

Wimborne A.C. Road Runners – October 2007

There has been a great injection of energy and enthusiasm from the many new faces we have seen in the past year. Since the last newsletter we can welcome Teresa Ashton, Carolyn Best, Ian Buckingham, Jane Helliwell, Jeff Horseman, Rachel Horseman, Kirsty Jordan-Gill, Pete Lemon, Stuart Pidcock, Ian Sayer, Fiona Sykes and Wendy Trueman who have all put in appearances on Thursday nights, and many of these are now newly signed up WACers. A good number of them have been extremely active – just take a look at the results later in this newsletter and our new website (more of which in a moment). A good example of the big surge in activity was at the Tarrant Valley 10k where we had a phenomenal turnout - more than 30 runners with WAC connections. Were you there? A group photograph which shows many who were can be found on the website at www.wimborneac.co.uk/tv10.htm There was also a brilliant turnout for the much-loved Wayfarers relays at Ferndown. One runner who we will be seeing less of however is Kelly Nugent. Kelly - one of the stars of the Ladies' Ridgeway team earlier in the year – has taken up a new job at Guy's Hospital in London and we wish her all the best for the future. She is hoping to be able to keep in touch and run for us as often as possible, and has declared, just like Arnold Schwarzenegger, 'I'll be back' when the Wessex Ridgeway Relays comes around in 2008.

GREAT RESULT FOR WAC ON THE CLARENDON WAY

Our men's team did superbly at the Clarendon Way Marathon at the weekend recording a third place overall. Jerry Shield was the first WACer in and he received great support from Andy Horsley, Pete Lemon, Jon Braund and Andy Porter. Full results can be found later in this newsletter. Andy Porter was running his first ever marathon, he definitely could have found an easier one than this as an introduction to the distance. Also on the Clarendon Way on Sunday was Debbie Whittle who was once again tackling a tough off-road challenge in the form of the Clarendon Way Half-Marathon. Well done to all of you.

WWW.WIMBORNEAC.CO.UK

Same address – brand new website. We are hoping to get out more information about the club, its athletes/runners, our news and our achievements than ever before. The red vest icons at the top of the home page will lead you into the different areas of interest of WAC, with separate sections for Track & Field, Sportshall, Cross-Country, and Road Running. We shall be putting the race reports and handicap time trial on the website rather than in the newsletter from now on. This will allow us to include photographs to go with your reports – so in future we should make an effort to take along a camera as well. It is hoped that over time the race reports will form an interesting and useful archive. Both the *Wimborne AC News* and the *WAC Road Runners Newsletter* are accessible from the website and also you have the ability to access backnumbers too. The website of course has the huge advantage that we can get our message across immediately and there is no three month time lag between issues of the newsletter – keep an eye on the 'Latest Headlines' as they appear on the home page. Just how good the website is, is of course down to all of us collectively – so we would be very pleased to see your contributions (send them to ian@wimborne10.co.uk) or suggestions for additional features and refinements that could be made. We are also on the look-out for more photographs of WAC road runners to put on the website - can you help?

All the following new stories can be found on the website – go to Road Running, then Race Reports

Do you remember what it was like to run your first half-marathon? – Re-live the moment as Teresa Ashton tells how it felt in the New Forest.

How about the unforgettable experience of your first 'Beast'?– Jools Maskell tells how it was.

'The Grizzly takes no prisoners and accepts no passengers' – read about it in the race reports where there is also a link to 'Getting to Grips with The Grizzly' a fine piece of journalism that was first published in Southampton's *Daily Echo*.

'It's only a flesh wound' – Debbie Whittle battles with barbed wire and ploughed fields to 'Race the Train', and what's more she is up for going back and do it all again next year.

The highs and lows of triathlon – Graham Starmer reports from South Africa and Brittany.

PLUS the results from the past three months' time trials can also be found there.

We have also revisited a few race reports that previously appeared in the newsletter which now include photographs including the Wessex Ridgeway relay 2007. Happy surfing!

