

Wimborne A.C. Road Runners - January 2009

Happy new year WACers. Did you enjoy the Christmas break? Well actually we have all been rather busy with 'Round the Lakes' 10k on Boxing Day, Somerley 10k and Langport Cross-Country on the 28th, Broadstone on 1st January and Hampshire League Cross-Country on 3rd January. The club opened the year with a flying start at the Broadstone Quarter Marathon on New Year's Day. There was the usual excellent turnout of red shirts we have become accustomed to in this race in recent times. Our men's team was denied top spot by a solitary point, finishing runners-up, our best performance yet at Broadstone. The ladies had something to celebrate too: both Barb Frampton (F60) and Maddy Vaughan-Johncey (Junior) won their age groups – excellent stuff. This was Maddy's first step up from the world of track & field and cross-country and into roadrunning for the club.

FRESH BLOOD

The club has continued to attract some new blood and fresh enthusiasm from recently signed up WACers. In the last quarter we have been joined by Paul Hine (and family), Paul Hougham, Celia Ireland, Paul Mallett and Terry Simms. Another three Pauls!!! With the two we already have that's almost a Ridgeway team! Paul Hine has already become a great contributor to the Saturday morning sessions and the cross-country team. Paul Hougham, Georgie's brother, did his first race as a WACer at Gillingham, while Paul Mallett's and Terry Simms' first race as WACers was the Boscombe 10k. Terry has also signed up for the great Spanish adventure planned for later in the month. Celia has become a regular at both the Tuesday and Thursday sessions with son Roger getting involved on Tuesdays and Saturdays. Also recently signed up is Ross Kirkpatrick who has already run for our cross-country team and will soon be eligible for road races too. On Thursdays, amongst those seen are Pete Carr, Martin & Susie Driscoll, Mike Porter, Gaby Ross and Rachael Sealy and hopefully they will choose to sign up in the coming month. It was Pete that WACers bumped into when 'Racing the Train' in Mid-Wales in the summer. Martin & Susie have become recent regulars and Martin is training for the 'Grizzly' in March. Mike, Andy Porter's brother, has made significant progress since his first time trial. Rachael was a regular training partner of Wendy Trueman's (Wendy has been sidelined by some niggly injuries recently and we hope to have her back soon). It has been encouraging to see a few younger runners getting involved on Thursdays, Gaby Ross has found little difficulty running with the seniors, while Maddy V-J has seamlessly stepped up from the juniors to join the Thursday night crew. There are a few other younger runners within the club who are ready to make the step up to running with the seniors and I hope that we can welcome them to Thursday nights soon.

2009 – LET'S SLAY DRAGONS!

A new year, a time to think about fresh challenges. Are you looking at faster times? Longer distances? Perhaps a first marathon? Or a faster marathon? Perhaps triathlons or Ironman competitions for the first time? Perhaps a return to a race you feel you can do better than last time. I am planning on returning to Lairig Ghru the 28 mile race over the Cairngorms on 20th June for instance. Hopefully this will be with other WACers discovering the joys of extreme fell running for the first time.

How about organising a new event? WACer Steve Guy - who already organises the Blandford Bridges Run and has raised a significant sum over the years for local charities - is keen to get a relay race off the ground along the River Stour from Christchurch Harbour to Stourhead using the Stour Valley Way. A few WACers have already stepped forward and are keen to see the dream realised – it's up to us. Can we make this happen? The route will need to be recced and course notes along the lines of those for the Ridgeway will be necessary too. A lot of work, but what a fantastic event it could be.

WACer Tim Harris is not a man to shirk a challenge and he has set himself a series of goals culminating in 7 marathons in 7 days in July. The route will be a 1 mile lap, 26 times, around a village in Malawi, every morning for a week. That is one hard way to run a marathon, let alone do it seven days in a row! Tim's resolve is going to be tested to the limit. He will be over there helping decorate a school and he will be raising money for both WaterAid and for the school.

