

Wimborne A.C. Road Runners - July 2009

RIDGEWAY – YOU'VE ONLY GONE AND DONE IT AGAIN!

The last three months have been hectic, and littered with many excellent performances and PBs. The Ridgeway Relay took place in May. Our men's 'Go the Distance' team ensured that WAC repeated its success of 2008. Last year there was an element of luck about the Ridgeway victory as Dorset Doodlers, who had been leading race, had their last man stricken with injury. This time luck had nothing to do with it, we fielded the strongest team on the day. Our winning team consisted of Jerry Shield, Tim Harris, Graham Whiffen, Graeme Furley, Stewart Little and Anthony Clark. That is a formidable six, and although it is perhaps unfair to pick anyone out for special mention it was the two Graham/Graemes who opened up a gap between us and the other contenders. Graham Whiffen was drafted into the team as a reserve at a late stage. He is the quiet man of the team, and a cross-country specialist – he was on fire that day. He handed over the baton to our 'secret weapon' Graeme Furley. As Graeme's races have been almost exclusively cross-country he would have been an unknown quantity to our opposition. He got badly smashed up in a road accident and spent almost a year in a wheelchair. With all sorts of metalwork inserted in his body, not for nothing is he known as the bionic man – an awesome comeback! The full story of our winning team's race is on the website, a superb piece written by Stewart. There are also excellent reports from WAC's 'Magnificent 6' (courtesy of Guy Thompson), and a team effort from our 'AC/DC' team which shows that even when you are not challenging the leaders you get a huge sense of achievement competing on the Ridgeway.

AND THEN OF COURSE THERE WERE THE MARATHONS.....

For many WACers the London Marathon is one of the key events of the year and this year was no exception. There were 12 red shirts out there, with Jerry in first in 2:55, we saw eight PBs, with Nigel Eldred as the biggest improver. Read accounts of the day from Helen Allen and Tim Box on the website.

But London was only one of the spring marathons . . . a few weeks earlier Anthony Clark (sub-3hours), Richard Atkins (sub-3:15 and a London Qualifying time) and Neil Hopkinson (whose race was thwarted by injury) all competed in Paris – see *Neil's report on the website*.

An exciting new event on the calendar was the North Dorset Village Marathon (NDVM). What a day that turned out to be for WACers! Our men won the team prize with Jerry (who recorded his second sub-3hr marathon in 8 days), Peter Wood and Craig Dixon as our scorers. Peter recorded a sub-3:15 qualifying time in the process. Eight WACers took part – around 10% of the field. In parallel with the marathon a marathon relay was run. WACers, Nicki Roe, Claire Newby, Julie Mead and Jools Maskell took the trophy for a ladies team. A report of the NDVM appears on the website. Hats off to Gillingham Trotters who organised two superb races, the NDVM and the Ridgeway Relay, within a few weeks of each other. Meanwhile, on the same day, on the Salisbury Plain we had representation in the Neolithic Marathon in the form of Andrew Olden and Phil Whitehurst, while Debbie Whittle did the Half. Michele Whitehurst did the Neolithic Marathon as a walker as part of her preparation for the 26mile Moonwalk in London. Michele went on a few weeks later to finish second in the Moonwalk (5:09), with Morag Day also well up the field finishing around an hour later.

MARATHONS ARE FOR 'SOFTIES'!

For some WACers 26.2 miles just isn't far enough. Surely Andy Horsley has set a new record for the longest run by any WACer . . . so far! Birmingham to London alongside the Grand Union Canal . . . 148 miles! He had a support crew of Craig Dixon, Clare Horsley, Claire Newby and Jerry Shield. 42 hours 40 minutes of competing and 48 hours without sleep. His supporters came back absolutely wrecked as they had virtually no sleep either. Well done to Andy and his team. Craig has written it all up for the website, take a look.

How much can you pack into a week? Tim Harris had what surely must be the most intensive 7 days of activity of any WACer ever. How about this for a schedule:

Sat. 16 May, 1500m and 5000m in the Southern Men's League at Abingdon.

