

## Wimborne A.C. Road Runners - July 2006

Firstly a big welcome to Mary, Jackie and Selwyn, new faces on Thursdays at QE. It's been a busy quarter with challenges taken on by quite a few of us, spring marathons for many and the Marathon des Sables for Andy, plus the Ridgeway Relay 100k race. Pushing the outside of the envelope in the autumn and winter will be Tim Harris who will be attempting seven marathons in seven weeks on seven continents, details below. Needless to say, Tim is currently piling up the training miles. Tim's website address is given below, it is also accessible from a link from [www.wimborneac.co.uk](http://www.wimborneac.co.uk)

Remember that website address – [www.wimborneac.co.uk](http://www.wimborneac.co.uk) – Jerry has put some work into the website and it is worth checking at regular intervals as it is now being updated much more often. *Keep up to date with what is happening in your club.*

Congratulations are due to Steve and Mo for their successful organisation of the Blandford Bridges Run on 18<sup>th</sup> June in aid of the Les Pike Fund which raises money for medical equipment in Blandford. For full results for this race visit [www.blandfordbridgesrun.co.uk](http://www.blandfordbridgesrun.co.uk). A few of us helped out with the marshalling, on what was a swelteringly hot day.

### **WAC RUNNER IN WORLD RECORD ATTEMPT?**

Tim Harris writes:

'As far as stupid ideas go I think I have a winner! I will be running seven marathons in seven continents in seven weeks. My aim is to raise money for Wateraid, so that they can build some sustainable water technologies particularly in Uganda. Setting off in Buenos Aires, Argentina in October, I will then be travelling to Egypt, New Zealand, Sicily, Seattle, Singapore and finishing off the trip in Antarctica, arriving home before Christmas. This will give me a total of 183.4 miles during the challenge. I am currently awaiting confirmation from Guinness, as to whether this will indeed be a legitimate world record. Ranulph Fiennes failed the Antarctica part of his attempt to do it in seven days due to bad weather in the South Pole, I wasn't aware there could be good weather down there! **I am still looking for corporate sponsorship to help me get around the world, and then plan to use any public sponsorship to donate straight to Wateraid. If you can help me in either way I would be very grateful.** I will be circulating sponsorship forms very soon.

I have set up a web site, [www.sevendeadlymarathons.com](http://www.sevendeadlymarathons.com) please have a look for further information. I will hopefully see some of you at the New Forest Marathon which will be part of my preparation for October.'

There are a couple of big club days coming up in the next few weeks, details of these are shown below. NOTE : THE WAYFARER'S RELAY IS ON A NEW DATE, IT HAS BEEN BROUGHT FORWARD TO 22 JULY (NOT AS REPORTED IN APRIL'S NEWSLETTER).

**'RUN TO THE COAST' 16<sup>th</sup> July, 2006** – We have had an excellent turnout for this run on the previous occasions we have done it, and an even bigger turnout at the pub at Mudeford at the finish line. An outline of the route is (you can run either the whole route or join at any point):

Depart Wimborne (0m.) – Suspension bridge – Canford Village (1.25m) – Knighton House – The Bridge House, Longham (4.25m) – Dudsbury Fort (the only hill) – Parley Cross (5.7m) – Brambles Farm – Merritown House (Alice in Wonderland) – Throop Mill (9.3m) – Holdenhurst – Riverside Avenue – Iford Bridge (11.9) – Tuckton (13.3) – Wick Village – The Spit, Hengistbury Head (16.3) – Ferry to Mudeford.

Roughly 7.5 miles of the first 9 miles are off-road, the next 2 miles are on a quiet road, then some off-road until the Iford-Tuckton Bridge section which is road and finally quiet road to Wick finishing with off-road. We will depart Wimborne at 9.30am, other possible joining points are shown in the route summary with mileages. So suggested times would be Canford village 9.45, Parley Cross 10.25, Throop Mill 11.00, Iford Bridge 11.30, Tuckton Bridge roundabout 11.45. The timings are only suggestions, talk to others you intend to run with – you might find these timings too fast or too slow – if you want to leave earlier or later feel free to – the idea is that we should all meet up in the pub at Mudeford for food and drink between 12.00 and 1pm. The route is not marked but a set of route notes are available if you contact me (I can either e-mail or post you the information).

**WAYFARER'S RELAYS - Saturday afternoon 22<sup>nd</sup> July** – This is a relay race using a 3 mile(ish) loop off-road. This is organised by Poole Runners and takes place near Ferndown police station. They also provide camping, a bar, a disco, a BBQ and a breakfast run. We can enter all male (6), all female (4), Junior (4) or mixed (6) teams. We had a fantastic turnout for this last year. Let's see if we can manage that again. Jerry is organising the teams give him a ring on 01202-881085.

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**BEACH RUN, FLAGHEAD CHINE, Thursday 10<sup>th</sup> August, 7.00pm** – A run along the prom from Julie and Adie Mead's beach hut, which is between Flaghead Chine and Shore Road in Sandbanks. A chance for a really fast training run. There will be barbecues on the go afterwards so bring along some food and drink, prior to the fireworks.