But ... that is only the entrée, the real goal comes in 2010. *CAN YOU BELIEVE THIS!* John O'Groats to Bamako in Mali starting in August 2010! Here is the schedule: run to Dover - 1,100 miles, swim the channel - 21 miles, cycle to Gibraltar - 2,000 miles, row to Morocco - 17 miles, cycle from Morocco to Mauretania - 1,000 miles, run from Mauretania to Mali - 1,000 miles. It's roughly 5,000 miles from the tip of the UK to WaterAid's nearest project in Bamako. 5,000 miles is a mile for every child that dies every day due to water related diseases and limited access to clean drinking water. The whole trip is planned to take 14 weeks – now that is what I call a challenge! What can us WACers do to help? *HERE IS WHAT WE CAN DO.* Tim is planning on running an average of 30 miles a day every day for 38 days to get to Dover. He is looking to get some WACers out there as running partners on some of those UK legs. Are you up for it?

To find out more about Tim Harris' series of challenges and to receive his occasional newsletters, e-mail him at gothedistancetraining@live.com and visit his website www.gothedistancetraining.co.uk

Jerry Shield: Email: Jerry@Wimborne10.co.uk – Tel: 01202 881085

Ian Kennedy: Email: lan@Wimborne10.co.uk – Tel: 01202 577081

www.wimborneac.co.uk

Wimborne A.C. Road Runners - January 2009

WAC 2008 AGM, AWARDS EVENING

Clare Gladden did a fantastic job once again this year organising the awards night. There were over 100 WACers there to celebrate our team-mates successes, including a healthy number of roadrunners. A full account of the night can be found on the club website, but here is a brief summary of the trophies which went to the roadrunners. The awards for top roadrunner (male & female) are calculated over the 12 Dorset RRL races. For the men Jerry Shield was comfortably the winner. The Ladies' title was much more closely fought over. Wendy Kennedy and Claire Newby (our two Fidelity runners) finished the season on exactly the same points in the club competition, with Wendy edging it on head-to-heads. The Marathon Runner of the Year was Pete Lemon for his outstanding run at the London Marathon where he comprehensively smashed his old PB. The Roadmaster Trophy was won resoundingly by Claire Newby – Claire set a new club record, managing to run in 15 league races (road and cross-country), a superb achievement. The roadrunners also scooped the 'Team of the Year' award for that memorable day in May on the Ridgeway when we fielded five teams in the 100k relay race (six if you include one-man team Andy Horsley). As I am sure you remember, two of our teams took the top spots and our Ladies' team beat their previous best time by an hour, but it was a fantastic experience for *all* the WACers who took part.

ROADRUNNERS CHRISTMAS PARTY

Our best Christmas party yet? I certainly think so. These things don't happen by themselves, so a big hand for Claire Newby for the superb job she did. Around 70 of us enjoyed a great night out. The draw for London Marathon club places was made and this year they went to Tim Box, Craig Dixon and Clare Horsley – good luck. Our reserves are Julie Gosling and Nick Solomon. Last year saw the introduction of the Frampton Cup which is awarded to someone who has made a major contribution to the life of the roadrunners' side of the club. This year's deserved winner was Craig Dixon – Craig (who is a Level 1 coach) hardly missed a training session on Tuesdays, Thursdays or Saturdays until his temporary posting to India in the final quarter of the year. One very positive aspect of Craig's absence was the way a number of us covered the vital input that Craig had been making to the Saturday sessions for that final part of the year. *Thank you all who stepped forward.* Tradition has it that Julie Mead hands out the usually spurious homemade awards which most of the recipients would rather keep quiet about, but here they are anyway: Athlete of the Year – Wendy Kennedy, Body of the Year – Becky Wood, Coach of the Year – Ed Arnold, Dumb-Blonde Award – Denise Craddock for losing her car keys on race day, Enthusiasm Award – me, Get a Life Award – to Claire Newby for all those league races and also PA of the Year (personal assistant/party animal/etc. – delete as necessary), and finally Personal Hygiene Award to Jerry Shield for looking after Claire's car key by tying it inside his shorts at the Littledown 5!!!! Wimborne Town Crier Chris Brown DJ-ed for us and there was some serious dancefloor action which saw a pogo-ing Stewart Little, but culminated in a torn hamstring after a series of cartwheels and a spectacular splits from Julie Mead. An unforgettable night, good luck with the recovery Julie.

