

Wimborne A.C. Road Runners - July 2008

MARATHON SUCCESSES & RIDGEWAY TRIUMPH

There have been two major stories since the last newsletter. First of all we had the many WACers' personal successes in the London Marathon – where we had our highest ever number of finishers, and also the fastest times recorded by WAC ladies for some years. Then there was the fantastic team successes in the Ridgeway 100k relay. I have thought for a while that, with a bit of a commitment, we had the resources, if we all pulled together, to really challenge for victory on the Ridgeway. For our two men's teams to come first and second was beyond what we dared hope for. The ladies team also did superbly, recording the fastest time for a WAC ladies team *so far*. We also had two 'mixed' teams who had a right royal battle between themselves a little further down the field for most of the day . . . and while all that was going on the mighty Andy Horsley had been out there since 4.30am doing the whole 100k route on his own. Andy looked spent at the finish. Incredibly, he had lost a stone in weight in the 15 hours it took him. As far as I know the only local paper to cover the Ridgeway was in the Blackmore Vale, although WAC did get national recognition in *Athletics Weekly*. Although the record books will show that one team of six runners were winners on the day, the truth is that really we had 31 winners out there in red vests – a great day, a fantastic achievement and a great reward for all the commitment you put in.

WELCOME ABOARD

It's good to see more new faces joining our ranks. Brand new roadrunning members in the last quarter include Anthony Clark, Robin Hughes, Colin Read and Paul Teck. While there has been a welcome return for Rona Kelly, Andrew Kennedy, Juliet Mellor and Derek & Jacqui Sainsbury. Anthony is our most recent addition and he seems to pick the toughest training sessions to turn up at. It's hard to believe that Robin is a new member as he has really been in the thick of things over the last three months, this included taking the lead leg for one of our Ridgeway teams. Colin is a Dorset exile who lives in London. His first claim club is Walthamstow, but he has already competed in his first race as a WACer – the Otmoor Challenge – where he was comfortably the first red shirt home. I don't think Paul has missed a Thursday session since first dipping his toe in WAC waters around six weeks ago. Paul's aim is to run a marathon in 2009 and he has already passed a milestone with us when he ran 10 miles (in the time trial) for the first time a few weeks ago. Of those returning to the fold Rona hosted the superb Purbeck Barbecue. Rona (and Jim and family) were the perfect hosts, the weather was superb and they went to a huge amount of effort marking courses of 4, 6 and 8 miles in an idyllic setting – a brilliant day. Andrew now lives in South Wales and the trigger for him to re-join was 'Race the Train' where he will be pulling on a red shirt for the first time for years, *more on this race later*. Every club needs its characters and Juliet and Jacqui & Derek are the sort of people who will add colour and vibrancy anywhere they are involved, and give us plenty to talk about too! It's brilliant to be able to welcome you all back.

Unfortunately it is not all one way traffic, we are set to lose our roadrunner who hates running on roads, however, throw in some multi-terrain or cross-country and then it is distance no object. As soon as the complicated business of buying and selling houses is resolved we are set to lose Jill Harsent's day-to-day involvement. Jill's role in the cross-country side of things in particular has been enormous and her departure will leave a very big hole. I know that contact will be maintained by a number of us once the move goes through, and that, in our hearts at least, Jill will remain forever a WACer, even if we get to see her less often. On a happier note, the best wishes of all WACers go to Andy Porter and Mel who are getting married this weekend. We haven't seen much of Andy in the last three months as he hurt his back in the lead up to the London Marathon and he is yet to return to running. We wish Andy & Mel all the best for the big day, and indeed the future, and look forward to seeing Andy pounding the roads of Wimborne in the not too distant future in preparation for London in 2009, where he will be able to use his deferred place.

A big thank you to those who helped out at Blandford Bridges. This is the multi-terrain race organised by WACer Steve Guy with the help of WAC and Dorset Doodlers. It's a simple equation really, without volunteers there are no races, so well done. WACers can also give themselves a mighty pat on the back for what they achieved at the 'Great British Tea Break' raising money with Morag for Lymphoma (£875!!) – Morag has more to say on that a little later in this newsletter.

