

## Wimborne A.C. Road Runners - October 2008

After a disappointing summer weather-wise, WACers seemed to get lucky time and time again. The summer barbecue was held in the warmest weather I can remember for the event, and the Wayfarers Relays saw a big turnout from us on one of the few weekends of glorious weather, while the sun shone in the Tarrant Valley too. With the new cross-country season about to start who knows what weather and conditions await us! There are still a few league races coming up – not least the Wimborne 10. On race day last year Wimborne was the wettest place in the country, so conditions *have* to be better this time around, right! (More on the Wimborne 10 and the XC season later).

### NEW FACES

It's encouraging to see a steady intake of new members at the club. Amongst our latest recruits are Kevin Elliott, Eliza Glyn, Georgie Hougham (hopefully we should have brother Paul signed up soon too), Gerry, Lyn & Sharon Hutchings, Danny, Jordan & Leanne Symington and Guy Thompson. Kev has already seen race action in the Tarrant Valley. Eliza's first race was at the Wayfarers (where she finished in our top 3), she is away in New Zealand for the next month or two but we hope to see her back in a red vest early in the new year. Georgie & Paul have become regulars at the Tuesday and Thursday sessions. Georgie competed in her first race as a WACer in the Littledown 5 where she was first WAC Lady home. Sharon is one of our great young prospects for the cross-country team, and mum and dad (Lyn & Gerry) are pretty nippy too, so we hope to see all three of them pull on race vests in the coming months. Danny, Jordan & Leanne have become regulars at Ed's Tuesday sessions and we look forward to see them competing in our cross-country events, and perhaps we can tempt dad, Danny, to do a few road races too. Our latest recruit is Guy Thompson who has signed up in the last few days, not even last Thursday's hill reps could put him off! Guy looks like he will keep our faster men on their toes.

### HOME & AWAY

It's not just Eliza who is on her travels though. Dave Liddament, who spent the summer working in Wimborne, has moved back to Bristol. We wish him well in his new job, and hope he takes with him fond memories of summer training around Wimborne, Kingston Lacy and Badbury Rings. Perhaps we will manage to stay in touch and see him when WACers head north, for cross-country races. Ex-WACer Gillean Keith is in Afghanistan and is threatening to send us race report from there, and of course Craig is in Delhi until Christmas. As most of you know, Craig has been playing a key role for most of the year in the Saturday morning cross-country sessions, rarely missing a week. Earlier in the month we put out an appeal for help to cover his absence. This has been met with a terrific response, we have had a number of you who have come along and really made a major contribution to Saturday sessions in the last few weeks. We have just held the first of two cross-country open days (the next one is on 15 November), and these needed extra manpower. Around a dozen roadrunners came forward, doing a superb job, and seeing that all ran smoothly. Thank you all for your enthusiasm and commitment.

### A WEEKEND FOR THE 'COMEBACK KIDS'

Comeback weekend started on Saturday in the cross-country session at QE. Most of you know of Graeme Furley's fight back to fitness after a terrible road accident which left him with two broken legs and numerous other injuries that landed him in a wheelchair for the best part of a year. This time last year Graeme took his first tentative steps with WAC since the accident. I think, at that time, he saw his role as a mentor/coach in the group, because he was not very mobile and had a pronounced limp. At the weekend Graeme rejoined us for the first time since the summer break at Uni. One year on, with a huge amount of positive thinking, determination, and sheer hardwork his rate of progress is truly extraordinary. The 'bionic man' recorded a time of 17:19 for a 4.6k cross-country run – almost two minutes ahead of his nearest rival.

WAC came away from the 'Littledown 5' race with many 'positives'. Already mentioned is Georgie's excellent debut, and then there was the phenomenal improvement in Clare Horsley's form since last year's race (an improvement of over a minute a mile). At the pointy end of the race there were great runs from Jerry, Anthony, Neil, Paul T and Andy H. But when the results from the race are published you will see a name that hasn't featured on a RRL result sheet for years. Long time WACers will remember the days when Morag Day was not just one of WAC's best roadrunners, but also mixing it with the best in the county. As you know Morag has spent much of the last decade battling with Lymphoma, it is so good to see her out there competing once more. Morag's first competitive run was as a team member in one of the Wayfarers relay teams in July (with her daughter Ellie also taking part), but the Littledown 5 saw her return to individual competitive running. The great league comeback might not have happened as Morag was under the misapprehension that the Littledown 5 was 5k, not 5 miles! She was lost for words once she realised her mistake, but by then she was suited and bootied, and there was no turning back. Barb Frampton also put in one of her, these days, rare league performances too, and it was brilliant to see these two great WAC stalwarts, who have done so much for the club over the years, getting stuck in once again.