DORSET ROAD RACE LEAGUE

Before we get into the nitty gritty of the league races there is an important announcement to make - *beware some races are now banning iPods and personal stereos (a recent example was Downton Half Marathon where a number of runners were disqualified) and this may include League races.*

The 2008 season was rounded off by the awards ceremony at Broadstone on New Year's Day. The League's scoring system takes into account your best seven races. Jerry Shield was top WAC man and Wendy Kennedy top WAC lady. We also had two Fidelity Award winners for competing in all 12 races. Well done to Claire Newby and Wendy, who achieved her fourth consecutive Fidelity Award. Wendy has set a new club record of 47 consecutive RRL appearances, a great achievement which will take some beating. Unfortunately the sequence will come to an end this weekend as Wendy will not be at the Milborne 10 as she has been running with a shinsplints problem latterly and some rest and recovery is long overdue. Tim Box managed 11 of the 12 races, and Julie Gosling's hopes of a Fidelity in 2008 were dashed by illness and injury halfway through the year. What none of us managed to spot was that Claire Newby finished the RRL season in top position for her age group (25-29) – very well done Claire, a very nice surprise on Awards day. It was pleasing to see so many WACers at the awards ceremony. Full results for the league can be found at <http://www.sirisaac.co.uk/cgi-bin/racedata08.pl?club=wac&sex=0&search=League+Positions>

The men's team finished fifth overall (6th in 2007) – with our best races the Mad March Hare and the Rotary Quarter. Five of our men – Jerry Shield, Richard Atkins, Craig Dixon, Pete Lemon and Neil Hopkinson – finished in the County's top 30. In all 33 runners pulled on a red vest for the men's team.

The ladies' team finished eighth overall (10th in 2007) – saving their best team performance for the final race of the season at Boscombe. Two of our ladies – Wendy and Claire – finished in the County's top 30, with Julie Gosling and Julie Mead only a little way behind them. Nineteen of our ladies ran in league races. It is great seeing Morag's name back in the league table despite her long battle against lymphoma.

Jerry Shield: Email: Jerry@Wimborne10.co.uk – Tel: 01202 881085

Ian Kennedy: Email: ian@Wimborne10.co.uk – Tel: 01202 577081

www.wimborneac.co.uk

Wimborne A.C. Road Runners - January 2009

THE BIG PUSH – THE LEAGUE IN 2009

With so many new members joining in the past 18 months, if we get organised we can do much better as a team in the league. For the Ladies in particular we are capable of making significant advances up the league table. To enable us to do this Nicki Roe is going to take responsibility for cajoling and encouraging our ladies to enter more league races – it's a new year, let's rise to the challenge and make 2009 the year of real progress. Meanwhile Jerry and I will be doing something similar for the men's team. WE CAN DO THIS, so go and get your diaries now – here are the dates for this year's league races:

11 Jan	Milborne 10	13 May	Purbeck 10k	27 Sep	Littledown 5m
01 Feb	Blackmore Vale ½ Marathon	07 Jun	Poole 10k	24 Oct	Weymouth 10m
01 Mar	Mad March Hare 20	05 Jul	Portland 10m	15 Nov	Wimborne 10m
11 Apr	Rotary ¼ Marathon	02 Aug	Sturminster Newton ½ marathon	22 Nov	Boscombe 10k

At least three WACers have declared an intention to try for League Fidelity Awards in 2009. If they succeed, it will make a very positive contribution to the team standings at the end of the year.

