

Wimborne A.C. Road Runners – October 2006

A big hello to some new faces in the past three months, which included Andrea Dymond, Guy Miller, Clare Newby, Selwyn and Emma Richards. Selwyn has *already* contributed his first piece to the newsletter (a report on 'The Beast'). Anne-Marie, who many of you will know from when she worked on reception at QE, has also run with us recently and we have also seen the return of Raj after a long lay-off. It is also great to see Derek Evans back in circulation after struggling with injury since Poole 10k in July.

Jerry has used a few lines to ask for volunteers for the 'Wimborne 10' in his 'Road Race Summary'. It can't be stressed too much how important it is that we have your support for that day (19 November). Bear in mind that five of our most committed team members will be running in the race as they are still on for Dorset League Fidelity Awards (more of that later).

Zoe Hayne, Sheilagh's daughter, is busy establishing a new race in the local calendar – the 'AECC Dash Back 2006'. The inaugural event will take place on Sunday 5th November and there will be 5km and 10km courses along the seafront to choose from. The run has been organised to raise money for a new clinic at the Anglo European College of Chiropractic in Boscombe which it is hoped will be operational by September 2008. Full details of the race and its aims can be found at www.aecc.ac.uk if you require any further information talk to Zoe on 07963-748575 or by e-mail on racesecretary@aecc.co.uk Let's give this race our full support. The entry fee for WAC members is £10 which may appear a little on the hefty side at first, but this does include a T-shirt *and* a deep tissue therapy massage for all finishers.

Tim Harris' 'Seven Deadly Marathons' (7 marathons in 7 weeks on 7 continents) draws ever closer - latest news from him follows later in this newsletter. Tim ran his first ever marathon in the New Forest on 17 September and it turned out to be an important day with some valuable lessons learnt. He got one of the earliest start slots that morning in the Wimborne Fast Twitch Triathlon which he took part in prior to charging across to New Milton for the 11.00am marathon start. The swim was uneventful but unfortunately he had to abandon the triathlon after suffering a bicycle puncture out on the road. Tim's parents attended a local fete that day at New Milton with a stand promoting Tim's 'Seven Deadly Marathons' and raising the profile of his quest and looking for more sponsorship. The financial cost of undertaking this challenge is a heavy burden, so if you can help him with sponsorship please get in touch with Tim on 01202-889537 or on tim@sevendeadlymarathons.com The first race is on 29th October in Argentina and seven weeks later (12th December) Tim will be in the Antarctic. For more detailed information of what is involved look at his website www.sevendeadlymarathons.com There is a link to it from www.wimborneac.co.uk

DATES FOR THE DIARY

JACQUI SAINSBURY'S 50TH BIRTHDAY PARTY – 7.30 pm 21ST OCTOBER – As you will read later Jacqui got the whole family out running in the New Forest Half Marathon. I am not sure how Ben and Charmaine managed to fall for that one. Well the big birthday bash is upon us. Jacqui and Derek have organised a barn dance with a band, 'Corkscrew', at Holt Village Hall. WAC Road Runners are invited. It is the night before the Gillingham league race – so you could use it as warm up! There is no bar at the hall, so bring your own drink. Fancy dress is being encouraged (but not essential). Really looking forward to this one, hope to see loads of you there. RSVP to Jacqui and Derek 01725-553144 or 07717 853869.

WAC 2006 AWARDS EVENING Friday 24th NOVEMBER – The Quarterjack Suite in the Allendale Community Centre, Hanham Road, Wimborne will be this year's venue starting at 7.30 until 10.30pm. Organised by Clare Gladden once again, sure to be a great night. Tickets will cost £6 to include a buffet. Full information and booking forms will follow shortly by post. Hope to see you all there.

21ST DECEMBER, 2006, 7.30PM – WAC ROADRUNNERS CHRISTMAS PARTY AT PRIMIZIA, WIMBORNE – A new venue for our Christmas party in a super restaurant. A three course meal is £21.50, with a main course choice of pork, fish, duck, vegetarian or beef (£2.50 supp.). We have a dedicated area for our exclusive use so the maximum number is 30 people – SO BOOK EARLY. Partners are welcome, it is bookable strictly on a first come first serve basis. Confirm your place with a £10 per head deposit, payable to Julie Mead (01202-889051).

1ST JANUARY 2007, DORSET LEAGUE AWARDS, BROADSTONE LEISURE CENTRE – Traditionally this award ceremony takes place immediately after the Broadstone Quarter Marathon. We want to see a really big turnout here. Apart from trophies to our top male and female runner (with 2 races to go Stewart Little and Debbie Whittle are leading these categories) we should have, fingers crossed, five Fidelity Award winners. Those still on for this are Denise, Julie, Nick, Steve and Wendy. This is phenomenal achievement for them

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as individuals and reflects well on all of us as a club. A Fidelity Award has never been harder to achieve, now that the league calendar has been increased to 12 races. They will have covered a total distance of over 120 race miles in 2006. Apart from having to stay fit and uninjured for 12 months, it also requires commitment in organising your family life and holidays around those 12 dates. So far 439 runners have competed in Dorset League races this year, just 13 of them are on target for Fidelity Awards on 1st January, it is just brilliant that five of those are WACers. Let's start the new year with a glass in our hands making more noise than anyone else (good practise for the London Marathon), raising it to salute their tremendous achievement. Oh, and for those of you hoping to achieve a Fidelity Award for 2007, you will already have covered your first 6.5+miles by the time we get to the bar.