Jerry Shield: Email: [Jerry@Wimborne10.co.uk](mailto:Jerry@Wimborne10.co.uk) – Tel: 01202 881085

Ian Kennedy: Email: [ian@Wimborne10.co.uk](mailto:ian@Wimborne10.co.uk) – Tel: 01202 577081

[www.wimborneac.co.uk](http://www.wimborneac.co.uk)

# Wimborne A.C. Road Runners - October 2008

## Awards night and disco

**WAC 2008 AGM, AWARDS EVENING AND DISCO,  
Quarterjack Suite, Allendale Community Centre,  
Wimborne, Saturday 29<sup>th</sup> NOVEMBER**

Oh yes, it's that time of year again – Clare Gladden is busy putting together a great night. The venue is Quarterjack Suite in the Allendale Community Centre, Hanham Road, Wimborne. The plan is that the AGM will take place between 7.00 and 7.45pm. The bar will open at 7.45pm with the Awards Night Social starting at 8pm prompt. After the awards have been presented, including those for road runners (Top Male, Top Female, Top Marathon Runner, Road Master) we move on from there to a disco (with yours truly doing the honours) to take us through to 11.30pm. Come and celebrate the successes of our team-mates and have a good time doing it. Let's see a massive roadrunners' turnout for this one. *Full information and booking forms will follow shortly.*

## PARTYTIME!

### ROADRUNNERS CHRISTMAS PARTY

**Thursday 11 December**

**Drusilla's Inn, Horton**

With the ever greater numbers, year on year, for the roadrunners' Christmas party we have outgrown the 'sit down' meal of previous times. Claire Newby has taken on the responsibility for organising the 'do' and asked for your thoughts and feedback. Thank you very much for your responses. This is what Claire has put together for us. We have a private bar and disco from 7pm with DJ Chris Brown (yes that one – Wimborne's town cryer). The night includes a cold buffet (turkey/ham/salmon/vegetarian with Christmas pudding/mince pies/trifle) and the cost is £13 per head. The venue will hold up to 100 of us, so friends, family, partners are all welcome. Tickets will be sold on a first come first serve basis. If you need any further information contact Claire on 07731-989209. A copy of the party invite is attached with the e-mailing shot for this newsletter. Why not sort it out straight away and confirm your place this Thursday with Claire. Looking forward to a great night.

## RED VESTS, RED SHIRTS, and LEAGUE RACES

One of the recent e-mail bulletins mentioned the 'Wimborne Athletic Club' red shirts and how you earn them. The shirts can't be bought, anyone who wears one will have 'done' four league races within the year. There are still quite a few opportunities to clock up some scores if you haven't made it to four races yet. *If you volunteer to marshal for the Wimborne 10 you will only need to compete in three league races.* Needless to say, since I sent out the e-mail giving the list of dates, **there have been some changes to the Wessex cross-country races.** It is possible that the race on 28 December may be cancelled as it has so far proved difficult to find a suitable venue. The remaining league races in 2008 are:

Farley Mount	Hampshire Cross-Country League	11	October	2008
Goodwood, nr Chichester	Hampshire Cross-Country League	8	November	2008
Wimborne 10 Mile	Road Race League	16	November	2008
Boscombe 10 km	Road Race League	23	November	2008
Kings Park, Bournemouth	Wessex Cross-Country League	30	November	2008
Ashe Meadows, Overton	Hampshire Cross-Country League	6	December	2008
Venue to be advised	Wessex Cross-Country League	28	December	2008

**Road Race League and the Wimborne 10** – Just two races left, and one of those is our own 'Wimborne 10'. As ever Jerry will be wanting as many people as possible to help out. We will need about 50 in all so it's 'all hands to the pumps'. If you want to run it – then please can you volunteer someone else (family or friend) to help us. Believe it or not it is actually good fun! More information can be found at [www.wimborne10.co.uk](http://www.wimborne10.co.uk). The Dorset Athletics website is still in the process of being revamped, to check your RRL results for 2008 in the interim, visit <http://sirisaac.co.uk/raceresults08.html>

**The Cross-Country Leagues** – I am hoping that we can attract more of the road runners and multi-terrain race runners into the XC league races this season. In the Wessex League our ladies' team are league champions so have some serious work to do to defend their title.

It will be our debut season in the Hampshire League, and the first race is only a few days away. We join the Hampshire League in Division 3 so some hard work will be required to move us up, as we are not the only new club joining the league in 2008/2009. I have heard that the opening Hampshire races are on terrific courses.

