

## Wimborne A.C. Road Runners – July 2007

It has been a very eventful time for WACers in the last three months with many of us taking on what will be our biggest challenges of this year and, in some cases, any year. These have included the Ridgeway, various marathons and ultra-marathons and Simon Mortimer's fine performance in the Iron Man Japan. Read all about here. It is pleasing to be able to report on more new faces who have become regulars on Thursday nights. These include Nicki Roe, Jeff Hinsley, Mark Jordan-Gill, Andy Porter – I hope I haven't forgotten anyone. In the past few weeks we have run from the High Corner Inn where there were just shy of 40 of us (our biggest ever turnout there) and this made for a great night. More recently, we met at Rona's in the Purbecks. Around a dozen of us enjoyed a run and barbecue and we even avoided the wet weather that Wimborne suffered that night. It was great to see Jane Little there, who is back briefly from Colorado, and some of our young cross-country runners too. Many thanks to Rona, Jim and family for their hospitality. Before we take a look at everyone's achievements here are some WAC dates coming up in the near future.

**'RUN TO THE COAST' Sunday 8<sup>th</sup> July, 2007 – IMPORTANT – NOTE CHANGE OF DATE** – This has been brought forward a week so that we can take part in the Tarrant Valley 10. You can run the whole route to Mudeford, or join at points along the way. An outline of the route is (and approximate distances): Wimborne (0m.) – Suspension bridge – Canford Village (1.25m) – Knighton House – Longham (4.25m) – Parley Cross (5.7m) – Merritown House (Adventure Wonderland) – Throop Mill (9.3m) – Riverside Avenue (Tesco) – Iford Bridge (11.9) – Tuckton (13.3) – The Spit, Hengistbury Head (16.3) – Ferry to Mudeford. 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.

**BLANDFORD RUN – 7pm Tuesday 10<sup>th</sup> July** – Egdon Heath Harriers have kindly invited WACers along to a run they are organizing from Blandford Leisure Centre which is likely to incorporate part of the 'Blandford Bridges' route. Egdon are contacting the Leisure Centre, and it is hoped that we will be able to use the Leisure Centre's showers post-run so that we can all go for a drink together afterwards. I hope to see a decent number of WAC shirts there.

**TARRANT VALLEY 10k – 10.30am Sunday 15<sup>th</sup> July** – Let's see a mass of red shirts for this one, the summer has to start sometime soon, let's hope we get decent weather. Barb & Norman have recently moved into their new house right next to the finish line in Tarrant Monkton. Barb will be doing a ploughman's lunch for all the WACers who run in the race. There is also a kids' one mile race at 10.35am. Should be a great day out. The website address is [www.tarrantvalley10.fsnet.co.uk](http://www.tarrantvalley10.fsnet.co.uk) You can enter on line. The race is now over a 10km course and the minimum age is 15, so hopefully some of our juniors will be able to join us.

**WARRIOR'S KEEP RUN Thursday 19<sup>th</sup> July, 6.30pm** – We shall be running from Denise & Nigel's House at 6.30pm (Warriors Keep, Keeper's Lane, Stapehill, BH21 7NE). The run will use the footpaths around Uddens and the Castleman Way. Denise will be knocking up some of her brilliant pasta bakes for afterwards (including for Veggies) – so just bring along whatever you are going to drink. There is a pool so if you fancy a dip bring some swimming kit. We did this for the first time last year and had a brilliant night, see you all there.

**WAYFARERS' RELAY, FERNDOWN – Saturday 28th July** – Massively popular with WACers last year, we had more than 20 runners last time out. A 'leg' of this off-road relay is 3 miles, and it is well marked (so no need for reccyng). Runners must be 15 years of age or over. As last year, the club will fund all WAC entries for this race. There is a campsite, and a pitch will cost £3 for the night. There will be a bar and disco in the evening. There is a Sunday morning run for those who stay over. In the past Jerry has co-ordinated the WAC teams for the 'Wayfarers'. Unfortunately he will be away working in India so can't do it this time. We are *still* looking for a volunteer to take on this responsibility for 2007. We are very keen to hear soon from anyone who is willing and able to step forward, it's not a complicated job, but will take a up a little of your time – **CAN YOU HELP** – if you can, call Jerry on 01202-881085 or me on 01202-577081.

**BEACH RUN, FLAGHEAD CHINE, Thursday in August, 7.00pm** – *Date to be confirmed.* The plan is we 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 or just an easy jog. There will be barbecues on the go afterwards so bring along some food and drink, prior to the fireworks.

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**THE RED SHIRTS MONEY CAN'T BUY** – You may have noticed a few of us sporting new Kalenji red running shirts with 'Wimborne Athletic Club' emblazoned across the back of them. These new shirts are awarded to any WAC runner (first claim and fully paid up) who has turned out in four league races in a single year. This includes the Dorset Road Race League and Wessex League cross-country races – 16 races in all. The runners who qualify based on their 2006 races are: Richard Atkins, Phil Burgess, Bob Caines, Denise Craddock, Daryl Davies. Linda Eldred, Barbara Frampton, John Guy, Steve Guy, Jill Harsent, Neil Hopkinson, Andy Horsley, Sheilagh Howes, Kim Jolliffe, Gillean Keith, Ian Kennedy, Wendy Kennedy, Brian Lincoln, Stewart Little, Lee Longmore, Adie Mead, Julie Mead, Simon Mortimer, Jerry Shield, Nick Solomon, Graham Whiffen and Debbie Whittle. Julie Gosling, Cathy Hartle and Michele Whitehurst have already achieved their four races in 2007 so they also qualify. Well done to you all, if your name is on this list and you haven't yet had your shirt, then contact Jerry.

There were 18 WAC runners entered for this year's **London Marathon**, three of us deferred places until next year, that left 15 who completed the course and crossed the finish line in The Mall. This is a club record, our previous highest number of finishers is 11 – well done to all of you.

Race day was a little on the warm side for my liking, especially early on. Between miles 10 and 13 it felt particularly air-less. Richard Atkins' time was outstanding bearing in mind he has been in and out of hospital over the last year, and had to fight off two bouts of MRSA. We had a couple of first time marathon runners, plus at least two PBs (for Nigel and Helen). I really enjoyed the day – being able to run all the way with Wendy made it a bit special. We caught up with Guy at around mile 17. As we approached him I could see he was limping very badly, going slower than walking pace. He obviously got himself sorted mentally and dug in after we passed him. I was relieved, and a little surprised, that he made it in the time he did under the circumstances. I reckon that Guy's knee injury cost him more than an hour. After 8 week's recovery I am pleased to see that Guy is finally back in action again (see *Guy's race report later*).

Here is a reminder of how the draw for club places for the London Marathon will work for 2008's race. Every first claim 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 WAC in the calendar year. The draw will be made at the Christmas party.

