

Wimborne A.C. Road Runners – October 2005

Welcome to the autumn newsletter and there is certainly much to report on in the past three months. First a big welcome to Craig who has been training with us in the past month on Thursdays from QE, he will be taking part in this weekend's Great South Run, so good luck to him and all other WACers for that one.

WAC MEN FOR HIGHEST EVER FINISH? – The Dorset League has 15 men's team competing in it. At the moment WAC are equal fourth. We are just one point behind third place, it could be our best season ever. The top two teams are Poole AC and Poole Runners, both much larger clubs who repeatedly take it in turns to finish first and second. There is almost two competitions in the league, one between the two Poole clubs, and one for everyone else, not unlike the situation in the Premiership between Chelsea, Arsenal and Manchester United and the rest. If we do finish third we will have beaten some decent clubs – Bournemouth, Egdon, Gillingham, Littledown, Lytchett, Royal Manor Portland, etc, etc. We have two races remaining Gillingham 7.5 miles on 6 November and Christchurch 10k on 11th December. The Christchurch 10k race is already over-subscribed, but we need to get as many runners as possible to Gillingham. Although only our top five runners will score points towards our team total on that day, our other runners will contribute by taking points off our rivals – so see you all there.

We still have two runners who are still on target for their Fidelity awards in the Dorset Road Race League with just two events left – so good luck to Wendy and Andy at Gillingham and Christchurch.

NEW DORSET CHAMPION – Earlier in the year we were able to celebrate the achievements of two WAC Dorset champions, Graeme Furley for the u-20 Cross-Country, and Simon Mortimer for the Vets in Cross-Country. We now have the Dorset Champion for the marathon in our midst. Take a bow Jerry Shield. Jerry, along with Andy, has been steadily increasing his weekly mileage in preparation for the London-Brighton run (more of that later). The New Forest Marathon was supposed to be his last long training run. It turned out to be much more than that, realising that with a bit of push he might get under the magical 3 hour time, he knocked around 10 minutes of his PB for the distance. He was the first Dorset runner home and becomes Dorset Champion for the distance in 2005. Well done.

'Worse than a paper round' – The Brighton run took place last weekend (2nd October) and Jerry ran the 54 miles in just under 8 hours (which is sub-9 minute miles). Andy has been struggling with injury recently and when we saw him at 26 miles he was limping, he had just taken on some food, drink and Nurofen. At that point I wasn't sure *how* he was going to do another 28 miles. Call it courage, determination or just sheer bloody mindedness he got there, *and* it was inside the rather ungenerous cut-off time of 9 hours 50 minutes. Well done to both of them. For Andy the Brighton race is just a stepping stone and his endurance training will continue as he has entered the notorious Marathon des Sables a 240 km 6 day endurance race in the Sahara Desert in Morocco in April 2006 said to be 'the world's toughest foot race'. Andy's indomitable spirit will certainly be put to the test there. I think that WAC, and Jerry and Andy in particular, may have had their first ever name-check on Radio One when they were talked about on air by Chappers and Dave on Sunday morning, they declared with masterly understatement that running from London to Brighton must be 'worse than a paper round!'

A few of us took part in the 32 mile 'Dorset Duddle', Weymouth-Swanage (*see Louise's full report later*). This is certainly the toughest race I have ever run in. Apart from the distance involved there are some horrendous climbs and descents. Apart from the four WACers, there was also a couple of Littledown Harriers. One of them, Heather Khoshnevis, took a tumble on one of the descents and badly gashed her head and was picked up by the Portland-based helicopter and went on to spend a night in hospital. I am pleased to say that Heather is now recovered and running again. I had my own skirmish with Dorset countryside and as a result failed to finish so I intend to return and do the job properly in August 2006. It was another fantastic day for Jerry though, despite getting lost three times he still managed to finish second!

Lesley and Richard Davies organised their 'Walk for famine relief' from Spetisbury on 18th September. It was a glorious day, there were a few WACers there, including, Bob, Peter and Becky Wood, John and Steve Guy. The route was said to be a four mile circuit, I wonder what they measured it with! It took in Spetisbury Rings and part of the Stour Valley Way around Tarrant Crawford. It was a part of the world that was new to me. (Headbanger Jon B has been floating an idea to do a 'Run to the Hills' as a complement to the 'Run to the Coast' where we would run from Wimborne along the Stour inland and this would form part of that route – one to find some space for next summer.) John and Steve started their run from Blandford and did two circuits, so they clocked up a few miles that day. AFC Bournemouth's manager, Sean O'Driscoll, was there which helped raise the profile of the event and around 80 people took part raising about £2,500. Well done Lesley and Richard.

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25TH NOVEMBER, 2005, 7.30PM – WAC PRESENTATION NIGHT – This is being organised by Ros and Clare, who have done a fantastic job organising the WAC social events and it will be well worth supporting. The venue will be the Function Room, Ashdown Leisure Centre, Canford Heath. Tickets will be £5 per head and will include a buffet. Closing date for this event is 16th November, contact Clare Gladden at 8 Gurjun Close, Upton, Poole BH16 5QH or on 01202-624612. There will be a raffle and if you are able to contribute a prize for this please let Clare know. See you all there.

8TH DECEMBER, 2004, 7.30PM – WAC ROADRUNNERS CHRISTMAS PARTY AT LA CUCINE DEI SERRARI, LEIGH ROAD, WIMBORNE – The same location as last year. A set four course meal is £20, maximum number is 32 people – there will be a vegetarian option also. Partners are welcome, it will be bookable strictly on a first come first serve basis. Confirm your place with a £5 per head deposit, payable to Julie Mead (01202-889051).