ON THE WAC RADAR

06 Jul	Portland 10m – this Sunday (League Race - entries taken on the day)
20 Jul	Tarrant Valley 10k (entry on the day)
26 Jul	Wayfarers Relays and disco
03 Aug	Sturminster Half Marathon (League Race)
16 Aug	Race the train, Tywyn, Mid-Wales
28 Sep	Littledown 5m (League Race)
29 Nov	WAC Awards Night and disco

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TARRANT VALLEY 10k, Tarrant Monkton, Sunday 20 July 10.30am – We had an outstanding turnout for this local multi-terrain race last year – more than 30. Can we do even better this time around? I hope so as we have picked this event to meet up with Kim's second-claim club 'Fareham Crusaders' who are hoping to be there in numbers – they are looking to get around 20 runners there. As it is only just down the road for us surely we can outnumber them. On race day there is a small village fete and right next to the finish line the finest of 'drinks stations' the Langton Arms! There is a possibility that we will take on the 'Crusaders' on the skittle alley in the pub, a decision on this will be made on the day, as if it is very warm I suspect we might prefer to be outside and if it is wet the pub uses the alley as a family room. There is also a one mile race for the juniors. It will be a poignant race for Annmarie Pearson, as one of the McKenzie clan, she grew in up in the village and is sure to get lots of support from the locals. See www.tarrantvalley10.fsnet.co.uk for more information.

WAYFARERS RELAYS & DISCO, Wayfarers Sports & Social Club, nr Ferndown, Saturday 26 July 3pm – If you haven't already done so, contact Jerry (01202-881085) now to get involved in this great event. There are already between 20 and 30 of us signed up for this one. The race itself is a six-man relay race (four in a ladies team), with each leg run over 3 miles of flat forest paths. After the race there is a barbecue followed by a disco, until late, in the social club. There is camping available on site and, for those who choose to sleep over, there is a breakfast run the following morning. *Because so many of us will be at the Wayfarers it has been decided to postpone the 'Wimborne10, run, walk and crawl' that featured in the last newsletter. There is a strong possibility that the 'run, walk, crawl' may be revived at short notice, watch out for an e-mail.*



RACE THE TRAIN, 14.75m, Tywyn, Mid-Wales, Saturday 16 August 2pm –

We asked, 'Do you think you can beat this veteran?' in the last newsletter. Well a few of us are, if nothing else, up for a challenge. Entry forms have gone off, but if yours is not amongst them, *it is not too late*. This is truly a unique event where your supporters can cheer you on from the delightful narrow gauge train, make sure you don't miss out. There is more information on the race in the April 2008 newsletter (see *our website*) and of course there is also the race's official website www.racethetrain.com

Some of are us camping, others staying in local B&Bs in the area – come and join us. Contact me on 01202-577081 and we can talk about travel arrangements, etc. The list of WACers who should be there includes Tim Box, Craig Dixon, Andrew Kennedy, Ian Kennedy, Claire Newby, Nicki Roe, Debbie Whittle. I hope I haven't forgotten anyone. Race entries are still open, it would be great to see more red vests there. If you need any further persuasion see Debbie's excellent race report from last year on the WAC website. www.wimborneac.co.uk/race_the_train.htm

WAC AWARDS NIGHT AND END OF YEAR DISCO, Allendale Community Centre, Wimborne, Saturday 29 November – Are we really talking about this stuff already!! It seems like we are wishing our lives away. Well, venues have to booked and other arrangements made too. Once again Clare Gladden steps forward to take on the responsibility for the event. After the usual slow start for ticket sales last year, come the night there was almost 100 WACers there who had a great time. The timing of the awards night places it a week after the last Dorset Road Race League event which means that all the roadrunners' trophies will be awarded as well as those for the track & field side of the club. Let's see even more roadrunners there this time around. Once the awards have been presented there will be a disco and you will free to really express yourselves on the dancefloor. Details of when tickets are available will be advised nearer the time. Don't miss it.