**MARATHON DES SABLES** – Andy's desert run sounded like hell on earth to me. According to the website, the conditions were really bad, very high humidity (which makes you sweat more and thus creates an even bigger dehydration issue than normal) and that the first 3 stages were the toughest start (weather-wise) in the history of 21 years of the race. Results on Day One came in more or less OK. Andy came in about 2/3 of the way down the field. The next day was a different story – there were a couple of hundred runners unaccounted for. Andy was one of them. It took ages for an update on what was going on. Eventually his name turned up – he had had horrendous blister problems and spent a couple of hours in a medical tent being treated for dehydration with an IV drip – but he still made it 20 minutes inside the cut-off time. Many people didn't make it. Andy's blisters were caused because the advice the runners were given in their pre-race packs told them to wear running shoes two sizes too big for them as their feet would swell up in the heat. I don't know if it was because of the freakish humidity situation or not, but Andy's feet did not swell up so his shoes did not fit. The soles of his feet were just flaps of raw skin. Andy and many other runners were in severe difficulties with dehydration. There were a record number of 'abandons' by this stage. At the start of Day 3 the organisers decided to increase the runner's water ration by 1.5 litres because of the extreme weather conditions – it was too little too late. Day 3 was a day of carnage. It was to be a 38km stretch, Andy was overheating and out of water when common sense prevailed and he realised he was going to have to call for help and release his distress flair (and thus abandon the race). He didn't have the energy to release his flair – another runner had to do it for him. He was just 6km from the finish. By the end of Day 3 there were three times as many 'abandons' than there had been in the whole of the race the previous year. Two runners suffered strokes, one Irish guy was induced into a coma because his body had lost the ability to control his body temperature – he was flown out of the desert to a hospital in Marseilles. Thankfully it has been reported that all three of these runners have recovered.

Andy's e-mail from the desert at the time said, 'there are a lot of angry people out here'. Those who had to pull out were a complete cross-section of the field and included a number of the elite runners who were expected to do well. The organisers then took more drastic action and doubled the water ration for each runner and also shortened the distance of Day Four section by 18km, cutting out much of a mountain section. But this decisive action came too late for Andy. The number of 'abandons' also caused logistical problems for the race organisers – they were now faced with providing transport through the desert for around 150 runners.

Needless to say that having made these concessions weather conditions started to improve and many of the runners would probably have completed the event if more decisive action had been taken earlier.

Andy doesn't seem to hold any bitterness towards the organisers – but you can't help feeling that they let the competitors down and the situation was allowed to escalate out of control.

Unbelievably Andy is talking about 'taking care of unfinished business' and is already planning to go back, and has paid his deposit for 2008! He is an extraordinary person, and his Missus is a bit special too for putting up with his obsessive behaviour. He has written a desert diary – which is accessible as a PDF from [www.wimborne10.co.uk](http://www.wimborne10.co.uk) – which has a full account of what happened. It is an excellent read, though not for the squeamish (like the race, the diary is on an epic scale – 11 pages). Take the time to read it. If you don't have access to the internet and you would like a printed copy, please get in touch with me.

**LONDON MARATHON** – By the time the July newsletter comes out, the London Marathon seems like ancient history (especially if you were one of the runners in it). In all there were 11 WACers in the race – most of whom could tell a story with a happy ending – having achieved their targets. For the first time WAC was granted three club places (these went to Debbie, Steve and me), and at one point a club place was looking like a poisoned chalice, with all three of us (as well as Linda) struggling with injury niggles - we all made it on the day though. Simon was our fastest runner with a PB, Steve (despite his injury concerns also got a PB). Jonnie, Linda and Debbie all completed their first marathons. John (70) was some 20 minutes inside his qualifying time for a guaranteed place next year - excellent. Debbie had a severely disrupted training programme due to an achilles injury, and it was a brave decision to run, it proved to be the right one. When you hit difficulties like that, that is when belonging to a club really pays dividends. Jackie Sainsbury was an excellent mentor for Debbie and her efforts and support helped Debbie to achieve her goal. Needless to say the WAC turnout in London that day was significantly greater than the 11 runners in the race. With around 30 non-running supporters and red and black balloons tied to a tree on Birdcage Walk, and with Barbara's bells and Callum's hooter blasting away, we were surely the most boisterously supported club runners in the race. Thanks for your support (*see also race reports later*).

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## LONDON MARATHON RESULTS

Place		Splits at					Finishing time
		10k	20k	13.1m	30k	40k	
449	<b>Simon Mortimer</b>	39:19	1:18:52	1:23:11	1:58:28	2:38:54	<b>2:47:57</b>
1520	<b>Jerry Shield</b>	41:26	1:24:06	1:28:44	2:07:18	2:53:27	<b>3:04:06</b>
2058	<b>Adrian Mead</b>	42:18	1:25:07	1:29:51	2:10:12	2:59:01	<b>3:09:58</b>
3966	<b>Steve Guy</b>	46:56	1:32:15	1:37:06	2:18:35	3:12:16	<b>3:25:14</b>
4875	<b>Jim Williams</b>	46:38	1:33:56	1:39:04	2:22:49	3:17:44	<b>3:30:24</b>
16191	<b>Ian Kennedy</b>	59:05	1:59:46	2:06:15	3:01:07	4:04:33	<b>4:18:20</b>
18212	<b>Jonnie Pittard</b>	1:01:06	2:01:47	2:08:30	3:05:00	4:11:58	<b>4:25:51</b>
19241	<b>Jill Harsent</b>	1:01:25	2:04:04	2:10:43	3:06:01	4:14:47	<b>4:29:45</b>
21756	<b>John Guy</b>	58:15	2:02:23	2:09:38	3:12:11	4:25:10	<b>4:40:26</b>
29367	<b>Linda Eldred</b>	1:09:54	2:21:14	2:29:28	3:48:27	5:11:34	<b>5:28:23</b>
30839	<b>Debbie Pittard</b>	1:12:12	2:30:19	2:38:15	3:57:08	5:27:53	<b>5:46:41</b>

Here is a reminder of how the draw for club places for the London Marathon will work for 2007's race. 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.