Sun. 17 May, two legs of the Wessex Ridgeway for our victorious 'Go the Distance' team (this included the dreaded leg 2 over Hambledon Hill and Okeford Beacon).

Mon. 18 May, cycle a 200 mile route around Dorset to finish in the New Forest.

Tue. 19 May, the plan was to swim from Lepe near Fawley to the Isle of Wight but to do this Tim had to contact the coastguard to get the all clear. Due to prevailing conditions permission was denied, so Tim did the equivalent distance swimming back and forth in the Beaulieu River, and then took a ferry to the Island.

Wed. 20 May, run anti-clockwise around the Isle of Wight (60-plus miles).

Thu. 21 May, Tim repeated his swim in the Beaulieu River as once again the coastguard's permission was not given.

Fri. 22 May, repeat Monday's 200 mile bike ride in reverse direction.

Phew!! A weary looking Tim finished in Poole Park at about 8pm on Friday night with around 40 of us there to give him a hero's welcome. Along the way Tim had support from a committed team which included guys from Downton Leisure Centre, some of his 'Go the Distance' clients and a couple of WACers too. All this formed part of Tim's tireless campaign to raise yet more money for WaterAid. A magnificent achievement.

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A warm welcome to . . . Rich House who signed up as a WACer in April and within weeks he was out there pounding the streets of London in the Marathon and posting a sub-4hours time. There have been a few other new faces on a Thursday too, these have included Dave Black and a couple of mates of Pete Carr's (Jeremy Hett and Dave Higgins). Dave was first man across the line in June's 4 mile time trial. The past three months has seen the re-emergence of Teresa Grist. Teresa has made really excellent progress with Bob Caines' guidance and has set herself a target of tackling the New Forest Half Marathon in September. At the present rate of development, that target will not present too much of a problem for her.

RED ARMY

One of the most remarkable features of the past three months has been the increasing turnout for races and other events. At the Purbeck 10 we set a new record for turnout in a league race – 31 (this included WAC League debuts from Andrew Olden, Christine Taylor and Laura Wayman). One race later, at Poole 10k, we went one better (32 finishers), and this number would have been higher but for illness to Celia Ireland at the last minute and Bob Caines who was forced to pull up. The Wimborne 10 mile trial, at 32 runners, had more than double the number of participants of a year earlier. There were good numbers also for the Corfe Mullen 5k, with some red shirts in the junior race too. The summer social run from the High Corner Inn has always attracted more runners each time we go. Fifty-six WACers made their way out into the forest.

BLANDFORD BRIDGES RUN – Well done to Steve Guy and the team he put together, which included a healthy number of WACers. The feedback about the race has been positive in the extreme, the race has been reported as being friendly and well organised. Numbers taking part increases year on year. Steve is very appreciative of the help you were able to offer. Well done also to those who raced. It was very encouraging to see one of the juniors who attends our Saturday morning sessions, Lewis Murphy-Parry, winning the junior race too. There was a good piece in the *Western Gazette* take a look at this webpage <http://www.thisisdorset.co.uk/westerngazette/news/Runners-Blandford-10k/article-1096777-detail/article.html>

BROADENING OUR HORIZONS – It has been encouraging to see a few WACers exploring new territory. Guy Thompson and Nicki Roe have both done well at recent Track & Field meetings. Lynn Hutchings, started off as a spectator/supporter less than a year ago, became a key cross-country racer for us over the winter, then took part in the Ridgeway and is now a regular at track meets too. Competing on the track and attending Ed's Tuesdays sessions are going to help increase your pace, so it would be great to see a few more of us 'Roadies' giving a track meet a go before the end of the season. It is not all one-way traffic as a number of WACers who are first and foremost T&Fers have got involved with road/multi-terrain/endurance events, these include Trudi Carter, Glyn Davies, Annmarie & Dave Pearson and Steve Snook.