Jerry Shield: Email: [Jerry@Wimborne10.co.uk](mailto:Jerry@Wimborne10.co.uk) – Tel: 01202 881085

Ian Kennedy: Email: [lan@Wimborne10.co.uk](mailto:lan@Wimborne10.co.uk) – Tel: 01202 577081

[www.wimborneac.co.uk](http://www.wimborneac.co.uk)

# Wimborne A.C. Road Runners - October 2008

## JERRY'S GUIDE TO . . . . . THE DORSET ROAD RACE LEAGUE

The Dorset Road Race League (RRL) was originally set up in 1989 but took off the following year. The earliest results I have for Wimborne relate back to 1994 but I'm not sure if that's the first year we participated. As you can see over the years a few races have passed away. I never ran the Poole Marathon, Poole Half, Alwston 10 or Fontmell 8 and won't get a chance now. (I have also never run the Swanage 12 or its replacement the Swanage half and never intend to!). I did get to run the Lingfield 10k and the Bournemouth 10m before their demise. Equally it's good to see that several new races have been added over the years such as the Puddletown Plod, the Milborne 10 and of course our own Wimborne 10. Each year the races are agreed by the RRL committee. There is an attempt to spread the races across the calendar, across the county and also to provide a variety of distances. That isn't easy and so there maybe isn't as much variety as we'd like. There has always been a long race and fortunately we have the March Hare 20 to rely on for that. At other times it's been the Poole or New Forest marathons so count yourself lucky now. Originally the RRL consisted of 10 races with your best 6 results to count to your final position. Since 2006 it has been the best 7 of 12. If you manage to run all the league races in one year you get a special award called the Fidelity Award. Each year the top runners in each age group, the top teams, the top male and female in each club along with all the Fidelity winners are presented a trophy at the annual RRL awards ceremony after the Broadstone 1/4M on New Year's Day. We also award our own WAC awards to the top male and female at the annual presentation ceremony (Nov 29). Our own awards take account of all 12 races. In each race the first WAC lady is awarded 10 points, second WAC lady 9 points etc and the same for men. The final page of this edition of the newsletter is a table which shows the races that have featured in the league since 1990, Wimborne's top runners through the years and all our Fidelity Award winners.

**1<sup>st</sup> JANUARY 2009, DORSET LEAGUE AWARDS, BROADSTONE LEISURE CENTRE** – We want to see a really big turnout here. The awards ceremony takes place after the Broadstone Quarter Marathon. Apart from trophies to our top male and female runner (with 2 races to go Jerry Shield and Wendy Kennedy are leading these categories) we should have, fingers crossed, two Fidelity Award winners – Wendy Kennedy and Claire Newby.

## ROAD RACE LEAGUE RACES 2009

If you are planning strategy for next year's RRL races, here is a list of the selected races:

11 Jan	Milborne 10	13 May	Purbeck 10k	27 Sep	Littledown 5m
01 Feb	Blackmore Vale ½ Marathon	31 May	Poole 10k	??	Weymouth 10m*
01 Mar	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

\* Possibly the Weymouth 10 may be replaced by the Lytchett 10m on 15 February.

## FITTER, FASTER, STRONGER

*Tuesdays from QE 6.30pm* – Ed Arnold's 'Putting speed into endurance' session has really established itself over the summer, with increasing numbers of us attending. There is a broad range of ages and abilities working alongside each other in a very supportive environment. Speaking personally, I have been taking part pretty well every week and have seen some improvements recently. When you do have an upturn in form it leads you to ask why. The most significant change I have made to my training recently is doing this speed work *regularly*. If you haven't tried it yet, come along and give it a go. There is a £2 session fee.

*Boscombe 5k Winter Series* – Another excellent way to improve your speed is this series of races. An out-and-back course from Boscombe Pier. The start time for all races is 7.30pm, with registration on the night from 6.45pm, enter on the night only - £2 per race. The categories for u-20, 20-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-70, 70-74, 75-80, 80+. The minimum age for runners is 15. The series consists of six races, with four races to count towards a race series score. *You must keep your race number for the whole series.*

Race 1: Friday 17 <sup>th</sup> October	Race 3: Friday 19 <sup>th</sup> December	Race 5: Friday 6 <sup>th</sup> February
Race 2: Friday 28 <sup>th</sup> November	Race 4: Friday 16 <sup>th</sup> January	Race 6: Friday 6 <sup>th</sup> March

## DORSET CHAMPIONSHIP RACES

If you want to be Dorset's Champion over the various distances these are the races which you will have to be first Dorset vest home in:

10k	Purbeck 10	Wednesday 6 <sup>th</sup> May
10 miles	Wimborne 10	Sunday 15 <sup>th</sup> November
Half Marathon	Blackmore Vale	Sunday 1 <sup>st</sup> February
Marathon	North Dorset Marathon	Sunday 3 <sup>rd</sup> May