**WIMBORNE 10 TIME TRIAL** – We had a decent turnout for this excellent session. Eight runners ran the 10-mile route, while other runners ran some part of it and there were a few of us on bikes also. It was a very warm and humid night – not ideal running conditions. Jerry started later than everyone else and he recorded his fastest ever time over the course.

1	Jerry Shield	1:05:45	3	Adie Mead	1:13:54	5	Mary MacClancy	1:15:23	7	Graham Whiffen	1:19:22
2	Andy Horsley	1:13:06	4	Nick Solomon	1:14:49	6	Jon Braund	1:15:23	8	Derek Sainsbury	1:35:06

**PURBECK RUN AND BBQ** – This took place on 29<sup>th</sup> June at Rona's house. We chose a late June date for this one to give us as much daylight as possible and were lucky with the weather. For the few of us who made the trip we had a fantastic evening. Most of the run was flattish and we ran along footpath and tracks through pine trees and heathland. It was an outstanding route partly along the trackbed of an old tramway, and at various points offered views of Poole Harbour, Furzey and Green Islands. The area seemed to be alive with wildlife, birds were in abundance and we saw quite a few deer. We used a footpath across a field near a small farm which was populated by a number of cattle. The cattle moved away from the path as we approached – except, that is, for one enormous bull, who, fortunately viewed us with an enormous level of indifference as he resolutely stood his ground. On the way home we even saw a badger – he ran in front of us for about 100m, I reckon he was doing 6 minute miles. Many thanks are due to Rona, Jim and their family who made us very welcome. Hopefully we will be able to do this run again next year – it might be better to try and organise it for a Sunday as it is a little bit of a trek for a week night run.

**POOLE RUNNERS SUMMER SERIES** – The start time for all races is 7.30pm (junior race at 7.00pm), with registration on the night. Entry fee is £2 per race, Any queries about this contact Bruce Cameron on 01202-695472. The remaining race dates are as follows:

14 July, Canford Park Arena (3.3m)      28 July, Upton House (3.5 m)      18 August, Canford Park Arena (3.3m)

*Keep on runnin', Ian*

**Can you spare two hours once a month to help develop the running club?** I have been assisting Ed Arnold in the past year in training young middle distance runners. However, it is proving difficult to build the group and to commit to every Saturday. I was wondering if anyone could spare one Saturday a month between 10.00 and 12.00 to help continue this? In addition, to building up the running club and generally promoting athletics, being involved brings its own rewards. The children are fun and enthusiastic which makes the experience enjoyable; you are constantly learning about fitness from Ed and the other coaches that are milling around, that naturally transfers to your own training; and the training contributes to your own fitness. The more volunteers the easier it will be to move this project forward. Any time you can give would be much appreciated. Please contact me to discuss – 07977 417930 / 01202 707463. *Kim*

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## ROAD RACE LEAGUE SUMMARY

Excellent to see that we still have five runners still on for their Fidelity awards. So if you happen to be running with Julie, Denise, Wendy, Nick or Steve – please be especially careful not to trip them up. There has been a fantastic turnout at many of the races, well done to all of you. We believe the 25 WAC runners who ran in the Purbeck 10 set a new record for the highest turnout for us in a Dorset League race ever.

Next year's fixture list has already been set – although bear in mind these things do tend to change a bit – dates especially. Anyway the proposed list as it stands is:

Broadstone Quarter Marathon	1 January 2007
Milborne St Andrew 10 Mile	14 January
March Hare 20 Mile	4 March
Bournemouth Half Marathon	1 April
David Lloyd Quarter Marathon	7 April
Purbeck 10 km	9 May
Puddletown Plod (20 km)	10 June
Portland 10 Mile	1 July
Sturminster Half Marathon	5 August
Littledown 5 Mile	23 September
Wimborne 10 Mile	18 November
Boscombe 10 km	25 November

Looks like it could be worth getting a beach hut for the first week in April.

*Jerry*

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**WAC DOWN UNDER** – Even your Chairman sometimes has to give up his athletics and get away from it all ... or so you would think. This year's holiday took us to Australia and though we didn't quite make the Commonwealth Games we got around the country. Cairns is sub-tropical and just before we touched down I said to Helen, 'This is the sort of out of the way place that you will meet someone you are not expecting to'. We check in to the Cairns Queenslander Hotel and venture out. Down on the Esplanade three figures jog towards us and I realise that I recognise the shorter of the three as Sandra Buckley formerly of Wimborne AC. Predictably I say, 'Sandra, fancy meeting you here' and her jaw drops open. After a startled 'Hello' we quickly scribble down a phone number so that she can continue with her running companions – nothing gets in the way of a road runner on a mission.

The next day we phone the number and within a couple of hours we are enjoying a tour of the locality with Sandra and her husband Trevor. The scenery is wonderful and the quality of the food is great. We talk about Wimborne AC people (were your ears burning Barbara and Morag). Sandra introduces us to her local travel agent and fixes two reef trips and a journey on the scenic railway and Skyrail to Kuranda. We had a fantastic time. Perhaps we should twin with Cairns AC.

Sandra and Trevor feel that although it took them a long time to prepare to emigrate to Australia to join their daughter there, they didn't have time in the end to properly say goodbye to all their friends at Wimborne AC. They would like us to pass on to you all their very best wishes and if you are ever in Cairns then ... their address is 7 Baway Close, Lake Placid, Queensland 4878, Australia.

*Peter*

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**RIDGEWAY THE WRONG WAY! (Recycling the Ridgeway)** – There were to be two teams running the Ridgeway this year. The men's team and the ladies. I am told that this race is by invitation and that the last time the ladies took part, they got lost and kept the marshals hanging around for several hours, so being invited to take part again carried a certain amount of pressure.