SOME KEY DATES

05 Jul Portland 10 – *League Race*
19 Jul Tarrant Valley 10k
25 Jul Wayfarers relays
02 Aug Sturminster Newton Half Marathon – *League Race*
13 Sep Littledown 5 – *League Race* – **NOTE SECOND CHANGE OF DATE**

THE ROAD RACE LEAGUE

WACers have shown fantastic commitment to Dorset Road Race League races this year. The men's team currently lie in 3rd place in the league table – which equals our highest ever finish. Can we maintain this, or indeed improve on it? We are going to have to push all the way to the final race if we are to achieve it. Our ladies are currently lying in 6th place, that is two places up on where they were at the end of the 2008 season. The girls had a particularly good race at the Rotary Quarter Marathon. The next three months are amongst the quietest on the fixture list. Here are the remaining league races.

05 Jul	Portland 10m	13 Sep	Littledown 5m (CHANGE OF DATE)	15 Nov	Wimborne 10m
02 Aug	Sturminster Newton ½ marathon	24 Oct	Weymouth 10m	22 Nov	Boscombe 10k

Those still on target for fidelity awards are Helen Allen, Tim Box, Craig Dixon, Julie Gosling, Andy Horsley, Stewart Little, Guy Miller, Terry Simms, Guy Thompson and Dave Wild. To have ten WACers still on for Fidelity awards at the halfway stage is remarkable. If we can get all of them through to the end of the season it would be a great achievement.

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TARRANT VALLEY 10k, Tarrant Monkton, Sunday 19 July 10.30am – We had an outstanding turnout for this local multi-terrain race last year. Can we do even better this time around? There is also a one mile race for the juniors. See www.tarrantvalley10.fsnet.co.uk for more information.



WACers in the Tarrant Valley last year.

WAYFARERS RELAYS & DISCO, Wayfarers Sports & Social Club, nr Ferndown, Saturday 25 July 3pm – Jerry is busy finalising teams for this, and will be in touch shortly. The race itself is a six-man relay race, with each leg run over 3 miles of flat forest paths. After the race there is a barbecue, followed by tug of war and a disco, until late, in the social club. There is camping available on site and, for those who choose to sleep over, a breakfast run the following morning. Our honour is at stake here – we need to defend our title as winners of the tug of war from 2008!

POOLE RUNNERS SUMMER SERIES – We now have the dates of the final summer Friday night series races, 10 July, 7 August and 21 August. The start time for the 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.

WWW.WIMBORNEAC.CO.UK

There are loads of new stories up on the website to catch up on - thank you very much for all your contributions to the newsletter and the website.

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

June 10 mile handicap time trial – □ Report and timings.

148miles Birmingham - London – 22/23 May 2009 □ Craig Dixon reports on Andy Horsley's Grand Union Canal run.

June 4m handicap time trial □ – Report and results

WAC Wessex Ridgeway – The Magnificent Six! – 17 May 2009 □ Guy Thompson reports

WAC Wessex Ridgeway – It's the taking part! – 17 May 2009 □ WAC's AC/DC team report

WAC Wessex Ridgeway Victory – 17 May 2009 □ Stewart Little reports.

North Dorset Village Marathon 3 May 2009 □ Andy Horsley reports.

London Marathon 2009 – Read how Helen Allen recorded one of eight WAC PBs on the day.

London Marathon 2009 – Tim Box spills the beans.

Paris in the Springtime – 5 April 2009 □ Neil Hopkinson reports

A full day! – Double-header in Milton Keynes – 5 April 2009 □ Ian Cardy's report from Big Cow Duathlon and the 12 stage Road Relay

If you do not have access to the internet and would like a printed version of any of these stories please let me know.

