

Wimborne A.C. Road Runners - January 2010

ONWARDS AND UPWARDS

Happy new year. The past 12 months has been a time of unprecedented growth on the roadrunning side of the club. 2009 was a fantastic year for us in the Dorset Road Race League, we set new records for the number of WACers competing. In all 41 men and 22 ladies competed for us in the league and we recorded 270 league race finishes (that is an incredible 22.5 finishers per race!). As well as the names that have appeared in the WAC results over many years, it was great to see so many of the newer faces making big contributions. The most extreme example of this is Terry Simms. Terry's first race as a WACer was the Boscombe 10k in November 2008, he was back at Boscombe 12 months later celebrating a League Fidelity award for competing in all 12 league races, along with fellow Fidelity heroes Tim Box, Julie Gosling, Andy Horsley, Stewart Little, Guy Miller and Dave Wild. *The first league race of the Dorset RRL calendar in 2010 is already behind us, and there is more news on the league a little later in this newsletter.*

Welcome to new WACers Annie Dougall, Andy Hobson, Carol Howe, Sonnaz Nooranvary, Maggie Walton and Kelly Williams. All have become regulars on Tuesdays and/or Thursdays, and Carol, Sonnaz and Kelly have already raced in red with Annie due to run at Parliament Hill at the end of January. Maggie is back after a 10 year break in her membership. David Long, Roy Long, Liz McCormick and John Pickup have all swelled the ranks at our training sessions too, and we have regularly been getting 30 to 40 WACers at the Thursdays sessions, and Ed Arnold's Tuesday speed session has attracted a loyal following.

NEW OPPORTUNITIES, NEW CHALLENGES

The increasing numbers at sessions creates the possibility of some new opportunities for us. The challenge will be to embrace the opportunities that greater numbers present without losing the intimacy, support and camaraderie which has got us to where we are now.

Already Bob Caines has been doing a fantastic job in encouraging those new to running to push their limits in terms of speed and endurance and those who have come under his wing appreciate the work he has put in on their behalf. There are other possibilities for groups within the Thursday session which could lead to turning up on a Thursday with a number of options open to each of us. One example would be that with the forthcoming marathons and longer races in March, April and May it would be good to organise an option for those who need to do the longer endurance runs. Other possibilities exist too, and in order to explore these more fully we are proposing to have informal meetings, perhaps once a month at the football club, where we can talk ideas and proposals through. Watch out for the weekly emails for further updates on developments on this front.

The discussions don't need to be confined to Thursday's activities. It would be good to set up a system which allows us to arrange training runs with fellow WACers looking to run similar pace and distance at the weekends too. *What is the best way to do this?* In the short term the easiest option is for you to email me with the run you intend to do, complete with pace, distance, time and start point, so I can include these in the weekly emails. Those emails usually go out first thing on a Monday morning, so if you wanted to set up a run with your team mates you would need to email me the details by the previous Sunday evening. *Let's see if we can make this work for us.*

SO, WHAT ARE YOUR GOALS IN 2010?

Once again there are set to be a good number red shirts in the London Marathon, but before that we have the challenges of the March Hare and the Grizzly to look forward to. In May eleven of us have entered the North Dorset Village Marathon and of course we have the Wessex Ridgeway Relay on 23 May. Can our men's team make it a hat-trick of wins? If those challenges aren't enough for you we have been advised of a brand new event on 27th June the off-road North Devon Marathon & Half Marathon. It is described as 'a full-on fell race on the coast path and inland footways', *it sounds brilliant!* A full year already! ... and then come 26 September we have the Berlin Marathon for Craig and Claire's stag/hen weekend with a difference (more details of this were sent by email recently).