BEWARE – *The Mad March Hare 20 is filling up fast.* It is close to being the perfect race as regards distance and timing for Spring marathon runners, particularly London which comes 6 weeks later. Entry forms are available from www.avinthecity.co.uk/entry_form.htm

CROSS-COUNTRY 2008/2009 THE STORY SO FAR – This is just a brief summary of how our season has been developing as more detailed accounts have been posted up on the website. In addition to the Wessex League, which we have been long-standing members of, we are now competing in the much larger Hampshire League. In the Hampshires we have competed in 4 of the 5 races, and every course has been a cracker. Farley Mount (Race 1) was just brilliant and in glorious sunshine too, but in Race 2 at Goodwood we saw monsoon-like conditions. With our perfectly erected team tent, we made a lot of friends with runners from other clubs that day! Overton ran alongside the lazy meanderings of the River Test on a glorious day and even Prospect Park in Reading was a great course. The men's team has been led by Colin Read, and the ever-improving Graeme Furley, backed up by Stewart Little, Richard Atkins, Graham Whiffen, Daryl Davies and Guy Thompson plus supporting cast. As newcomers to the league the men went into a 12-team Division 3. For most of the season we have been lying in second position in the league, but denied our top guns at Reading, we slipped to third and it will take a Herculean effort to get promotion now at the first attempt. The top two go up, University of Portsmouth now look uncatchable and the final fixture is a home fixture for City of Salisbury who are just above us at the moment. We will be pushing to get as many WACers to Salisbury on 14th February as possible – let's give it our best shot. WAC are one of the bigger clubs in the Wessex League as regards to turnout and we had good numbers at both Kings Park and Langport.

Our ladies are mid-table in the Hampshires and we have seen sterling performances from Trudi Carter, Jill Harsent, Kirsty Harvey, Lyn Hutchings, Kim Jolliffe, Claire Newby, Annemarie Pearson and Nicki Roe in either or both leagues. A special mention must be made of Maddy Vaughan-Johncey (u17) who won her first cross-country race in a red shirt at Langport (Wessex) – I am sure that training with the seniors on a Thursday has helped with her endurance.

The 21st February sees the National Cross-Country Championships at Parliament Hill, Hampstead Heath. This is a superb, but challenging, course that a number of us ran as part of the South of England Cross-Country Championships last year. This time around we are travelling with our largest ever contingent of WACers to the 'Nationals' with 24 of our runners entered across the age groups. Watch your TV schedules this event is likely to be covered on SkySports.

THANK YOU MARSHALS – WIMBORNE 10 & KINGS PARK CROSS-COUNTRY – It seems so long ago since these races took place – and they are covered in more detail on our website, but they both represented supreme examples of hard work, teamwork, commitment and camaraderie. It was a superb achievement to get so many marshals out for this pair of races within a fortnight of each other – around 65 for Wimborne and 25 for King's Park. The weather at the Wimborne 10 was close to perfect and helped to make the race probably the best so far. Unfortunately the same couldn't be said of the weather in King's Park. Our marshals that day were absolutely heroic. It was wet with a bitterly cold wind. Thank you WACers.

SPRING MARATHONS – LONDON, PARIS, NORTH DORSET VILLAGES, NEOLITHIC – London has seen some big WAC turnouts in recent years, Paris may attract as many as five WACers this year, and of course there is the inaugural running of the North Dorset Village Marathon where there are seven WACers entered, plus the Neolithic. It would be good to have a complete list of names of runners as there may be opportunities to work out training runs beneficial to all. If you have entered a marathon around this time please e-mail me ian@Wimborne10.co.uk and we will see what we can put together.

Jerry Shield: Email: Jerry@Wimborne10.co.uk – Tel: 01202 881085

Ian Kennedy: Email: ian@Wimborne10.co.uk – Tel: 01202 577081

www.wimborneac.co.uk

Wimborne A.C. Road Runners - January 2009

WWW.WIMBORNEAC.CO.UK

There are loads of new stories up on the website to catch up on. Thank you very much for your contributions.