Keep on runnin', Ian K

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<u>Cranleigh 21m – 29 March</u>		<u>Purbeck 10k – 13 May</u>		<u>Poole 10k – cont</u>	
Peter Lemon (63)	2:32:10	Jerry Shield (23)	37:06	Ian Kennedy (309)	45:25
		Anthony Clark (27)	37:34	Kevin Elliott (312)	45:32
		Guy Thompson (33)	38:10	David Wild (334)	46:00
		Stewart Little (38)	38:25	Nicki Roe (412)	48:00
<u>Bournemouth Bay Half – 5 April</u>	1:26:33	Richard Atkins (39)	38:27	Richard Davies (413)	48:00
Tim Harris (50)	1:30:06	Graham Whiffen (58)	39:43	Terry Simms (427)	48:22
Guy Thompson (103)	1:32:27	Andy Porter (65)	39:51	Julie Maskell (434)	48:09
Andrew Olden (140)	1:32:28	Craig Dixon (86)	41:13	Peter Carr (473)	48:59
Paul Mallett (141)	1:34:17	Andy Hoesley (88)	41:23	Georgie Hougham (545)	50:30
Andy Porter (174)	1:44:10	Andrew Olden (101)	42:15	Anne-Marie Fachiri (564)	50:50
Nigel Eldred (399)	1:48:53	Peter Lemon (106)	42:32	Julie Mead (580)	51:11
Claire Newby (533)	1:54:20	Ian Kennedy (156)	44:18	Guy Miller (595)	51:31
Terry Simms (697)	2:10:23	Phil Burgess (159)	44:33	Tim Box (606)	51:49
Debbie Whittle (1085)	2:10:23	Nick Solomon (163)	44:55	Helen Allen (729)	55:22
Guy Miller (1086)	2:10:23	Nigel Eldred (179)	45:44	Claire Newby (740)	55:45
Tim Box (1087)	2:27:04	Nicki Roe (182)	45:47	Julie Gosling (831)	1:01:41
Helen Allen (1088)	2:30:45	David Wild (200)	46:45	Teresa Grist (884)	1:08:11
Julie Gosling (1261)		Julie Maskell (232)	48:03		
Sheilagh Howes (1272)		Peter Carr (249)	48:56		
		Terry Simms (255)	49:23	<u>Corfe Mullen 5k – 9 June</u>	
		Georgie Hougham (270)	50:10	Jerry Shield (12)	17:21
<u>Bournemouth Bay 10k – 5 April</u>	40:04	Tim Box (278)	50:48	Guy Thompson (14)	17:33
Ross Kirkpatrick (27)	53:33	Anne-Marie Fachiri (283)	51:02	Graham Whiffen (24)	18:32
Anne-Marie Fachiri (428)		Julie Mead (291)	51:35	Craig Dixon (27)	18:38
		Bob Caines (307)	52:22	Andrew Olden (48)	20:13
<u>Flora London Marathon – 26 April</u>	2:55:12	Guy Miller (328)	54:02	Paul Teck (49)	20:14
Jerry Shield (648)	3:09:12	Helen Allen (343)	55:34	Paul Mallett (62)	20:41
Adrian Mead (1523)	3:17:18	Claire Newby (362)	57:44	Paul Grist (64)	20:46
Craig Dixon (2227)	3:20:04	Julie Gosling (374)	59:25	Ian Kennedy (70)	21:05
Andy Hoesley (2517)	3:37:30	Laura Wayman (379)	1:00:20	Phil Burgess (73)	21:10
Andy Porter (4636)	3:43:21	Christine Taylor (399)	1:04:52	Richard Davies (96)	22:36
Becky Wood (973)	3:57:40			Tim Box (98)	22:39
