

Wimborne AC Road Runners – July 2010

The past few months have seen some of the year's usual big events and with more to come over the summer the Wimborne roadrunning calendar looks packed. Since the last newsletter we have had a record number of finishers at this year's Virgin London Marathon. Well done to Adie Mead, Andrew Olden, Annie Dougall, Anthony Clark, Clare Horsley, Debbie King, Guy Miller, Jeff Hinsley, Jools Maskell, Julie Gosling, Juliet Mellor, Michele Whitehurst, Paula Miles, Paul Hine, Paul Teck, Pete Lemon, Phil Whitehurst and Wendy Kennedy. Debbie, Juliet and Paul Hine all wrote excellent London Marathon stories, the girls' stories are open and moving, and Paul's 'schoolboy errors' is funny, as you are almost certainly going to be able to relate to it through personal experience!

The following week saw more Wimborne runners complete the North Dorset Village Marathon. Especially well done to Jerry (top 10 finisher) and Andy Horsley who have now completed every NDVM and are part of an elite group of 'ever presents'. The race is turning out to be an absolute classic and our men's team, made up of Jerry, Jon Braund and Andy Porter claimed first prize in the team competition. In all 7 WAC men did the full marathon and it was great to see Denise Craddock back in the thick of it again, she was our only lady to go the full 26.2 miles. However, our girls really excelled themselves in the relay event that runs in parallel with the marathon. We had two teams, in a field of 20. Overall our girls finished 2nd and 3rd of the ladies' teams – we were edged out by 'Trotters Tottie'! Even more impressive is the fact that our lady WACers finished 6th and 7th overall. A hugely impressive performance.

Wimborne's dominance of the Wessex Ridgeway took a dent this year, navigational errors allowed Marlborough and the Dorset Doodlers to finish ahead of us. In fairness Marlborough, in particular, fielded a very strong team and they would have presented a mighty challenge to our No. 1 men's team even without our off-piste excursions. We also fielded a second men's team, a ladies' team and a mixed team. The navigational errors weren't confined to the men's first team, all the team's had some sort of drama on that front (most of which were relatively minor). A big vote of thanks is due to our team captains – Jerry, Jon (see his excellent website report), Julie Mead and Phil Burgess who put in so much work on their team-mates behalf. Phil Burgess also oversaw the whole operation and did a superb job. Phil and Roy are absolutely determined to minimise the navigational issues in future years and they have identified the places which caused the problems. (Leg 2 in particular, caught many teams, not just ours, out). Despite the setbacks it was a glorious day for running and I am sure a running highlight for many.

Embracing the idea of cross-training to the extreme has been Jerry who last weekend completed a 106 mile bike race around Dartmoor. If your interested in some cross-training on the bike but not as far 106 miles then read below for details of the Monday night cycle sessions from Pamphill.

In our first summer training from Wimborne Town Football Club we have made the most of the post-run refreshments at the bar and have been welcomed every week from Charlie and his team. The time trial has been adjusted to include a tricky hill at the start and now people have times on the board we should start to see improvements over the next couple of months.

NEW MEMBERS

We have another four members to welcome into the WAC roadrunning family since April. As first claim members we have three more for the ladies' team: Paula Miles, Anne Oseland and Claire Scammell. Paula completed her first marathon on the streets of London in April and she has introduced her training partner, Anne, to the club as well. We have seen Claire on both Tuesday and Thursday nights, and she is clearly not afraid of a challenge, witness her excellent story for the website on the 'Mudrunner Oblivion' race. Andy MacDonald joins as a second claim runner. He is a Reading AC member who finds himself working on a contract at Cobham's. He certainly makes the most of his time down in Dorset, he is a key contributor to the Ed's sprint group on a Tuesday and rarely misses a Thursday session either. Andy found himself immersed in a crash course of getting to know Dorset as a member of our No. 1 Ridgeway men's team.

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BLANDFORD BRIDGES RUN

Well done to Steve Guy and his team of volunteers for all their hard work. The soaring temperatures meant that it was a good day to be a spectator! So well done to the ten WACers who raced in the 10k. There was a great performance from WAC's 13-year-old cross-country and track & field star Ryan Walbridge who showed his impressive form in the juniors' race, winning by a comfortable margin. It would be good to have a race report for the club website from one of our runners or volunteers – *anyone up for it?*



Blandford Bridges 2010 with Bryanston School in the background jointly hosted by Wimborne AC and Dorset Daddlers and organised by Steve Guy.