LONDON MARATHON, 23rd April, 2006 – Don't forget – if you are going to enter, the deadline date is coming up fast. Entries must be in by 21st October.

VALOGNES in 2006? – Unfortunately this is looking like a non-starter for 2006 as it clashes with the London Marathon 23/4/06 – I am getting withdrawal symptoms.

WESSEX LEAGUE – CROSS-COUNTRY SERIES 2005/2006 – A new season starts this weekend. The race dates are given below, the preceding Saturday week (i.e., 5th November, 3rd December, 29th January, and 4th March) we hold cross-country training sessions from QE Leisure Centre at 10am. It would be great to have you along. If you want more details please get in touch. Race One is this Sunday, 9 October, at Millfield Prep School (near Glastonbury, Somerset) – maps are available from me. Alternatively use streetmap.co.uk or www.multimap.com to obtain a map – the postcode for the venue is BA6 8LD. Don't forget the races for the kids at these events too!

Race 1: 9th Oct, Millfield, Wells Race 3: 11th Dec, Newbury Race 5: 5th Feb, Avon Valley Park
Race 2: 13th Nov, Salisbury Race 4: 8th Jan, Devizes Race 6: 12th March, Taunton

Christmas is coming so why not order some new WAC kit. The new items are in black with red lettering reading 'WIMBORNE ATHLETIC CLUB'. Items available now include: Hooded top, adult £15, child £11 – Zipped hooded top, adult £18, child £13, – Boot bag, £3.50, and of course the Rain Jacket which has been around for sometime, which are now slightly cheaper at, adult £19, child £17. Place your orders with Howard Gladden on 01202-624612.

An excellent way to improve your speed is the **Poole Runners Winter 5K Race Series** – An out-and-back course from Boscombe Pier. The start time for all races is 7.15pm, with registration on the night from 6.45pm, enter on the night only - £2 per race. The categories for men are, u-20, 20-39, 40-44, 45-49, 50-54, 55, 59, 60-64, 65-70, 70+: and for the ladies, u-20, 20-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+. The minimum age for competitors is 13 for boys and 15 for girls. The series consists of six races, with four races to count towards a race series score.

Race 1: Friday 14th October Race 3: Friday 16th December Race 5: Friday 17th February
Race 2: Friday 18th November Race 4: Friday 20th January Race 6: Friday 3rd March

Handicap Time Trials – We have been using the Wimborne triathlon route through Cowgrove during the summer. It seems that fading light will mean that October's time trial will return to the winter route, which is from QE to Willett Arms and back. Well done to Rona who has seen a massive improvement in her time trial times recently. Results from the last quarter are:

July

Position	Name	Handicap	Actual time	Handicap time
1	Ian Kennedy	1.5 mins	31:10	32:40
2	Stewart Little	9 mins	23:54	32:54
3	Neil Hopkinson	7 mins	26:05	33:05
4	Kim Jolliffe	0 mins	34:02	34:02
5	Jerry Shield	8.5 mins	25:37	34:07
6	Jon Braund	4.5 mins	29:45	34:15
7	Steve Guy	7.5 mins	27:09	34:39
8	Claire Goodall	0 mins	46:38	46:38
9	Rona Kelly	0 mins	46:38	46:38

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August

Position	Name	Handicap	Actual time	Handicap time
1	Jerry Shield	11.5 mins	24:39	36:05
2	Kim Jolliffe	4.5 mins	31:51	36:21
3	Jon Braund	7.5 mins	29:15	36:43
4	Ian Kennedy	6.5 mins	30:18	36:48
5	Andy Horsley	8.5 mins	28:23	36:53
6	Steve Guy	10 mins	27:09	37:09
7	Stewart Little	13 mins	24:33	37:33
8	Nick Solomon	8.5 mins	29:13	37:43
9	Gillean Keith	4.5 mins	34:10	38:40
10	Rosie Forward	0 mins	40:02	40:02
11	Rona Kelly	0 mins	41:50	41:50

September

Position	Name	Handicap	Actual time	Handicap time
1	Tim Shakespeare	11 mins	27:10	38:10
2	Craig	8.5 mins	31:20	39:50
3	Jerry Shield	15 mins	24:33	40:50
4	Tony	8.5 mins	31:30	41:00
5	Rona Kelly	0 mins	41:24	41:24
6	Jill Harsent	8.5 mins	33:55	42:25
7	Bob Caines	8.5 mins	34:03	42:33

Keep on runnin', Ian

It's time for my annual plea for help with the **Wimborne 10**. This year's race is on **Sunday November 20th**. I need to get about 40 volunteers who can help on the day. If you or a relative or friend can help then please get in touch with me (Jerry) asap. It will involve turning up on the day from about 9:30 through to 12:30. Please do your best to help out as this is our opportunity as members of Wimborne AC to put something back in to the sport. Thanks.