## LONDON MARATHON RESULTS

Place		Splits at					Finishing time
		10k	20k	13.1m	30k	40k	
1107	<b>Jerry Shield</b>	43:29	1:26:05	1:30:30	2:09:26	2:55:20	<b>3:05:23</b>
1719	<b>Adrian Mead</b>	42:31	1:27:16	1:32:08	2:13:59	3:03:19	<b>3:13:44</b>
3002	<b>Richard Atkins</b>	45:38	1:33:04	1:38:06	2:21:50	3:15:55	<b>3:27:41</b>
3035	<b>Neil Hopkinson</b>	45:39	1:32:34	1:37:35	2:21:39	3:16:07	<b>3:28:02</b>
4610	<b>Selwyn Richards</b>	46:31	1:36:29	1:42:00	2:30:00	3:27:58	<b>3:40:47</b>
1148	<b>Becky Wood</b>	53:59	1:47:27	1:53:16	2:43:01	3:41:12	<b>3:52:48</b>
7353	<b>Andy Horsley</b>	51:24	1:43:38	1:49:24	2:40:38	3:44:17	<b>3:58:14</b>
8166	<b>Nick Solomon</b>	54:06	1:48:08	1:54:03	2:44:55	3:49:23	<b>4:03:17</b>
2406	<b>Raj Witt</b>	56:33	1:54:15	2:00:36	2:54:43	4:01:52	<b>4:16:42</b>
14466	<b>Nigel Eldred</b>	54:38	1:57:24	2:05:23	3:14:39	4:26:17	<b>4:39:44</b>
5254	<b>Helen Allen</b>	1:04:16	2:10:47	2:18:04	3:22:02	4:39:15	<b>4:55:26</b>
5286	<b>Wendy Kennedy</b>	1:04:22	2:18:16	2:25:35	3:31:43	4:41:26	<b>4:55:51</b>
17208	<b>Ian Kennedy</b>	1:04:26	2:18:20	2:25:41	3:31:48	4:41:31	<b>4:55:56</b>
6531	<b>Debbie Whittle</b>	1:02:25	2:07:46	2:15:02	3:24:01	4:55:49	<b>5:12:13</b>
22748	<b>Guy Miller</b>	1:03:44	2:11:45	2:19:12	3:39:07	5:29:26	<b>5:48:06</b>

We fielded three teams (18 runners) – a club record – in the epic challenge that is the **Wessex Ridgeway 100k Relay**. This event really drew the best out of all those involved. Our two men's team finished in the top 10, Mark Hitchcott, Tim Harris, Steve Guy, Craig Dixon, Graham Whiffen and Daryl Davies – *fourth in 8:48:31*, and Jeff Hinsley, Tim Box, Peter Wood, Richard Davies, Jon Braund and Phil Burgess – *tenth in 10:08:40*. The podium narrowly evaded us again, but we can crack this in 2008. Speed alone will not bring you success here. So much of it is about good preparation and teamwork and there were some tremendous performances from WACers. The lead up to the race saw some withdrawals due to illness, injury, etc. I would particularly like to thank those who stood in late on to complete our teams. For the men these included, Daryl, Jeff, Steve and Richard. Peter was the very last team member to be roped in, too late to reccy the route. It is very hard to run 'race pace' when you need to refer to your route notes – Peter did superbly.

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The girls' team was made up of the experienced trio of Cathy Hartle, Sue Harrogate and Debbie Whittle with three newer runners – Jools Maskell, Claire Newby and Kelly Nugent. There were a few setbacks along the way, but the team spirit was immense, this was reinforced as the day progressed. The course has no marshals (except at the start, halfway and finish) or markers, and it is so easy to take a wrong turn, especially when you have been on the go since 7am and you have been thinking on your feet for hours. It is the third time that WAC have fielded a Women's team for the Ridgeway and this was our best performance so far. The team finished 20<sup>th</sup> with a time of 12h11m09s, a healthy improvement on WAC's previous best girls' time of 13h18m59s. Everyone in the team learnt an awful lot about the event, and about themselves on the day. If we are able to field the same six next year, these girls are capable of lopping more than an hour of their time. The team didn't suffer as badly with pre-race withdrawals as the men. Claire was the only change to the original line-up. I asked her to run after I saw her scythe 5 minutes off her 4 mile time trial time between January and March. She was worried about the distance and the navigation. Her initial reaction was, 'I can get lost on a treadmill'. (As if to prove the point she managed to get lost on April's 4 mile summer time trial!) Seven days later she said 'Yes', bearing in mind her maximum distance up to that date was 5 miles and she would be running two legs totalling more than 10 miles, including the notorious Leg 2, it was a brave challenge to accept, one she and her team mates came through with flying colours.

The days after this race produced a flurry of e-mails. Here are a few thoughts from our team members:

*'I have one fat and bruised ankle! Was very much worth it though, I thoroughly enjoyed the day and I think everyone did really well – bring on next year.'* Kelly.

*'We are all pretty excited about doing it again but I can't say I plan to have a reunion with Leg 2.'* Claire  
*'Got to be the event of the year! Worldwide!'* Phil

Just possibly Phil *might* be exaggerating. Before we finish with the Ridgeway I would just like to thank Derek Sainsbury who was on stand-by to run, and even got out there and did some reccyng. Hopefully those who had to pull out through injury this time, and Derek will get their chance next year. Well done to all those who took part, you are a great credit to the club.

Special thanks are due to Chris Cussen of Gillingham Trotters who puts in a huge amount of work to keep this event alive. He had to jump through hoops to get a race permit for this one – there is no 'nanny state' out on the Ridgeway. Endurance running will never get boring or predictable as long as we have events like this. *Jools' race report of the Ridgeway appears later in this newsletter.*

Full results at [www.gillinghamtrotters.talktalk.net/wessexres2007.htm](http://www.gillinghamtrotters.talktalk.net/wessexres2007.htm)

### BLANDFORD BRIDGES

Well done to Steve Guy on yet another successful 'Blandford Bridges'. Steve had over 200 entries for the first time. Well done to the half a dozen WACers who ran in the race. The response to our appeal for WAC marshals was disappointing though. Thanks to those of you who did volunteer. Fortunately for Steve, Dorset Doodlers came up trumps and provided most of the manpower – we need to do better next year.

**POOLE RUNNERS SUMMER SERIES – NOTE: ALL RACES NOW AT UPTON HOUSE** The start time for all races is 7.30pm (junior race at 7.00pm), with registration on the Friday night. Entry fee is £2 per race, you retain the same race number for the whole series. The Upton House course is 3.5 miles. Any queries, contact Bruce Cameron on 01202-695472. The remaining race dates are:

Race 4: 6 July, Upton House

Race 5: 20 July, Upton House

Race 6: 17 August, Upton House

### HANDICAP TIME TRIALS

April's four mile time trial reverted to the summer route, via Pamphill, Cowgrove and The Cuthbury. With so many new members recently I guess it was inevitable that that somebody would get caught out – and so it proved! No time trial was run in May due to the close proximity of the Purbeck 10k and the June time trial was a 10-miler using the Wimborne 10 course. For the first time our 10 mile time trial was run as a handicap.