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

Chairman's Report 2008 – 'People Make Clubs' – Chairman Peter Impett's summation of the year.
Clubmark accreditation for Wimborne AC – Glyn Davies explains what this means for our club.
Hampshire League XC – Overton – 6 December – Race report and results.
Downton Half Marathon – 30 November – Bob Caines' report from a cold and wet race.
Wimborne AC – Awards Night 29 November 2008 – Full report.
Wessex League XC – 30 November – Kings Park – Race report and results. □□
Yeovil Open Track Meeting – 20 November – Why roadrunners should consider a T&F challenge.
Wimborne 10 – First time as WACer – Julie Gosling's race report. □□
Cross-Country Open Day – 15 November 2008 – Race report and timings.
November 4m Time Trial – Report and results.
The Great Delhi Half Marathon – 9 November 2008 – What's it like endurance racing in India? □□
Goodwood XC – 9 November 2008 – Report, photo album and slideshow.
Dublin Marathon – 27 October 2008 – Jools Maskell's report from a great marathon debut. □□
The Stickler – 26 October 2008 – Guy Thompson's report from Dorset's Three Peaks Challenge. □
Abingdon Marathon – 19 October 2008 – It's flat and fast, here's how Jeff Hinsley got his PB.
Sidmouth Saunter – 19 October 2008 – Jill and Louise discover a challenging 25-miler.
October Leigh Road Time Trial – Report and results.
Hampshire League Race 1 – 11 October Farley Mount – Report and results.
Services to Athletics – Recognition for Richard Nunn's 20+ years of commitment to Athletics.
Loch Ness Marathon – 5 October 2008 – A 'Monster'? – Read Stewart Little's report. □□
Great North Run – 5 October 2008 – Julie Gosling's report of a memorable day
Five European Golds and a New World Record! – WACer Roz Hutton resurrects her season.

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*

Date	Status	Race	Contact	Close Date	Late Entry	Start Time
11 Jan	RRL	Milborne 10m				
16 Jan	PRWS	Boscombe Pier 5k	club.poolerunners.com/Documents/WinterSeries5K.pdf		Yes	19.30
01 Feb	RRL	Blackmore Vale Half Marathon	John Old, Ottery Lane, Sherborne DT9 6ED 01935-817263 bvhalfm@yahoo.co.uk www.bvlions.co.uk/PDF%20Files/On%20Line%20Entry%20Form%2009-1.pdf	31.01.09	No	11.00
01 Feb	WXC	Hudson's Field, Salisbury	Contact Ian 01202-577081		Yes	
06 Feb	PRWS	Boscombe Pier 5k	club.poolerunners.com/Documents/WinterSeries5K.pdf		Yes	19.30
14 Feb	HXC	Hudson's Field, Salisbury	Contact Ian 01202-577081		Yes	
15 Feb		Lytchett 10m	Race Secretary, 32, Plumer Road, Poole, Dorset. BH17 7HD, 01202 690235 or heather@glimpse.fsnet.co.uk www.lytchettmanorstriders.org	07.02.09	Yes	10.30
01 Mar	RRL	March Hare 20m				
01 Mar	WXC	Ham Hill, Stoke-sub-Hamden	Contact Ian 01202-577081		Yes	
06 Mar	PRWS	Boscombe Pier 5k	club.poolerunners.com/Documents/WinterSeries5K.pdf		Yes	19.30
08 Mar		The Grizzly	www.axevalleyrunners.org.uk		No	10.30
29 Mar	WXC	Avon Heath, nr Ferndown	Contact Ian 01202-577081		Yes	
11 Apr	RRL	Rotary ¼ Marathon				
26 Apr		London Marathon	www.london-marathon.co.uk		No	
03 May		North Dorset Marathon	RACE FULL – www.ndvm.co.cc		No	08.30
13 May	RRL	Purbeck 10k			No	
07 Jun	RRL	Poole 10k	www.poolerunners.com			
05 Jul	RRL	Portland 10m				
02 Aug	RRL	Stur. Newton Half Marathon	www.dorsetdoddlers.org			
27 Sep	RRL	Littledown 5m	www.littledownharriers.co.uk			
24 Oct	RRL	Weymouth 10				
15 Nov	RRL	Wimborne 10m	www.wimborne10.co.uk			
22 Nov	RRL	Boscombe 10k	www.bournemouthjoggers.co.uk/bosc10k.htm		No	