WAC FORUM

The WAC Forum has been up and operational now for a few months now and although there are 30 WACers signed up – we could do with getting you all logged in.

Threads appearing over the last few months include:

- Dorset Marathons – *Could there be a Wimborne Marathon?*
- 1st Marathon experiences... share!
- Monday Evening Bike Ride
- The book of running books!
- Super foods - boosting endurance
- Coast Run
- One for the ladies...

It's easy to sign up. Go to www.wacforum.keepfitwithkelly.co.uk

Email - Valid email address for forum notifications including acceptance as a forum member. This will not be displayed on the forum.

Password - For obtaining access to the forum.

Visual verification - To prevent 'bots' from attempting to register.

Name - Real name for verification purposes only. This will not be displayed on the forum.

WAC Membership No - For verification purposes only. This will not be displayed on the forum.

England Athletics Affiliation No - For verification purposes only. This will not be displayed on the forum.

Once registered and accepted by an administrator, you can login and access the full forum.

Planning a training run? Need training advice? Found a new interesting route? Let people know on the Forum.

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KEY DATES

RRL - Portland 10 - Sunday 4th July

WAC Run To The Coast – Sunday 11th July (more later)

Tim's BBQ – Saturday 17th July (more later)

Tarrant Valley 10k – Sunday 18th July

Wayfarers Relay – Saturday 24th July

RRL - Sturminster Half - Sunday 1st Aug

Salisbury 5-4-3-2-1 – Sunday 8th August (great choice of distances for those training for New Forest, Berlin etc as well as a great run)

The Beast – 5th September

Gorcombe Grind 5k – 12 September

RRL – Littledown 5 – Sunday 19th September

RRL – Weymouth 10 – Saturday 23rd October

WAC Christmas Party – 9th December (provisional)

TIM'S BBQ @ HOLT FARM – 17th July - 7PM UNTIL LATE

All you have to do is come along, dance, join in and enjoy yourself. The party will be in the main paddock and there will be space to park your car and pitch your tent. Get together with friends to organise your own food and drink for the evening, but there will be BBQs for you to use for cooking if you do not have one.

If it rains we'll take the party over to the barn and keep on going.

There are super prizes in the raffle which will be raising money to support The Fragile X Society. www.fragilex.org.uk

The Fragile X Society
Helping Fragile X families

You can buy raffle tickets in advance from Niki - £1 each.

At the start of the evening we'll have a few races and games – think school sports day style!

We do need a few garden tables and chairs so if you would be able to lend yours to Tim for the party please call Niki on 07793 285961 and she'll arrange to pick them up on the Saturday morning.

It'll be a fab night & you might even make it to the Tarrant 10k on Sunday morning! Don't expect a PB though!!

RUN TO THE COAST – 11th July – 9am

This is WAC tradition that was sadly missing last year due to the busy calendar. It is a great run that can start anywhere between Wimborne and Hengistbury Head but ultimately finishes with a little boat trip across to the pub for a well earned pint.

You can run as far as you like and whatever speed you like. The longest distance would be around 16 miles and the start point is Dreamboats in Wimborne. Depart Wimborne at 9.00am (0 miles), other possible joining points are shown in the route summary with mileages. So suggested times would be Canford village 9.15 (1.25 miles), Parley Cross 10.00 (5.7 miles), Throop Mill 10.30 (9.3 miles), Iford Bridge 11.00 (11.9 miles), Tuckton Bridge roundabout 11.15 (13.3 miles). Depending on who is running will depend on the timings, its a social run not a race so there can hopefully be a few small groups that stick together.

There has been a thread started on the new online Forum so please make yourself known on there if you are interested. For those planning the New Forest or Berlin marathons and following a plan this would be an ideal run. If anyone is interested in doing the run as a 32/33 mile round-trip see the thread on the Forum.

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WAYFARERS RELAY – 24th July

Each year the Wimborne turnout at the event seems to be growing. It is held at the Wayfarers Sports Club in Ferndown (next to the Dorset Police HQ off the A31). The main event is the relay which consists of teams of 6 (mens) and 4 (women). Each person runs one leg of approx 3 miles on the flat trails.