Denise, one of the team members asked me to run with her and Julie – not in the proper race of course, but in the 'practice run' or should I say 'expedition'. Now to be asked to run with the 'big girls' is, for me, an honour, I was proud and you know what pride comes before ...

Well, Denise had run this particular Wednesday morning with Louise (one of the real team) to cover one of her 'legs' and then in the afternoon accompanied by Julie and myself we would cover one of Julie's 'legs'.

We arrived at the appointed (handover) spot and Julie wasn't far behind. We left one car at the end of the 'leg'. Julie was sure she remembered this as a handover point, and drove the other car to the start.

Armed with all the relevant notes, we set out. Needless to say it was extremely cold and windy (I only run in wind and rain – see the weather conditions off all my races).

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Past three gates and into a field, across the field hugging the right-hand hedge, exiting the field via the gate and onto the signpost for the Dorset Gap. Simple enough!!!! There were cows in the field – hundreds of enormous cows – I may be prone to a bit of exaggeration here – but these cows appeared to be interested in us. We made a decision, to exit the field under some very rusty barbed wire and then make our way perilously through the undergrowth next to this field, more or less on our hands and knees. There was a sheer drop to our right, and cows to our left, but wearing our Wimborne AC jackets (well Denise did) we soldiered on. At one point Denise was heard to say 'shall we just make a run for the gate'. There were at least a dozen of these very large cows huddled around the aforementioned gate. So 'no' was the appropriate response to this suggestion.

Julie found the way, through more undergrowth and more barbed wire and into the next field. Then uneventfully on to the next point, where you were invited, if on a training run, to write a comment in a book kept in a tin box for the purpose.

There were heart-warming comments – 'Worth the effort', 'Enjoyed the run', etc., etc. Julie wrote 'We hate cows' and signed it for the three of us (but didn't mention Wimborne). Down the next track, then up a 1 in 4 or 5, then across a flat, even field, down another track, past a yokel in a tractor – did I say something about inbreeding, and back to the car only to find a note under the wipers pointing out that where we had parked was not a car park but farm property – you could have got six combined harvesters past us, but Julie's mini was obviously in the wrong part of the 100 yard forecourt.

Denise was running again the next day – the next leg, but sadly I was busy.

Sheilagh

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### RACE REPORTS

**London Marathon – 23 April** – This was a race that I had serious doubts as to whether I would be able to take my place on the start line. I have been struggling with a foot injury for some time, and it seemed to be more of a problem when running on roads, rather than off-road. I had more or less decided that this was going to be my last road marathon. I managed a three week period where I was able to run without interruption from mid-March. It started with a 21 mile run I did with Gilleen, Jill and Kim where we ran the first three legs of the Ridgeway – due to my lack of miles it required a good deal of patience on their part. I then got in a 9 mile run mid-week and the following weekend I did a 22 mile plod on my own that took an eternity (both off-road). My foot was OK and this more or less convinced me that I would be there on the day – even though I had not managed any significant mileage on roads. Over the next 10 days I ran a long run on a Sunday and 6 miles(ish) run in the week. I seemed to make horrendously hard work of the mid-week runs. I am grateful to those who ran with me on these occasions, including one particularly pitiful effort, with Jon supporting, from QE on a Thursday. I set myself a race target time of 4:30 which, based on my long distance cross-country training runs looked wildly optimistic, my fragile ego couldn't have coped with a slower target time. I guess my first real target was to finish, but if I was to get inside 4:30 I would need to run at around 10 minute mile pace.

Come race day I set off just inside the required pace and seemed comfortable, it was just a matter of how long I could keep it going for. The atmosphere around this race is wonderful, there is so much noise and colour, I was starting to enjoy myself. We went past the deafening steel drummers under the flyover and then there was the band at the Cutty Sark – always a sight to lift the spirits. At around 10 miles I ran past a band whose singer crooned the Stones' *The Last Time* in the style of Mark E. Smith of The Fall. I was already starting to think, 'Maybe the last time, I don't know'.

It was going well, I reached halfway in 2:06 – well inside my target time. I was breaking the race into sections and setting little targets to break up the distance. At 18 miles there was a slight incline, and at the top there was a blues band unbelievably knocking out the old John Lee Hooker chestnut *Serves you right to suffer*. I allowed myself a wry smile and thought I am not suffering, although around me were the first real signs of runners starting to struggle. At 18 miles the next target was to reach 20 miles within 20 minutes, and I just built from there in 2 mile sections. Once you get to 22 miles you start to believe that having got that far without any serious issues you are going to be OK. Although my pace did drop in the second half of the race it was only by a small amount – the dream of a negative split in a marathon still eludes me. It feels so much better when you feel you are stronger than most of the runners around you. I really enjoyed those final miles, I am sure this is the first time I could say that about a London Marathon. All the way along the Embankment it is like you are running through a tunnel of sound, we leave the river and turn down Birdcage Walk – nearly there. You lift your pace from the 25 mile marker. I know where to look out for the WAC supporters. About 200-300 yards away I can see a mass of red and black balloons – that has to be them. I know how hard it can be to spot your handful of runners amongst the thousands going by. I thought, will they spot me, I am here before I told anyone to expect me – that is some sort of a first (it's usually, 'he should have been here