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DEADLINE DATE – 19 OCTOBER – LONDON MARATHON – A reminder that you must get your marathon entry forms in by 19 October, bearing in mind that there could be disruption to postal services in the coming month do it sooner, rather than later. Last year we had the highest ever number of WAC finishers in the race - can we better it 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 meal. Here is a reminder of how the system works. 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.

'WIMBORNE 10' 18 NOVEMBER – This is the tenth '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 really good fun! More information can be found at www.wimborne10.co.uk

WAC 2007 AGM, AWARDS EVENING AND DISCO Friday 30th NOVEMBER – Once again Clare Gladden is beavering away to bring us a really good 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 starts at 8pm prompt. After the awards have been presented, including those for road runners (Top Male, Top Female, Top Marathon Runner, Road Master) there will be a buffet and we move on from there to a disco to take us through to 11.30pm. Come and celebrate the successes of our team-mates and have a good time doing it. Hope to see a great turnout for this one. Tickets will cost £6 which includes the buffet. Full information and booking forms will follow shortly by post.

THURSDAY 20TH DECEMBER, 2007, 7.30PM – WAC ROADRUNNERS CHRISTMAS PARTY AT PRIMIZIA, WIMBORNE – We had an outstanding meal at Primizia last Christmas and by popular demand we have rebooked the restaurant for this year's party - this time though we have booked the whole restaurant for our exclusive use. The three course meal will cost £25.00, with a main course choice of meat, fish or vegetarian, or fillet of beef (the beef comes at a £2.50 supp.). MAKE SURE YOU DON'T MISS OUT - BOOK EARLY TO AVOID DISAPPOINTMENT. 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 2008, 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 Jerry Shield and Cathy Hartle are leading these categories at present) we should have, fingers crossed, two Fidelity Award winners – Andy Horsley and Wendy Kennedy. For those of you hoping to achieve a Fidelity Award for 2008, 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 January date it is even possible that we could end up being the host club – in which case we will be looking for volunteers for marshalling duties. Race One is Sunday 7 October at Langport (a few miles off the A303 not far from Yeovil). The race is on the Common behind the Town Gardens. They will be found across the road from the main car park in the centre of Langport (look for the Town Hall clock).

Race 1: 7 Oct, Langport
Race 2: 25 Nov, Salisbury

Race 3: 16th Dec, Glastonbury
Race 4: 13th Jan, TBA

Race 5: 17th Feb, Ham Hill, Yeovil
Race 6: 2nd Mar, Ferndown

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 WAC tent on muddy hillsides all over southern England.

ROAD RACE SUMMARY

We still have two runners on for their Fidelity awards. Two races to go for them, Wimborne and Boscombe. Next year's fixture list has already been set – although bear in mind these things do tend to change a bit – dates especially. Remember you need to do all 12 to get a fidelity award but only 7 to feature in the league.

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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. Despite having massive turnouts for many races this year the men have failed to field a complete team of five runners in the last two league races. It might be worth considering a system whereby we register on our own website when we enter a league race so that it can act as an early warning system if we are struggling for numbers for a particular event – something to consider.

Broadstone Quarter Marathon	1	January	2008
Milborne St Andrew 10 Mile	13	January	2008
Lytchett Manor 10 Mile	17	February	2008
March Hare 20 Mile*	2	March	2008
Rotary Quarter Marathon	22	March	2008
Bournemouth Half Marathon	6	April	2008
Poole 10k	2	June	2008
Portland 10 Mile	6	July	2008
Sturminster Half Marathon	4	August	2008
Littledown 5 Mile	22	September	2008
Wimborne 10 Mile	17	November	2008
Boscombe 10 km	24	November	2008

* The size of the field for this race has been drastically reduced – down to 250 runners. This is a very important race to enter if you intend to run in a spring road marathon (London or Paris for example). Enter forms for this race are downloadable from www.christchurch-runners.org.uk – do it now!