ROADRUNNERS CHRISTMAS PARTY – YOUR THOUGHTS – WE NEED YOUR INPUT NOW

Every year we have greater numbers for the Christmas party. Last year there were 54 of us. We have come to a bit of a crossroads, as we have outgrown the small restaurants we have been using over recent years – Primizia, and Girasole before that. Can we have YOUR suggestions for what we should do. We need to sort this now as many venues are becoming booked up already (as Clare found out when she tried to book the Awards Night). I suggest the venue would be best within a five mile radius of Wimborne, but if everything else is right it might be worth considering going further afield. Do you want just a meal, or a chance to circulate more freely and perhaps some music. **WHAT DO YOU THINK?**

POOLE RUNNERS SUMMER SERIES – We now have the dates of the final two summer Friday night series races 18 July and 8 August. The start time for both races is 7.30pm (junior race at 7.00pm), with registration on the night. Entry fee is £2 per race, you retain your race number. The Upton House course is around 3.5 miles long. Any queries, contact Bruce Cameron on 01202-695472.

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RUNNING FROM QE – We seem to have fully established the schedule for Thursday night runs that, barring special nights or near clashes with races, we have been following conscientiously.

Week 1: Steady, sociable run - drinks afterwards.
Week 2: Handicapped time trial
Week 3: Run with fartlek/intervals work
Week 4: Hill reps
Week 5: Steady run

Week 3 was done in June on the grass 400m track that exists at QE for only a few months each year. For some of you it was an introduction to training on a track. If you enjoyed this sort of work try coming along on a Tuesday for the sessions led by Ed Arnold. It should help to get your speed up. Tuesday sessions cost £2.

ROAD RACE SUMMARY

Our quietest time of the year for league races with only Poole 10k in the past three months. After seven races we still have three runners on target for Fidelity awards – Julie Gosling, Wendy Kennedy and Claire Newby. Sorry Claire, I missed you in the last issue, I am blaming it on the shortcomings of the old Dorset Athletics website. That website is still in the process of being revamped, to check your results for 2008 in the interim, visit <http://sirisaac.co.uk/raceresults08.html>

The remaining league races (RRL) are:

Portland 10 Mile	6	July	2008
Sturminster Half Marathon	3	August	2008
Littledown 5 Mile	28	September	2008
Wimborne 10 Mile	16	November	2008
Boscombe 10 km	23	November	2008

It is worth reiterating the rules at this stage for the allocation of club places for the London Marathon, although as the race is now largely online entry we probably need to give our rules a little tweak. Apart from those who get in with 'good for age' or guaranteed places or via the open ballot there are also club allocated places – the draw for these is made at the Christmas 'do'. Here is a reminder of how the system works. Every member who was a fully paid up first claim member on July 1st 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 six if you did all the Wessex League Cross-Country races (*see later in this newsletter for details of these*). 'Wimborne 10' marshals will also get an extra ticket.

WWW.WIMBORNEAC.CO.UK

There has been a great deal of new material to read on the website in the past three months. The stories have been going up usually within a week of the events that they record. A big improvement on the old system of waiting up to three months until the next newsletter. The London Marathon, in particular, always seemed to suffer from this. I think that the coverage we have given the Marathon on the website is the best we have managed so far. Cathy has written a powerful piece, and there is a general round-up too, both written while all the memories were still fresh. The other story that dominates is the Ridgeway Relay which also has two stories, plus a photo gallery/slide show with more than 100 images. There has been a huge number of hits on the website as a result. If you haven't already done so, check the following stories.



