimborne10.co.uk			
03 Feb		Blackmore Vale Half Marathon	John Old Tel: 01935-817263 www.bvlions.co.uk		No	11.00
17 Feb	WXC	Ham Hill, Yeovil	Contact Ian 01202-577081 or ian@wimborne10.co.uk			
17 Feb	RRL	Lytchett 10m	Dave Hatch, 69 Sandy Lane Upton Poole Dorset BH16 5EJ www.lytchettmanorstriders.org	8.02.08	Yes	10.30
18 Feb	PRWS	Boscombe Pier 5k Time trial	Geoff Scott 01202-625051		Yes	19.30
02 Mar	WXC	Avon Heath, Ferndown	Contact Ian 01202-577081 or ian@wimborne10.co.uk			
02 Mar	RRL	March Hare 20 mile	www.christchurch-runners.org.uk		No	10.00
07 Mar	PRWS	Boscombe Pier 5k Time trial	Geoff Scott 01202-625051		Yes	19.30
09 Mar		The Grizzly	www.axevalleyrunners.org.uk		No	
22 Mar	RRL	Rotary ¼ marathon	Race Administrator, c/o Steele Raymond LLP, Richmond Point, 43 Richmond Hill, Bournemouth BH2 Tel: 01425-650568 rrotaryrace@steeleraymond.co.uk	17.03.08	Yes	15.00
30 Mar	RRL	Bournemouth Bay Half Marathon	Events Dept, Visitor Information Bureau, Westover Road, BH1 2BU 01202-451195 www.bournemouth.co.uk E-mail events@bournemouth.gov.uk	25.03.08	No	10.00
01 Apr		Poole Park Ladies 5k	Martin Thomas/Daveena Tweed, 50 Ripon Road, Bournemouth BH9 1RF Tel: 01202-710587 www.poolerunners.co.uk		Yes	19.00
13 Apr		London Marathon	www.london-marathon.co.uk		No	
04 May		RMPAC Silver Jubilee 10k	Entry Secretary, 11 Parkmead, Weymouth DT4 9AL Tel: 01305-760218	27.04.08	Yes	10.30
07 May	RRL	Purbeck 10k	Race Secretary, Flat 7, Sandford Court, 32 Belle Vue Road, Bournemouth BH6 3DR Tel: 01202-719106	05.05.08	No	19:00
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
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		Yes	10.30
21 Jun		Summer Solstice 8k				
29 Jun		Stourpaine Hill Race				
06 Jul		Portland 10m				
12 Jul		Maiden Castle Loop				
13 Jul		Tarrant Valley 10k				
20 Jul (?)		Swanage Half Marathon				
26 Jul		Wayfarers Relays	Contact Jerry 01202-881085			
03 Aug	RRL	Sturminster Half Marathon	www.dorsetdoddlers.org			
09 Aug		Maiden New Ten				
25 Aug		Shillingstone 5m Hill Race				
06 Sep		The Beast				
21 Sep		New Forest Marathon				
21 Sep		New Forest Half Marathon				
28 Sep	RRL	Littledown 5m				
05 Oct		Hoburne 5				
12 Oct		Gold Hill Run				
26 Oct		The Stickler				
02 Nov		Gillingham Hilly 7.5m				
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	

PRWS – Poole Runners Winter Series; RRL – Road Race League; WXC – Wessex Cross-Country League

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