WESSEX LEAGUE CROSS-COUNTRY NEWS – The dates for the new season now stand as shown below. We are awaiting confirmation of the November date and the February race is still to be advised. PLEASE NOTE THERE HAVE BEEN CHANGES TO RACES 1 AND 2 SINCE THE CROSS-COUNTRY BULLETIN WAS SENT OUT A COUPLE OF WEEKS AGO. Race One is Sunday, 15 October, at Hudson's Field, Salisbury (near Old Sarum) – maps are available from me. Alternatively use streetmap.co.uk or www.multimap.com. Don't forget the races for the kids at these events too!

Race 1:15 Oct, Salisbury	Race 3:17 th Dec, Devizes	Race 5:18 th Feb, TBA
Race 2:26 Nov, Newbury (TBC)	Race 4:7 th Jan, Bicton, Exmouth	Race 6:18 th Mar, Ferndown

It is good to see a couple of local-ish races in the calendar, I hope to see some new faces as well as old familiar friends at the cross-country races as we build on the progress of last year. Looking forward to battling the elements and erecting our new WAC tent on muddy hillsides all over southern England.

Graeme Furley, who starred for WAC in the Wessex League a few seasons ago culminating in becoming Dorset Champion at under-20 level, was badly injured in a road accident in July. Graeme was an innocent victim of a driver who was twice over the legal alcohol limit. Graeme stood little chance when his Nissan Micra was struck by a 4X4. He suffered multiple injuries which included two broken legs, and a broken arm plus internal injuries. Fortunately he was able to take some evasive action so his girlfriend escaped with only minor injuries. Graeme was due to start at university in September, his place has now been deferred for 12 months. He is making steady progress but faces a lengthy spell to regain his health, all his WAC team mates wish him well with his continuing recovery.

SATURDAY CROSS-COUNTRY TRAINING SESSIONS AT QE 10.00 am – In the last newsletter Kim put out an appeal for help to ensure we were able to run a weekly cross-country training session, particularly suited towards those juniors who run in the Wessex League. The response has been terrific. We now have a core of seniors who have worked out a schedule to cover every weekend. Jon and Craig very quickly stepped forward and have done a terrific job along with Kim, Veronica Harvey and me. We have also had a tremendous input from Jeannie Puckeridge. Jeannie's son is involved in the athletics side of the club and she is a road runner (but unfortunately can't be with us on Thursdays). She has been involved in teaching dance and general fitness for kids. All of us would benefit from Jeannie's approach to warm-up. We have all found our juniors a delight to work with and this has inspired Jon, Craig, Jeannie and Kim to put their names forward to take their UK Athletics coaching licences on 10th December. Jon is giving up his place in the Christchurch Christmas Pudding 10k in order to do the coaching course. If YOU are looking for another session in your week our Wessex League juniors are quite pacey and run up to a range of about 4 miles maximum - we would be very pleased to see you. It is a very positive environment with kids like these who are very enthusiastic.

LONDON MARATHON, 22nd April, 2007 – Don't forget – if you are going to enter, the deadline date is coming up fast. Entries must be in by 20th October. If you do not get in via the ballot remember we do have the draw for club places which could give you another chance of getting into the race. Here is a reminder of how the draw for club places will be made. Every member who was a fully paid up first claim member on July 1st 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 either of the leagues for Wimborne in the calendar year. For instance you could earn 12 tickets in the draw if you did all the RRLs and 6 if you did all the Wessex League Cross-Country races. 'Wimborne 10' marshals who are denied the chance to run in the race, will also get an extra ticket.

'RUN TO THE COAST' 16th July, 2006 – There was good number of us who ran some or all way the from Wimborne to Mudeford. Once again it was a scorching hot day and water supplies didn't seem to last as well as expected. Personally it was a run that meant a lot to me as I was recovering from injury (again) and so

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completing it was a tremendous boost. I ran all the way with Derek Sainsbury who was using it as a training run for New Forest in September. Needless to say there were healthy numbers at the pub to welcome the runners as they stepped off the ferry onto the quayside. A great day.