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10/15 minutes ago'). Approaching the balloons you turn up the gas, go speeding past your supporters and try and maintain that new-found pace going into the final turn into the Mall. I've done it. 4:18 and top half of the field, just. I can't believe it. I am not sure how many marathons I have run since my first one in 1986, 20-something, this is one of the slowest, but in terms of satisfaction it is one of the best. I felt I had achieved as much as I was ever likely to with the fitness levels I took to the start line on the day. In 2003 I ran the London Marathon in 4:17, one minute faster. I was absolutely gutted, I had run well in the first half of the race and it fell apart horribly in the last six miles – I didn't collect my goody-bag and T-shirt, I wanted no reminder of that run. How times have changed. The race is over and I have got a little stiffness in the legs – nothing serious. I already know that come September I will be sending off my entry form for next year's race. Hopefully I can run it with Wendy. So much for this being my last road marathon! It's not clear which side of the barriers I shall be on in Birdcage Walk next April, but whichever it is, see you there. *Ian*

**Playtex Moonwalk Marathon – 20 May** – Though not a running event, this is a still a challenge which I happily decided to enter again. The first time I was satisfied to finish without blisters and other impediments, and completed it in a whisker under 7 hours (although 30 minutes waiting for the loo at the Albert Hall should be deducted). Two years later, and I hoped to do better.

The Moonwalk has become incredibly popular in recent years which although a good thing, as it raises the profile of the charity Breakthrough for Breast Cancer, it has drawbacks. Entries in 2005 were over-subscribed by approximately 20,000 (only 15,000 can enter) and the administration is often chaotic and slow. After failing to gain a place in 2005 I was determined not to miss out for 2006, and for the first time entry was possible on-line. Needless to say the website crashed in less than hour, but in that time I, and two good friends, Michele and Sharon, luckily succeeded. Training commenced 'properly' in early 2006 with regular 7-8 mile walks usually under 1 hr 50 mins with the pace and length increasing during the spring. The longest training walk was 20 miles, which took around 5 hours. One of our favourite routes took us from Branksome through to Poole Quay on to Panorama Road via Lilliput and Evening Hill, up to Boscombe pier, returning via the Lower Gardens and Coy Pond. Usually we would start nice and early so that the day wasn't filled with walking, and enjoy catching the regular racing pigeon start at Baiter and the charter boats getting ready for the day.

The Moonwalk day arrived on the 20 May and it didn't promise much. The weather on the preceding days was foul and although more settled, it was cold and windy and threatened rain. The organisation on the night was very good, with rain capes and space blankets given to all on arrival and each participant offered a meal of pasta or rice in the vast pink marquee otherwise known as 'Playtex City'. Entertained and fed, by 10pm we were all impatient for the start and in order to get a good place we moved towards the start pens eager for the 'off'. We weren't kept waiting long and at 10.45 Lorraine Kelly got the first walkers started. The course is different from the London Marathon and winds its way around Hyde Park through to the Thames and along both sides of the Embankment, allowing us to sight-see in Chelsea and Knightsbridge, Westminster and Nine Elms! After approximately a mile and a half, we wished our friend Michele good luck as she dug in and took off into the night, her pace was about 5 mph, ours around 4.5 mph. We were in an excellent position as there were few walkers in front and not many chasing our heels. The roads are not closed so walkers must use the pavement and when numbers are large it becomes a real problem not to get caught in logjams. (Further back down the course walkers found their path impeded by floodwater that caused delays of around an hour). Sharon and I were making good progress, in spite of frequent 'comfort breaks' and were on our last 3 miles when at 4.20am Michele rang on her mobile to tell us she had finished! She had sustained her 5 mph pace, ignored the call of nature and had battled her way into first place from the half way point on to the end. She had stated that she aimed to finish in 5.30 and amazingly did it in 5.18. The Moonwalk is a non-competitive event so sadly no times are recorded or prizes given, not even a bouquet for the first finisher, her consolation being a nice mention on the 'Walk the Walk' website. By the time the rain had started we were on the last two miles, though they felt around five, but at last the line was in sight, and exactly on 5am we finished, completing in 6.15. Throughout the night the marshalling was excellent, with friendly encouragement and advice all the way round, with ample water and fruit stops and sufficient portaloos for all. An added bonus was a complimentary ticket for each walker for the O2 Wireless Festival held in Hyde Park in June. Although we agreed that this would be a our last time, I still have a feeling that I might be trekking down the Albert Embankment at 2am once again in two years time. Let me know if you fancy joining me!

*Wendy*

**Wessex Ridgeway 100km Relay – 21 May** – WAC had a mixed day at Ridgeway to say the least. The men had a really good run out. The conditions were so awful it was funny (once you were running). Graham got us off to a good start – and Stewart, Craig and Jon all ran brilliantly over the next legs. Craig had only just signed up as WACer and immediately agreed to be part of the Ridgeway team – I am not sure he knew what he was letting himself in for! Having waited until Leg 5 for my first leg I was already cold and wet – the lads had all come in absolutely soaked and covered in mud. I can't say I was relishing the prospect. But

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

running in it was much better than standing around in it. I managed to run my first leg 10 minutes inside my own estimate realistically based on recent (poor) form, and lost one place in the last mile. Phil then ran a stormer, the fastest by any runner over Leg 6, and recovered the lost place. Me, Jon and Phil went for a little r&r in Dorchester and left Graham, Craig and Stewart to it. We were there to see Stewart come in at the end of Leg 9. It was still chucking it down, some of the paths had turned into raging torrents (a week before the race I was a little concerned about how my foot would bear up, and was heard to say that a little bit of rainfall in the previous week might help – you should be careful what you wish for!). So, waiting at the Leg 9/10 change-over point, this vision appeared in the distance, having emerged from the hedgerow. It looked like a cross between an angry wasp and the creature from the black lagoon – but whatever it was, it was wearing a (barely discernable) red vest with a black sash across it. It turned out to be a highly agitated Scotsman who had taken a bit of tumble. We were all in fits of laughter, Stewart was absolutely plastered in mud. Jon then took off on Leg 10 and also took a tumble – a nasty gash below the knee – it didn't slow him down though. He bled over my precious Ordnance Survey maps once he got back in the car. Then it was my turn again (Leg 11) – the weather had improved significantly. I had 6.2 miles to do (10km) which included two hill forts. I wasn't expecting too much as I did a pw for 10k (50 mins) at Avon Heath the previous week in much easier conditions. I knew I was the team's weakest link, so it had to be 100%. Anyway I did it in 53 mins which I was happy with. I had managed to comfortably defend the team's overall placing. Phil then raced for the finish. We finished just before 5.00pm in fourth place (out of 21 starters), Phil almost caught the third place man on the final leg, although he managed to tear his hand on barbed wire on a fence post in the process. The time is about 14 minutes slower than last year – but given the conditions it may be an even better effort. Last time we were 5th out of 13. Personally as I dipped out of last year's team with a late injury problem (I ended being the driver for the day) I was just delighted to be running again.