Have we got the manpower yet to take on the Welsh Castles Relay? Jerry proposed this in the last newsletter, we need 20 WACers to be up for it to compete. So far he has 10 who have expressed an interest. Here are the details again. It is an annual event, each team consists of 20 runners plus support and maybe one or two reserves. Unlike the Wessex Ridgeway each leg sets off together – i.e. leg 1 starts at 10:30am on Saturday, leg 2 starts at 11:30am etc – so it's like having 20 different races each with around 50 people in them. It's a 2 day event running on road from Caernarfon to Cardiff from 10:30am to 8pm on Saturday and 7am to 4pm on Sunday with an overnight stop at Newtown. Each leg has route notes but there are also marshals. Jerry has emailed the organisers already to express an interest. Entries open this month so he wants to know ASAP who is seriously interested in going. Each runner is only permitted to run one leg (8 to 13 miles) so we do need at least 20 people who are up for this. The event is going to be on June 12th/13th. The website is <http://www.lescroupiersrunningclub.org.uk/castles/> If you are interested email Jerry straight away at jerry@wimborne10.co.uk

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THE ROAD RACE LEAGUE

2009 REVIEW

In the league our men's team finished 3rd (of 19), up from 5th in 2008, and this equals our best ever performance. The men's league winners by a clear margin was Bournemouth AC, with Poole Runners as runners up. Our ladies team are also continuing to move in the right direction. They finished 10th in 2007, 8th in 2008 and now 6th (of 20) in 2009. This improvement from our ladies is all the more remarkable as they seemed to suffer any number of setbacks with injuries over the course of the year.

The work in the men's team was shared pretty evenly with Jerry Shield finishing top of our averages and 8th in the county (he also won the county age group 40-44 award). He was pushed pretty hard in many of the races by Anthony Clark (11th in the county). Stewart Little had an outstanding year (12th in the averages, and another age-group winner (50-54), plus the highest placed Fidelity Award winner in the county). Strength in depth paid dividends and 12 of the county's top 50 men were WACers. Amongst those 12 were our other Fidelity Award winners – Andy Horsley, Dave Wild, Terry Simms, Tim Box and Guy Miller.

For the ladies, top of our averages and an age group winner was Jools Maskell (17th in the county). The spine of the team was formed by Jools and Fidelity winner Julie Gosling with excellent support from Annemarie Fachiri, Helen Allen, Nicki Roe, Georgie Hougham, Claire Newby, Debbie Whittle and Clare Horsley. Our remaining ladies who competed included a few who had their share of injuries, plus some new faces making their first steps in league races.

... and in 2010

WAC IN DIVISION 1 – A significant change to the RRL format is splitting the league into two divisions with the top 7 men's and women's team forming the top divisions and the other teams forming Division 2. This puts WAC into the top flight for both men and women. There will be promotion and relegation at the end of the year with Division 1's bottom club being replaced by the Division 2 champions. As our ladies finished 6th in 2009 they will need to be on the case to stay in Division 1. The omen's are good for the girls though, as we have seen an influx of new members who hopefully will put their shoulder to the wheel and surely we are going to have better luck on the injury front in 2010. The full list of League races this year are:

01 Jan	Broadstone ¼ marathon	12 May	Purbeck 10k	19 Sep	Littledown 5m
07 Feb	Blackmore Vale ½ Marathon	13 Jun	Puddletown 20k	10 Oct	Gold Hill Run
14 Feb	Lytchett 10m	04 Jul	Portland 10m	23 Oct	Weymouth 10m
01 Mar	Mad March Hare 20	01 Aug	Sturminster Newton ½ marathon	07 Nov	Gilly Hilly

The action got under way this season at Broadstone on New Year's Day, and with one race gone there are 28 of us still on course for Fidelity! The men's team secured an excellent third place and the ladies got us off to a flyer coming fourth, equalling their best performances of 2009. Outstanding performance of the day must go to Maddy Vaughan-Johncey, she has been suffering really badly with tendonitis in her feet, and this has meant that she hasn't been able to train for the last month. Maddy put all that behind her, and she was the first Wimborne lady in, she won her age group category, and improved on her time from last year by almost four minutes! It was really great to see so many WACers at Broadstone. Apart from those who ran, it was fabulous to have so much vocal support out on the route, and of course that support was transferred to the bar when the 2009 league awards were handed out later on. The race memento at Broadstone was a mouse mat that lists the 2010 RRL events. It will be a useful prompt to remind us of the forthcoming races, unfortunately there are two mistakes on it. The Weymouth 10 (23 Oct) is not shown and Wimborne 10 is (although it is not an RRL race this time around). **Beware** – make sure you enter the Blackmore Vale and March Hare races straight away, see fixture list included in this issue for details. They are no entries on the day for Blackmore and the March Hare will probably reach its race limit in the next 2 weeks, if not sooner.