League News

I said in the last newsletter that next year's league would consist of 12 races. That remains the same but it has since been decided that runners will have to complete all 12 to qualify for the Fidelity award - not 10 as I stated in the last newsletter. There has also been a minor change to the fixture list. Poole Park 10k (Dec 26th) has been dropped in favour of Purbeck 10k. So the full list is now as follows:

Broadstone Quarter Marathon	1	January (Sunday)	2006
Blackmore Vale Half Marathon	5	February (Sunday)	2006
Lytchett Manor 10	19	February (Sunday)	2006
March Hare 20	5	March (Sunday)	2006
David Lloyd Quarter Marathon	15	April (Saturday)	2006
Purbeck 10 km	10	May (Wednesday)	2006
Poole 10 km	4	June (Sunday)	2006
Puddletown Plod (20 km)	11	June (Sunday)	2006
Portland 10	2	July (Sunday)	2006
Sturminster Half Marathon	6	August (Sunday)	2006
Gillingham Hilly 7.5 Mile	22	October (Sunday)	2006
Wimborne 10	19	November (Sunday)	2006

Training for London to Brighton

In a sense this started last year with both Andy and I completing five marathons in 2004. But the real training picked up after a short rest after our spring marathons. In all in the 20 weeks up to and including the New Forest Marathon I ran 97 times (i.e. just about five times a week) and ran a total of 999 miles (an average of 50 miles a week). I peaked with four weeks of 70 plus miles. I ran further than 20 miles on 16 occasions of which five runs were longer than 30 miles. The furthest I ever went was 40 miles (from home all the way around Poole harbour). We ran in a lot of places we'd never been before (ask us about the underpasses of the A31 sometime), discovered various historical sites such as old airfields and war memorials and competed in several events for the first time. Finding organised events was always the most interesting option. If we couldn't find an event then training together was infinitely better than running - for four or five hours - alone. Most of the shorter runs we did separately during which my MP3 player was a lifesaver. All in all it's been a heck of a summer and as much as I've enjoyed the running and Andy's company I am glad it's all over! I think it's also only fair to thank Clare and Michele for putting up with us both. Thank you! *Jerry*

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RACE REPORTS

Chichester International Marathon Challenge – 17th July, 2005 - I entered this one late as another training run with Jerry. Price was good (£5) and for an extra fiver you could get a medal! It was billed as more of a fun run rather than a serious runner's race, which was fortunate because neither of us were taking it too seriously. We both 'warmed up' the day before with 13/14 mile runs and aimed to pace ourselves round in about 4-4 1/2 hours. After a bit of confusion at the start I got my number and we set off into the Goodwood estate north of Chichester laden with several gels and bottles of lucozade and water. Virtually the entire route was off-road and would take us up and around the Sussex Downs in a large figure of eight. There were water stations manned with friendly volunteers about every five miles where you could refill your water bottle and get your card stamped to prove you had been there. There were also smaller running and walking events going on at the same time, so there always seemed to be people around, which was pleasant as we were following arrows which, at some times were plentiful, at others there seemed to be none. The one notable observation about this event was that there seemed to be more 'downs' than 'ups' which is very unusual as the finish was at the same point as the start. In addition, despite this being the hottest day of the year so far there was a lot of shade around which all in all made for an enjoyable day. With about 4 miles to go Jerry went for a sprint finish and came in about 3 hours 35 minutes, I waddled in a few minutes later in 3 hours 41 minutes. We were both surprised to finish so quickly as we had paced ourselves to a slower time until we checked the GPS which told us that the route had been about 2 to 3 miles shorter than advertised! We then got certificates to prove we had done it

Andy

Boddington 50k (31m) – 31st July 2005 – The race takes place in quiet country roads near Boddington Manor in Gloucestershire and it serves as the AAA English Championship as well. The start is away from the manor in a side road and involved about 80-100 runners in cheerful mood. I met a couple of chaps from Hamworthy who were also looking forward to the London to Brighton. The race started promptly at 11am and in hot sunshine we proceeded to run around a mainly flat circle of local roads of about 3.5k. We did this circle 14 times and on the last one took an extra road back to finish in the manor grounds. There was one water/sponge station which we passed 13 times. The whole race was held in hot sunshine and I heard of many retirements throughout the race. The volunteers on the water station were wonderful and the children on the sponge station were lively and fun, meaning that I looked forward to this point in the loop every time. The race itself was made more bearable by the constant lapping and being lapped, meaning there was an almost constant supply of other runners around helping each other out. The monotonous laps were hard mentally but seemed to flow fairly easily. I did hear of several people doing one lap less or more than they should, mainly due to an error by the marshalls. Aside from that, the organisation was good and all concerned were friendly and helpful. We had to find ourselves some water at the finish and I didn't receive my memento (it was later posted to me). Personally I enjoyed the day, Clare was wonderful as usual, patiently waiting and providing me with food/drink on every lap. As I had run two marathon distances in the two weeks before I had not tapered for this one so had decided to pace myself steadily for the first 40k and then jog the rest and that is how it went. I placed 25th in the end in 4 hours 39 minutes, very hot and tired. I recommend it for anyone wanting to try more than a marathon, as long as you don't mind the heat and running round in circles!

Andy

Dorset's Duddle 32 miles – 21st August, 2005 – When Ian rang me two weeks or so before the day, his opening words were, 'You may just laugh and hang up, but I think this is your sort of thing'. He then proceeded to explain how we were going to run 32 miles of the South West Coastal Path from Weymouth to Swanage! 'How do I prepare for that?', I asked. 'You don't', he replied! After a very early start we (Ian, Jerry, Jill and myself) met in Swanage at 6.45, on a beautiful sunny morning. We then transferred to Ian's car to drive to Weymouth sea front, which was to be the start point. Having parked the car, found a loo and eaten a banana, I was beginning to feel I shouldn't be here, perhaps I was being too ambitious, 32 miles is a very long way, especially with no training! Anyway, having been assured by the others that I'd be fine!?! We made our way to the start to enter. The organisation was good and the people were friendly. We were provided with route descriptions (no map reading skills needed, 'just keep the sea to your right' was mentioned!!) instructions and a tally card, which had to be clipped at each checkpoint. At 9am we set off, runners and long distance walkers, the numbers equally split I would guess. Jill, Ian and I started off together with Jerry way ahead. I knew I had to be really conservative with the speed. Jill was happy to go at my snail's pace but Ian soon got bored and went off a bit quicker. Walking up the hills and running the 'flat' bits we made it to the first checkpoint, Osmington Mills, 5 miles down, 27 to go. The next stage was six miles to Lulworth Cove. This part took us past Swyre Head and Durdle Door, the views were stunning, the sky and the sea a perfect blue. The checkpoint was in the main car park, there was plenty to drink and biscuits for much needed energy, of which I already seemed to be lacking! I was beginning to struggle and a bit concerned that we still had 21 miles to go, but as Jill pointed out it was less than a