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

- WACers at London** – Full report of Wimborne AC's exploits in the London Marathon
- My First London Marathon** – Cathy Hartle's report of her race
- May Handicap 4 mile Time Trial** – Report and results
- Marathon des Sables 2008** – Andy Horsley's report of how he nailed the world's toughest foot race
- Victory on the Ridgeway** – A Wimborne 1-2 and a PB for WAC Ladies - full report
- Ridgeway Wildcats** – Claire Newby's report from the Ridgeway
- Wessex Ridgeway Photo Gallery and Slide Show** – Re-live the agony and the ecstasy!
- WACers go Neolithic** - Tim Box's report on his first marathon

The June ten-mile time trial report should be posted up this week. If you do not have access to the internet and would like a printed version of any of these stories please let me know.

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CROSS-COUNTRY – WHAT ALREADY!!!

Ian Humpreys of Mendip AC has put his shoulder to the wheel to produced the earliest set of proposed dates for the Wessex League Cross-Country season we have ever had. I stress the dates have been made public to the clubs involved to provoke comment/discussion so as to head off any problems with venues/dates much earlier than was managed last year. The proposed calendar of events (subject to change is):

Sunday 26th October	Kings Park, Bournemouth
Sunday 30th November	St Gabriels School, Newbury
Sunday 28th December	Hudson Fields, Salisbury
Sunday 1st February	Devizes
Sunday 1st March	Ham Hill, Yeovil
Sunday 29th March	Avon Heath, Ringwood

So that is the 'wish list'. With Jill unlikely to be around for the new season we can do with all the support we can muster for the coming season. The Kings Park race will be hosted by WAC so we will need marshals for that day as well as competitors. I am also considering entering WAC in the Hampshire League and cherry-picking which races we do. That would give us some Saturday races which will suit some of our promising juniors better.

TIM HARRIS – 'GOES THE DISTANCE' – WACer Tim Harris offered other WAC members a free session a while back as he started out as a self-employed personal trainer. Things have been going so well for him that he now has been able to give notice at Ferndown Leisure Centre and concentrate solely on his personal training business. So if you are going down the road of using a personal trainer, make sure you talk to Tim on 07709838463. More details will be on our website shortly.

Keep on runnin', Ian

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WAC & THE GREAT BRITISH TEA BREAK - Once again the wonderful WACers turned out in full, and in style, this time not for a race but in support of a cause which is very dear to me, the Lymphoma Association annual fundraising GBTB. Now that I have returned to work, I knew I would have difficulty arranging a conventional GBTB but after a couple of conversations with Ian, we came up with the idea of a variation of 'Good to Talk'. In no time at all there was a hotline to Barb and Shirley, 'present drawers' were raided for raffle prizes and a suitable walk/jog was planned for me to take part in before the social. The chef agreed to prepare a bumper double chilli and a vegetarian option to satisfy all our needs at Wimborne Football Social Club. Seeing all the old familiar faces (and so many new ones) at QE gave me the usual thrill of any runner, a thrill that never quite leaves you despite your running days being over. Shirley, Denise, Julie and I set off for a version of the 'River Run', we were sorry that Barb did not join us but she and Norman were in training for their Mont Blanc walk (21 June) and were walking from Tarrant Monkton to Wimborne Football Club. Jacqui was expected, and indeed we did meet up with her, she was just finishing her run as we finished our shower. Apparently Derek was the reason she was late! Shirley and I set up the raffle prizes at the football club while Julie went in search for some shoes for Denise, one always forgets at least one article of clothing but I understand Denise forgot a couple of things that week. You were all very supportive and bought lots of tickets as well as giving so many prizes for the raffle. The auction of the prized Ridgeway winners' tee-shirt was another of Ian's wonderful ideas, I was sorry to be outbid by Robin, but I am sure it will be much appreciated by Robin's son. I do think that the prize for the most innovative idea must go to young Ed Shield who swelled our coffers by selling off individual chocolates from his box which he won on the raffle, £1 each!!! I am always seriously moved by the support that all of you have shown me over the last nine years, you all have helped me maintain such a positive approach to my illness. Thank you to the club for funding one pot of food and to Denise for paying for the second pot. Thanks to everyone who donated raffle prizes and to Liz (Hook) in Spain for sending a very generous donation. Special thanks to Jerry for the large cheque from the Wimborne 10 Race in November and of course to Ian without whom we would all 'put it off till tomorrow'. Keep on running.