'WARRIOR'S KEEP RUN' 10th August, 2006 – This was organised at fairly short notice so didn't appear in the July newsletter. There was a good number of us (probably 20-30) for a run from Denise and Nigel's house in the Stapehill area. The route of the run was terrific, largely off-road, incorporating part of the Castleman Way footpath. It was a beautiful evening and on returning to the house we had the use of the swimming pool, jacuzzi, etc., which most of us took advantage of. Denise then provided us with copious quantities of superb food. It was good to see a few faces I haven't seen for a while, particularly Cora who was in great spirits (as normal) at her first Thursday session since becoming a Mum. A brilliant, brilliant, night. Hopefully we will get to do this again sometime. A big thank you to Denise for all the hard work she put in to make it such a success.

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. *You must keep your race number for the whole series.* Any further queries contact Geoff Scott 01202-625051.

Race 1: Friday 13th October Race 3: Friday 15th December Race 5: Friday 23rd February
Race 2: Friday 24th November Race 4: Friday 19th January Race 6: Friday 23rd March

Handicap Time Trials – There were two time trials in the last quarter, both using the Cowgrove 'country' route. Fading light will probably mean that the next time trial will revert to the Willett Arms route. A few runners recorded their first ever times for a time trial, including Clare, Guy, Mary and unbelievably it was Julie's first ever time trial! Raj had an excellent first time trial and was first across the line in September – we hope to see more of her over the coming months as she has a guaranteed London place.

July

Position	Name	Handicap	Actual time	Handicap time
1	Jon Braund	6 mins	29:22	35:22
2	Ian Kennedy	3 mins	32:27	35:27
3	Mary Macclancy	6 mins	29:39	35:39
4	Stewart Little	10 mins	25:40	35:40
5	Bob Caines	2 mins	34:08	36:08
6	Phil Burgess	9 mins	29:54	38:54
7	Clare Newby	0 mins	42:15	42:15

September

Position	Name	Handicap	Actual time	Handicap time
1	Raj Witt	0 mins	31:46	31:46
2	Ian Kennedy	0 mins	31:48	31:48
3	Jon Braund	3:5 mins	28:21	31:51
4	Neil Hopkinson	5.5 mins	27:50	33:20
5	Graham Whiffen	5.5 mins	30:09	35:39
6	Julie Mead	0 mins	36:33	36:33
7	Jill Harsent	0 mins	36:33	36:33
8	Guy Miller	0 mins	37:07	37:07
9	Barb Frampton	0 mins	38:00	38:00

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.

Keep on runnin', Ian

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ROAD RACE SUMMARY

Excellent to see that we *still* have five runners on for their Fidelity awards. Two to go for them, Gillingham and Wimborne. Next year's fixture list has already been set - although bear in mind these things do tend to change a bit – dates especially. I'll repeat next year's proposed league fixture list. Remember you need to do all 12 to get a fidelity award but only 7 to feature in the league. Please try and do as many as you can as the more we get out there the better we do, and the more encouraging it is for all.

Broadstone Quarter Marathon	1	January	2007
Milborne St Andrew 10 Mile	14	January	2007
March Hare 20 Mile*	4	March	2007
Bournemouth Half Marathon	1	April	2007
David Lloyd Quarter Marathon	7	April	2007
Purbeck 10 km	9	May	2007
Puddletown Plod (20 km)	10	June	2007
Portland 10 Mile	1	July	2007
Sturminster Half Marathon	5	August	2007
Littledown 5 Mile	23	September	2007
Wimborne 10 Mile	18	November	2007
Boscombe 10 km	25	November	2007

* *If you want to do this race enter now! It will fill up soon. There's a form on www.wimborneac.co.uk in the road running league section. Anyone hoping to get into the London marathon should do this race.*

'Wimborne 10' – November 19th – This is the ninth 'Wimborne 10'. As ever I will be wanting as many people as possible to help out. I need about 45 in all. 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 really good fun!

Jerry

SEVEN DEADLY MARATHONS!!!!!!! – Well I am just a few weeks away from the start of my challenge and frantically trying to get everything sorted. Training has taken its toll on the knees so I have started to cut the mileage down now so that I am fresh for the start of the first out of the seven marathons. I learnt some valuable lessons at the New Forest Marathon and enjoyed the experience, I will be paying very close attention to my stop watch when I am out doing the marathons, unlike on 17th September where I lost concentration and went off far to fast and definitely paid the price!

My next challenge, which will hopefully take place on Friday 13th of all days, will be running a half marathon on a treadmill, which will be shut in a freezer with a set temperature of -10 degrees. This will be great training for Antarctica and will give me the chance to test out my cold weather gear. I plan to do this at the Hamworthy Co-op store. They will be moving all the frozen peas and chips so there will be space for it! Sponsorship is going very well, a big thank you to everyone who has sponsored me so far. I am still trying to get to my £10,000 target and would be very grateful for any further sponsorship to go towards the charity Water Aid, specifically for a project in Uganda, where they are trying to build a sustainable water supply. Please contact me on tim@sevendeadlymarathons.com if you wish to sponsor me! Good Luck to everyone competing in the cross-country and road race league this winter, and I look forward to competing again in 2007. I am going to take this opportunity to hopefully be the first person to wish every one a Merry Christmas as I will not be back until that day!