#### April – 4 miles

Position	Name	Handicap	Actual time	Handicap time
1	Tim Box	2.5 mins	32:58	35:28
2	Bob Caines	2 mins	33:39	35:39
3	Graham Whiffen	8.5 mins	27:45	36:15
4	Andy Horsley	8.5 mins	28:39	37:09
5	Nick Solomon	9 mins	28:25	37:25
6	Kelly Nugent	5 mins	33:19	38:19
7	Craig Dixon	10.5 mins	27:57	38:23
8	Claire Newby	0 mins	got lost	41:10

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### June - 10 miles

Position	Name	Handicap	Actual time	Handicap time
1	Nigel Eldred	1.5 mins	1:22:45	1:24:15
2	Craig Dixon	18 mins	1:09:57	1:27:57
3	Andy Horsley	17 mins	1:11:55	1:28:55
4	Jerry Shield	27 mins	1:02:30	1:29:30
5	Jeff Hinsley	12 mins	1:18:52	1:30:52
6	Bob Caines	0 mins	1:31:00	1:31:00
7	Graham Starmer	25 mins	1:06:57	1:31:57
8	Ian Kennedy	7 mins	1:26:26	1:33:26
9	Graham Whiffen	18 mins	1:17:00	1:35:00
10	Andy Porter	22 mins	1:10:58	1:35:58

There are some great performances in the 10 mile time trial including three PBs that I know of, Nigel, Craig and Jerry. Nigel improved his time by a whopping 4.5 minutes!

*Keep on runnin', Ian*

### RACE REPORTS

**Black Mountains Roundabout 25ish miles 6100 ft ascent - 14 April 2007** - A great day out. I had not been to the Brecon Beacons before, so entered the event as an excuse to go there and persuaded Louise to join me. We both gulped when we plotted the route and saw quite how many and how close the contour lines were, but set off for Wales on a sunny Friday afternoon in good spirits.

We left Crickhowell at 8am on Saturday after a 'kit check' to ensure we were carrying basic safety equipment and 10 hours later we were back to welcome showers, tea and cakes.

The route took in four main peaks; Waun Fach, Mynydd Troed, Mynydd Llangorse and Pen Allt-Mawr. It covered a variety of terrain from farmland with many spring flowers, to heather moorland and rocky outcrops. The ascents and descents were steep but long ridges gave ample time to admire the views and listen to the skylarks. The low mist soon burnt off and good visibility meant there was no problem navigating. The dry spell made walking easy with no peat bogs to negotiate.

As it was not a race and the weather was so hot it was a very relaxed event with friendly competitors and marshals. There were a few runners but it would be difficult to maintain an even pace due to the steepness of the terrain and the rockiness of some of the paths.

There were only two water stations, at 12 and 20 miles, and water at the first was rationed, potentially serious on such a hot day. However I saw the Black Mountains at their best and can't wait to go back.

Thanks Louise for your company.

*Jill*

**London Marathon - 22<sup>nd</sup> April 2007** - It all began at 6am (I thought there was only one six o'clock...in the evening!) Breakfast, then a small journey by the ferry at 7.45 to arrive at the meeting point for 8.30. Plenty of time for the start time at 9.45. I was in good company, with all my gang at the running club, so no time for being nervous. It was a very hot day in which I thought I was in heaven, after all the training me, Barb and Dad had done in the pouring rain and gale force winds, so the heat wasn't a problem for me. Plenty of water for me now. The next thing I knew I was running the London Marathon. There were loads of runners about and the marshals were first class. I ran well to mile 17 - in 3 hours - and ahead of my time but then it went horribly wrong. I heard a click in my right knee and was in pain. I couldn't walk yet alone run but I wasn't going to let Wimborne AC, or my family, down. I wasn't beaten yet! I was in so much pain but with the help of the crowd pushing me on and knowing that family and friends would be waiting at the end I hobbled the last 9miles. As Big Ben was in sight I knew I was nearly home. On Birdcage Walk I noticed my Dad and Sadie in the crowd, God only knows how I was managing to run, with Sadie and Dad trying to keep up!! The finish line was in sight and I could hear my Mum and Wimborne supporters yelling at me to get a move on!! It took a bit longer than expected but I crossed that finish line in 5 hrs and 48 minutes. I got my medal! Thanks to all at WAC who gave me great help and support in my training programme, without your help I wouldn't even have made it to the start line!! Special thanks to Barb, Derek and Jackie. I shall miss all those Sunday mornings, hurting my poor little feet by trying to keep up with my Dad or Barb on their bikes! That's me done for now, I'm off for a well deserve pint down the pub!!

*Guy*

**'The Fellsman' - 12/13 May 2007** - Inspired by Jerry and Andy's exploits over the last 2 years I decided to do the 'Fellsman' a 60+ mile course taking in nine hills, in the western Yorkshire Dales. It is a very well organised event, open to runners and walkers with plenty of food and drink at the main check-points and encouragement at the hill top ones. You need to be able to map-read and carry basic equipment but the bags varied from bum-bags (racing snake fell runners) to rucksacks (me).

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As we left Ingleton at 9am to climb the first hill we were quickly in low cloud, a shame as there are spectacular views. Descending below the mist to the valley you could see the Ribblehead viaduct, built in 1874 to carry the Settle & Carlisle railway line. Fragile looking from a distance, dwarfed by the surrounding fells, but close up a magnificent example of Victorian engineering.

Climbing out of the valley meant we were again in mist, now accompanied by heavy rain and a strong wind. Thank goodness for the slight protection offered by the ridge wall. Dropping into the next valley the marshals kept themselves amused listening to the curses as we made a futile attempt to keep dry while paddling across the swollen river. However, at least the rain had stopped and the cloud was lifting.

Walking along the next ridge I was caught up by a woman who had been one of a number of people who had gone wrong in the mist. The sunshine, views and company made for a very enjoyable afternoon and a reminder of why I do these events.

At 7pm I had to join up with other people. I was 'grouped up' with 3 men, one of whom had also done the event before so we were able to share the navigation. Initially we made good time but as night fell the mist thickened and it started to rain heavily. Navigation was difficult and slow as the lack of landmarks meant we had to be accurate to find the check-points. The terrain was tiring due to constantly climbing in and out of waterlogged peat-hags. Eventually we reached the end of this section, the hardest 8 miles, in my opinion, and recovered over a cup of tea in a warm dry tent.