WIMBORNE 10 HAS THE X FACTOR

It seems like ages ago now (and Jerry is probably already working on the 2010 event), but we had a very successful Wimborne 10. It takes a huge amount of work from a great team of people to put on a successful race, so thank you to all who contributed. We got lucky with the weather and there were 567 finishers, the highest number in the history of the race. There were 278 RRL runners in the Wimborne 10, the highest number for any of the races in the 2009 series. We even managed to field 23 WACers, a remarkable achievement when you consider how many marshals we had to find. The race itself was an exciting spectacle and for the men it finished in a dead heat between Bournemouth AC team mates Jon Sharkey and Steve Way in 54:09. The really eye-catching performance came from Shaftesbury Barnet's Gemma Turtle (56:49) who took almost 2 minutes off the ladies course record. The first WACer home was Anthony Clark, and for the ladies it was Carol Howe, making her WAC race debut. The feedback from those who took part was extremely positive. Of those who went on the *Runners' World* website to review the race 95% said they would run it again. One runner wrote, 'This race just has the 'X' factor. Well worth the long trek down from Bristol. Once again, great organisation, superb value for money and a good day out. Can't wait for next year.'

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CROSS-COUNTRY NEWS

Our cross-country team has been busy since October. In November we hosted the first Wessex League race of the season at Kings Park, and that required an awful lot of manpower – thank you to everyone who helped on that day. With January upon us we face our most hectic month of the year. We have the South West Championships, two league races and the South of England Championships at Parliament Hill all to look forward in the coming weeks. There have been some excellent performances in races so far (all recorded on the website). For the seniors, Graeme Furley has been on sparkling form. He finished 3rd in the County Championships at Bridport in December, and as XC stalwart Paul Hine remarked, 'Can someone please tell his nurses, doctors and surgeons who pieced him together all those months ago, they would love to know how determination and skills win through'. We only had nine runners in the County Championships, but six of them recorded top 8 finishes, which puts them in the frame for selection to represent Dorset. We have been getting good numbers for the men's team, but it would be great to see a few more of our ladies competing in the XC league races. Lynn Hutchings has been a rock for the ladies, but she could do with your support.

The highlight for many of us in the XC year will be the trip to Parliament Hill at the end of January for the South of England Championships. We will be taking our biggest ever entry there (29 competitors). *The Independent* recently published a list of 'The 50 Best Walks in the UK', No. 1 was Parliament Hill (WACers should replace the word 'Walks' for 'Races'). It really is an epic XC course and it is remarkable that a course as challenging and demanding as that should be sited in north London. *I can't wait!*

Remaining league race dates:

Hampshire League

16 January – Prospect Park, Reading
13 February – Old Sarum, Salisbury

Wessex League

24 January – to be advised
21 February – Ham Hill, nr Yeovil
28 March – Avon Heath Country Park, nr Ringwood

AWARDS NIGHT & CHRISTMAS PARTY

There were decent numbers at the Awards Night generally, although it would have been good to see a few more from the roadrunning side of the club there. The awards for Top Male and Top Female Roadrunners are based over all 12 races, and the men's prize went to Stewart Little and the ladies' winner was Julie Gosling. Top Marathon Runner Award went to Anthony Clark. Anthony had managed to run a sub-3-hour time on his marathon debut. With so many Fidelity runners in the league, who to award the Road Master trophy to was always going to be a tough call. Congratulations to Guy Miller who edged it after the 'Miller knee' held out long enough for him to compete a whole series of races! There was a terrific turnout at the Christmas party. Well done to Julie Mead, Claire Newby and Nicki Roe for putting on an excellent night. We are still living down Wendy's answer about my best marathon time in the Mr & Mrs competition! Julie as usual, handed out her homemade awards. It is one of those few moments in the year when you are praying you get no recognition for your efforts! We had one more 'proper' award to present – 'The Frampton Cup'. This award goes to somebody who makes a significant contribution to the club, and our winner was Jerry Shield who received it in recognition of the work he has put in over many years on the 'Wimborne 10'.