HXC – Hampshire Cross-Country League; PRWS – Poole Runners Winter Series; RRL – Road Race League; WXC – Wessex Cross-Country League

Jerry Shield: Email: Jerry@Wimborne10.co.uk – Tel: 01202 881085

Ian Kennedy: Email: Ian@Wimborne10.co.uk – Tel: 01202 577081

www.wimborneac.co.uk

Wimborne A.C. Road Runners - January 2009

Hoburne 5 - 5 Oct

Graham Whiffen (31)

32:59

Poole Runners 5k Series - 28 Nov

Jerry Shield (28)
Graham Starmer (43)
Guy Thompson (48)
Graham Whiffen (62)
Andy Horsley (92)
Dave Wild (129)
Kim Jolliffe (216)
Clare Horsley (271)

17:50
18:21
18:33
19:07
20:04
21:01
24:19
28:43

Xmas Pud 10k - 14 Dec

Jerry Shield (15) 36:43
Graham Starmer (28) 37:59
Anthony Clark (34) 38:20
Richard Atkins (40) 38:46
Graham Whiffen (49) 39:28
Andy Horsley (72) 41:03
Adrian Mead (74) 41:17
Dave Wild (107) 43:52
Jon Braund (111) 44:14
Pete Lemon (116) 44:32
Phil Whitehurst (167) 46:55
Tim Box (221) 49:26
Jools Maskell (242) 50:11
Georgie Hougham (249) 50:42
Annemarie Fachiri (306) 53:22
Michele Whitehurst (325) 54:17
Claire Newby (343) 55:14
Helen Allen (341) 55:52
Debbie Whittle (356) 56:06
Sue Harrogate (365) 56:42
Julie Gosling (445) 1:01:40

Gold Hill - 12 Oct

Guy Thompson (21)

44:56

Poole Runners 5k Series - 19 Dec

Jerry Shield (21)
Guy Thompson (37)
Graham Whiffen (45)
Andy Horsley (55)
Dave Wild (91)

18:55
19:43
19:52
20:29
21:50

Poole Runners 5k Series - 17 Oct

Jerry Shield (25)
Richard Atkins (42)
Graham Starmer (53)
Anthony Clark (54)
Guy Thompson (59)
Graham Whiffen (71)
Andy Horsley (90)
Ian Kennedy (109)
Kim Jolliffe (175)
Claire Newby (210)
Annemarie Fachiri (214)

18:08
18:39
18:59
19:01
19:12
19:48
20:26
21:00
23:46
26:04
26:16

Boscombe 10k - 23 Nov

Jerry Shield (19)
Anthony Clark (39)
Neil Hopkinson (45)
Guy Thompson (51)
Andy Horsley (63)
Adrian Mead (81)
Andy Porter (88)
Ian Kennedy (95)
Paul Teck (96)
Dave Wild (113)
Phil Whitehurst (183)
Paul Mallett (218)
Georgie Hougham (220)
Tim Box (226)
Terry Sims (249)
Julie Mead (253)
Claire Newby (304)
Guy Miller (305)
Michele Whitehurst (324)
Anne-Marie Fachiri (330)
Wendy Kennedy (345)
Barbara Frampton (370)
Julie Gosling (400)
Clare Horsley (426)

38:17
40:06
40:43
41:20
42:16
43:15
43:40
44:04
44:11
44:50
48:22
49:49
49:52
50:01
51:06
51:23
53:55
54:01
55:49
56:12
57:13
59:38
1:03:58
1:11:43