By dawn we were on the ridge of Buckden Pike by the memorial to a Polish air crew who crashed here in 1942. There should have been a view down the valley to Kettlewell, where 'Calendar Girls' was filmed. Instead we had mist and our imaginations, but at least it had stopped raining.

At 7am, although visibility was still poor we were allowed to 'de-group'. One of the men had twisted his knee and had slowed right down, so he and his friend decided to rest while the other man and I carried on. As we climbed the last hill the mist lifted and finally we could see something. Once we had descended below the peat-hags for the last time we were able to pick up speed on the firmer ground. We finished in Threshfield in good spirits more than ready for a shower and breakfast.

Of the 235 starters 155 finished: 1<sup>st</sup> man 11hrs 08mins; 1<sup>st</sup> woman 16hrs 07mins; I took 26hrs 03mins (12<sup>1<sup>st</sup></sup>) Thanks to Louise for her company over the months of training and congratulations to her for doing the 'Dorset Giant' in 25hrs 24mins.

Jill

**Marlborough Downs Challenge 33.4m - 19<sup>th</sup> May 2007** - This was the third time I had run this one but the first without torrential rain either during or before the race. Ian, Jerry and I were all using the event as training for future races (Ian for Scotland and Jerry and I for Dartmoor). The race started on time and as usual straight up hill. The start was a bit congested due to the increased field as there were two championships included in the race. As a result a marshal, after half a mile or so, gave us an alternative option up a hill. Unfortunately unknown to us this involved a hands and feet climb up a muddy bank which personally left me short of breath for some time and by my reckoning put us further behind the others. Jerry and I ran mostly together to the first two checkpoints where Jerry stopped temporarily for some attention to his feet. As expected he caught me up at the next checkpoint. We ran most of the rest of the race together. After 22 miles or so we started to tire as the hills got harder and we reached Cherhill Down. We carried on and were pleased to see the last checkpoint. By this time Jerry's usual smooth running style had deteriorated to a limping shuffle whereas although I was running faster than him I could only run short distances before having a walk break. This resulted in us constantly overtaking each other through the last four miles which thankfully were mostly downhill. At the end we crossed the line together and for once I was placed ahead of him. We also finished more than 20 minutes quicker than previously.

We then went to stuff down some free pasta and tea and wait for Ian. Gillean was already at the end having completed the 20 mile race in a very respectable time. Feeling refreshed I jogged back down the course to meet Ian who soon came along looking remarkably fresh and fit. This was the furthest distance he had run in one go and looked as if he enjoyed it. The weather throughout the race was superb and allowed us the views I had missed in previous years across the Downs. I even spotted one or two more white horses than previously. The marshalling was top class and there were drinks and food of some type at every drinks station. Jerry did his usual stunt of trying to OD on Jaffa Cakes. It was also a pleasure not to get lost too much although there was one point where we ended up in the wrong field and had to take a detour to rejoin the course. Overall a great adventure and still one of my favourite races.

Results: 20 miles - 61<sup>st</sup> Gillean Keith 3 hrs 6mins

Results: 33 miles - 34<sup>th</sup> Andy Horsley 5:26, 35<sup>th</sup> Jerry Shield 5:26, 70<sup>th</sup> Ian Kennedy 6:57 .

**Wessex Ridgeway 100km Relay 100 - 20<sup>th</sup> May 2007** - The WAC ladies relay team made up of Cathy, Sue, Debbie, Claire, Kelly and me had a very enjoyable day out at the Ridgeway Relay this year. The team's main aim was to complete the course without getting lost. Everyone's first legs went according to plan, the weather was good, dry and a little sunny but not too warm and the conditions were perfect. Despite the fact that most of the team had not met each other before, by the second or third leg we had bonded and a good

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## Wimborne A.C. Road Runners – July 2007

team spirit was developing, with everyone meeting up at the changeovers to see the runner in and set the next leg off and then travel on to the next point.

Despite being near the back of the field the team kept their spirits up and it was looking like the race was going to be completed with the minimum of mishaps until I managed to get slightly 'lost' on my second leg (11). After nearly an hour of running up and down roads and frantic phone calls to the rest of the team to try to find out where I needed to be I was very pleased to see Ian and Cathy appear in Ian's car..... by now I was feeling tired and a little downtrodden and not really in a fit state to carry on. Cathy – having done two legs already, and in borrowed trainers, finished off my leg and passed the baton onto Kelly to complete the race on the final leg. She set off like the wind, by the time she appeared at the end she had indeed made up some time, and also done several miles on a sprained ankle which was by now slightly larger than normal. All the team agreed that it was an excellent day, a great way to get to know people and everyone had been very supportive and joined in with the team spirit. All are keen to do it again next year and I will most certainly be spending more time learning my legs.....

*Jools*

**'Five go to Oxford' – The Otmoor Challenge Multi-Terrain Half Marathon – 2<sup>nd</sup> June 2007** – Sue Harrogate, Ian, Daryl, and myself and Susie O'Grady went to Oxford to take part in the Otmoor Challenge. Susie walked it and the rest of us ran. It was a very warm morning as we set off at 10am, the race didn't start until 2pm and it was going to get hotter and hotter, and boy did it! We set Susie off on her half-marathon walk and kept in contact with her to check there were not bulls in the fields we had to go through. Then we were off. Sue and I decided we were going to have a slow start and pick the pace up later, so we both went off at 7 1/2 min miles kept this up for 2 miles and that was enough and had to slow up. Less than 1/2 mile into the race I noticed Ian on the ground (bit soon for a rest) but he got up and ran on, he had tripped over on rough ground. Daryl flew round as expected. It was a beautiful course going through some pretty villages all with a local pub. One team stopped at every pub for a pint. The heat was crazy as we went through open fields with no shelter, but it was flattish until about the last 3 miles then we started going up and up, and up again and then the drinking team's supporters had set up their own drinks station but no water was in sight, it was bottles of beer. At the top of this 'mountain' a lovely sight, it was a man with his hosepipe! And yes he soaked all of us it was fab. The race continued onto a road where we found the 13 mile marker the last tenth was more like 3/4 mile – however we all returned safe and sound, except Ian's big toe. At the end there was a bar with food and a fete with a big bbq in the evening. It was a great day - a definite for next year. Daryl finished in 1:45, Ian 2:02, Sue and I in 2:12. Wimborne came 9<sup>th</sup> team, out of 12.

*Debbie*

**Ironman Japan – 17<sup>th</sup> June 2007** – The island of Goto-Fukue is a long way from Dorset. Leaving home at 10:30am on June 7<sup>th</sup>, an overnight flight to Tokyo, waiting for a connector to Fukuoka and a short cab ride downtown to the Hotel, I was in bed just before midnight – on the 8<sup>th</sup> June. Given the current security situation any kind of air travel is painful, as we all know. Travelling long haul with a bike case that is one inch too large for the standard issue Japanese x-ray machine doesn't help matters. No matter, I was nearly there albeit shattered and looking like the elephant man from the shins downwards.