Jerry Shield: Email: [Jerry@Wimborne10.co.uk](mailto:Jerry@Wimborne10.co.uk) – Tel: 01202 881085

Ian Kennedy: Email: [lan@Wimborne10.co.uk](mailto:lan@Wimborne10.co.uk) – Tel: 01202 577081

[www.wimborneac.co.uk](http://www.wimborneac.co.uk)

## Wimborne A.C. Road Runners - October 2008

**LONDON MARATHON 26 APRIL** – This year's London marathon entry has been done very differently and it will be interesting to see how many of us have successfully got a place through the ballot – we shall know soon. Last year we had the highest ever number of WAC finishers in the race - can we do even better this time? Apart from those who get in with 'good for age' or guaranteed places or via the 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 1<sup>st</sup> who gets a London rejection will go into the ballot with one ticket, but your name will also go into the ballot once for every race you compete in the RRL or XC leagues for Wimborne in the calendar year. 'Wimborne 10' marshals who are denied the chance to run in the race, will also get an extra ticket.

**VALOGNES SEMI-MARATHON 19 APRIL** – Well, we keep talking about going there. With the London Marathon being later than usual I was hoping that there would be at least a couple of weeks between the two events. Valognes in Normandy is Wimborne's twin town, those of us who went there for two successive years a while back will need no convincing about what a great weekend away this would be. Any takers?

### **ENGLAND ATHLETICS REGISTRATION – HAVE YOU GOT YOUR NUMBER?**

When we pay our annual WAC membership fee, £5 (per individual) of it goes straight to England Athletics and they allocate each of us with an affiliation number. The plan was that each of us would be issued with what looks like a credit card which would show our affiliation number on it. Until now many of us have not received our cards from EA but I think this may be about to change. The Kennedy letterbox found letters for all the household with new cards this week. The new card issue comes with a pre-loaded £5 voucher to spend at Sweatshop, either on-line or in store – our nearest outlets are at Bristol, Reading and Woking. More and more race entry forms now ask for your England Athletics Affiliation No., but so far I have seen little evidence that the requirement to state this number is being enforced. In the mean time if you do need your England Athletics affiliation number, membership secretary Richard Nunn has got a list of all those allocated to Wimborne AC members.

### **[WWW.WIMBORNEAC.CO.UK](http://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. Amongst the stories posted up, there are reports for the various time trials where we have seen terrific numbers taking part and some great performances. A few of us had a fantastic time at 'Race the Train', take a look at Craig's report – it would make a great race for a big WAC trip.

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

**Join our courses for High Jump, Long Jump, Sprints, Hurdles, Throws, Cross-Country** – Full details.

**27 September XC Open day** - Report and timings.

**IMPORTANT – Cross-Country Update** – Revised dates for the XC season. Details of forthcoming cross-country season in Wessex and Hampshire leagues.

**86 miles on the Ridgeway** – Andy Horsley's report of his epic Hertfordshire-Wiltshire overnight race

**Cross-Country Open day at QE** – 15 November

**Sportshall is Back** – Information on the 2008/2009 season

**Sportshall Trials** – 4 October at QE

**September Handicap Time Trial** - Largest field yet and some great times

**Pole Vault for beginners** – Details of introductory courses

**'The Beast', by a first-timer** – Paul Teck's report from this infamous Purbeck classic

**WACers play their part in Olympic handover** – Maddy Vaughan-Johncey reports

**One Mile Time trial - 23 August** – Full story and results

**'It's quicker by rail'** – Not if you're Craig Dixon – Full story from 'Race the Train' 2008.

**Wayfarers Relays** – Jeff Hinsley's illustrated report from a great weekend

**Ashdown Open – 13 August** – Results

**Ashdown 10000m – 13 August** – Race report

**August Handicap Time Trial** – Return to form for Graham Whiffen

**WACers in the Tarrant Valley** – Full race report and results

**July Cowgrove Time Trial** – Big win for Claire Newby as Stewart Little smashes course record

**Return to Lairig Ghru** – Andrew Douglas' report from the Cairngorms

**June 10 Mile Time Trial** – Report and timings

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*

Jerry Shield: Email: [Jerry@Wimborne10.co.uk](mailto:Jerry@Wimborne10.co.uk) – Tel: 01202 881085

Ian Kennedy: Email: [ian@Wimborne10.co.uk](mailto:ian@Wimborne10.co.uk) – Tel: 01202 577081

[www.wimborneac.co.uk](http://www.wimborneac.co.uk)