Boxing Day 10k - 26 Dec

Ian Cardy (8) 33:49
Colin Read (20) 36:15
Tim Harris (38) 38:12
Anthony Clark (39) 38:24
Stewart Little (45) 38:51
Richard Atkins (51) 39:11
Guy Thompson (66) 40:54
Steve Guy (74) 41:13
David Wild (119) 45:04
Nicki Roe (179) 48:09
Georgina Hougham (182) 48:22
Julie Maskell (194) 49:07
Debbie Whittle (282) 56:07
Julie Gosling (339) 1:11:12

The Stickler - 26 Oct

Stewart Little (14)
Richard Atkins (41)
Graham Whiffen (57)
Steve Guy (87)
Guy Thompson (88)
Ian Kennedy (126)
Dave Wild (136)
Kevin Elliott (208)
Robin Hughes (219)
Bob Caines (288)
Tim Box (300)
Julie Mead (318)
Denise Craddock (361)
John Guy (370)
Rebecca Evans (375)

1:12:13
1:17:02
1:19:31
1:23:41
1:23:46
1:27:28
1:29:18
1:36:14
1:37:35
1:47:36
1:49:33
1:53:25
2:00:56
2:02:55
2:06:42

Wimborne 10 - 16 Nov

Anthony Clark (40)
Richard Atkins (41)
Peter Wood (42)
Steve Guy (77)
Graham Whiffen (92)
David Wild (164)
Paul Teck (183)
Robin Hughes (205)
Phil Whitehurst (210)
Trudi Carter (249)
Tim Box (319)
Julie Mead (346)
Claire Newby (365)
Guy Miller (373)
Michele Whitehurst (394)
Annemarie Fachiri (399)
Wendy Kennedy (406)
Juliet Mellor (419)
Julie Gosling (448)
Marion Main (460)
Clare Horsley (464)

1:04:23
1:04:26
1:04:32
1:07:22
1:09:06
1:15:00
1:16:18
1:18:27
1:19:05
1:21:52
1:26:00
1:28:02
1:29:17
1:30:12
1:32:35
1:33:20
1:34:07
1:36:13
1:44:49
1:51:54
1:55:17

Broadstone ¼ Marathon

- 1 January

Jerry Shield (7) 40:17
Tim Harris (16) 41:46
Richard Atkins (18) 42:02
Guy Thompson (21) 43:20
Graham Whiffen (22) 43:31
Jon Braund (37) 46:36
Jeff Hinsley (45) 47:49
Dave Wild (52) 48:42
Nick Solomon (55) 49:17
Ian Kennedy (63) 49:55
Brian Lincoln (71) 51:19
Maddy V'han-Johncey (15) 57:40
Tim Box (89) 57:48
Denise Craddock (19) 59:25
Helen Allen (20) 1:01:49
Barbara Frampton (29) 1:03:01

Clarendon Marathon - 5 Oct

Jerry Shield (55)
Andy Horsley (72)

3:58:46
4:09:22

Clarendon Half Marathon - 5 Oct

Debbie Whittle (122)
Nicki Roe (128)
Claire Newby (129)

2:30:36
2:31:41
2:31:41

Beachy Head Marathon - 25 Oct

Andy Horsley (95)
Jerry Shield (145)

4:00:00
4:10:00

Gilly Hilly 7.5 - 2 Nov

Stewart Little (8)
Jerry Shield (9)
Steve Guy (27)
Andy Horsley (28)
Adrian Mead (38)
Ian Kennedy (39)
Paul Teck (42)
Paul Hougham (57)
Nicki Roe (68)
Tim Box (73)
Julie Mead (74)
Denise Craddock (93)
Claire Newby (95)
Barbara Frampton (100)
John Guy (104)

46:36
46:50
51:23
51:48
53:59
54:16
55:05
59:56
1:02:41
1:04:12
1:04:29
1:09:06
1:09:13
1:13:43
1:15:24

Thanks to Andy Horsley for
Compiling the results.
We haven't been able to
Trace results from.
Somerset 10k

Jerry Shield: Email: Jerry@Wimborne10.co.uk - Tel: 01202 881085

Ian Kennedy: Email: Ian@Wimborne10.co.uk - Tel: 01202 577081

www.wimborneac.co.uk