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marathon. That made it OK then!!! The next seven mile stage was to Kimmeridge. It was getting pretty hot and I was having to walk more than run, Jill was my hero and insisted she was fine with that and would rather have the company than a faster time. She was full of encouragement and very patient. Thanks Jill. This part took us through the firing ranges, the hills were endless but the scenery made up for it... I think. The checkpoint was at the far end of the car park, where we stopped off at the ice cream van for a much needed ice-lolly. More drink and biscuits, then followed the path up to the tower. A five mile section followed, to Chapman's Pool, where Ian unfortunately had to retire injured. We knew what lay ahead ('The Beast' runners will know too), but had to negotiate the down steps first, which were just as painful as the ups. This was the only part of the route descriptions that were a bit vague and we made a minor wrong turn, but soon got back on the right track. At this checkpoint we were joined by a runner from Poole AC. He had done nothing for 10 weeks, having been injured running most of the 145 miles along the Grand Union Canal from Birmingham to London. He was suffering quite badly and was happy to have some company, so stayed with us for the rest of the run, which by this time had turned into a brisk walk only. Beginning the penultimate stage of six miles to the lighthouse at Anvil Point, I had a call from Ian telling us that he had been rescued from his injury stop by Jerry, who had already finished in a ridiculously fast time of 6hrs 12mins! We were also told that these last nine miles were relatively easy yeah right! The three of us were feeling pretty weary and everything ached, you didn't dare lose your footing, you didn't have the energy to save yourself! Jill was relentless and kept us going at a really good but manageable pace, most of it on autopilot. We had glimpses of the lighthouse, but it was so much further away than it looked! We had been out in unshaded sun for hours and we were feeling quite tanned!!! Reaching this last checkpoint before the finish was a real relief, the end was nearly in sight. Still plenty of drink and biscuits to be had, but we didn't hang around for long, having been passed by a couple of very quick walkers. The last section was three miles and took us back into civilisation. It felt very strange, having seen pretty much nothing but sea, sky and grass for the last eight hours or so. Down a grassy slope into Swanage, along a very busy sea front and up the hill to the finish.

We completed in 9hrs 44mins, that's a very long time to be constantly on the go, but well inside the 12 hour cut off time. We were congratulated by the marshals and told to make our way inside the church hall where we would be looked after. We handed in our tally cards and were told our certificates would be ready for us soon. We were offered seats at the table, hot drinks, hot food and waitress service, what a treat. After cups of tea and a rest we set off for home. This whole event was really enjoyable, well organised by very friendly people. It was a real challenge and I'm glad I managed to complete it, all thanks to Jill for that. Definitely one to do again.

Louise

The Beast - Sunday 4th September, 2005 - Well I'd heard so much about it and I liked the T-shirts so I thought the time had come for me to enter this legendary event. With trepidation and a little excitement I filled in the form and sent off the cheque. I kept checking the website to see if my name appeared, a few short weeks later there it was, I was in. No turning back! Sunday morning I got up slightly later than advised by *Runners World*. They suggested at least four hours before the start of the race, so I got up at 8am to prepare myself. I arrived at the car park and wandered around, I think that was the first time I asked myself what I was doing there. The usual pre-race pee had to take place in the bushes (I knew I drank too much too early) this time I received a nettle sting where a girl shouldn't be stung. Still the pain wore off fairly quickly. The start was OK a gentle climb through the Common and out in to open countryside. The views were breathtaking at St Aldhelm's Head it would have been even better if it hadn't been so misty. Then the trot along the cliff edge, glad it wasn't windier! Again fantastic views, I didn't know that Chapman's Pool was so beautiful. I'd heard about them but nothing could have prepared me for 'The Steps' with lactic acid screaming in my legs and that little voice in my head saying, 'Why?', I forced myself to keep going. The mid-section from here on is still a bit of a daze but when we turned off the coastal path and headed towards Kingston I started to feel better and managed to up the pace to a jog rather than the walk that had been enforced earlier. Then all of a sudden it was through the hedge and out on to the finishing post. Barbara, Debbie, Jacqui and Derek you'll never know how good your voices sounded. God it was good to finish! Relief and joy combined, 'I did it, I survived the Beast!' A little disappointed that the T-shirt wasn't as nice as previous years but I will wear it with pride. Who knows I may even do it again next year!