Tim

SIX MONTHS WITH WIMBORNE AC – Over the past six months Wimborne has become my second home and Wimborne AC my second claim (well actually third claim) running club. But definitely not second rate. As some of you know, I live in Berkshire and have been working in Wimborne as an accountant with Cobham plc (Flight Refuelling) on a six month contract. My first priority once I'd accepted this job offer was to join a local running club. Thanks to Google I managed to find Wimborne AC. I normally run in a yellow vest with Finchcoasters in Finchampstead or in a green vest with Windle Valley Runners in Windlesham, Surrey. Last season I ran all the cross-country races in the Thames Valley League for Finch. Some time I hope to wear a red vest too. Thanks to the excellent club atmosphere, organisation and lovely country routes, I feel much at home with Wimborne AC. I have never seen so many runners for one club as at the Purbeck 10k (Poole Runners included) - it was a blaze of red vests. As with many clubs, you get to know the regulars on club night. Then a few other faces appear for the special Thursday nights. I have been lucky enough to taste the

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atmosphere at The King's Head, The Vine, Julie's & Adie's beach hut, Rona's BBQ in the Purbecks and Denise's fabulous party in Stapehill. Hopefully my introduction of the club to 'The Horns' will become more of a regular event. I recall my first ever Thursday night run. I was pushed by the girls into running with the boys. We did a lovely route around Badbury Rings and I ended up running with Jon. This must be the first time I've run with a fellow (boring) accountant. We ended up running ten miles and my knees didn't thank me for it. Jon is truly a gentleman runner and I have much appreciated his willingness to slow down to my pace, especially in the 'Wimborne 10 for Wimborne runners' and the time trial. I do hope his first marathon, The Clarendon Way has gone well for him today – *it has, see race reports* (Gillean too). I can always rely on Ian to liven up my day at work by his emails and he can generally rely on me for a prompt response. Ian's fantastic organisation and commitment are a tremendous boost for the club. A few months ago I pushed myself into attending Jim Bailey's Monday night track session at Ashdown track in a quest to halt the slow-down that has hit me since passing forty. It was a fresh experience to be running with kids - I was the only adult at my first session. After that it was good to be joined by some more adults - Jon, Kim and Gillean. Ironically I have now dropped out due to injury but I am glad the others are reaping the benefits. In my last track session I tore my hamstring. Perhaps I overdid it by running on Friday evening, cycling 50 miles on Saturday, running Badbury Rings 10k on Sunday (my husband, Michael called it the toughest 10k he had ever run) and then going to the track on Monday! I had been looking forward to running 'The Beast' as a local race not to be missed. At least Gillean was able to make use of my number and Michael made it round in under two hours. I am desperate to get back to running - it's three months since I got the injury and no physio can work out why I haven't recovered yet. It seems like further rest is the only cure. My work contract has now been extended until next March so you will be seeing more of me - hopefully running but otherwise on the bike and definitely in the pub.

Mary

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A FINE DAY OUT – One of the many good things about running is that you can do it anywhere, anytime under almost any conditions. As a now non-runner I find that a suitable alternative is walking, funnily enough this requires a little more organization than running and so it was, that finally, Jill, Barbara and myself (we also roped in my tennis partner, Margaret) set off on a fine day towards the end of September for a very pleasant trip out. We packed our rucksacks as if we were heading to the North Pole via the Caribbean and set off for Studland via the Sandbanks ferry. The crossing was swift and gentle and the sun shone on us. I only had to make one U-turn *en route* to the National Trust car park at the Bankes Arms, where we parked and decanted from the car and almost gave ourselves a hernia as we hoisted the pack on our back. After a much needed toilet stop (we had only walked about 100yards!) we set off towards the shimmer of Old Harry where we stood admiring the splendour, not something one does on a run! We continued along Ballard Down towards the obelisk where we stopped for lunch, we had, after all, been walking for one and a half hours. A shower of rain didn't do too much to curb our appetite and interestingly the packs felt no lighter after a hearty lunch and several cups of tea (again not a common event during a run). Preparing to set off again, Jill asked Barbara and I to take over map reading (help!) and after much deliberation we headed north-east (I think) on the B3351 towards the golf course. It was at this point that I had my urge to break into a run but common sense prevailed and I settled for an increase in the walking pace. A spectacular and most unusual sighting of Agglestone was our next port of call. Rumour has it that the Devil threw the rock from the Isle of Wight to destroy Corfe Castle, overestimating his strength he fell short of his target. We were soon back at the car drinking more tea and eating chocolate feeling jolly pleased with ourselves having had such a nice afternoon out and a catch up on all the news. We were all agreed that walking 8 miles is an awful lot slower than running 8 miles, but the time spent admiring the fabulous scenery is well worth the extra 3 hours. My thanks to Jill for being so patient on the orienteering front, to Barbara for the endless stories and to Margaret for sacrificing an afternoon of ironing to join me for such a lovely day. Next challenge 12 miles date to be announced!