Keep on runnin', Ian K

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

Dorset XC County Championships – 12 December 2009 □ – Paul Hine's report.

Hampshire League XC Race 3 – Popham – 5 December 2009 □ – Report from a great new course.

WAC Awards Night – 27 November 2009 □ Report and details of our trophy winners.

'Be of Good Report' – Chairman Peter Impett's report for 2009.

December 4 mile Handicap Time Trial – Fresh from a half-marathon PB Kelly Williams races to TT win.

Wessex XC Race 2 – Salisbury – 30 November 2009 □ – Ryan wins as juniors turn on the style in the rain.

High Fidelity! □ – A new club record as seven WACers achieve Fidelity in Dorset League.

Wimborne 10 – 15 November 2009 □ – Iain Donnelly sees our race with a fresh pair of eyes.

Wimborne 10 – 15 November 2009 □ – Full results list

Hampshire League XC Race 2 – Goodwood – 7 November 2009 □ – Race report.

November 4 mile Handicap Time Trial – Generation landslide.

Wessex XC Race 1 – Kings Park – 1 November 2009 □ – Race report.

Hampshire League XC Race 1 – Goodwood – 10 October 2009 □ – Race report.

October 4 mile Handicap Time Trial – Teresa Grist blitzes it.

New Forest Half Marathon – 27 September 2009 – □ Teresa Grist reports.

Bleep Test – 29 October 2009 □ – Find out just how well you did.

Great South Run – 26 October 2009 □ The Hughes family takes part in the South's iconic road race.

50 not out – □ A landmark passed. Jerry Shield contemplates his first 50 marathons.

Abingdon Marathon – 4 October 2009 □ Four WACers, four goals, four missions accomplished.

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Gold Medal in the World Duathlon Championships, September 2009 ☐– Ian Cardy peaks when it matters.