Rona

New Forest Marathon – 18 September 2005 – I entered this along with Jerry as our last long training run before London to Brighton in place of two, two hour runs. This was to be the first week of our taper so we hadn't eased up in our training and the weekend before had run back-to-back marathon distance training runs. As a result I had planned to run this in a conservative four hours as I had been suffering with a hip injury and was just happy to be covering the distance. *Someone else had other ideas!* Despite some traffic delays the race started on time and I watched Jerry disappear off into the distance somewhat faster than I had imagined. In mainly warm conditions the afternoon went as planned for me. Barbara was superb again in support with the bells at about 4 and 20 miles, I'm sure she helps me run faster by scaring me. The race

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was painful for me with my hip, but despite tiring towards the end I came in in 3 hours 55 minutes, mission accomplished and reasonably pleased, despite a relatively hilly course and warm conditions. Having crossed the line I won a spot prize (purple t-shirt) and went off to collect it. Upon my return I was greeted with the biggest smile I'd seen in a while. Jerry showed me his watch. 2 hours and 59 minutes. He had at long last beaten the magical sub-3 hour marathon, and without tapering, on a difficult course. Imagine what he could do with a bit of a rest and a flat course! An astounding run by any standards. He also placed 8th overall in the race and 1st in the Dorset County Championships. He was so fast that Clare in our support vehicle for the day missed him finishing by a few minutes. Well done Jerry, thoroughly deserved

Andy

Dartmoor – 2nd October 2005 – Try something different. I expect we all get fed up sometimes with pounding the pavements and roads. Well recently I had the opportunity to try something different – orienteering. In particular I took part in a long distance event over Dartmoor. Being a novice to the sport and not being very confident with navigating I ran with an experienced orienteer. We entered the middle distance event of 17.2km (having decided that the long event of over 25km over Dartmoor would be a little too long). We were lucky with the weather (apart from being a little chilly at the start) and it stayed dry and clear all day. I am told that Dartmoor can be a totally different proposition if the mist is down and the rain comes in. We started just before 11.00am (competitors are started at one or two minute intervals to avoid following) and, having marked up the map with the first four controls, were soon off to Control 1. Luckily we didn't have any problems finding the controls, which were generally placed on Tors or stream bends or significant navigational points. We averaged around 18 minutes per Control and when we arrived at number 4 we were given the details of the last seven controls. This took us onto another map (we were issued with two back-to-back at the start) and we continued to clock up the distance. We didn't run all the time as the course involved quite a lot of hill work (I am told we climbed the equivalent of more than half the height of the highest point in England during the race) but managed a reasonable speed over the ground. We were out on the moor for just over three hours and the time seemed to pass very quickly. At one point we could look back over the moors and see the large area we had covered. The whole experience was generally enjoyable (apart from blisters on my big toes) and it was quite a struggle to keep my eyes open on the journey back (I wasn't driving luckily). I can thoroughly recommend this type of event as an occasional change from road races.

Sue

London to Brighton – 54 miles 198 yards – 2nd October 2005 – It is hard to know where to start with this one as I could probably write a book on it. A tale of teamwork and stubbornness. Jerry and I had both agreed to go for it after our spring marathons and both spent time individually and together with our families explaining the training and time commitment required and getting their agreement. The feedback from both camps was good and since then both Clare and Michelle and the children have been superb and unquestioning with their help and support. On behalf of both of us I cannot thank them enough for allowing their husbands to live out their mad quests throughout the year. We had both agreed to follow a *Runners World* 16-week training schedule as a guide with a bit of tweaking to allow for family commitments. It meant us running five times a week including two long weekend runs. In total we ended up running nearly 1,000 miles! This included many runs of marathon distance or over, on some occasions on consecutive days. Jerry even made one run of 40 miles! Many of our weekend runs we had to be quite inventive as we couldn't keep using the same old routes. We spent a long time looking at maps and have discovered many new areas around Hampshire and Dorset. This helped to relieve some of the boredom. We also entered several organised events along the way. We attended marathons/ultras in six different counties. My memories of the training are so many but mainly the early starts at the weekends in torrential rain or hot sunshine, the varied places we discovered and the companionship and motivation supplied by Jerry throughout the weeks. Thanks again mate, it was a real team effort. Five weeks or so before the race I suffered a setback, I pulled up in the early stages of a training run with excruciating pain in my left hip. Not an old injury but something new. It took me an hour to hobble the two miles home. I spent the next few days not being able to put any weight on the leg at all. Even a few steps was agony. I hoped to rest it off but it would mean missing the last two big training weekends which mentally as well as physically would be a disaster. I was genuinely faced with not running the race which was deeply upsetting having got this far. Having tried everything I could I went to a sports therapist who diagnosed the problem as a trapped nerve due to inflamed muscles in the buttock. Not muscular or skeletal but a sore arse!! I was relieved at the diagnosis but still needed another session and a few more days rest before I could consider running again. All this with four weeks to go. The week after I managed a 26 mile cycle, alongside Jerry running, and the day after did another 26 miles with him but had to walk the last eight as I was in so much pain. Although I was now moving, the race was still out of reach. The week after, on the last training weekend was a pivotal point for me. I had not been doing any weekday training to save myself for the last long runs so knew that if I couldn't complete the runs I would not make the start line. The Saturday run was a struggle, pain in every

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step, lots of walking breaks but just about finished. The Sunday was surprisingly better and I finished it stronger, still a few breaks but completed. I knew then that I could at least start the race.

The day itself has now turned to a bit of a blur but the highlights for me were as follows. Graham Starmer had offered to accompany Clare in my support car and we left at 3.30am to meet Jerry and Michelle on the A31 for the trip to London. We arrived at the registration building at 5.30am and spent the next hour getting nervously ready, pinning on numbers, applying various lotions, visiting toilets and chatting with other competitors. Our support crews then dropped us off on Westminster Bridge ready for the start at Big Ben. It was a touch emotional at the start as we said our goodbyes and nervously spoke to the other Dorset lads (Phil from Poole AC and Kevin and John from Hamworthy). For me personally I was relieved just to be able to start and every mile I covered this day would be an achievement after the last five weeks. Eventually Big Ben rang out its chimes for 7am and then we went on the first 'bong' of 7 o'clock, across the bridge and heading South into unknown territory. Jerry and I ran together for the first 10 miles or so through Westminster, Brixton, Streatham and Croydon. This helped as we ran with others in a group and this kept us at a steady pace. We went through 10 miles in 83 minutes which was a touch fast for me but ideal for Jerry. I then let him go on ahead knowing I wouldn't see him again till the end. This race has a strict time limit and intermediate time limits every five miles. If you fall outside these times you are withdrawn from the race. This together with the qualifying time we had had to achieve before the race was obviously designed to prevent slower runners from entering. My greatest fear was getting pulled out. I wanted to get as far as possible before this was likely.