POOLE RUNNERS WINTER SERIES – BOSCOMBE PIER An 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 7.00pm, 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 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.* Any further queries contact Geoff Scott 01202-625051.

Race 1: Friday 5th October Race 3: Friday 14th December Race 5: Friday 8th February
Race 2: Friday 2nd November Race 4: Friday 4th January Race 6: Friday 7th March

SOMETIMES A GREAT NOTION

Here are a couple of half-formed, some might say half-baked, ideas for club runs during 2008.

CLUB RUN IN WALES? – The most concrete one at the moment might be to ‘Race the Train’ in Wales in August (as Debbie did). She had a fabulous weekend and is very keen to return – read all about it in her race report on the website. She has suggested it as a run that WACers should go to *en masse*. I did the race about five years ago and it is definitely a classic. It featured in the book *The Looniness of the Long Distance Runner* by Russell Taylor along with other delights such as ‘The Beast’ – need we say more. The website address for the race is www.racethetrain.com take a look and see what you think.

CLUB RUN IN SPAIN? – As some of you will know WACer Tim Box has an almond farm in Southern Spain. Tim has been out there in the past few weeks and he will be investigating the possibility of WAC going out there as a group and entering a race – we wait with interest see what he comes up with! WATCH THIS SPACE.

CLUB RUN IN FRANCE? – It has been a few years since we have run in Valognes (Wimborne’s twin town just south of Cherbourg). We had a couple of great trips there 4 or 5 years ago (Norman has the trophy to prove it) and a return is long overdue. There have been problems in recent years with the Valognes race clashing with the London Marathon – but it could be worth investigating.

CLUB RUN IN GERMANY? – Wimborne’s other twin town is Ochsenfurt in Germany – another alternative might be to see if we can find a race there.

Keep on runnin’, Ian

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**Poole Runners Summer Series
(Upton Park) – Race 4 – July 6**

Derek Evans (18)	21:27
Eric Gilbert (21)	21:37
Mark Gilbert (38)	24:15
Cathy Hartle (49)	25:22

New Forest 10 – July 8

Bob Caines (466)	1:28:22
John Guy (753)	1:42:38
Leonie Longmore (855)	2:00:36

Tarrant Valley 10k – July 15

Jerry Shield (3)	37:38
Tim Shakespeare (11)	40:07
Jeff Horseman (16)	40:54
Stewart Little (21)	41:57
Pete Lemon (26)	42:30
Ian Buckingham (27)	42:44
Richard Atkins (28)	42:59
Andy Horsley (36)	43:31
Neil Hopkinson (40)	44:06
Andy Porter (41)	44:18
Cathy Hartle (65)	47:12
Jeff Hinsley (69)	47:41
Ian Kennedy (87)	50:12
Kim Jolliffe (91)	51:25
Raj Witt (93)	51:35
Kelly Nugent (97)	52:11
Rachel Horseman (101)	52:35
Tim Box (109)	53:47
Jools Maskell (113)	53:58
Jill Harsent (115)	54:27
Wendy Kennedy (118)	54:42
Guy Miller (127)	57:32
Barbara Frampton (133)	60:19
Claire Newby (135)	60:28
Teresa Ashton (142)	64:05
Derek Sainsbury (143)	64:29
Jane Helliwell (144)	64:29
Clare Horsley (145)	65:48
Fiona Sykes (151)	71:46
Veronica Harvey (153)	74:49
Rona Kelly (154)	74:49

Tarrant Valley 1 mile – Juniors' race

Callum Kennedy (2 nd – U15B)	2 nd
Maddy Vaughan-Johncey (1 st – U15G)	3 rd
Laura Harvey (3 rd – U15G)	6 th
Hollie Lemon (1 st – U10G)	13 th