# Wimborne A.C. Road Runners - October 2008

## South Downs Marathon –

14 June

Pete Lemon (42) 3:46:43

## Hambledon Hill 9.5k –

29 June

Steve Guy (9) 48:15

Graham Whiffen (10) 49:08

Pete Lemon (12) 49:56

Craig Dixon (13) 50:55

Dave Wild (15) 54:35

Jeff Hinsley (16) 54:37

## Portland 10m – 6 July

Stewart Little (14) 1:03:09

Richard Atkins (24) 1:06:03

Mark Hitchcott (27) 1:06:17

Craig Dixon (39) 1:09:16

Graham Whiffen (41) 1:09:34

Neil Hopkinson (45) 1:09:55

Andy Horsley (68) 1:13:09

Dave Wild (104) 1:19:57

Ian Kennedy (119) 1:22:06

Tim Box (152) 1:27:44

Wendy Kennedy (189) 1:33:30

Claire Newby (195) 1:37:35

## Maiden Castle Loop –

12 July

Stewart Little (7) 43:00

## New Forest 10m –

13 July

Pete Lemon (85) 1:08:45

Jeff Hinsley (183) 1:14:25

Bob Caines (592) 1:30:44

Debbie Whittle (689) 1:34:40

John Guy (823) 1:46:02

## Tarrant Valley 10k –

20 July

Mark Hitchcott (10) 39:39

Jerry Shiled (16) 40:56

Pete Lemon (19) 41:23

Graham Whiffen (23) 41:45

Steve Guy (25) 41:49

Craig Dixon (34) 43:09

Ian Buckingham (42) 44:20

Jeff Hinsley (51) 45:19

Dave Wild (62) 46:29

Nick Solomon (65) 46:54

Ian Kennedy (78) 48:09

Paul Teck (80) 48:22

Tim Box (91) 49:28

Kevin Elliott (101) 50:30

Cathy Hartle (103) 50:36

Kim Jolliffe (125) 53:07

Julie Mead (135) 54:18

Bob Caines (146) 55:09

Guy Miller (152) 56:01

Wendy Kennedy (162) 56:47

Annmarie Pearson (165) 57:41

Annemarie Fachiri (166) 57:57

Claire Newby (172) 59:26

Nicki Roe (173) 59:27

John Guy (192) 66:19

## Swanage Marathon –

26 July

Graham Starmer (18) 1:26:11

Richard Atkins (29) 1:31:24

Jools Maskell (288) 2:08:02

## Sturminster Newton

### Half Marathon 3 – August

Stewart Little (22) 1:23:20

Jerry Shield (45) 1:28:31

Craig Dixon (48) 1:29:11

Pete Lemon (75) 1:32:39

Steve Guy (79) 1:33:05

Andy Horsley (87) 1:34:56

Graham Whiffen (106) 1:37:54

Nick Solomon (132) 1:42:20

Phil Whitehurst (173) 1:46:55

Cathy Hartle (186) 1:48:15

Ian Kennedy (221) 1:52:59

Tim Box (225) 1:54:17

Jools Maskell (259) 1:58:52

Bob Caines (277) 2:02:07

Claire Newby (293) 2:06:44

Debbie Whittle (308) 2:11:28

Wendy Kennedy (310) 2:12:14

Clare Horsley (343) 2:36:42

Marion Main (344) 2:36:42

## Salisbury 54321 – 10 August

### 20km course

Debbie Whittle (66) 2:18:30

Claire Newby (106) 2:38:43

### Marathon course

Pete Lemon (60) 4:05:10

Craig Dixon (72) 4:08:35

Andy Horsley (81) 4:12:33

Jerry Shield (82) 4:14:12

## Race the Train, Tywyn –

16 August

Craig Dixon (134) 1:43:18

Ian Kennedy (509) 2:10:31

Tim Box (626) 2:20:56

Kim Jolliffe (685) 2:28:11

Claire Newby (754) 2:39:20

Andrew Kennedy (760) 2:41:08

## Ridgeway Challenge, 86miles –

23/24 August

Andy Horsley (15) 20:37:15

## Shillingstone Hill Race –

25 August

Graham Whiffen (21) 41:29

Dave Wild (27) 42:42

Dave Pearson (33) 43:40

There are some terrific personal triumphs hidden away in these stats. Great to see John Guy, Juliet Mellor and Andrew Kennedy back in the results sheets after long breaks. Fantastic turnout for Portland 10, Tarrant Valley, Sturminster Half and the Beast. Well done to Paul Grist – sub-4 hours in his first marathon. Graham Starmer was a model of consistency in the Upton House 5k races. There were also some brilliant performances at Littledown 5, but as the results have not been published yet that is something for the next newsletter.