There is the option to camp overnight on the Saturday which I would recommend as it allow you to relax, set up the BBQ and enjoy the games arranged by Poole Runners which has included tug of war and blindfolded food tasting! Later into the evening the club house has a disco which carries on until late.

If you are up for it there is normally a morning run of around 6 miles for those who didn't party too hard the night before. This is a great day, or weekend, if you choose which is open to all the family.

Check out the race report from 2008 if you need any more convincing
http://www.wimborneac.co.uk/wayfarers_relays.htm - 2008

Jerry (jerry@wimborne10.co.uk) needs to know numbers ASAP so he can enter teams. We don't need to know yet if you plan to camp but as I said I would certainly recommend it.

CROSS TRAINING – MONDAY NIGHT BIKE RIDES PAMPHILL SCHOOL 6.30 PM (SUMMER ONLY)

I always read about the benefits of cross-training but never get round to doing it. Now I have no excuse (apart from the World Cup). During the summer a group have begun cycling from Pamphill School at 6.30. Only a few weeks in and the numbers are growing. The group mainly stick to the roads but depending on the group, they are flexible to going off road as well. It is a group session so don't worry about being left behind. I am sure that mixing the cycling in with the running training will have benefits to your race times as well as giving you joints a break from the pounding on the roads. Go along and give it a go or speak to Ian K or Roy for more details.

As well as this Nigel has posted a thread on the Forum trying to get interest in weekend bike rides. Please log on there and make yourself known to Nigel if this interests you.

SUMMER SCHEDULE

Monday

Bike Sessions from Pamphill School

Tuesdays

Speed sessions on Tuesdays still meet out the back of QE with Ed but we then head down to the grass track for some hard speed sessions. This is organised by Ed and is a good way of putting some speed work into your training. £2 session fee.

As well as this session there is a small group forming that meet at the front of QE at 6.30 on Tuesday. Some of this group are following a plan to train for the New Forest Marathon and tend to do around 6 miles. Speak to Paul 'The Hoff' Hougham if you are interested in joining in.

Thursdays

In the winter we can be restricted by the street lights as to the routes we use. No problem in the summer as we can make the most of the longer days and head out onto the drovers' roads from WTFC and across to Badbury Rings for various routes and distances. With this in mind and less focus on specific training the weekly schedule has been amended to allow us to get out and enjoy the scenery.

Week 1 Time trial

Week 2 General run

Week 3 Speed or hills

Week 4 General run

Week 5 General run if applicable.

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Come winter we shall revert to the old rota when we have fewer options. If anyone has any suggestions for summer or winter training then please speak up on a Thursday or post your thoughts on the Forum.

DORSET ROAD RUNNERS LEAGUE – SO FAR

For those who don't know the Dorset Road Runners League consists of 12 races throughout the year ranging from 5 to 20 miles. For the men the first five runners for the team score based on finishing position, for the ladies the first three runners score points. This year there are two divisions and based on last years results the men are in the first of two divisions and the ladies are also in Division 1. Simple? See the full rules if your interested or read the Wimborne AC website below:

www.sirisaac.co.uk/raceresults10.html

www.wimborneac.co.uk/rr_leagues.htm

We are now six races into the league and despite the tables currently showing the men's team as 4th I believe we are actually 2nd (Puddletown results not showing). Although we will not catch Bournemouth AC this year we should aim to keep hold of our 2nd place.

The ladies currently lie 2nd from bottom in this league but I am sure with ladies we have in the club this position can improve with a few good turnouts at the coming league races.

Next up is Portland on 4th July followed by the Sturminster Half on 1st August (*see key dates earlier*).

Last year we had a record number of Fidelity runners (7), this year so far we have seven still on to repeat this feat: Jon Braund, Julie Gosling, Ian Kennedy, Wendy Kennedy, Jools Maskell, Andrew Olden and Jerry Shield.