Rich House (8115)	3:58:23	<u>Poole Runners Summer Series 1 – 15 May</u>		Terry Simms (103)	22:51
Nigel Eldred (8284)	3:59:44	Guy Thompson (11)	21:34	Georgie Hougham (121)	23:32
Paul Grist (8602)	4:51:55	Derek Evans (15)	21:55	Anne-Marie Fachiri (138)	24:30
Helen Allen (5930)	4:52:27	Richard Atkins (22)	22:32	Laura Wayman (161)	26:41
Tim Box (17872)	5:06:18	Andrew Olden (45)	24:07	Celia Ireland (214)	34:58
Debbie Whittle (7062)		Anne-Marie Fachiri (98)	28:14	Teresa Grist (215)	34:58
<u>Neolithic Half – 3 May</u>	2:15:36	<u>Egdon Easy 10k – 23 May</u>		<u>Puddletown Plod 20k – 14 June</u>	
Debbie Whittle (146)		Graeme Furlley (4)	37:39	Graham Whiffen (12)	1:29:26
		Julie Gosling (160)	1:03:10	Paul Grist (28)	1:39:27
				Terry Simms (47)	1:51:27
<u>Neolithic Marathon – 3 May</u>					
Andrew Olden (40)	3:43:17	<u>GUCR 145 Miles – 22/23 May</u>		<u>Summer Solstice 8k – 19 June</u>	
Philip Whitehurst (123)	4:11:28	Andy Hoesley (28)	42:40:00	Nicki Roe (64)	38:38
				Anne-Marie Fachiri (170)	43:45
<u>North Dorset Village Marathon – 3 May</u>	2:59:12	<u>Poole Runners Summer Series 2 – 29 May</u>		<u>Lairig Ghru 28m – 20 June</u>	
Jerry Shield (4)	3:14:38	Guy Thompson (14)	20:46	Craig Dixon (39)	4:46:13
Peter Wood (11)	3:28:27	Richard Atkins (32)	22:05	Ian Kennedy (59)	5:15:54
Craig Dixon (20)	3:28:27	Andrew Olden (56)	23:52		
Andy Hoesley (21)	3:35:32	Anne-Marie Fachiri (146)	29:30		
Steve Guy (26)	3:35:52			<u>Blandford Bridges 10k – 21 June</u>	
Anthony Clark (27)	3:37:35			Peter Wood (25)	40:19
Peter Lemon (30)	3:50:57	<u>Poole 10k – 7 June</u>		Paul Mallett (61)	44:55
Ian Kennedy (44)		Anthony Clark (40)	37:09	Dave Pearson (71)	45:47
		Stewart Little (45)	37:35	Kevin Elliott (80)	45:56
<u>Moors Valley 10k – 10 May</u>	42:17	Guy Thompson (57)	38:04	David Wild (92)	47:00
Andy Hoesley (17)	49:40	Richard Atkins (59)	38:08	Tim Box (131)	49:56
Derek Sainsbury (82)	50:30	Derek Evans (69)	38:39	Georgie Hougham (162)	53:40
Georgie Hougham (96)	52:11	Graham Whiffen (97)	39:18	Anne-Marie Fachiri (182)	55:36
Julie Mead (116)	52:26	Sieve Guy (101)	39:28	Ammarie Pearson (212)	1:03:03
Anne-Marie Fachiri (119)	59:19	Craig Dixon (136)	40:34		
Barbara Frampton (156)	1:13:34	Peter Lemon (182)	41:38		
Clare Horsley (198)	1:13:35	Andy Hoesley (189)	42:11		
Claire Newby (199)		Andrew Olden (204)	42:55		
		Jeff Hinsley (218)	43:13		
		Paul Teck (228)	43:24		
		Paul Grist (249)	43:55		
		Phil Whitehurst (290)	45:00		