By the following evening, my feet and ankles were still swollen to an alarming extent so there was only one thing for it – on with the WAC running kit and out the door! I had meant to go for a half hour jog to blow away the cobwebs and looking back, I don't suppose it was such a good idea to go out without a map. Never mind, I now know why they have a marathon in Fukuoka – in just over two hours running the Polar logged 50m of ascent and that's because I ran over the ruins of Fukuoka Castle. So if you like sushi and want a quick marathon time you know where to go.

Next morning it was back to the airport another complete strip-down for security (the bike that is) and on to the plane for the last hop. Now it's a while (possibly four decades) since I flew in a plane with propellers, but there it was on the tarmac and it got us there. It's a short hop, perhaps 45 minutes, from Fukuoka to Goto-Fukue so the plane doesn't get too high and the view of the Goto-Retto islands is incredible. Goto-Retto translates literally as 'five islands island chain', although there are 140 islands in total, some uninhabited, some with tiny settlements.

A short cab ride to the hotel and the first job is to buy some food. Second is to put the bike back together and get out to see the island. The terrain there is rolling to hilly, the road quality is superb and outside the main town (Goto city) the countryside is stunning. Round the coast there are many fishing villages, all very picturesque. Heading inland, there are some flatter sections with rice paddies. There are a few volcanoes (extinct, I believe) which are covered with forests and lush vegetation. The sea there is pristine as are the many white sand beaches. The islanders are unbelievably helpful and friendly.

I was one of the first competitors to arrive, so had plenty of time to check out the island. I figured on allowing one day per time zone to adjust. Over the next few days others started to arrive in dribs and drabs, with most arriving towards the end of the week. The race office didn't get going until the Thursday, but was extremely well staffed and efficient when it did. Of the competitors, the vast majority were, of course, from Japan with a

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good few from Oz and some US servicemen stationed close by – Okinawa, Korea. Of the Europeans, most seemed to be ex-pats working in Japan or China although there was one pro racer from Estonia. The TV weather forecast announced that the rainy season would start on Wednesday 13<sup>th</sup> and sure enough we woke to dark skies, the clouds covering the hills around Goto City and rain, at times torrential. The long range forecast for race weekend didn't look too good. The rain didn't really stop for the rest of the week and there was by now a powerful wind gusting off the sea. On Saturday 16<sup>th</sup>, the race director reported rough conditions at the swim site. Too rough to allow the swim leg to take place? The contingency would be abort the swim and set riders off at 5 second intervals, starting at race number 1 and working down to number 800. On Sunday, it was up at 2:45am and down to breakfast at 3:00. The bikes were already down at the swim site, about 20km from Goto City. Sunrise came and, guess what, the grey skies were gone and the sea was calm. At 4:45 the athletes are bussed to the start and then it's the usual pre-race rituals: marking race numbers and categories on the racers, last minute bike checks, getting into wetsuits etc. At 6:30 the beach is opened so there's time for a short warm-up swim and before you know it all 800 competitors are at the start buoys ready to go. The klaxon sounds for the pro racers and they're off. Two minutes later and the rest of us get a blast and it's off on a two-loop 2.4 mile course. There's a big crowd and a group of Japanese drummers playing, the beat fading to nothing as we swim out into the ocean. Approaching the beach for the first time, the sound of the drums reaches a crescendo and it's out of the water, running up the beach round the marker flag, over the timing mat, grab a drink and back in for loop 2. After the second loop, straight to the transition area, grab the bike kit from the racks, change and out onto the 112 mile bike course. The bike leg starts fairly flat, so it's easy to get into riding rhythm and start getting some calories in – or trying to. Halfway around the bike course, which covers most of the island, I had managed to stomach about 300 calories, less than quarter of what I'd planned. It was now hot – the Polar clocked 32C, so I tried the energy drink from the aid stations, one called CCD I'd never heard of before. Despite this breaking the golden rule of 'nothing new on race day' it actually saved the day. After managing to move up through the field in the last 50 miles of the bike leg, it was into transition 2, into the WAC strip and out on the run course. Despite carrying a heavy calorie deficit I got into a steady groove on the rolling two loop run. The aid stations were about a mile apart throughout so a few mouthfuls of CCD at each was enough to get me to the finish line, running the whole way light-headed and being cautious with the pace. The run takes you up and around Mount Onidake, into Goto City, down Samurai street (the ancient Samurai quarters) and back out for more of the same. On the second loop, it's straight on at Samurai street, a short loop and then across the moat into Fukue Castle. Inside the castle gates there are Japanese drummers doing their stuff and it's a few hundred meters to the finish line with music blasting from the PA and hundreds of cheering spectators. The time display showed 10:43 – a PB by nearly 25 minutes. Off to the food tables, and after a couple of platefuls of fruit, half a gallon of 'iso' drink and a shower my head had stopped spinning. Time for a couple of bowls of udon (wheat noodles) and then off to the finish line to cheer the racers in until the 15 hour cut-off at 10:00pm. A great party, with the elite athletes forming a guard of honour for the last racers home. When the results were posted I was 77<sup>th</sup> overall out of 800 starters, 7<sup>th</sup> in my category of about 110 athletes. I had clocked the 55<sup>th</sup> fastest (or should that be least slow?) marathon split of 3:39. As it turned out, (just) good enough to get a place at Ironman Hawaii in October. On the Monday night it was the post-race party and then we were off to a karaoke bar. Beer, sake chasers, out of tune singing then staggering back to the hotel. Tuesday and it's back to Fukuoka, this time with a couple of days to look round and definitely no running. Thursday and back home, this time a mere 26 hours door-to-door, starting 5:00am Japanese time, home at 10:00pm BST and no bloated feet. Simon

**Lairig Ghru 28m Fell Race - 24<sup>th</sup> June 2007** – Three years ago WAC had an influx of new members with Aberdeen connections, Gillean, and Andrew and Jane Douglas. After one year as WACers, Andrew and Jane returned to Aberdeen, we have kept in touch ever since. They joined Deeside Runners, and soon I learnt of an extraordinary race that their new club organised, 'The Lairig Ghru'. This is a 28 mile fell race that starts at Braemar (near Balmoral), over the Cairngorm mountains before finishing at Aviemore, a Scottish tourist centre. In recent years I have limped from one injury to the next, lucky to get 3 months on, 3 months off, I needed a goal and Lairig Ghru was it. The original plan – scuppered by injury – was to go up in 2006. By September I was running again, but I suffered a calf injury in January, in mid-March Lairig Ghru 2007 was looking like a lost cause. The first week in April I finally got going again, I had a place in the London Marathon for three weeks later. If I had the remotest chance of running Lairig Ghru I needed to run the marathon, even though I hadn't done more than 15 miles in a single run since October. London was Wendy's first marathon and that also acted as an incentive. I got through London OK, and spoke to Andrew and Gillean and they were still up for the 'Scottish race', and so we booked our flights. Jane had a very good excuse for not racing, she was 6 months pregnant! It is impossible to recreate the conditions of Lairig Ghru in Southern England, but the Neolithic Marathon and the 33mile Marlborough Downs Challenge a fortnight later would have to suffice. The Lairig Ghru race stipulates that competitors should carry 'a whistle, full