THE BIONIC COACH

Over the last few years we have watched in admiration the defiant return of Graeme Furley from his year in a wheelchair to the Dorset county cross-country team. Three seasons back Graeme was struggling to rediscover the ability to find the running action which comes naturally to us and which we take for granted. Since then it has been a meteoric rise, Graeme has been top of the WAC averages in the Hampshire League for the past two seasons. He was third in the Dorset County Championships earlier in the year and was then selected to represent Dorset in the Inter-Counties race against a high calibre field (that race was won by Mo Farah). At the Inter-Counties, Graeme was the first Dorset man home. But it's not just his WAC team-mates who have noted his achievements, around a month ago Brendan Foster (one of this country's greatest ever runners and the founder of the Great North Run) wrote to Graeme congratulating him on his achievements. So it's with a heavy heart that we bear the news that Graeme is going to hang up his racing shoes due to the daily aches and pains that accompany carry all that metalwork in his body. Graeme's return to the club three years ago was in the role of helping out others (as no-one foresaw that he would ever be able to run again), and he will not be lost to the sport as it is in the role of coach that he now intends to focus. Graeme does nothing my half measures so it with an air of anticipation that we will be able to welcome him back in September as a valuable member of our coaching squad.

Ian Kennedy

NOW FOR SOMETHING COMPLETELY DIFFERENT 12th September, THE GORCOMBE GRIND!

How about this for a challenge? A multi-discipline event at Gorcombe Extreme Sports near Blandford.

5km cross-country run – quad bikes – archery – clay pigeon shooting

The event aims to raise money for Impact Athletics who have done much for young athletes in Dorset and for WAC over the past few years. The Gorcombe Grind is a team event (three people) and the registration fee is £30 for the team. When the team signs up there is a pledge to raise a minimum of £150 of sponsorship per team in aid of Impact Athletics. If this event has captured your imagination visit this website <http://becbygrace.com/events/gorcombe-grind-3k-5k-adventure-race> for more information.

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NEW STORIES ON THE WEBSITE

North Devon Marathon – 27 June 2010 – Ian K reports from this fabulous new race.

Medals galore at Corfe Mullen – 8 June 2010 – Race report and results.

Phew! What a scorcher! – 3 June 2010 – Wimborne 10 time trial.

Gerry & The Pacemakers, The Cross-Country Tour – 23 May 2010 – Tales from the Ridgeway. Captain Jon Braund's team report.

North Dorset Village Marathon – 2 May 2010 – WAC take team prize. Jon Braund's report.

Mudrunner Oblivion – 9 May 2010 – Mud, mud, glorious mud. Claire Scammell's report.

May Cowgrove Handicap Time Trial – Timely progress from Robin Hughes.

A defiant performance, London Marathon – 25 April 2010 – Juliet Mellor's report.

LonDONE – 25 April 2010 – Debbie King's report.

Schoolboy errors on the streets of London – 25 April 2010 - Paul Hine's report.

WAC record breakers at London – 25 April 2010 – 19 WACers complete the London Marathon.

WAC XC Awards Night – 7 April – Ian's write up.

April Cowgrove Handicap Time Trial – Blast from the Past as Ross wins.

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Date	Status	Race	Contact	Close Date	Late Entry	Start Time
04 Jul	RRL	Portland 10	www.rmpac.co.uk			
10 Jul		Maiden Castle Loop	egdonheathharriers.com			
17 Jul		Swanage Half Marathon	L.M. Welsh, Withy Lakes, Church Knowle, Wareham, Dorset. BH20 5NG		Yes	10.00
18 Jul		Tarrant Valley 10k	www.tarrantvalley10.fsnet.co.uk			
24 Jul		Wayfarers Relays				
01 Aug	RRL	Sturminster Half Marathon	www.dorsetdoddlers.org			
08 Aug		Salisbury 5-4-3-2-1	http://www.salisburyfirestation.info/		Yes	08:00
14 Aug		Maiden Newton Madness	www.maidennewtonrunningclub.blogspot.com			
22 Aug		Dorset Duddle	http://www.btinternet.com/~hardy.annual/duddle.htm		No	
29 Aug		Studland Country Fair	http://www.purbeckrunners.co.uk/studland-country-fair-fun-run.html			
30 Aug		Shillingstone 5m Hill Race	www.dorsetdoddlers.org			
05 Sep		The Beast	www.pooleac.co.uk			
19 Sep	RRL	Littledown 5	www.littledownharriers.co.uk			
19 Sep		King Alfred's Torment 7m	Race Director, Blue Cedar, Gunners Lane, Houndstone, Yeovil, Somerset BA22 8SB Tel 01935 422887 philmacquaid@hotmail.com www.yeoviltownrrc.com	13.09.10	Yes	11.00
26 Sep		New Forest Half/Marathon	http://www.nfma.org.uk/		No	
26 Sep		Berlin Marathon	www.real-berlin-marathon.com			
03 Oct		Hobourne 5m				
03 Oct		Studland Stampede	http://www.getoffyourarseandrund.com/StudlandStampede/studlandstampede2010.htm			
03 Oct		Great Clarendon Marathon	http://www.clarendon-marathon.co.uk/			
10 Oct	RRL	Gold Hill 10k	www.gillinghamtrotters.talktalk.net			
23 Oct	RRL	Weymouth 10				
28 Oct		Boscombe 10k				
07 Nov	RRL	Gilly Hilly 7.5m	www.gillinghamtrotters.talktalk.net			
21 Nov		Wimborne 10	www.wimborne10.co.uk			
12 Dec		Christmas Pudding 10k	http://www.christchurch-runners.org.uk/docs/xmas10k.pdf		No	