Having gone through 10 miles within the time I wanted to try and keep hold of the time I had 'banked' as long as I could. I managed to keep a steady pace through 15 and 20 miles where I first saw Ian and Barbara with the bells. I had also seen my Dad out on the course and later on my Mum. Wonderful support. With Graham and Clare providing me with extra supplies at regular intervals to those I had positioned at the water stations I managed to go through the marathon point in under 4 hours and onto 30 miles without too much discomfort. So far, although I was sore, my injury was not causing me a problem. However most of the route from 20 to 35 miles is uphill, some parts a bit nasty and this began to take its toll. My legs were tired but working OK except my hamstrings and calves were trying to cramp. This meant I had now started a walk/run strategy which had slowed me. Somewhere between 35 and 40 miles my left hamstring went into cramp and I stopped. For some reason I didn't panic but tried to massage it back into action without luck. Luckily at that point Graham and Clare were behind me and Graham jumped out and massaged my leg back into action. I still had to employ the run/walk method but at least was moving, even though I was losing time fast. Just after 45 miles Graham started to put more urgency into his encouragement and was basically telling me I needed to start moving faster or I would miss the cut off. If I carried on at that speed I would not finish in time. The missed training and injury were now paying me back. I needed two more massages from Graham and Clare to keep me going and I was taking on fluid like mad. I struggled through to about 48 miles when we hit Ditchling Beacon (the last and biggest hill on the route). One mile of solid steep uphill. Second gear in a car at best. Clare offered to accompany me up. I knew that if I didn't go for it I might regret it. I have never sworn so much at an inanimate object as I did at that hill, every step felt like I was kicking it. Such was my fury that I could only hear Clare further back puffing and struggling to try and keep up. Eventually as we approached the top Ian appeared and offered to run (walk?) with me to the end, I happily accepted. Once we hit the top of the hill I could see Brighton below and the sea. The route then went steadily downhill for three miles before crossing the main road, a golf course, up a short hill (nice bonus!) before the two mile or so steep descent to the finish. I was unable to take advantage of the downhill and was still struggling to keep moving at any speed. It was only Ian's constant nagging (encouragement) that kept me moving at any speed. At the 50 mile point I was only eight minutes inside the cut off and losing time fast, I was in severe danger of missing out. I dismissed Clare and Graham to go to the finish as I wanted to try and get inside the time. In all honesty I didn't believe I would do it. John from Hamworthy passed me a mile or so from the end, we shook hands as he passed, I know how nervous he had been too before the start. He was going much faster and was obviously watching the clock too.

About half a mile from the end I saw Jerry in the distance at the final road junction. I knew then that there was a chance. I saw him waving his arms about and forgot about my cramps, my tired legs, my injuries, blisters and other negatives. My legs seemed to wake up again, I high-fived Jerry as I passed him and crossed the road towards the finish on the green. The finish is one which I will always remember. I had been unaware of the tension I had caused with the time, everyone had been on tenterhooks not knowing whether I could do it or not. In the end I crossed the line with 4 minutes and 59 seconds to spare, the last runner home before the cut off. Several runners were still out there and some had already retired. I was lucky. The finish line was very emotional for me, and for everyone who had helped. My family were all waiting at the end in addition to everyone from Wimborne. I don't think I stopped hugging everyone for a long time.

My thanks must go to Barbara and Ian for driving out to watch the madness on the day and for their support and to Ian for cajoling me in on the final five miles or so. Special thanks to Clare and Graham who were with me all the way on the day, did not mind getting intimate with me (even though I didn't shave my legs!) and

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provided me with everything I needed. Special, special thanks to Jerry, Michelle and family for putting up with the mad weekends and Jerry for being such wonderful company throughout the whole experience and having the patience and friendship to stick with me and it throughout.

Oh and by the way, the race was extremely well organised for such a large distance and the start, finish and drinks stations and marshalls throughout were superb. Well done Andy

Portland 10m – 3rd July

Stewart Little (12 th)	59:23
Jerry Shield (31 st)	1:06:29
Steve Guy (46 th)	1:09:46
Andy Horsley (54 th)	1:13:03
Ian Kennedy (67 th)	1:18:15
Wendy Kennedy (36 th)	1:28:05
Debbie Whittle (45 th)	1:33:42
John Guy (94 th)	1:37:46

Poole Runners Series – Canford Park Arena 3.3m – 8th July

Stewart Little (13 th)	17:18
Mark Hitchcott (15 th)	17:35
Laura Dixon (73 rd)	21:13
Sue Harrogate (84 th)	22:40
Jane Cooper (91 st)	23:02
Ray Graham (94 th)	23:08

New Forest 10m – 10th July

Neil Hopkinson (51 st)	1:09:56
Bob Caines (468 th)	1:38:01
John Guy (581 st)	1:43:40
Cora Quinn (709 th)	1:54:58

Maiden Castle Loop – 16th July

Nick Solomon (110 th)	51:20
John Guy (213 rd)	63:42
Debbie Whittle (217 th)	63:51
Lee Longmore (248 th)	79:12

Tarrant Valley 10m – 17th July

Stewart Little (9 th)	1:04:42
Steve Guy (26 th)	1:12:35
John Guy (86 th)	1:45:37
Suzie O'Grady (90 th)	1:50:32
Cora Quinn (91 st)	1:51:13

Tarrant Valley 5m – 17th July

Bob Caines (47 th)	48:57
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Wayfarers Relays – 23rd July

We had a fantastic turnout with 27 different runners in the end, appearing in six teams. Thanks to everyone for coming along and making it a great afternoon. I don't think anyone from WAC camped – which was probably a good thing as it tipped down in the night.