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waterproof body cover, a map and compass' and 'competitors should typically be capable of a sub-4 hour road marathon'. The sub-4 hour marathon is something I haven't managed for far too long, so I just put that out of my mind. I bought a rucksack and camelback, Tim Box lent me some of the equipment on the list. I needed to run the Neolithic and Marlborough Downs races with full kit to get used to it. Both races passed without incident (at Marlborough I loaded the rucksack with extra weight), it appeared that stamina/endurance was not going to be an issue, but my times were pretty poor. I had two more runs planned prior to Scotland, a half marathon near Oxford and the Puddletown Plod. I took a tumble in the half-marathon and gave my dodgy toe a severe jolt in the first mile. I completed the race, but the toe was sore enough for me to go down to A&E the next day for a precautionary x-ray. Thankfully, there was no break. This put me out of the Puddletown Plod but I was running again in time for the Wimborne 10 time trial where I could only manage 1:26. All I had to do now was stay out of trouble until race day. My last run was at Rona's barbecue on the Thursday before the race. I managed the run fine, but then went over on my ankle on Rona's garden path! Friday morning I had physio and acupuncture on the ankle.

On Saturday I drove to Exeter and Gillean and I were to fly from there. Andrew would meet us at Aberdeen. I was up early so decided to look at the Met Office website, there was a severe weather warning for the Grampian Region! Northerly winds (the race would be into the wind all the way) with heavy rain falling as snow over 800m (our highest point was 850m). It was great to see Andrew and Jane and also Andrew Laws, a friend of their's, who would also be staying overnight and doing the race with us. The rain was incessant. Again we looked at the websites, there was a slight improvement, mention of snow had gone and the wind was becoming more easterly.

Race day arrives, it is still raining but not quite so hard, we drive off to Braemar. The weather isn't great, but not nearly so bad as the Met Office had predicted. There were only 70-odd runners in the race. We get all our kit out of the back of the car and there is a great debate about what we should take and what we should leave behind. We look at the other competitors, a few have a big rucksacks, others are running in vests and shorts with a bum bag! We are somewhere in the middle, but we all take survival blankets. If you get stuck in the mountains or slow down too much, you are going to get very cold, very quickly. The whole event is very low key, the man in charge advises us that a stream we have to cross is in spate so using the stepping stones is not a good idea and there is a bridge which will add around 1km to the route. There are cut-off points at 8 miles (1h30m) and 18 mile (3h30m) and also at the finish line at (6:00). These times don't seem over generous, bearing in mind the terrain. The start line is at 330m asl, the first cut-off is 8miles at Derry Lodge (420m), where the mountain rescue station is.

We are off. The first couple of miles are on tarmac road. A mile gone and Andrew said to me, 'We are going too fast'. We are on a gentle climb, doing between 8-9min miles which he feels will be unsustainable. He might be right, but a glance over our shoulder shows only about half a dozen runners behind us, the other 60-odd are pulling away. We then run on a track to Derry Lodge. Eight miles done, we are there in 1:20, ten minutes inside cut-off. I feel I am running as well as I have anytime recently. Just beyond Derry Lodge we see an eagle as it soars high above us. At 10 miles we get to the stream we had been warned about, all four of us are still together. The two Andrews go for it and we saw them haul themselves up the bank safely on the other side. Gillean and I decide that caution is the better part of valour. If we can stay on the stepping stones the water looks as if it will come up to our knees, one slip and you will be in it up to your neck and tumbling into the River Dee and downstream at speed. The two Andrews disappear, and Gillean and I head off to the bridge on what is the most difficult path we have seen so far. I notice that those behind also opt for the bridge. We pick our way through the rocks and finally get to the bridge, on the other side is a peat bog which is almost as difficult to negotiate. We have lost quite a bit of time.

A little further on and we swing into the Lairig Ghru, a spectacular high-sided valley. One luxury item Gillean and I have allowed ourselves in our kit is a camera each and we both take photos, there is some low cloud around and it is still pretty damp. We are now on a narrow footpath which doubles as a shallow stream. It starts to get tricky underfoot with lots of small rocks to be negotiated. The stones become much trickier as we approach the Pools of Dee – Gillean begins to edge away. Immediately after the Pools of Dee we are faced with the boulder fields. Words can't describe what this was like to get through. Gillean does her 'Braveheart' bit here, showing the agility of a mountain goat, she skips fearlessly away into the distance, I didn't see her again until we got to the finish line. I got the first boulder field completely wrong and lost the path (and the plot) completely, at times I was literally clambering and crawling across wet slippery rocks. A couple of times I came to a complete stop, wondering which way to go next. With my history of injury to ankles and feet it was scary stuff. It would have been so easy to have slipped, fallen or slid. I thought I am *never* doing this again but knew I must banish the negative thoughts and just make sure I get out of there in one piece. I couldn't help thinking that if you did get injured how would anyone get you out. By now I was traveling at less than walking pace, so I put on some extra cover as I was getting colder and I wasn't too far away from the highest part of the route (850m). While I was making hard work of getting through the first boulder field, a runner passed me on the other side of the boulders and when we encountered the second boulder field I was able to follow the route he found, which made life a lot easier.

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Eighteen miles done and we have reached the highest point, in the next 10 miles we will drop 600m. I pass two mountain rescue men, safety is some way off, these guys have had to trek miles up here. One of them says, 'Take care, it's a bit slippery'. An understatement! The shelter from the hills has gone and suddenly we are going straight into driving rain on treacherous rocks. Footprints in the peat give some reassurance that I am heading in the right direction. Then one wrong step and I am on my backside in a bath of wet peat. I finally get back down to the tree line and I begin to feel safer, and arrive at the next checkpoint with another runner. There they tell us that the main road is about 3km away – so we probably have around 10k to go. I decide to take on water and gels properly and he pulls away slightly, and I lose sight of him in the trees. I get to a crossroads of footpaths and continue straight on, I should have turned left. To begin with the route I am on heads in the right direction. It strikes me that it is odd that I can't see anyone when I emerge into a clearing, it also strikes me that this is a very long 3k. When the path starts to veer east I know I am in trouble. The road isn't that far away, I can hear it. I decide to leave the track and follow the sound of the cars, I end up in a bog. I eventually find a track heading in the right direction. I can now see traffic through the trees, I get to within 50 yards of the road, my heart sinks – there is a river between me and the road. The river is about the width of a road and is in spate. I contemplate heading west down the valley looking for a bridge, but I know there is no crossing in the vicinity because I have already tried to cut across. I could head alongside the river to the east, but that is the opposite direction to the way I need to go. I could go back to that crossroads which is probably 5km back. None of these options appeals. I take another look at the river, I reckon it is probably about waist deep. I decide I am going to go for it. With my first footsteps my feet slide off the smooth stones on the bottom, I need to take it steady, I don't want to think about what will happen if I lose my footing. I make it to the other side and stumble out on to the bank.