Morag

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PLAYTEX LONDON MOONWALK – 19TH MAY 2007 – Anyone interested in entering the 2007 Playtex London Moonwalk should log on to www.walkthewalk.org Online entries are likely to open towards the end of November but as this event is hugely over-subscribed it is worth visiting the website regularly. The date for the Moonwalk is 19th May, and 2007 will be the 10th anniversary year. Not to be regarded as a race, more of an 'event'. Walkers are urged to take part in decorated bras and it is a great evening open to both men and women. All monies raised go to Breakthrough Breast Cancer.

Wendy

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RACE REPORTS

Shillingstone Hill Run, 28 August – Great day out for a young family lots to do on the village green with a very good cake stall. The run was very up at the start and then a flat bit over a very sharp stubbly field with big hidden stones, and then there was a down bit – which was worse than the very up bit! There was a very nice section when Elly and I (who were running next to last) found that Lee, Cora, and Guy had waited for us, so we all finished together making lots of noise and thoroughly enjoying ourselves, thanks also to Bob for getting us over the road quickly. *Barb*

'The Beast' - The Lucky Thirteen – Corfe Castle – 3rd September – The Beast may normally be tough but the weather this time was not kind. The 13th race started off in clear and stillish conditions but by the time runners got out to the coast there was very little visibility due to low cloud and very strong winds. Thankfully the wind was blowing off the sea. One or two brave runners came off the steps and ran down the steep descents - one or two being blown into the barbed wire. Still there seemed to be no life threatening injuries. Stewart and Richard tied on the line in 1 hour 42 minutes coming in in 62 and 63th places.

Selwyn (WAC rookie)

Hardy Hike – 10 September – Organised by the Dorset Wildlife Trust, as well as the 16 mile run there were 24, 16, 10 and 6 mile walks. The route started from Swanage and followed the coastal path west to Seacombe, before turning inland through Worth Matravers to Corfe, then back to Swanage over Nine Barrows Down. Is there a more varied and scenic run? The route was well marked and, although hilly not particularly difficult - the real killer was the weather. In complete contrast to 'The Beast' the previous week it was very hot with brilliant sunshine. The runners set off after the walkers, so for the first few miles we were trying to overtake groups, an interesting manoeuvre on some of the narrower paths. Gillean ran with Louise and I initially, then training and age came to the fore and she sped away, Jon was just a speck in the distance after the first 100yds. Copious tea and cakes at the end made it my ideal event. If you are tempted by these more relaxed runs, events organised mainly for walkers tend to have checkpoints/water-stations only every 6 miles or so rather than more frequently, as in races. This caught several people out on Sunday. Unofficial results: Jon 2 hr 25 mins, Gillean 3 hrs 15mins Jill 3hrs 20 mins and Louise 3hrs 25 mins. *Jill*

New Forest Half Marathon – 17 September – I enjoyed this run more than I have in the past two years, possibly the result of better training. Whatever the reason, the views seemed better. It was pretty warm in full sun, but there were plenty of drink stations and sponges - although after inadvertently getting sponge water in my mouth I spent the next mile trying to get rid of the horrible taste. There were loads of encouraging well-wishers: spectators, manners/womanners of drink stations and even the cadet at the start that I handed my bag to. I'm not used to that, so spent large parts of the race grinning. People standing at the side of the road drinking beer is a bit hard, though. A man at half-way calling out times was a nice touch - I was 49:02 as far as I remember which gave me a negative split by about two minutes. All-in-all a thoroughly enjoyable day. The only downside was that the first 20 yards was around a hairpin bend. The start had been moved back a few yards to get the right distance following re-measurement by someone who ought to remain nameless, Stewart. And unfortunately, unlike the really classy races, there were no cakes afterwards. *Jon*

Well done to the Sainsbury family, what a great way to celebrate the 'BIG 5-0' birthday. Derek made sure the old guy finished first, Ben did very well in his first race but Charmaine really took the prize for looking absolutely great and finishing in an amazing time in her first race. The old girl, Jacqui, was going great at halfway and son Ben pulled her along and waited at the end to run in with her. Well done also to Clare - I can't believe Andy made you do this one as your first half-marathon, cruel man! Well done to all our other half- and full-marathon runners – hope the bells helped at Sway. *Barb*

Clarendon Way Marathon, Winchester to Salisbury – 1 October – Having done, and enjoyed, the Clarendon Way Half-Marathon three times and applied for a fourth, for a reason that escapes me, I upgraded to the full distance this year for my maiden marathon - something I had always maintained I would never be foolish enough to try. The route is wonderful, virtually all off-road, across fields and through woods on tracks of widely varying standard and with plenty of hills. What is on-road is mainly through a couple of picturesque villages. At several points there are superb views, if you can safely raise your eyes from the path. It was well marked and marshalled, with adequate water points and the rain on the day kept it nice and cool. Because of a change in the finish, this year had an extra 400 metres added, which someone suggested made it an ultramarathon (though I can't find that on the tee shirt!). As we started out in the wind and rain I did wonder what I was doing there, a thought that would recur a number of times as the miles done increased but the miles to go didn't seem to get much less. The mud underfoot was pretty slippery, although I only fell over once and at least it was a soft landing. I spent much of the time leaping gazelle-like (I wish) across the path