The girls ran the first two legs well, but then Gillean got lost on Leg 3 and they were last. Then on Kim's next leg she got lost and lost even more time (Leg 7). Jill decided not to wait any longer and to go on without the baton. Jill, Kim and Gillean were happy to continue regardless. Julie, Denise and Louise decided there was no point in continuing at that point as the team had effectively disqualified itself. Kim, Jill and Gillean completed up to Leg 9 and then drove to Uplyme for bangers and mash in the pub. We didn't bump into the girls at any point during the race apart from at the start. I don't know how Kim and Gillean contrived to get lost – they had both recyed those legs!

We have found out that there is another Ridgeway relay organised by Marlborough Runners from near Luton to near Marlborough (about 80 miles) which needs 10 runners in a team – we are considering looking at this for June 2007.

*Ian*

### Rotary ¼ Marathon – April 8th

Simon Mortimer (11)	38:04
Jerry Shield (25)	40:23
Steve Guy (58)	43:33
Nick Solomon (87)	46:41
Brian Lincoln (98)	47:44
Debbie Whittle (174)	55:21
Julie Mead (178)	56:01
Denise Craddock (187)	57:37
Wendy Kennedy (197)	58:58
Barb Frampton (212)	61:35
Sheilagh Howes (219)	63:08
Lee Longmore (243)	67.45

254 finishers. Ladies were 6<sup>th</sup> and men 4<sup>th</sup> in the league. Pretty rubbish weather if my memory serves me well.

### Poole Summer Series – Upton House – May 5th

Derek Evans (15)	20:35
Eric Gilbert (45)	22:25
Mark Gilbert (49)	22:36
Kim Joliffe (124)	28:33

179 finishers. How long before Mark beats the old man?

### Amesbury Amble (40k) – May 7th

Andy Horsley (First)	4:05:00
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### Purbeck 10k – May 10th

Jerry Shield (34)	37:48
Derek Evans (36)	37:54
Stewart Little (43)	38:28
Phil Burgess (77)	40:30
Steve Guy (78)	40:33
Adee Mead (84)	40:42
Eric Gilbert (88)	41:00
Graham Whiffen (106)	42:41
Daryl Davies (112)	43:00
Nick Solomon (127)	43:59
Mary MacClancy (141)	44:33
Brian Lincoln (148)	44:52
Shirley Billington (203)	48:10
Nigel Eldred (206)	48:20
Kim Joliffe (211)	48:36
Jonny Pittard (250)	51:08
Bob Caines (252)	51:17
Julie Mead (256)	51:39

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# Wimborne A.C. Road Runners – July 2006

## Purbeck 10k – May 10<sup>th</sup> (continued)

Gillean Keith (261)	52:00
Denise Craddock (287)	53:53
Helen Allen(310)	56:38
Sheilagh Howes (325)	59:48
Wendy Kennedy (336)	61:43
Debbie Pittard (342)	63:07
Lee Longmore (348)	66:18
Linda Eldred (357)	74:33

358 finishers. Possibly the largest ever turnout of WAC runners (25) in a road race. Including a rare sighting of the lesser spotted Billington. Men :5<sup>th</sup> in the league, Ladies : 7th

## Moors Valley 4k – May 14th

Jacqui Horsley (31)	25:45
Charlotte Horsley (60)	33:00

## Moors Valley 10k – May 14th

Clare Horsley (217)	69:56
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## Poole Summer Series – Canford Arena – May 19th

Derek Evans (13)	18:07
Kirsty Harvey (71)	23:08

117 finishers

## Marlborough Downs 33.4m – May 20th

Andy Horsley (27)	6:08:00
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Andy got lost twice!

## Wessex Ridgeway Relay 100k – May 20th

Below are the results for the teams that completed. A full breakdown of results can be found at

[www.gillinghamtrotters.talktalk.net/wessex06.htm](http://www.gillinghamtrotters.talktalk.net/wessex06.htm)

1st	Poole Runners	8:32:18
2nd	Dorset Doodlers I	8:43:54
3rd	Marlborough	9:24:43
4th	Wimborne Men	9:28:21
5th	AVR	10:07:29
6th	Dutch Mountain Rescue	10:15:06
7th	O to Tasty	10:15:06
8th	Wells Ladies	11:10:37
9th	Wells Men	11:10:37
10th	Dorset Doodlers Ladies	11:20:19
11th	Yeovil	11:28:52
12th	Gillingham Trotters I	11:41:52
13th	Gillingham Trotters II	11:41:52
14th	Dorset Doodlers II	11:57:35
15th	Long Suffering Friends	12:45:11
16th	Ian and Ines*	13:40:39

\* This team consists of only 2 runners – so they ran 50k each

## Egdon Easy – May 27th

Debbie Whittle (101)	51:42
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167 finishers

## Poole 10k – June 4th

Stewart Little (54)	38:39
Jerry Shield (62)	39:07
Steve Guy (106)	41:27
Neil Hopkinson (125)	42:25
Richard Atkins (153)	43:40
Craig Dixon (221)	45:57
Nick Solomon (231)	46:09
Graham Starmer (287)	48:07
Andy Horsley (288)	48:07
Bob Caines (416)	51:58
Julie Mead (524)	55:11
Wendy Kennedy (563)	56:44
Denise Craddock (630)	58:51
John Guy (660)	59:57

853 finishers. Scorchio.