I have about 5 miles to go alongside a busy road. It surprises me how fast I am able to run after all that difficult terrain. I reckon I am probably doing 8:30min/miles for the last 5 miles with a slight gradient in my favour. I cross the line in Aviemore, it is about as low key as you can imagine – a man with a clipboard sheltering under the boot of an estate car, I have finished with a time of 6:19:23, the runner I lost sight of in the woods finished in 6:06 and he is convinced he took a wrong turn a little later and also lost time. Two other runners beat me by a minute. Who knows if I could have beaten the 6:00 time if I hadn't got lost? I was relieved to see I was credited with an official time and a finish, and I was spared the indignity of the wooden spoon (just). Well we did it, Andrew D (5:01:28), Andrew L (5:02:56) and Gillean in 5:44:12. Long after other races will become a vague memory, I shall remember the Lairig Ghru and a great weekend spent with Andrew, Jane, Andrew and Gillean. Thanks guys.

*Ian*

### Rotary ¼ Marathon - Apr 7

Mark Hitchcott (21)	41:30
Craig Dixon (42)	44:28
Andy Horsley (55)	46:14
Cathy Hartle (66)	47:24
Julie Mead (138)	55:32
Bob Caines (144)	56:07
Wendy Kennedy (153)	56:46
Claire Newby (185)	63:26
Sheilagh Howes (198)	66:51
Lee Longmore (199)	66:51

### Fordingbridge Fire Station 10K – May 6

Andy Horsley (30)	43:31
Debbie Whittle (132)	55:03
Clare Horsley (183)	65:51

### Neolithic Marathon – May 6

Ian Kennedy (116)	4:36:51
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### Prague Marathon – May 13

Craig Dixon (712) - PB	3:40:58
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### Purbeck 10K – May 9

Jerry Shield (21)	37:24
Mark Hitchcott (31)	38:04
Graham Starmer (36)	38:36
Eric Gilbert (38)	38:46
Steve Guy (59)	40:14
Graham Whiffen (67)	40:32
Adrian Mead (70)	40:34
Andy Porter (80)	41:06
Andy Horsley (100)	42:17
Cathy Hartle (125)	44:18
Nigel Eldred (180)	47:20
Kelly Nugent (226)	49:37
Julie Mead (227)	49:39
Neil Hopkinson (237)	50:15
Bob Caines (276)	52:25
Michele Whitehurst (281)	52:48
Wendy Kennedy (285)	53:34
Helen Allen (310)	55:53
Claire Newby (318)	57:11
Julie Gosling (331)	59:42

### \*Moors Valley 4k – May 13

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Charlotte Horsley (45)	28:18
Andy Horsley (46)	28:18

### Moors Valley 10K – May 13

Kelly Nugent (84)	50:14
Clare Horsley (172)	65:52

### Marlborough Downs Challenge – 20m – May 19

Gillean Keith (61)	3:06:46
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### Marlborough Downs Challenge – 33m – May 19

Andy Horsley (34)	5:26:20
Jerry Shield (35)	5:26:20
Ian Kennedy (70)	6:57:07

### Egdon Easy 10k – May 26

Jerry Shield (11)	36:53
Bob Caines (183)	53:03
Claire Newby (203)	57:13

### Dartmoor Discovery 32m – June 2

Jerry Shield (12)	4:17:54
Andy Horsley (60)	5:07:05

### Corfe Mullen Carnival 5k – Jun 5

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Craig Dixon (22)	19:32
Tim Box (80)	24:00
Kelly Nugent (93)	24:31
Julie Maskell (98)	25:04
Claire Newby (128)	28:15

Craig Dixon (36)	43:38
Jake Hector (118)	52:11
Julie Maskell (126)	53:02
Debbie Whittle (154)	56:54
Claire Newby (167)	61:10
John Guy (168)	61:20

Unfortunately the Poole Runners website – [www.poolerunners.freeuk.com](http://www.poolerunners.freeuk.com) – is presently out of action so we have not been able to include results from the Summer Series Races or the Poole 10k.

Thanks very much for all your input into the newsletter – it is very encouraging to have some new contributors.

*Ian*

### Puddletown 20k – June 10

Jerry Shield (13)	1:22:31
Graham Starmer (20)	1:25:22
Mark Hitchcott (31)	1:28:10
Craig Dixon (43)	1:33:58
Richard Atkins (45)	1:34:24
Andy Horsley (47)	1:34:52
Neil Hopkinson (55)	1:37:06
Daryl Davies (56)	1:37:28
Cathy Hartle (63)	1:40:54
Cora Quinn (115)	1:54:42
Wendy Kennedy (135)	2:01:13
Michele Whitehurst (143)	2:06:08
Julie Gosling (164)	2:32:37
Lee Longmore (165)	2:34:01

### Moors Valley Solstice 8k – Jun 21

Selwyn Richards (28)	32:31
Nelle Gosling (217)	45:44
Jeanie Puckeridge (231)	48:47

### Portland 10m – July 1

Jerry Shield (15)	62:55
Richard Atkins (50)	70:05
Steve Guy (52)	70:25
Neil Hopkinson (65)	71:56
Andy Horsley (67)	72:36
Cathy Hartle (106)	77:02
Wendy Kennedy (184)	87:55
Michele Whitehurst (198)	90:03
Debbie Whittle (2240)	93:15
Julie Gosling (205)	110:27