Date	Status	Race	Contact	Close Date	Late Entry	Start Time
10 Jan		Milborne 10	John Mills, 4 Middleton Row, Milton Abbas, Dorset, E8 DT11 0AT www.dorsettrileague.co.uk/milborne%2010.pdf		Yes	10.30
16 Jan	HXC	Prospect Park, Reading	Contact Ian 01202-577081		Yes	
24 Jan	WXC	To be advised	Contact Ian 01202-577081		Yes	
29 Jan	PRWS	Boscombe Pier 5k	www.poolerunners.com		No	19:30
30 Jan		South of England XC Champs	Contact Ian 01202-577081		No	
07 Feb	RRL	Blackmore Vale ½ Marathon	John Old, Brookfield, Ottery Lane, Sherborne, DT9 6ED www.bvlions.co.uk/marathon2010.html	03.02.10	No	11.00
13 Feb	HXC	Old Sarum, Salisbury	Contact Ian 01202-577081		Yes	
14 Feb		Inca Trail (7m), Ilchester	Race Secretary, 5, Abbots Road, Ilchester, Somerset. BA22 8NA Tel: (01935) 840515 incatrail07@aol.com www.yeoviltownrrc.com	12.02.10	Yes	11.00
14 Feb	RRL	Lytchett 10	32a Sandecotes Road, Parkstone, Poole BH14 8NZ www.lytchettmanorstriders.org	06.02.10	Yes	10:30
19 Feb	PRWS	Boscombe Pier 5k	www.poolerunners.com		No	19:30
21 Feb	WXC	Ham Hill, nr Yeovil	Contact Ian 01202-577081		Yes	
05 Mar	PRWS	Boscombe Pier 5k	www.poolerunners.com		No	19:30
07 Mar		The Grizzly	www.axevalleyrunners.org.uk		No	
14 Mar	RRL	March Hare 20/10	Race Secretary Flat 3, 3 Portman Crescent, Bournemouth. BH5 2ER www.zoomtri.com	15.02.10	No	10:15
14 Mar		Sherborne Castle 10k	Race Secretary: Thorne Lodge Thorne Yeovil Somerset BA21 3PZ Tel: 0777 1993597 raceentries@hotmail.co.uk www.yeoviltownrrc.com	05.03.10	Yes	11.00
28 Mar	WXC	Avon Heath Country Park	Contact Ian 01202-577081		Yes	
28 Mar		Bournemouth Bay Half/10k	Jennifer Impett, V1B, Westover Rd, Bournemouth, Dorset BH1 2BU www.bhf.org.uk/events_and_volunteering/events/event_finder/view_event.aspx?ps=1000586	18.3.10	No	09.30
03 Apr		Rotary Easter ¼ Marathon	Keith Loveless, 18 Oakley Rd, Wimborne. BH21 1QJ www.rotaryclubofbournemoutheastcliff.org.uk	30.03.10	Yes	11.00
05 Apr		Easter Bunny 10k, Yeovilton	Race Secretary, Wisteria Cottage, Buckhorn Weston, Gillingham Dorset SP8 5HS Tel: (01963) 371324 mob: 07912 611423 www.yeoviltownrrc.com	28.03.10	Yes	11.00
25 Apr		London Marathon	www.virginlondonmarathon.com		No	
02 May		North Dorset Village Marathon	www.ndvm.co.cc		No	
02 May		Round the Rock	Bill Hicks, 11 Parkmead Road, Weymouth, DT4 9AL www.rmpac.co.uk/index.php?page=round_the_rock_10k_2	27.4.10	Yes	10:30
12 May	RRL	Purbeck 10k	Mike Bush, 1 Romney Rd, Bournemouth. BH10 6JR	06.05.10	No	19.30
23 May		Wessex Ridgeway	Contact Ian on 01202-577081			
29 May		Egdon Easy	egdonheathharriers.com			
05 Jun		Otmoor Challenge 13.2m (!)	www.otmoorchallenge.co.uk		Yes	14.00
06 Jun		Poole 10k/5k	www.poolerunners.com			
12/13 Jun		Welsh Castle Relays	www.lescroupiersrunningclub.org.uk/castles			
13 Jun	RRL	Puddletown Plod 20k				
27 Jun		Blandford Bridges 10k	www.blandfordbridgesrun.co.uk			
04 Jul	RRL	Portland 10	www.rmpac.co.uk			
10 Jul		Maiden Castle Loop	egdonheathharriers.com			
17 Jul		Swanage Half Marathon	L.M. Welsh, Withy Lakes, Church Knowle, Wareham, Dorset. BH20 5NG		Yes	10.00
18 Jul		Tarrant Valley 10k	www.tarrantvalley10.fsnet.co.uk			
24 Jul		Wayfarers Relays				
01 Aug	RRL	Sturminster Half Marathon	www.dorsetdoddlers.org			
10 Aug		Maiden Newton Madness	www.maidennewtonrunningclub.blogspot.com			
30 Aug		Shillingstone 5m Hill Race	www.dorsetdoddlers.org			
05 Sep		The Beast	www.pooleac.co.uk			
19 Sep	RRL	Littledown 5	www.littledownharriers.co.uk			
19 Sep		King Alfred's Torment 7m	Race Director, Blue Cedar, Gunners Lane, Houndstone, Yeovil, Somerset BA22 8SB Tel 01935 422887 philmacquaid@hotmail.com www.yeoviltownrrc.com	13.09.10	Yes	11.00
26 Sep		Berlin Marathon	www.real-berlin-marathon.com			
03 Oct		Hobourne 5m				
10 Oct	RRL	Gold Hill 10k	www.gillinghamtrotters.talktalk.net			
23 Oct	RRL	Weymouth 10				
07 Nov	RRL	Gilly Hilly 7.5m	www.gillinghamtrotters.talktalk.net			
21 Nov		Wimborne 10	www.wimborne10.co.uk			

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HXC – Hampshire League cross-country, PRWS – Poole Runners winter series, RRL – Road Race League,
WXC – Wessex League cross-country.