Men: 5th Place

Eric Gilbert – M45	Leg 1	0:16:57	0:16:57
Adrian Mead – M40	Leg 2	0:17:49	0:34:46
Neil Hopkinson – M40	Leg 3	0:17:30	0:52:16
Phil Burgess – M50	Leg 4	0:17:42	1:09:58
Mark Hitchcott – SM	Leg 5	0:16:38	1:26:36
Simon Mortimer – M40	Leg 6	0:16:45	1:43:21
Total		1:43:21	

12th Place

Jerry Shield – M40	Leg 1	0:17:14	0:17:14
Ian Kennedy – M45	Leg 2	0:21:09	0:38:23
Andy Horsley – SM	Leg 3	0:19:39	0:58:02
Brian Lincoln – M50	Leg 4	0:20:07	1:18:09
Jim Williams – M40	Leg 5	0:18:24	1:36:33
Neil Hopkinson – M40	Leg 6	0:18:16	1:54:49
Total		1:54:49	

19th Place

Mark Gilbert – JM	Leg 1	0:18:55	0:18:55
John Guy – M70	Leg 2	0:24:52	0:43:47
Bob Caines – M65	Leg 3	0:23:52	1:07:39
Jerry Shield – M40	Leg 4	0:16:39	1:24:18
Ian Kennedy – M45	Leg 5	0:22:50	1:47:08
Andy Horsley – SM	Leg 6	0:20:21	2:07:29
Total		2:07:29	

Ladies: 4th Place – Just missed a podium finish – excellent effort.

Cathy Hartle – F35	Leg 1	0:20:39	0:20:39
Yana Williams – F35	Leg 2	0:20:13	0:40:52
Gillian Keith – SF	Leg 3	0:23:09	1:04:01
Kim Joliffe – F40	Leg 4	0:22:52	1:26:53
Total		1:26:53	

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13th Place

Barbara Frampton – F60	Leg 1	0:24:04	0:24:04
Jill Harsent - F40	Leg 2	0:23:16	0:47:20
Wendy Kennedy – F40	Leg 3	0:24:52	1:12:12
Clare Horsley – SF	Leg 4	0:32:08	1:44:20
Total		1:44:20	

14th Place

Denise Craddock – F40	Leg 1	0:23:50	0:23:50
Lee Longmore – F40	Leg 2	0:29:58	0:53:48
Rona Kelly – F40	Leg 3	0:29:46	1:23:34
Cora Quinn – SF	Leg 4	0:25:43	1:49:17
Total		1:49:17	

First Ladies team was Poole Runners in 1:12:53

First Mens team was Poole AC in 1:34:48

The fastest THREE times of the day were all recorded by Carl Morris!! – 14:17, 14:27, 14:34.

For those that know them from Jim's session on Monday: Carl Welch – 15:57 (15th best time)

Rob McTaggart – 15:25 (9th best time)

Cheers Jerry

Poole Runners Series – Upton House 3.5m – 29th July

Eric Gilbert (13 th)	20:44
Mark Gilbert (35 th)	22:54
Kim Jolliffe (93 rd)	27:21

Juniors

Anna Barrett (25 th)	5:29
Olivia Frost (32 nd)	5:42

Sturminster Newton ½ Marathon – 7th August

WAC with Simon, Stewart and Jerry were 3rd mens team. What a tremendous turn out for this League race.

Simon Mortimer (15 th)	1:19:31
Stewart Little (20 th)	1:21:03
Jerry Shield (40 th)	1:25:06
Eric Gilbert (52 nd)	1:27:32
Steve Guy (66 th)	1:31:01
Andy Horsley (92 nd)	1:34:42
Jon Braund (147 th)	1:42:07
Ian Kennedy (158 th)	1:43:52
Derek Sainsbury (237 th)	1:56:11
Denise Craddock (265 th)	2:02:41
Wendy Kennedy (269 th)	2:03:36
Debbie Whittle (272 nd)	2:04:49
Barbara Frampton (293 rd)	2:12:56
John Guy (294 th)	2:12:56
Susie O'Grady (304 th)	2:17:09
Cora Quinn (305 th)	2:17:22
Leonie Longmore (319 th)	2:28:45
Rona Kelly (320 th)	2:29:34

Poole Runners Series – Canford Park Arena 3.3m 12th August

Mark Hitchcott (10 th)	17:26
Eric Gilbert (18 th)	17:55
Ray Graham (86 th)	22:50
Sue Harrogate (101 st)	24:23

Juniors

Olivia Frost (24 th)	7:04
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The Beast – 4th September

Stewart Little (4 th)	1:28:42
Jon Braund (173 rd)	1:59:36
Robert Caines (342 nd)	2:23:15
Derek Sainsbury (359 th)	2:27:09
John Guy (373 rd)	2:29:41
Norman Frampton (377 th)	2:30:57
Barbara Frampton (430 th)	2:41:54
Rona Kelly (460 th)	2:58:16
Cora Quinn (474 th)	3:16:51