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trying to find a blade of grass or some gravel that my road shoes could get a grip on, and it was impossible to pick up any time going downhill, staying on my feet was challenge enough. However, for variety there was also the clingy mud that builds up on your shoes and a field of tacky mud towards the end that felt like running on Velcro. Along one ridge there was also a headwind that made making any discernible progress a struggle. The last mile or so was through Salisbury going down and up its scenic underpasses. Possibly the highlight was wading knee-deep through one that was flooded with brown smelly water. So this ticked all the boxes for pretty much my dream race, keeping me interested all the way, and left me smiling, through gritted, muddy teeth. My run went about as well as I could have hoped for, although I found that trying to work out mile times in my head for a marathon is a lot harder than for a half. Towards the end small rises seemed like major hills but I ignored the aching backs of my legs and plodded onwards. Thanks to the many who have given me advice and encouragement. I don't have any plans (or at this point any desire) for another marathon, but bring on the Grizzly!

Jon

'Coffin Dodgers Dash' 7.5mile – 24th September – On what turned out to be a very warm Sunday morning we started out at Tarrant Rushton Airfield. Plenty of runners, keen dogs and a scattering of walkers set off across the old airfield and into the fields and woods beyond. This event was in aid of the Riding for Disabled and was well marshalled and signed. Those who ran included Julie, Cora, Lee, Jill, Barb, Debbie, Guy and John - sorry if I've forgotten anyone - and myself walking and bringing up the rear. Those who ran reported it was slippery underfoot and pretty undulating with a long 'only a mile and a half' to the finish. Well done to all runners of WAC. As a walker I had the chance to chat with a variety of people, lots of whom had started out running, and to enjoy lovely views and scenery on a beautiful Sunday morning, finishing in about 2 and a quarter hours, and still in time to catch the ice cream van.

Ellen

Tarrant Valley 10k – July 2nd

Bob Caines (30)	57:02
Ellen Young (55)	86:29
Barb Frampton (56)	86:30

56 finishers

Charmouth to Golden Cap – July 8th

Jon Braund (60)	68:33
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214 finishers

Poole Summer Series – Canford – Jul 14th :

Seniors

Derek Evans (15)	17:56
Richard Atkins (37)	20:01
Kirsty Harvey (71)	23:14

112 finishers

Juniors

Olivia Frost (18)	6:32
Laura Harvey (21)	6:40

49 finishers

Maiden Castle Loop – Jul 15th

Stewart little (12)	44:29
John Guy (173)	66:10

216 finishers

Wayfarers Relays – July 22nd

See at end of results

Poole Summer Series – Upton – Jul 28th

Seniors

Derek Evans (10)	21:13
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106 finishers

Juniors

Olivia Frost (16)	5:31
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47 finishers

Swanage Carnival Half Marathon – July 29th

Debbie Whittle	2:00:04
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Sturminster Half Marathon – Aug 6th

Jerry Shield (46)	1:32:57
Steve Guy (58)	1:34:03
Andy Horsley (111)	1:43:52
Selwyn Richards (120)	1:46:32
Gillean Keith (174)	1:57:02
Nick Solomon (181)	1:57:25
Brian Lincoln (193)	2:00:04
Debbie Whittle (207)	2:03:57
Julie Mead (234)	2:12:04
Wendy Kennedy (235)	2:12:48
Denise Craddock (238)	2:13:49

275 finishers. Selwyn's first appearance for the club I believe. Very hot conditions – everybody's times were a long way down on last year. Several mutterings of 'never again' !

Men 8th, Ladies 7th in league. The first time the ladies have beaten the blokes Since April 2004.

Maiden New Ten Madness – Aug 12th

Clare Horsley (139)	1:06:32
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Wimborne A.C. Road Runners – October 2006

Poole Summer Series – Canford – Aug 18th

Seniors

Derek Evans (18)	17:48
Richard Atkins (33)	19:29
Kirsty Harvey (67)	23:00

104 finishers. A big hand for both Kirsty and Derek finished runner-ups in their age category over the whole series.

Juniors

Olivia Frost (17)	6:32
Laura Harvey (19)	6:54

46 finishers

Sherborne Ironman Triathlon – Aug 21st

Simon Mortimer

Swim	2.4miles	1:11:29
Bike	112miles	5:54:59
Run	26.2miles	3:49:53
Total		11:09:56

Fantastic achievement. Simon was 189th out of 1038 finishers. 65 did not finish.