**Poole Runners Summer Series
(Upton Park) – Race 5 – July 20**

Eric Gilbert (28)	21:44
Mark Gilbert (53)	24:19

Wayfarers Relays – July 28

Stewart Little (Male-A)	18:05
Peter Lemon (Male-A)	18:07
Ian Buckingham (Male-A)	18:25
Richard Atkins (Male-A)	18:38
Craig Dixon (Male-A)	18:42
Andy Porter (Male-B)	18:49
Ade Mead (Male-A)	19:08
Andy Horsley (Male-B)	19:16
Richard Atkins (Male-B)	19:41
Cathy Hartle (Female A)	21:41
Ian Kennedy (Male-B)	21:55
Tim Box (Male-B)	22:31
Kim Jolliffe (Female-A)	22:47
Denise Craddock (Female-A)	23:17
Bob Caines (Male-B)	23:21
Jill Harsent (Female-A)	23:25
Jools Maskell (Female-B)	23:29
Cathy Hartle (Female-C)	23:34
Sue Harrogate (Female-B)	23:46
Debbie Whittle (Female-B)	24:28
Jane Helliwell (Female-C)	24:43
Claire Newby (Female-B)	25:57
Clare Horsley (Female-C)	27:16
Rona Kelly (Female-C)	30:23

Sturminster ½ - Aug 5

Andy Horsley (60)	1:40:05
Cathy Hartle (155)	2:00:32
Michele Whitehurst (195)	2:05:56
Wendy Kennedy (197)	2:06:06
Debbie Whittle (231)	2:12:43
Cora Quinn (236)	2:13:33
Jools Maskell (243)	2:16:11
Guy Miller (250)	2:18:05
John Guy (280)	2:31:58
Clare Horsley (291)	2:39:49
Julie Gosling (300)	2:51:36

Maiden New Ten Madness – Aug 11

Bob Caines (78)	55:33
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Salisbury 54321 Marathon – Aug 12

Andy Horsley (37)	4:00:00
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Salisbury 54321 30k – Aug 12

Jon Braund (16)	2:51:00
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Salisbury 54321 20k – Aug 12

Debbie Whittle (53)	2:15:00
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**Poole Runners Summer Series
(Upton Park) – Race 6 – Aug 17**

Mark Gilbert (12)	20:14
Cathy Hartle (75)	26:23

Race The Train – Aug 18

Debbie Whittle (622)	2:49:16
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Dorset Duddle 31m – Aug 19

Jerry Shield	6:11:00
Peter Lemon	6:24:00
Ian Kennedy	7:56:00
Jill Harsent	9:07:00
Louise Lucas	9:07:00

The Beast – Sept 2

Richard Atkins (63)	1:45:31
Pete Lemon (96)	1:49:03
Debbie Whittle (415)	2:32:49
Jools Maskell (437)	2:37:49
Tim Box (438)	2:37:50
John Guy (463)	2:48:09
Julie Gosling (476)	3:06:51

The Grizzly 19.7m – 9 Sept

Jerry Shield (96)	3:07:47
Jon Braund (172)	3:16:53
Pete Lemon (198)	3:19:03
Ian Kennedy (662)	4:12:49
Gillean Keith (685)	4:15:36

New Forest Marathon – 16 Sept

Jerry Shield (15)	3:03:50
Andy Horsley (118)	3:40:45

New Forest ½ Marathon – 16 Sept

Jeff Hinsley (240)	1:42:44
Dave Timpson (686)	1:56:52
Jools Maskell (877)	2:01:38
Debbie Whittle (880)	2:01:47
Teresa Ashton (992)	2:06:35
Julie Gosling (1306)	2:23:54
Clare Horsley (1330)	2:24:52
Marion Main (1331)	2:24:52
Sheilagh Howes (1403)	2:31:43
Michelle Eggertsen (1409)	2:33:22

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Coffin Dodgers Dash – Sept 23

Andy Porter (26)	1:01:01
Bob Caines (100)	1:17:08
Guy Miller (106)	1:18:01
Claire Newby (124)	1:21:42
John Guy (140)	1:29:19

Clarendon Marathon – Sept 30

Jerry Shield (25)	3:25:22
Andy Horsley (62)	3:47:02
Peter Lemon (63)	3:47:02
Jon Braund (78)	3:51:14
Andy Porter (99)	3:58:04

Clarendon ½ Marathon – Sept 30

Debbie Whittle (120)	2:20:33
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Thanks to Andy Horsley for compiling the results.