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Rotary Easter Quarter – 3 April		Mudrunner Oblivion – 9 May		Corfe Mullen 1 Mile Junior – 8 June	
Graham Stamer (17)	41:23	Claire Scammell (444)	1:40:41	Ryan Walbndge (2)	5:35
Andy Porter (27)	43:13			Piers Copeland (3)	5:38
David Wild (63)	47:12	Purbeck 10k – 12 May		Alex Diment (8)	6:07
Andy Hobson (88)	49:58	Jerry Shield (17)	36:58	Sharon Hutchings (10)	6:09
Paul Hougham (89)	50:11	Roy Long (22)	37:17	Abbie Hine (11)	6:12
Debbie Whittle (205)	1:01:36	Andy Porter (48)	39:08	Chloe Morris (17)	6:33
Julie Gosling (239)	1:11:16	Andrew Olden (91)	41:46	Grace Copeland (19)	6:36
Tim Box (249)	1:20:30	Graham Whiffen (95)	41:59	Pippa Hine (61)	8:05
		Jon Braund (98)	42:07		
Compton Downs Challenge 40 – 3 April		David Wild (120)	43:34	Puddletown Plod – 13 June	
Andy Horsley (45)	7:12:26	Nick Solomon (122)	43:38	Jerry Shield (11)	1:22:07
		Philip Whitehurst (135)	44:07	Roy Long (12)	1:22:46
Exe to Axe 20 – 4 April		Jeff Hinsley (149)	45:09	Rich House (22)	1:28:40
Kim Jolliffe (145)	5:30:37	Paul Mallett (179)	46:46	Andrew Olden (29)	1:30:47
		Ian Kennedy (187)	47:23	Jon Braund (41)	1:34:27
Yeovilton Easter Bunny 10k – 5 April		Carol Howe (193)	47:33	John Hutchings (53)	1:36:52
Graham Whiffen (86)	41:51	Julie Maskell (233)	48:56	David Wild (63)	1:39:42
		Anne-Marie Fachiri (280)	51:18	Ian Kennedy (68)	1:40:57
Taunton Marathon – 11 April		Peter Carr (282)	51:24	Jeff Hinsley (71)	1:44:28
Jerry Shield (26)	3:14:00	Julie Mead (295)	52:13	Craig Dixon (98)	1:52:29
Craig Dixon (54)	3:30:36	Debbie King (304)	52:41	Andy Hobson (104)	1:53:39
Andy Horsley (67)	3:36:08	Paula Miles (305)	52:43	Julie Maskell (107)	1:55:33
Georgina Hougham (170)	4:20:10	Michele Whitehurst (306)	52:46	Kelly Williams (114)	1:58:53
Paul Hougham (171)	4:20:11	Bob Caines (319)	54:02	Wendy Kennedy (122)	2:02:50
		Wendy Kennedy (325)	54:51	Anne-Marie Fachiri (125)	2:04:33
Poole Park Time Trial 5k – 16 April		Julie Gosling (380)	1:04:02	Julie Gosling (145)	2:29:22
Andrew Olden (26)	19:46				
Nicki Roe (36)	22:23	Marlborough Downs Challenge 33 – 15 May		Poole Runners Summer Series 3 – 18 June	
		Andy Horsley (54)	5:48:19	Andrew Olden (22)	23:43
Parley 10k Bun Run – 18 April				Kevin Elliott (34)	25:24
Peter Lemon (20)	44:30	Poole Runners Summer Series 2 – 21 May			
Nicki Roe (82)	53:01	Andrew Olden (48)	23:41	Summer Solstice 8k – 18 June	
Claire Newby (132)	1:00:37	Kevin Elliott (69)	25:47	Philip Whitehurst (31)	38:12
Bob Caines (156)	1:05:54			Michele Whitehurst (122)	46:44
Celia Ireland (160)	1:06:39	Egdon Easy – 29 May		Claire Scammell (143)	48:26