Hoburne 5 – 04 October		Gilly Hilly 7.5 – 01 November		Christmas Pud 10k – 13 Dec (cont)	
Craig Dixon (19)	31:57	Steve Guy (19)	51:54	Michele Whitehurst (358)	53:32
Guy Thompson (25)	32:52	John Guy (84)	1:18:02	Guy Miller (371)	54:00
Iain Donnelly (29)	33:02			Julie Mead (387)	54:39
Graham Whiffen (34)	33:36	Wimborne 10 – 15 November		Tim Box (396)	55:05
Ian Kennedy (45)	35:23	Anthony Clark (31)	1:03:27	Debbie Whittle (403)	55:24
Julie Gosling (141)	51:08	Stewart Little (53)	1:06:06	Denise Craddock (441)	57:44
		Craig Dixon (54)	1:06:08	Helen Allen (443)	57:57
Gold Hill 10k – 10 October		Andy Horsley (89)	1:08:59	Juliet Mellor (445)	58:02
Guy Thompson (8)	41:19	Guy Thompson (91)	1:09:09	Celia Ireland (526)	1:03:54
Steve Guy (21)	43:57	Iain Donnelly (96)	1:09:20	Julie Gosling (547)	1:06:41
Tim Box (100)	55:44	Neil Hopkinson (128)	1:11:08	Teresa Grist (550)	1:08:51
		Andrew Olden (147)	1:12:28	Bob Caines (551)	1:08:53
Poole Winter Series 1 – 16 October		Ian Buckingham (159)	1:13:48		
Graham Starmer (50)	18:46	David Wild (207)	1:17:09	Poole Winter Series 3 – 18 December	
Iain Donnelly (80)	19:47	Robin Hughes (274)	1:21:18	Graham Starmer (38)	18:54
Andy Horsley (84)	19:51	Kevin Elliott (316)	1:23:08	Craig Dixon (41)	19:05
Andrew Olden (110)	20:41	Carol Howe (356)	1:25:51	Andy Horsley (56)	19:49
Nick Solomon (123)	21:09	Terry Simms (374)	1:27:22	Andrew Olden (74)	20:44
David Wild (165)	22:31	Glyn Davies (405)	1:29:42	David Wild (82)	21:30
Derek Sainsbury (244)	26:36	Guy Miller (421)	1:30:48	Christopher Branford (125)	25:01
Jacqui Sainsbury (274)	29:15	Sonnaz Nooranvary (438)	1:32:04	Clare Horsley (144)	27:18
Clare Horsley (277)	29:35	Pete Carr (448)	1:32:58	Claire Newby (155)	28:32
		Kelly Williams (476)	1:35:10		
Abingdon Marathon – 18 October		Tim Box (484)	1:36:11	Round The Lakes 10k – 26 December	
Anthony Clark (85)	3:01:30	Anne-Marie Fachiri (485)	1:36:23	Jerry Shield (21)	37:27
Craig Dixon (119) – PB	3:10:46	Julie Gosling (542)	1:45:16	Graham Starmer (37)	39:22
Nicki Roe (429) – PB	3:51:32	Celia Ireland (556)	1:48:56	Craig Dixon (66)	42:08
Ian Kennedy (580)	4:19:43			Rich House (76)	42:52
		Boscombe 10k – 22 November		Steve Guy (80)	43:03
Weymouth 10 – 24 October		Anthony Clark (28)	39:19	Andrew Olden (103)	45:02
Jerry Shield (11)	1:04:25	Craig Dixon (31)	40:04	Kevin Elliott (122)	46:24
Stewart Little (12)	1:04:45	Guy Thompson (33)	40:12	David Wild (134)	47:13
Craig Dixon (20)	1:08:40	Graham Whiffen (45)	41:13	Debbie Whittle (255)	55:16
Andy Horsley (28)	1:10:23	Stewart Little (63)	42:08	Julie Gosling (320)	1:02:58
Andy Porter (33)	1:11:55	Andy Porter (66)	42:22		
Andrew Olden (46)	1:14:00	Andy Horsley (68)	42:27	Broadstone Quarter – 03 Jan	
Ian Kennedy (79)	1:20:20	Andrew Olden (84)	43:52	Jerry Shield (10)	39:34