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

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Date	Status	Race	Contact	Close Date	Late Entry	Start Time
05 Jul	RRL	Portland 10m	Entries Sec, 12 Mead Bower, Portland, Dorset. DT5 2DZ 01305 861291 www.dorsetrleague.co.uk/Entry%20Form.pdf	29.06.09	Yes	11.00
10 Jul	PRSS	Upton Park 3.5m	www.poolerunners.com		Yes	19.30
11 Jul		Maiden Castle Loop	Gail Coverley, 11 Birch Way, Weymouth, Dorset. DT4 6JZ 01305 833852/07958 683477 http://egdonheathharriers.com/Documents/maiden%20castle%20entry%20form.pdf	03.07.09	Yes	19.00
18 Jul		Swanage Half Marathon	Linda Welsh, Withy Lakes, Betcher Farm, Church Knowle, Wareham, Dorset. BH20 5NG 01929 481342 www.swanagecarnival.com/PDFs/Road%20Race%20Entry%20Form%202009.pdf	18.07.09	Yes	10.00
19 Jul		Tarrant Valley 10k	The Race Secretary, Tarrant Monkton House, Tarrant Monkton, Blandford Forum. DT11 8RU 01258 830247 www.tarrantvalley10.fsnet.co.uk		Yes	10.30
25 Jul		Wayfarers Relays	Contact Jerry 01202-881085		No	15.00
02 Aug	RRL	Stur. Newton Half Marathon	Race Secretary, Bramleys, Bath Road, Sturminster Newton, Dorset. DT10 1EB www.dorsetdoddlers.org	27.07.09	Yes	10.30
07 Aug	PRSS	Upton Park 3.5m	www.poolerunners.com		Yes	19.30
08 Aug		Maiden Newton Madness	West View, Cattistock, Nr Dorchester, Dorset. DT2 0JB philatwestview@btinternet.com		Yes	19.00
21 Aug	PRSS	Upton Park 3.5m	www.poolerunners.com		Yes	19.30
30 Aug		Studland Country Fair 5k	www.purbeckrunners.co.uk	20.08.09	Yes	10.00
31 Aug		Shillingston 5m Hill Race	Roger Phelps, The Bowery, Chapel Lane, Yenston, Templecombe, Somerset BA8 0NH 01963 370587 www.dorsetdoddlers.org		Yes	14.15
06 Sep		The Beast	Race Secretary, 2a Cranfield Avenue, Wimborne BH21 1DE www.pooleac.co.uk		No	10.30
08 Sep		Poole Park Ladies 5k	Daveena Tweed/Martin Thomas, 50 Ripon Road, Winton, Bournemouth, Dorset. BH9 1RF 01202 697279 www.dorsetrleague.co.uk/Ladies%205K%2008092009.pdf		Yes	19.00
13 Sep	RRL	Littledown 5m	www.littledownharriers.co.uk	07.09.09	Yes	10.30
27 Sep		New Forest ½ marathon	www.nfma.org.uk	31.08.09	No	09.30
27 Sep		New Forest Marathon	RACE FULL			Full
04 Oct		Hoburne 5	The Race Secretary, Hoburne 5, PO Box No 6971, Christchurch, Dorset		Yes	11.00
11 Oct		Gold Hill 10k	12 Fairmont Terrace, Sherborne DT9 3JS gillingham trotters@hotmail.com www.gillinghamtrotters.talktalk.net	11.10.09	Yes	11.00
24 Oct	RRL	Weymouth 10				
01 Nov		Gilly Hilly 7.5m	www.gillinghamtrotters.talktalk.net			
01 Nov		AECC Dash Back 5k & 10k Boscombe	www.aeccdashback.com			
15 Nov	RRL	Wimborne 10m	The Race Secretary, 8 Potterne Wood Close, Verwood, Dorset. BH3 6GD www.wimborne10.co.uk	19.11.09	No	10.30
22 Nov	RRL	Boscombe 10k	Race Secretary, 10 Tyndale Close, Bournemouth, Dorset BH9 3SF www.bournemouthjoggers.co.uk	22.10.09	No	11.00
13 Dec		Christmas Pudding 10k	Race Secretary, 66 Stony Lane, Burton, Christchurch, Dorset. BH23 7LE – RACE FULL		No	11.00
26 Dec		Round the Lakes 10k	Race Director, 2 Holly Hedge Lane, Poole BH17 7LJ www.pooleac.co.uk	11.12.09	Yes	10.30
01 Jan		Broadstone Quarter Marathon				
03 Jan		Somerley 10k				
10 Jan		Milborne 10				
25 Apr		London Marathon				

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

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