Morag

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London Marathon – April 13

Simon Mortimer (519)	2:51:00
Jerry Shield (1728)	3:08:38
Pete Lemon (2059)	3:11:52
Richard Atkins (2646)	3:16:32
Adie Mead (3276)	3:21:52
Craig Dixon (3553)	3:23:51
Becky Wood (5746)	3:36:27
Pete Wood (5896)	3:37:14
Cathy Hartle (6213)	3:38:54
Robin Hughes (10329)	3:56:16
Jeff Hinsley (16784)	4:20:29
Nikki Roe (18026)	4:25:01
Claire Newby (19809)	4:31:37
Michele Whitehurst (22124)	4:40:47
Wendy Kennedy (22500)	4:42:18

PRSS Upton House 3.5m – May 2

Graham Starmer (17)	21:19
Derek Evans (19)	21:26
Richard Atkins (31)	22:18
Annemarie Fachiri (116)	30:01

Neolithic Marathon – May 4

Jerry Shield (15)	3:21:11
Pete Lemon (31)	3:31:14
Craig Dixon (47)	3:40:30
Andy Horsley (56)	3:45:09
Jon Braund (58)	3:45:27
Ian Kennedy (168)	4:32:06
Shirley Billington (178)	4:41:57
Tim Box (212)	5:02:03

Purbeck 10k – May 7

Graham Starmer (27)	38:21
Jerry Shield (24)	28:22
Derek Evans (36)	39:11
Stewart Little (39)	39:25
Graham Whiffen (70)	41:49
Craig Dixon (80)	42:27
Nick Solomon (113)	45:05
Nigel Eldred (157)	47:20
Jill Harsent (199)	49:25
Bob Caines (241)	52:15
Claire Newby (269)	54:50
Helen Allen (272)	55:03
Margaret Laurie (284)	56:02

PRSS Upton House 3.5m – May 16

Graham Starmer (17)	21:19
Derek Evans (19)	21:26
Richard Atkins (23)	22:03
Annemarie Fachiri (116)	30:01

Egdon Easy – May 24

Julie Gosling (235)	1:06:30
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Poole 10k – June 1

Stewart Little (63)	38:09
Jerry Shield (73)	38:28
Richard Atkins (77)	38:37
Derek Evans (81)	38:46
Eric Gilbert (119)	40:32
Craig Dixon (125)	40:36
Steve Guy (132)	40:50
Neil Hopkinson (136)	41:03
David Wild (285)	45:49
Nick Solomon (316)	46:34
Cathy Hartle (338)	46:57
Phil Whitehurst (476)	50:24
Tim Box (520)	51:32
Bob Caines (549)	52:31
Wendy Kennedy (614)	54:36
Claire Newby (636)	55:10
Annemarie Fachiri (676)	56:20
Julie Gosling (790)	60:00
Clare Horsley (807)	61:12
Marion Main (825)	62:19

PRSS Upton House 3.5m – June 6

Derek Evans (15)	21:15
Graham Starmer (17)	21:22
Annemarie Fachiri (116)	30:34

Otmoor Challenge 13.1m – June 7

Colin Read (12)	1:23:51
Craig Dixon (50)	1:37:02
Daryl Davies (75)	1:42:34
Ian Kennedy (187)	1:57:31
Tim Box (223)	2:04:43
Claire Newby (299)	2:31:33

Puddletown Plod 20k – June 8

Mark Hitchcott (10)	1:28:30
Graham Whiffen (17)	1:34:02

Blandford Bridges 10k – June 15

Graham Whiffen (20)	41:23
David Wild (65)	46:08
Dave Pearson (82)	47:30
Annmarie Pearson (175)	59:59

A more detailed breakdown of London Marathon results can be found in the Race Reports section of our website, as can results for the Ridgeway.