Shillingstone Hill Run – Aug 28th

Bob Caines (48)	48:17
Guy Miller (77)	73:11
Lee Longmore (78)	73:13
Cora Quinn (79)	73:14
Ellen Young (80)	73:15
Barb Frampton (81)	73:16

83 finishers

The Beast – Sep 3rd

Stewart Little (62)	1:42:49
Richard Atkins (63)	1:42:50
Selwyn Richards (79)	1:44:44
Nick Solomon (278)	2:11:10
Ian Kennedy (282)	2:12:13
Gillean Keith (306)	2:16:03
Bob Caines (342)	2:22:17
John Guy (418)	2:36:15
Debbie Whittle (430)	2:38:11

480 finishers

Ladies Poole Park 5k – Sep 5th

Gillean Keith (45)	23:43
Barb Frampton (95)	26:51
Jacqui Sainsbury (147)	30:31

181 finishers

New Forest Half Marathon – Sep 17th

Richard Atkins (40)	1:32:44
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Jon Braund (66)	1:36:16
Derek Sainsbury (483)	1:56:03
Charmaine Sainsbury (800)	2:08:56
Ben Sainsbury (1212)	2:31:14
Jacqui Sainsbury (1216)	2:31:22
Clare Horsley (1308)	2:42:08

1373 finishers. Clare's first ever half marathon. Well done.

New Forest Full Marathon – Sep 17th

Jerry Shield (21)	3:11:15
Andy Horsley (113)	3:52:42
Tim Harris (188)	4:12:55

367 finishers. I was third Masters (over 40) in the Dorset County Championships.

Dodgers Dash 7.5m - Sep 24th

Jill Harsent (85)	1:12:31
Julie Mead (95)	1:15:22
Guy Miller (114)	1:20:48
Barb Frampton (118)	1:21:48
John Guy (128)	1:23:32
Lee Longmore (143)	1:32:18
Cora Quinn (144)	1:32:18
Ellen Young (164)	2:19:13

170 finishers

Clarendon Way Half Marathon – Oct 1st

Louise Lucas (143)	2:39:50
Rachel Lucas (144)	2:39:57

334 male finishers and 181 females

Clarendon Way Full Marathon – Oct 1st

Jerry Shield (19 th male)	3:32:49
Jon Braund (38)	3:49:07
Andy Horsley (69)	4:03:22
Gillean Keith (26 female)	4:36:15
Jill Harsent (44)	4:59:09

238 male finishers and 67 females. Jon's first marathon – superb time especially considering the conditions.

Thanks for very much for all your contributions to this latest newsletter. It is really great to include so much from new contributors in particular. Thank you all. If you have any contributions for January's newsletter please e-mail them to.

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Wimborne A.C. Road Runners – October 2006

Wayfarers Relays:

Team	Name	Time	Time
Wimborne AC Men	Stewart Little	17:28	Leg 1
Wimborne AC Men	Derek Evans	17:34	Leg 6
Wimborne AC Men	Jerry Shield	17:48	Leg 2
Wimborne AC Men	Graham Starmer	18:05	Leg 5
Wimborne AC Mixed B	Stewart Little	18:16	Leg 6
Wimborne AC Men	Phil Burgess	18:32	Leg 4
Wimborne AC Men	Adee Mead	18:35	Leg 3
Wimborne AC Mixed B	Andy Horsley	19:37	Leg 1
Wimborne AC Ladies	Yana Williams	20:39	Leg 2
Wimborne AC Mixed B	Derek Sainsbury	22:25	Leg 4
Wimborne AC Ladies	Gillean Keith	22:31	Leg 1
Wimborne AC Mixed A	Bob Caines	22:51	Leg 1
Wimborne AC Mixed A	Bob Caines	23:01	Leg 6
Wimborne AC Ladies	Jill Harsent	24:22	Leg 4
Wimborne AC Mixed A	John Guy	24:35	Leg 5
Wimborne AC Ladies	Denise Craddock	24:45	Leg 3
Wimborne AC Mixed A	Norm Frampton	24:50	Leg 4
Wimborne AC Mixed A	Barb Frampton	24:54	Leg 2
Wimborne AC Mixed B	Damoris Hobbs	25:32	Leg 3
Wimborne AC Mixed B	Clare Horsley	28:07	Leg 2
Wimborne AC Mixed A	Morgan Antell	29:02	Leg 3
Wimborne AC Mixed B	Michele Shield	33:09	Leg 5

Apologies if there are any mix-ups. I'm not sure how many people swapped around from the original order. Wimborne AC men were 4th men's team. Wimborne AC ladies were 8th ladies team. Mixed B narrowly beat Mixed A.