Many thanks to Andy Horsley who compiled the results for this newsletter.

## The Beast – 7 September

Richard Atkins (47) 1:41:15

Stewart Little (52) 1:42:13

Craig Dixon (141) 1:55:43

Anthony Clark (142) 1:55:54

Pete Lemon (173) 2:01:33

Jeff Hinsley (202) 2:04:45

Phil Whitehurst (218) 2:07:02

Tim Box (307) 2:18:54

Paul Teck (312) 2:19:11

Bob Caines (348) 2:23:17

Jools Maskell (381) 2:29:44

Julie Mead (398) 2:32:48

Debbie Whittle (408) 2:34:28

Juliet Mellor (432) 2:40:57

## New Forest Half Marathon –

21 September

Richard Atkins (31) 1:26:15

Mark Hitchcott (77) 1:30:52

Jeff Hinsley (260) 1:40:16

Debbie Whittle (1015) 2:01:31

Clare Horsley (1532) 2:23:15

## New Forest Marathon –

21 September

Jerry Shield (28) 3:13:38

Andy Horsley (68) 3:27:54

Paul Grist (202) 3:54:32

\*\*\*\*\*

## Poole Runners Upton House –

5k Summer Series

27 June

Graham Starmer (17) 21:21

Richard Atkins (26) 22:30

Annemarie Fachiri (95) 29:48

18 July

Graham Starmer (11) 21:21

Richard Atkins (16) 21:51

8 August

Graham Starmer (15) 21:13

Derek Evans (21) 21:38

Anthony Clark (32) 22:36

\*\*\*\*\*

## Wayfarers' Relays – 26 July

Results and timings for the WAC teams and individuals can be found in Jeff Hinsley's excellent report on this race at [www.wimborneac.co.uk](http://www.wimborneac.co.uk)

The report comes complete with photos and is a terrific record of a great weekend.

Jerry Shield: Email: [Jerry@Wimborne10.co.uk](mailto:Jerry@Wimborne10.co.uk) – Tel: 01202 881085

Ian Kennedy: Email: [Ian@Wimborne10.co.uk](mailto:Ian@Wimborne10.co.uk) – Tel: 01202 577081

[www.wimborneac.co.uk](http://www.wimborneac.co.uk)