David Wild (87)	1:22:02	Paul Mallett (109)	45:11	Tim Harris (19)	41:12
Jools Maskell (106)	1:26:57	Ian Kennedy (117)	46:05	Graham Starmer (24)	41:51
Guy Miller (124)	1:30:35	David Wild (138)	46:56	Eric Gilbert (33)	42:53
Tim Box (130)	1:31:55	Phil Whitehurst (145)	47:10	Anthony Clark (36)	43:14
Terry Simms (149)	1:39:36	Terry Simms (239)	51:26	Andrew Olden (59)	45:21
Julie Gosling (160)	1:49:31	Tim Box (258)	52:09	Steve Guy (60)	45:23
		Guy Miller (281)	53:45	Jon Braund (66)	45:59
The Stickler – 25 October		Michele Whitehurst (304)	55:21	Paul Mallett (81)	47:10
Graham Whiffen (65)	1:23:48	Bob Caines (339)	57:44	Daryl Davies (86)	47:38
Steve Guy (66)	1:23:55	Wendy Kennedy (345)	58:10	Paul Grist (100)	48:29
Jon Braund (67)	1:24:00	Clare Horsley (370)	1:00:49	Nick Solomon (112)	49:36
Nick Solomon (188)	1:35:35	Julie Gosling (393)	1:04:06	David Wild (114)	49:47
David Wild (245)	1:41:18			Ian Kennedy (120)	50:13
Nigel Eldred (274)	1:44:41	Poole Winter Series 2 – 27 November		Jeff Hinsley (139)	51:26
Bob Caines (375)	1:55:51	Andy Horsley (86)	20:28	Maddy Vaughan-Johncey (156)	53:52
John Guy (424)	2:09:28	Andrew Olden (110)	21:17	Brian Lincoln (166)	54:28
		David Wild (145)	22:18	Jools Maskell (180)	56:12
Great South Run – 25 October		Derek Sainsbury (261)	27:44	Georgie Hougham (196)	58:03
Kevin Elliott (2368)	1:22:27	Clare Horsley (271)	28:30	Julie Mead (203)	59:51
Paul Hine (3610)	1:27:13	Jacqui Sainsbury (292)	30:29	Wendy Kennedy (205)	1:00:09
Guy Miller (4283)	1:29:19			Kelly Williams (213)	1:02:37
Barbara Frampton (6508)	1:36:22	Christmas Pudding 10k – 13 December		Denise Craddock (219)	1:02:47
Michelle Eggertsen (6884)	1:37:30	Jerry Shield (20)	36:53	Bob Caines (221)	1:03:07
		Anthony Clark (24)	37:10	Clare Horsley (223)	1:03:23
		Derek Evans (46)	39:05	John Guy (239)	1:12:09
		Craig Dixon (65)	39:58	Julie Gosling (240)	1:12:14
		Guy Thompson (66)	39:58	Teresa Grist (243)	1:14:37
		Iain Donnelly (87)	40:31		
		Graham Whiffen (98)	41:15	Somerley 10k – 03 January	
		Andrew Olden (114)	42:12	Anthony Clark (10)	40:06
		Adrian Mead (124)	42:52	Nick Solomon (76)	46:52
		Jon Braund (132)	43:14	Phil Whitehurst (84)	47:27
		Paul Grist (153)	44:29	Michelle Whitehurst (272)	56:05
		David Wild (154)	44:34	Julie Mead (274)	56:08
		Phil Whitehurst (162)	45:10	Debbie Whittle (329)	58:34
		Nick Solomon (169)	45:26	Denise Craddock (358)	59:57
		Jeff Hinsley (256)	48:58		
		Nigel Eldred (259)	49:05	Somerley 5k – 03 January	
		Georgie Hougham (317)	51:50	Claire Newby (37)	30:10

Results prepared by **SURREY COMPUTERS** (Ringwood) 01425 474410

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Wimborne A.C. Road Runners - January 2010

If you have competed in a race we may not know about, email your results to sales@surreycomputers.net

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