Julie Gosling (161)	1:06:41	Andrew Olden (55)	43:11	Celia Ireland (197)	53:12
		Debbie King (161)	54:59	Julie Gosling (229)	58:12
London Marathon – 25 April					
Anthony Clark (1180)	3:01:01	Poole 10k – 6 June		Blandford Bridges 10k – 27 June	
Adie Mead (2111)	3:12:33	Roy Long (41)	37:58	John Hutchings (30)	41:53
Andrew Olden (3757)	3:26:19	Andy Porter (84)	40:17	Neil Hopkinson (33)	42:07
Annie Dougall (5905)	3:38:57	Richard Atkins (92)	40:34	Andrew Olden (39)	43:15
Richard Atkins (6602)	3:42:39	Eric Gilbert (103)	40:55	Graham Whiffen (50)	44:36
Peter Lemon (10155)	3:57:17	Rich House (136)	41:40	David Wild (52)	44:55
Phil Whitehurst (10964)	4:00:00	Andrew Olden (183)	43:16	Lynn Hutchings (57)	45:07
Paul Hine (11467)	4:01:59	David Wild (234)	44:57	Kevin Elliott (75)	46:45
Jeff Hinsley (12339)	4:05:37	Philip Whitehurst (295)	46:20	Gerry Hutchings (87)	48:48
Michele Whitehurst (17850)	4:26:11	Graham Whiffen (299)	46:28	Debbie King (196)	1:04:32
Julie Maskell (20396)	4:35:47	Kevin Elliott (344)	47:35	Ann Pearson (199)	1:04:46
Wendy Kennedy (22264)	4:43:08	Nicki Roe (346)	47:26		
Guy Miller (24861)	4:53:21	Paul Mallett (347)	47:26	Purbeck Plod – 27 June	
Paul Teck (26159)	4:58:51	Terry Simms (528)	51:17	Andy Horsley (12)	5:22:00
Paula Miles (27085)	5:03:31	Bob Caines (652)	54:42		
Clare Horsley (29168)	5:15:45	Peter Carr (689)	55:41	North Devon Marathon – 27 June	
Julie Gosling (32576)	5:42:03	Kelly Williams (705)	56:02	Jon Braund (32)	4:22:12
Juliet Mellor (32601)	5:42:20	Michele Whitehurst (721)	56:41	Ian Kennedy (71)	4:56:18
Debbie King (32689)	5:43:23	Julie Gosling (875)	1:03:25	Annie Dougall (77)	5:00:34
Poole Runners Summer Series 1 – 30 April		Corfe Mullen 5k – 8 June			
Andrew Olden (27)	23:28	Roy Long (11)	18:28		
		Andy McDonald (12)	18:37		
North Dorset Village Marathon – 2 May		Andy Porter (20)	19:18		
Jerry Shield (9)	2:58:49	David Long (23)	19:47		
Jon Braund (33)	3:21:33	John Hutchings (30)	20:38		
Andy Porter (34)	3:22:05	Andrew Olden (38)	21:05		
Andy Horsley (59)	3:36:04	Lynn Hutchings (45)	21:25		
Paul Hougham (76)	3:44:12	Paul Teck (47)	21:28		
Nigel Eldred (105)	4:05:40	Ian Kennedy (55)	21:45		
Terry Simms (167)	4:26:27	Jeff Hinsley (56)	21:49		
Denise Craddock (186)	4:43:48	Gerry Hutchings (64)	22:24		
		Mike Hilborne (73)	23:46		
Round the Rock 10k – 2 May		Steve Headley (103)	24:10		
Graham Whiffen (22)	42:39	Debbie King (9138)	26:07		

Results prepared by **SURREY COMPUTERS** (Ringwood) 01425 474410
 If you have competed in a race we may not know about, email your results to
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