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Wimborne A.C. Road Runners – October 2006

Date	Status	Race	Contact	Close Date	Late Entry	Start Time
08 Oct		Gold Hill Run	I. Braun 12 Fairmont Terrace, Sherborne, Dorset. DT9 3JS. gillinghamtrotters@hotmail.com http://chriscussen.members.beeb.net	30.09.06	Yes	11:00
13 Oct	PRWS	Boscombe time trial	www.poolerunners.freeuk.com			
14 Oct		Weymouth 10m	Race Secretary, 41 Lower Way, Chickerell, Weymouth. DT3 4AI www.weymouth-athletics.org	09.10.06	No	12.00
15 Oct	WXC	Salisbury	Contact Ian 01202-577081			
22 Oct	RRL	Gillingham 7.5m	I. Braun 12 Fairmont Terrace Sherborne Dorset DT9 3JS http://chriscussen.members.beeb.net	14.10.06	Yes	11:00
22 Oct		Hoburne 5	K. Mitchell Ridge House Barnes Lane, Milford – on – Sea, Lyminster. SO41 0RP www.runningtree.co.uk		Yes	11:00
24 Oct	PRWS	Boscombe time trial	www.poolerunners.freeuk.com			
29 Oct		The Stickler (12m)	Joan Royal 3 Kings Road, BlandfordForum, Dorset DT11 7LD	21.10.06	Yes	10.30
29 Oct		Studland Stampede (10k from Shell Bay)	Victoria Neate, Rapid Events, 4 Charnwood, 40 Tower Road, Branksome Park, POOLE BH13 6JA Tel: 07771-547330 Victoria.neate@stagetech.com		Yes	10:00
29 Oct		Kingston Lacy Cancer Research 10k	www.cancerresearchuk.org/10k/venues/ingston_lacy/	22.10.06		11:00
05 Nov		AECC Dash Back 2006 5k & 10k	Race Secretary, AECC Clinic, 13-15 Parkwood Road, Bournemouth BH5 2DF 01202-436322 www.aecc.ac.uk	27.10.06	Yes	11.00
19 Nov	RRL	Wimborne 10	www.wimborne10.co.uk	11.11.06	Yes	10.30
26 Nov		Boscombe 10k	Julie White, 01202 870763, www.bournemouthjoggers.co.uk , webmaster@bournemouthjoggers.co.uk	19.11.06	No	11.00
26 Nov		RNLI 10k	Proposed date			
26 Nov		Downton ½ Marathon	Paul Etheridge, Race Director, Beacon Leisure Management Limited, Downton Leisure Centre, Wick Lane, Downton, Salisbury, Wiltshire SP5 3NF. Email: downtonleisure@aol.com Web: http://beaconleisure.co.uk	10.11.06	No	10.00
26 Nov	WXC	Newbury – to be confirmed	Contact Ian 01202-577081			
10 Dec		Christchurch Christmas Pud 10k	Entries for this race have already closed			
15 Dec	PRWS	Boscombe time trial	www.poolerunners.freeuk.com			
17 Dec	WXC	Devizes	Contact Ian 01202-577081			
26 Dec		Round the Lakes 10k	Tim Birch, 20 Chalbury Close, Canford Heath, Poole, Dorset, BH17 8BS. Email: race.director@pooleac.co.uk Web: www.pooleac.co.uk		Yes	11.00
01 Jan	RRL	Broadstone ¼ Marathon				
07 Jan	WXC	Bicton, Exmouth	Contact Ian 01202-577081			
14 Jan	RRL	Milborne St Andrew 10m	John Mills 55 Hopsfield, Milborne St Andrew Blandford. Dorset DT11 0LD		Yes	10.30
19 Jan	PRWS	Boscombe time trial	www.poolerunners.freeuk.com			
21 Jan		Andy Scott Memorial 10k				
11 Feb		Meon Valley Plod	Date to be confirmed			
18 Feb	WXC	Venue to confirmed	Contact Ian 01202-577081			
23 Feb	PRWS	Boscombe time trial	www.poolerunners.freeuk.com			
04 Mar	RRL	Mad March Hare 20m	See wimborneac.co.uk for entry			
11 Mar		'The Grizzly'	Entries for this race have already closed			
18 Mar	WXC	Avon Heath Country Park, F'down	Contact Ian 01202-577081			
23 Mar	PRWS	Boscombe time trial	www.poolerunners.freeuk.com			
01 Apr	RRL	Bournemouth Bay ½ Marathon				
01 Apr		Bournemouth Bay 10k				
07 Apr	RRL	Rotary Easter ¼ Marathon				
22 Apr		London Marathon	www.london-marathon.co.uk	20.10.06	No	
09 May	RRL	Purbeck 10k				
20 May		Wessex Ridgeway 100k				
26 May		Egdon Easy				
10 Jun	RRL	Puddletown Plod 20k				
17 Jun		Blandford Bridges Run	www.blandfordbridgesrun.co.uk Steve Guy 01258-455647			
01 Jul	RRL	Portland 10m				
05 Aug	RRL	Sturminster ½ Marathon				
23 Sep	RRL	Littledown 5m				
18 Nov	RRL	Wimborne 10				
25 Nov	RRL	Boscombe 10k				

DCC – Dorset County Championship; DHS – Dorset Hill Series; DLY – Dorset League Youths; PRWS – Poole Runners Winter Series; RRL – Road Race League

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