Poole Park Ladies 5K – 6th September

Kim Jolliffe (50 th)	23:34
Susan Harrogate (51 st)	23:44
Jane Cooper (66 th)	24:28
Tilaye Bailey (71 st)	25:01
Wendy Kennedy (101 st)	26:12
Rosie Forward (139 th)	28:11
Sheilagh Howes (213 th)	33:53

New Forest Half Marathon – 18th September

Jon Braund (187 th)	1:40:08
Gillean Keith (555 th)	1:54:03
Jane Cooper (588 th)	1:55:16
Debbie Whittle (777 th)	2:01:20
Lee Longmore (1200 th)	2:19:30
Debbie Pittard (1325 th)	2:30:43

New Forest Marathon – 18th September

Jerry Shield (8 th)	2:59:52
Andy Horsley (173 rd)	3:55:18

Thank you for all the great contributions for this issue of the newsletter – keep them coming.

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

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Date	Status	Race	Contact	Close Date	Late Entry	Start Time
09 Oct	WXC	Millfield, Glastonbury	Ian – 01202-577081			
13 Oct		QE Handicap TT				
14 Oct	PRWS	Boscombe Pier 5k			Yes	19.15
22 Oct	WOC	Bovington Day/Night Event	www.wessex-oc.org Kay Sayer 01202-484523			
23 Oct		Hoburne 5 mile	Proposed date			
30 Oct	DHS	The Stickler 11 miles Dorset 3 Peaks Challenge	Race Secretary, 3 Kings Road, Blandford DT11 7LD 01258-452723			10.30
06 Nov	RRL	Gillingham 7.5m	Ines Braun, 12 Fairmount Terrace, Sherborne, DT9 3JS http://chriscussen.members.beeb.net	29.10.05	Yes	11.00
10 Nov		QE Handicap TT				
12 Nov		Weymouth 10	Race Secretary, 41 Lower Way, Chickerell, Weymouth, DT3 4AR Tel: 01305-786154	10.11.05	No	12.00
13 Nov	WXC	Salisbury	Ian – 01202-577081			
18 Nov	PRWS	Boscombe Pier 5k			Yes	19.15
20 Nov		Wimborne 10	Jerry – 01202-881085 www.wimborne10.co.uk		Yes	10.30
27 Nov	DCC	Boscombe 10k	Race Secretary, 17 Ferncroft Road, Bournemouth BH10 6BY	19.11.05	No	11.00
11 Dec	RRL	Christchurch Christmas Pudding 10k	66 Stony Lane, Burton, Christchurch BH23 7LE	01.10.05	No	11.00
11 Dec	WXC	Newbury	Ian – 01202-577081			
16 Dec	PRWS	Boscombe Pier 5k			Yes	19.15
17 Dec	WOC	Coldharbour Night Event	www.wessex-oc.org Kay Sayer 01202-484523			
26 Dec		Round the Lakes 10k	Tim Birch, 20 Chalbury Close, Canford Heath BH17 8BS race_director@pooleac.co.uk	16.12.05	Yes	11.00
01 Jan	RRL	Broadstone 1/4 Marathon				
08 Jan		Milborne St Andrew 10m	John Mills 55 Hopsfield, Milborne St Andrew Blandford. Dorset DT11 0LD		Yes	10.30
08 Jan	WXC	Devizes	Ian – 01202-577081			
20 Jan	PRWS	Boscombe Pier 5k			Yes	19.15
05 Feb	WXC	Avon Valley Park, Nr Ferndown	Ian – 01202-577081			
05 Feb	RRL	Blackmore Vale Half Marathon	Chris Wilkins, 'Woodcote', 59 Elm Hill, Motcombe, Shaftesbury, SP7 9HR. Tel: 01747-852257 Coppleridge@gn.apc.org			
12 Feb		Foggy's Revenge 25miles from Pimperne	Event Secretary, Pig Tale Barn, Church Lane, Osmington, Weymouth DT3 6EW 01305-834674 Hardy.annual@btinternet.com	31.01.06	Yes	08.30
17 Feb	PRWS	Boscombe Pier 5k			Yes	19.15
19 Feb	RRL	Lytchett 10	Race Secretary, 6 Briarswood Road, Upton, Poole BH16 5JW 01202-624455 www.lytchettstriders.freeserve.co.uk	09.02.06	Yes	10.30
03 Mar	PRWS	Boscombe Pier 5k			Yes	19.15
05 Mar	RRL	March Hare 20	66 Stony Lane, Burton, Christchurch BH23 7LE	01.03.06		10.00
12 Mar	WXC	Taunton	Ian – 01202-577081			
15 Apr	RRL	David Lloyd ¼ Marathon				
23 Apr		London Marathon	www.london-marathon.co.uk			
23 Apr		Valognes Half Marathon				
10 May	RRL	Purbeck 10				
21 May		Wessex Ridgeway 100k Relay				
04 Jun	RRL	Poole 10k				
11 Jun	RRL	Puddletown Plod (20k)				
02 Jul	RRL	Portland 10m				
06 Aug	RRL	Sturminster ½ Marathon				
22 Oct	RRL	Gillingham 7.5m				
19 Nov	RRL	Wimborne 10				
26 Dec		Round the Lakes 10k				

DCC – Dorset County Championship; DHS – Dorset Hill Series; DLY – Dorset League Youths; PRWS – Poole Runners Winter Series; RRL – Road Race League; WOC – Wessex Orienteering Club; WXC – Wessex League Cross-Country

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