Men 5<sup>th</sup>, Ladies 8<sup>th</sup> in league.

Good to see Graham running for us again – albeit not at his maximum pace!

## Edinburgh Marathon– June 11th

Jane Douglas (1212)	3:56:11
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Jane's first marathon inside 4 hours despite persistent knee problems. Its amazing what you can do with a few Nurofen.

## Puddletown 20k – June 11th

Stewart Little (13)	1:21:05
Jerry Shield (18)	1:24:05
Steve Guy (31)	1:27:51
Andy Horsley (39)	1:33:34
Jon Braund (40)	1:33:35
Nick Solomon (50)	1:36:48
Debbie Whittle (77)	1:50:49
Becky Selby (97)	1:58:52
Julie Mead (98)	1:58:52
Wendy Kennedy (100)	2:00:27
Juliet Mellor (109)	2:09:16
Denise Craddock (110)	2:09:16
Sheilagh Howes (126)	2:33:59
Lee Longmore (127)	2:33:59

128 finishers. Men 4<sup>th</sup>, ladies 7<sup>th</sup> in league.

## Poole Summer Series – Upton House – June 16th

Richard Atkins (40)	23:17
Phil Burgess (48)	23:52
Kirsty Harvey (104)	29:31

143 finishers

## Blandford Bridges 10k – June 18th

Gillean Keith (79)	50:45
John Guy (125)	56:45
Jake Hector (130)	57:35

161 finishers

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# Wimborne A.C. Road Runners - July 2006

## Portland 10m – July 2nd

Stewart Little (15)	64:54
Jerry Shield (36)	69:08
Steve Guy (52)	71:58
Andy Horsley (85)	77:21
Nick Solomon (104)	80:53
Gillean Keith (147)	87:16
Debbie Whittle (185)	93:33
Wendy Kennedy (198)	96:19
Julie Mead (201)	97:22
John Guy (214)	100:08
Denise Craddock (228)	106:23

The Portland 10 had 248 finishers. Pretty much everybody's times were down on last year. The weather was very hot, although there was at least a bit of a breeze and extra water stations – 8 - I think in all. Ladies: 7<sup>th</sup>, Men: 5<sup>th</sup> in league.

**Thanks for very much for all your contributions to this latest newsletter. Make sure you have your say, if you have any contributions for July's newsletter please e-mail them to**

[lan@Wimborne10.co.uk](mailto:lan@Wimborne10.co.uk)