### Blandford Bridges 10k – Jun 17

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Date	Status	Race	Contact	Close Date	Late Entry	Start Time
06 Jul	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472		Yes	19.30
07 Jul		Charmouth Challenge	<a href="http://www.charmouth.dorset.sch.uk">www.charmouth.dorset.sch.uk</a> Tel: 01297-560341		Yes	15.00
08 Jul		New Forest 10m	NF10, PO Box 4085, New Milton, BH25 5YR <a href="http://www.nf10.co.uk">www.nf10.co.uk</a> <a href="mailto:enquiries@nf10.co.uk">enquiries@nf10.co.uk</a>	24.07.07	No	11.15
<b>08 Jul</b>		<b>Run to the Coast</b>	<b>Contact Ian on 01202-577081</b>			
14 Jul		Maiden Castle Loop	Trish England, Egdon Heath Harriers, 23 South Court Avenue, Dorchester, Dorset DT1 2BY. Web: <a href="http://www.sirisaac.co.uk/maidencastle2007">www.sirisaac.co.uk/maidencastle2007</a>	07.07.07	Yes	19.00
<b>15 Jul</b>		<b>Tarrant Valley 10k</b>	<a href="http://www.tarrantvalley10.fsnet.co.uk">www.tarrantvalley10.fsnet.co.uk</a> Tel: 01258-830247		Yes	10.30
<b>19 Jul</b>		<b>Warrior's Keep Run</b>	<b>Denise on 01202-893553 or Ian on 01202-577081</b>			
20 Jul	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472		Yes	19.30
28 Jul		Swanage Half Marathon	L. Welsh, Withy Lakes, Betcher Farm, Church Knowle Wareham BH20 5NG <a href="mailto:welsh@welsh2k.freereserve.co.uk">welsh@welsh2k.freereserve.co.uk</a> <a href="http://www.swanagecarnival.com">www.swanagecarnival.com</a>	22.07.07	Yes	11.00
<b>05 Aug</b>	RRL	<b>Sturminster ½ Marathon</b>	<b>C. Willis Bramleys, Bath Road, Sturminster Newton Dorset DT10 1EB. Tel: 01258-573587</b> <a href="http://www.sturhalf.co.uk">www.sturhalf.co.uk</a>	<b>30.07.07</b>	<b>Yes</b>	<b>10.30</b>
11 Aug		Maiden New Ten Madness	P. England, West View, Cattisbrook, Nr Dorchester. Dorset. DT2 0JB. <a href="mailto:philatwestview@btinternet.com">philatwestview@btinternet.com</a>		Yes	19.00
12 Aug		Salisbury 5-4-3-2-1 10k, 20k, 30, 40k, 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://salisburyfirestation.info">http://salisburyfirestation.info</a>	11.08.07		10.00
17 Aug	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472		Yes	19.30
27 Aug		Shillingstone 5 m Hill Race	Roger Phelps, Race co-ordinator, Dorset Doddlers, The Bowery, Chapel Lane, Yenston, Templecombe, Somerset BA8 0NH. Email: <a href="mailto:roger.phelps@uk.thalesgroup.com">roger.phelps@uk.thalesgroup.com</a> Web: <a href="http://www.dorsetdoddlers.org">www.dorsetdoddlers.org</a>	24.08.07	Yes	14.15
02 Sep		The Beast, Corfe Castle 13/14m multi-terrain	Race Director, 2a Cranfield Avenue, Wimborne, BH21 1DE <a href="http://www.pooleac.co.uk/infopage.asp?infoid=187">www.pooleac.co.uk/infopage.asp?infoid=187</a>	13.08.07	No	10.30
16 Sep		New Forest Marathon and NF Half Marathon	PO Box 438, New Milton BH25 7YL <a href="http://www.nfma.org.uk">www.nfma.org.uk</a>	30.06.07	No	09.30
16 Sep		Dorset Demon 16 miles	Alistair Cook, Run Organiser, Dorset Wildlife Trust, Broklands 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">www.dorsetwildlife.co.uk</a>	01.09.07	Yes	09.30
<b>23 Sep</b>	RRL	<b>Littledown 5m</b>	<b>Race Secretary, 108a Gladstone Road East, Bournemouth BH7 6HQ</b>	<b>16.09.07</b>	<b>Yes</b>	<b>10.30</b>
23 Sep		Coffin Dodgers Dash 8m Multi-terrain	24 Edgarton Road, West Canford Heath, BH17 9AZ <a href="http://www.coffindodgersrunningclub.co.uk">www.coffindodgersrunningclub.co.uk</a>		Yes	11.00
30 Sep		Clarendon Way Marathon* Relay & ½ Marathon† Salisbury-Winchester	Paul Elderkin, 4 Bereweke Way, Winchester SO22 6BJ <a href="http://www.clarendon-marathon.co.uk">www.clarendon-marathon.co.uk</a> (1/2 marathon starts from Broughton)			10.30* 11.00†
07 Oct		Hobourne 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
14 Oct		Gold Hill Run	I. Braun 12 Fairmont Terrace, Sherborne, Dorset. DT9 3JS. <a href="http://www.gillinghamtrotters.talktalk.net">www.gillinghamtrotters.talktalk.net</a>	06.10.07	Yes	11.00
28 Oct		Studland Stampede 12k	VN Events, 5 Charnwood, 40 Tower Road, Poole BH13 6JA <a href="http://www.getoffyourarseandrun.com">www.getoffyourarseandrun.com</a>	20.10.07	Yes	10.00
28 Oct		The Stickler	The Race Secretary, 3 Kings Road, Blandford DT11 7LD Tel: 01258-452723 <a href="http://www.dorsetdoddlers.org">www.dorsetdoddlers.org</a>			10.30
28 Oct		Kingston Lacy 10k Cancer Research UK	<a href="http://www.cancerresearchuk.org/10k/enternow/">www.cancerresearchuk.org/10k/enternow/</a>			
04 Nov		AECC Dash Back 5k & 10k	Zoe Hayne, AECC Chiropractic College, 13-15 Parkwood Road, Bournemouth BH5 2DF Tel: 01202-436322 <a href="mailto:racesecretary@aecc.ac.uk">racesecretary@aecc.ac.uk</a>	26.10.07	Yes	11.00
11 Nov		Gillingham 7.5	I. Braun 12 Fairmont Terrace, Sherborne, Dorset. DT9 3JS. <a href="http://www.gillinghamtrotters.talktalk.net">www.gillinghamtrotters.talktalk.net</a>	27.10.07	Yes	11.00
<b>18 Nov</b>	RRL	<b>Wimborne 10</b>	<a href="http://www.wimborne10.co.uk">www.wimborne10.co.uk</a>		<b>Yes</b>	<b>10.30</b>
<b>25 Nov</b>	RRL	<b>Boscombe 10k</b>	Mrs D. Dowsett 50 Capstone Road, Bournemouth, Dorset BH8 8RP Tel: 01202-533272 <a href="http://www.bournemouthjoggers.co.uk/bosc10k.htm">www.bournemouthjoggers.co.uk/bosc10k.htm</a>		<b>No</b>	<b>11.00</b>
25 Nov		RNLI 10k, Moors Valley (also a 5k)	Tel: 01202-662260		No	10.00
09 Dec		Christchurch 10k	66 Stony Lane, Burton, Christchurch BH23 7LE <a href="http://www.christchurch-runners.org.uk">www.christchurch-runners.org.uk</a> <b>NOW FULL</b>		No	11.00
26 Dec		Poole Park 'Lakes 10k'	<a href="http://www.pooleac.co.uk">www.pooleac.co.uk</a>		Yes	11.00

PRSS – Poole Runners Summer Series; RRL – Road Race League

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