## Wimborne A.C. Road Runners - October 2008

Date	Status	Race	Contact	Close Date	Late Entry	Start Time
05 Oct		Hoburne 5	<a href="http://www.runningtree.co.uk/hoburne5entform08.html">www.runningtree.co.uk/hoburne5entform08.html</a>		Yes	11.00
<b>11 Oct</b>	<b>HXC</b>	<b>Farley Mount, nr Winchester</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
12 Oct		Gold Hill Run	Ines Braun, 12 Fairmont Terrace, Sherborn DT9 3JS <a href="http://www.gillinghamtrotters.talktalk.net">www.gillinghamtrotters.talktalk.net</a> GillinghamTrotters@hotmail.com	04.10.08	Yes	11.00
17 Oct	PRWS	Boscombe Pier 5k	<a href="http://club.poolerunners.com/Documents/WinterSeries5K.pdf">club.poolerunners.com/Documents/WinterSeries5K.pdf</a>		Yes	19.30
26 Oct		The Stickler	<a href="http://www.dorsetdoddlers.org">www.dorsetdoddlers.org</a> lept@bp.com			10.30
02 Nov		Gillingham Hilly 7.5m	Ines Braun, 12 Fairmont Terrace, Sherborne DT9 3JS <a href="http://www.gillinghamtrotters.talktalk.net">www.gillinghamtrotters.talktalk.net</a> GillinghamTrotters@hotmail.com	25.10.08	Yes	11.00
<b>08 Nov</b>	<b>HXC</b>	<b>Goodwood, nr Chichester</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
<b>16 Nov</b>	<b>RRL</b>	<b>Wimborne 10m</b>	<a href="http://www.wimborne10.co.uk">www.wimborne10.co.uk</a> or Jerry on 01202-881085		No	10.30
<b>23 Nov</b>	<b>RRL</b>	<b>Boscombe 10k</b>	Mrs D. Dowsett 50 Capstone Road, Bournemouth, Dorset BH8 8RP Tel: 01202-533272 <a href="http://www.bournemouthjoggers.co.uk/bosc10k.htm">www.bournemouthjoggers.co.uk/bosc10k.htm</a>		<b>No</b>	<b>11.00</b>
28 Nov	PRWS	Boscombe Pier 5k	<a href="http://club.poolerunners.com/Documents/WinterSeries5K.pdf">club.poolerunners.com/Documents/WinterSeries5K.pdf</a>		Yes	19.30
<b>30 Nov</b>	<b>WXC</b>	<b>Kings Park Bournemouth</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
<b>06 Dec</b>	<b>HXC</b>	<b>Ashe Meadows, Overton</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
14 Dec		Christmas Pudding 10k	<a href="http://www.christchurch-runners.org.uk">www.christchurch-runners.org.uk</a> - RACE FULL		No	
19 Dec	PRWS	Boscombe Pier 5k	<a href="http://club.poolerunners.com/Documents/WinterSeries5K.pdf">club.poolerunners.com/Documents/WinterSeries5K.pdf</a>		Yes	19.30
26 Dec		Round the Lakes 10k	<a href="http://www.pooleac.co.uk">www.pooleac.co.uk</a>		Yes	10.30
<b>28 Dec</b>	<b>WXC</b>	<b>Venue to be advised</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
<b>01 Jan</b>		<b>Broadstone Quarter Marathon</b>				
<b>03 Jan</b>	<b>HXC</b>	<b>Prospect Park, Reading</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
<b>11 Jan</b>	<b>RRL</b>	<b>Milborne 10m</b>				
16 Jan	PRWS	Boscombe Pier 5k	<a href="http://club.poolerunners.com/Documents/WinterSeries5K.pdf">club.poolerunners.com/Documents/WinterSeries5K.pdf</a>		Yes	19.30
<b>01 Feb</b>	<b>RRL</b>	<b>Blackmore Vale Half Marathon</b>	John Old, Ottery Lane, Sherborne DT9 6ED 01935-817263 <a href="mailto:bvhalfm@yahoo.co.uk">bvhalfm@yahoo.co.uk</a> <a href="http://www.bvlions.co.uk/PDF%20Files/On%20Line%20Entry%20Form%2009-1.pdf">www.bvlions.co.uk/PDF%20Files/On%20Line%20Entry%20Form%2009-1.pdf</a>	<b>31.01.09</b>	<b>No</b>	<b>11.00</b>
<b>01 Feb</b>	<b>WXC</b>	<b>Hudson's Field, Salisbury</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
06 Feb	PRWS	Boscombe Pier 5k	<a href="http://club.poolerunners.com/Documents/WinterSeries5K.pdf">club.poolerunners.com/Documents/WinterSeries5K.pdf</a>		Yes	19.30
<b>14 Feb</b>	<b>HXC</b>	<b>Hudson's Field, Salisbury</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
15 Feb		Lytchett 10m	Race Secretary, 32, Plumer Road, Poole, Dorset. BH17 7HD, 01202 690235 or <a href="mailto:heather@glimpse.fsnet.co.uk">heather@glimpse.fsnet.co.uk</a> <a href="http://www.lytchettmanorstriders.org">www.lytchettmanorstriders.org</a>	07.02.09	Yes	10.30
<b>01 Mar</b>	<b>RRL</b>	<b>March Hare 20m</b>				
<b>01 Mar</b>	<b>WXC</b>	<b>Ham Hill, Stoke-sub-Hamden</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
06 Mar	PRWS	Boscombe Pier 5k	<a href="http://club.poolerunners.com/Documents/WinterSeries5K.pdf">club.poolerunners.com/Documents/WinterSeries5K.pdf</a>		Yes	19.30
08 Mar		The Grizzly	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>		No	10.30
<b>29 Mar</b>	<b>WXC</b>	<b>Avon Heath, nr Ferndown</b>	<b>Contact Ian 01202-577081</b>		<b>Yes</b>	
<b>11 Apr</b>	<b>RRL</b>	<b>Rotary ¼ Marathon</b>				
19 Apr		Valognes Half Marathon	Contact Ian 01202-577081		Yes	
26 Apr		London Marathon	<a href="http://www.london-marathon.co.uk">www.london-marathon.co.uk</a>		No	
<b>03 May</b>		<b>North Dorset Marathon</b>	<b>RACE FULL – <a href="http://www.ndvm.co.cc">www.ndvm.co.cc</a></b>		<b>No</b>	<b>08.30</b>
<b>13 May</b>	<b>RRL</b>	<b>Purbeck 10k</b>			No	
<b>31 May</b>	<b>RRL</b>	<b>Poole 10k</b>	<a href="http://www.poolerunners.com">www.poolerunners.com</a>			
<b>05 Jul</b>	<b>RRL</b>	<b>Portland 10m</b>				
<b>02 Aug</b>	<b>RRL</b>	<b>Sturminster Newton Half Marathon</b>	<a href="http://www.dorsetdoddlers.org">www.dorsetdoddlers.org</a>			
<b>27 Sep</b>	<b>RRL</b>	<b>Littledown 5m</b>	<a href="http://www.littledownharriers.co.uk">www.littledownharriers.co.uk</a>			
<b>15 Nov</b>	<b>RRL</b>	<b>Wimborne 10m</b>	<a href="http://www.wimborne10.co.uk">www.wimborne10.co.uk</a>			
<b>22 Nov</b>	<b>RRL</b>	<b>Boscombe 10k</b>	<a href="http://www.bournemouthjoggers.co.uk/bosc10k.htm">www.bournemouthjoggers.co.uk/bosc10k.htm</a>		<b>No</b>	