Date	Status	Race	Contact	Close Date	Late Entry	Start Time
08 Jul		Charmouth to Golden Cap Challenge (8m)	Nick Bale, Race Organiser, Charmouth School PTA, The Court, The Street, Charmouth, Dorset, DT6 6EE. Email: <a href="mailto:runnersworld@shirwell.com">runnersworld@shirwell.com</a> Web: <a href="http://www.charmouth.dorset.sch.uk">www.charmouth.dorset.sch.uk</a>		Yes	15.00
14 Jul	PRSS	Canford Park Arena			Yes	19:30
15 Jul		Maiden Castle Loop (6.5m), Thomas Hardy Leisure Centre, Dorchester	Trish England, Egdon Heath Harriers, 23 South Court Avenue, Dorchester, Dorset, DT1 2BY. Web: <a href="http://www.egdonheathharriers.co.uk">www.egdonheathharriers.co.uk</a>		Yes	19:00
16 Jul		<b>Run to the Coast</b>	<b>Contact Ian 01202-577081</b>			
22 Jul		<b>Wayfarers Relays</b>	<b>Contact Jerry 01202-881085</b>			
28 Jul	PRSS	Upton House			Yes	19:30
29 Jul		Swanage Half Marathon	Linda Welsh, Withy Lakes, Betcher Farm Church Knowle Wareham. BH20 5NG <a href="http://www.swanagecarnival.com">www.swanagecarnival.com</a>		Yes	11:00
06 Aug	RRL/DCC	<b>Sturminster ½ Marathon</b>	<b>Pam Caffyn, Race Secretary, Dorset Doddlers, Mabelcoombe, Fosters Hill, Holwell, Dorset DT9 5LQ. Tel: 01963-23707 Email: <a href="mailto:roger.phelps@uk.thalesgroup.com">roger.phelps@uk.thalesgroup.com</a> Web: <a href="http://www.sturhalf.co.uk">www.sturhalf.co.uk</a></b>	<b>31.07.06</b>	<b>Yes</b>	<b>10:30</b>
12 Aug		Maiden New 'ten' Madness 10k	Phil England, Vice Chairman, Maiden Newton Runners, West View, Cattistock, Dorchester, Dorset DT2 0JB. Email: <a href="mailto:philatwestview@btinternet.com">philatwestview@btinternet.com</a> Web: <a href="http://www.maidennewton.info">www.maidennewton.info</a>	08.08.06	Yes	19:00
13 Aug		Salisbury 5-4-3-2-1 (10, 20, 30, 40 or 42k)	Ludo Macaulay, Event Director, Fire Services Charity, Salisbury Fire Station, Ashley Road, Salisbury, Wiltshire SP2 7TN. Email: <a href="mailto:ludomacaulay@hotmail.com">ludomacaulay@hotmail.com</a> Web: <a href="http://saliaburyfirestation.info">http://saliaburyfirestation.info</a>	12.08.06	Yes	09:30
18 Aug	PRSS	Canford Park Arena			Yes	19:30
20 Aug		Dorset's Duddle (32m)	Events Secretary, Pig Tale Barn, Church Lane, Osmington Weymouth DT3 6EW 01305-834674 <a href="mailto:Hardy.annual@btinternet.com">Hardy.annual@btinternet.com</a>		Yes	09:00
28 Aug	DHS	Shillingstone 5 Mile Hill Race	Roger Phelps 01963-370587	21.08.06	Yes	14:15
03 Sep		The Beast (c.13/14 miles)	Race Director, 2a Cranfield Avenue, Wimborne, Dorset BH21 1DE. Email: <a href="mailto:race.director@pooleac.co.uk">race.director@pooleac.co.uk</a> Web: <a href="http://www.pooleac.co.uk">www.pooleac.co.uk</a>	11.08.06	No	10:30
05 Sep		Poole Park Ladies 5k	Maureen Panton, 5 Nicholas Gardens, Bournemouth BH10 4BA <a href="http://www.poolerunners.freeuk.com">www.poolerunners.freeuk.com</a>	08.08.06	Yes	19:00
10 Sep		Hardy Hike (16 miles)	Sue Rawles, Office Manager, Dorset Wildlife Trust, Brooklands Farm, Forston, Dorchester, Dorset DT2 7AA. Email: <a href="mailto:acook@dorsetwildlife.co.uk">acook@dorsetwildlife.co.uk</a> Web: <a href="http://www.dorsetwildlife.co.uk/news/events/hardyhike.htm">www.dorsetwildlife.co.uk/news/events/hardyhike.htm</a>	03.09.06	Yes	10:00
17 Sep	DCC	<b>New Forest Marathon</b>	<a href="http://www.nfma.org.uk">www.nfma.org.uk</a>	<b>30.06.06</b>	<b>No</b>	
17 Sep		New Forest Half Marathon	As above	30.06.06	No	
17 Sep		Wimborne Triathlon 400m swim – 15 miles bike – 4 miles run	Concept Sports, PO Box 16, Romsey, Hants SO51 9ZU <a href="http://www.conceptsport.co.uk/events/wimborne_triathlon.htm">www.conceptsport.co.uk/events/wimborne_triathlon.htm</a>			
24 Sep		Littledown 5m	<a href="http://www.littledownharriers.com">www.littledownharriers.com</a>			
01 Oct		Clarendon Way Marathon ½ Marathon and Relay	<a href="http://www.hants.gov.uk/clarendon-way-marathon">www.hants.gov.uk/clarendon-way-marathon</a>			10:30

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## Wimborne A.C. Road Runners - July 2006

	Status	Race	Contact	Close Date	Late Entry	Start time
08 Oct		Gold Hill Run	I. Braun 12 Fairmont Terrace, Sherborne, Dorset. DT9 3JS. <a href="mailto:gillinghamtrotters@hotmail.com">gillinghamtrotters@hotmail.com</a> <a href="http://chriscussen.members.beeb.net">http://chriscussen.members.beeb.net</a>	30.09.06	Yes	11:00
14 Oct		Weymouth 10m	Race Secretary, 41 Lower Way, Chickereell, Weymouth. DT3 4AI <a href="http://www.weymouth-athletics.org">www.weymouth-athletics.org</a>	09.10.06	No	12:00
<b>22 Oct</b>	<b>RRL</b>	<b>Gillingham 7.5m</b>	<b>I. Braun 12 Fairmont Terrace Sherborne Dorset DT9 3JS <a href="http://chriscussen.members.beeb.net">http://chriscussen.members.beeb.net</a></b>	<b>14.10.06</b>	<b>Yes</b>	<b>11:00</b>
22 Oct		Hoburne 5	K. Mitchell Ridge House Barnes Lane, Milford - on - Sea, Lymington. SO41 0RP <a href="http://www.runningtree.co.uk">www.runningtree.co.uk</a>		Yes	11:00
29 Oct		The Stickler (12m)	Joan Royal 3 Kings Road, BlandfordForum, Dorset DT11 7LD	21.10.06	Yes	10:30
29 Oct		Studland Stampede (10k from Shell Bay)	Victoria Neate, Rapid Events, 4 Charnwood, 40 Tower Road, Branksome Park, POOLE BH13 6JA Tel: 07771-547330 <a href="mailto:Victoria.neate@stagetech.com">Victoria.neate@stagetech.com</a>		Yes	10:00
29 Oct		Kingston Lacy Cancer Research 10k	<a href="http://www.cancerresearchuk.org/10k/venues/kingston_lacy/">www.cancerresearchuk.org/10k/venues/kingston_lacy/</a>	22.10.06		11:00
<b>19 Nov</b>	<b>RRL</b>	<b>Wimborne 10</b>	<a href="http://www.wimborne10.co.uk">www.wimborne10.co.uk</a>			
26 Nov		Boscombe 10k	Proposed date			
26 Nov		RNLI 10k	Proposed date			
10 Dec		Christchurch Christmas Pud 10k	Entries for this race have already closed			
26 Dec		Round the Lakes 10k	<a href="http://www.pooleac.co.uk">www.pooleac.co.uk</a>			

DCC – Dorset County Championship; DHS – Dorset Hill Series; DLY – Dorset League Youths; PRSS – Poole Runners Summer Series; RRL – Road Race League

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