Many thanks to Andy Horsley who collated most of these results.

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Date	Status	Race	Contact	Close Date	Late Entry	Start Time
06 Jul	RRL	Portland 10m	Race Sec., 12 Mead Bower, Portland, DT5 12DZ 01305-861291 www.rmpac.co.uk	30.06.08	Yes	11.00
12 Jul		Maiden Castle Loop	www.egdonheathharriers.co.uk			
18 Jul	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472 www.poolerunners.com		Yes	19.30
20 Jul		Tarrant Valley 10k	The Race Secretary, Tarrant Monkton House, Tarrant Monkton, Blandford DT11 8RU 01258-830247 www.tarrantvalley10.fsnet.co.uk	18.07.08	Yes	10.30
26 Jul		Swanage Half Marathon	Linda Wells, Withy Lakes, Betcher Farm, Church Knowle, BH20 5NG 01929-481342 www.swanagecarnival.com/roadrace.aspx	20.07.08	Yes	10.00
26 Jul		Wayfarers Relays	Contact Jerry 01202-881085			
03 Aug	RRL	Sturminster Half Marathon & 5km	Race Sec., Bramleys, Bath Road, Sturminster Newton DT11 1EB 01258-472010 www.dorsetdoddlers.org	28.07.08	Yes	10.30
08 Aug	PRSS	Upton House 3.5m	Bruce Cameron 01202-695472 www.poolerunners.com		Yes	19.30
09 Aug		Maiden New Ten	www.maidennewtonrunningclub.blogspot.com			
16 Aug		Race the Train 14.75m (plus supporting races)	www.racethetrain.com	05.08.08	Yes	14.05
17 Aug		Dorset Duddle Weymouth-Swanage 31m	www.btinternet.com/~hardy.annual/duddle.htm	31.07.08	Yes	09.00
25 Aug		Shillingstone 5m Hill Race	Roger Phelps 01963-370587		Yes	14.15
31 Aug		The Beast 13m multi-terrain from Corfe Castle	Race Director, 2a Cranfield Ave, Wimborne BH21 1DE www.pooleac.co.uk	11.08.08	No	10.30
21 Sep		New Forest Marathon	www.nfma.org.uk nfmarathon@hotmail.co.uk			
21 Sep		New Forest Half Marathon	www.nfma.org.uk nfmarathon@hotmail.co.uk			
21 Sep		Dorset Demon 13m (Multi-terrain Half marathon from Tyneham in the Purbecks)	Hugo Tagholm e-mail: htagholm@dorsetwildlife.co.uk Tel: 07980-727294 www.dorsetwildlife.co.uk Dorset Wildlife Trust, Brooklands Farm, Forston, Dorchester, DT2 7AA Tel: 01305-264620			09.30
28 Sep	RRL	Littledown 5m				
05 Oct		Hoburne 5				
12 Oct		Gold Hill Run				
26 Oct		The Stickler	www.dorsetdoddlers.org kept@bp.com			10.30
26 Oct	WXC	Kings Park Bournemouth	Contact Ian 01202-577081		Yes	
02 Nov		Gillingham Hilly 7.5m	www.gillinghamtrotters.talktalk.net			
16 Nov	RRL	Wimborne 10m	www.wimborne10.co.uk			
23 Nov	RRL	Boscombe 10k	Mrs D. Dowsett 50 Capstone Road, Bournemouth, Dorset BH8 8RP Tel: 01202-533272 www.bournemouthjoggers.co.uk/bosc10k.htm		No	11.00
30 Nov	WXC	St Gabriels School, Newbury	Contact Ian 01202-577081		Yes	
14 Dec		Christmas Pudding 10k	www.christchurch-runners.org.uk		No	
28 Dec	WXC	Hudson's Field, Salisbury	Contact Ian 01202-577081		Yes	

PRSS – Poole Runners Summer Series; RRL – Road Race League; WXC – Wessex Cross-Country League
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