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](mailto:Jerry@Wimborne10.co.uk) – Tel: 01202 881085  
 Ian Kennedy: Email: [Ian@Wimborne10.co.uk](mailto:Ian@Wimborne10.co.uk) – Tel: 01202 577081  
[www.wimborneac.co.uk](http://www.wimborneac.co.uk)

## Wimborne A.C. Road Runners - October 2008

	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Broadstone 1/4M	x	x	x	x	x	x		x	x		x						x	x	x	
Rotary 1/4M	x	x	x	x	x	x	x			x			x	x			x	x	x	x
Bournemouth 1/2M	x	x	x										x		x	x		x	x	
Poole Marathon	x	x	x	x	x	x	x													
Poole 10K	x	x	x	x				x	x	x		x				x	x		x	x
Portland 10m	x	x	x	x	x	x		x	x	x		x	x	x	x	x	x	x	x	x
Swanage 12	x	x	x	x	x							x	x							
Poole 1/2M	x																			
Weymouth 10m	x	x	x	x	x			x	x	x		x	x		x					x
Bournemouth 10m	x	x	x	x	x						x									
Alveston 10m		x			x	x														
Purbeck 10k			x	x	x	x		x			x	x	x	x	x	x	x	x		x
Stur 1/2M				x		x	x	x	x	x	x			x	x	x	x	x	x	x
Boscombe 10k					x	x	x		x	x			x		x			x	x	x
Blackmore Vale 1/2M						x	x		x	x		x		x			x			x
Littledown 5						x	x		x	x	x			x	x			x	x	x
Christmas 10k							x	x			x	x				x				
Lytchett 10m							x	x		x	x		x	x		x	x		x	
Fontmell 8							x													
Gillingham 7.5							x	x			x	x	x	x	x	x	x			
March Hare 20m								x	x					x	x	x	x	x	x	x
Lingfield 10k									x											
Wimborne 10m											x	x		x			x	x	x	x
New Forest Marathon										x	x	x	x							
Milborne 10m															x	x		x	x	x
Puddletown Plod 20k																	x	x		
TOP WAC LADY					Janet Potter	Morag Day	Shirley Billington	Shirley Billington	Shirley Billington	Barbara Frampton	Louise Lucas	Shirley Billington	Julie Mead	Lee Longmore	Lee Longmore	Wendy Kennedy	Julie Mead	Cathy Hartle		
TOP WAC MAN					Andy Clements	Andy Clements	Adee Mead	Andy Clements	Mark Wilkie	Andy Clements	Adee Mead	Ian Kennedy	Mark Hitchcott	Jerry Shield	Simon Mortimer	Eric Gilbert	Jerry Shield	Jerry Shield		
							Adee Mead, Sandra Buckley, Andy Clements, Barbara Lincoln, Neil Dibden	Neil Dibden, Barbara Frampton Dot Racster, Jacqui Sainsbury	Neil Dibden	Andy Clements	Ian Kennedy	Ian Kennedy	Andrew Kennedy	Lee Longmore		Wendy Kennedy, Steve Guy, Nick Horsley	Julie Mead, Denise, Wendy Kennedy,	Wendy Kennedy, Andy Horsley		
Fidelity winners					Neil Dibden	Barbara Frampton	Neil Dibden	Neil Dibden	Neil Dibden	Andy Clements	Ian Kennedy	Ian Kennedy	Andrew Kennedy	Lee Longmore		Wendy Kennedy, Steve Guy, Nick Horsley	Julie Mead, Denise, Wendy Kennedy,	Wendy Kennedy, Andy Horsley		

Jerry Shield: Email: [Jerry@Wimborne10.co.uk](mailto:Jerry@Wimborne10.co.uk) – Tel: 01202 881085  
 Ian Kennedy: Email: [Ian@Wimborne10.co.uk](mailto:Ian@Wimborne10.co.uk) – Tel: 01202 577081  
[www.wimborneac.co.uk](http://www.wimborneac.co.uk)