Date	Status	Race	Contact	Close Date	Late Entry	Start Time
05 Oct	PRWS	Boscombe Pier 5k Time trial	Geoff Scott 01202-625051		Yes	19.30
07 Oct	WXC	Langport	Contact Ian 01202-577081 or ian@wimborne10.co.uk			
07 Oct		Hobourne 5	K. Mitchell Ridge House Barnes Lane, Milford – on – Sea, Lymington SO41 0RP www.runningtree.co.uk		Yes	11.00
14 Oct		Gold Hill Run	I. Braun 12 Fairmont Terrace, Sherborne, Dorset. DT9 3JS. www.gillinghamtrotters.talktalk.net	06.10.07	Yes	11.00
28 Oct		Studland Stampede 12k	VN Events, 5 Charnwood, 40 Tower Road, Poole BH13 6JA www.getoffyourarseandrun.com	20.10.07	Yes	10.00
28 Oct		The Stickler	The Race Secretary, 3 Kings Road, Blandford DT11 7LD Tel: 01258-452723 www.dorsetdoddlers.org			10.30
28 Oct		Kingston Lacy 10k Cancer Research UK	www.cancerresearchuk.org/10k/enternow/			
02 Nov	PRWS	Boscombe Pier 5k Time trial	Geoff Scott 01202-625051		Yes	19.30
04 Nov		AECC Dash Back 5k & 10k	Zoe Hayne, AECC Chiropractic College, 13-15 Parkwood Road, Bournemouth BH5 2DF Tel: 01202-436322 raceselector@aecc.ac.uk	26.10.07	Yes	11.00
11 Nov		Gillingham 7.5	I. Braun 12 Fairmont Terrace, Sherborne, Dorset. DT9 3JS. www.gillinghamtrotters.talktalk.net	27.10.07	Yes	11.00
18 Nov	RRL	Wimborne 10	www.wimborneac.co.uk		Yes	10.30
25 Nov	WXC	Salisbury	Contact Ian 01202-577081 or ian@wimborne10.co.uk			
25 Nov	RRL	Boscombe 10k	Mrs D. Dowsett 50 Capstone Road, Bournemouth, Dorset BH8 8RP Tel: 01202-533272 www.bournemouthjoggers.co.uk/bosc10k.htm		No	11.00
25 Nov		RNLI 10k, Moors Valley (also a 5k)	Tel: 01202-662260		No	10.00
09 Dec		Christchurch 10k	66 Stony Lane, Burton, Christchurch BH23 7LE www.christchurch-runners.org.uk NOW FULL		No	11.00
14 Dec	PRWS	Boscombe Pier 5k Time trial	Geoff Scott 01202-625051		Yes	19.30
16 Dec		Glastonbury	Contact Ian 01202-577081 or ian@wimborne10.co.uk			
26 Dec		Poole Park 'Lakes 10k'	www.pooleac.co.uk		Yes	11.00
01 Jan	RRL	Broadstone Quarter Marathon			Yes	
04 Jan	PRWS	Boscombe Pier 5k Time trial	Geoff Scott 01202-625051		Yes	19.30
08 Jan	RRL	Milborne 10m	J. Mills 55 Hopsfield, Milborne St Andrew Blandford. Dorset DT11 0LD janemills5@btinternet.com		Yes	10.30
13 Jan	WXC	To be advised	Contact Ian 01202-577081 or ian@wimborne10.co.uk			
17 Feb	WXC	Ham Hill, Yeovil	Contact Ian 01202-577081 or ian@wimborne10.co.uk			
17 Feb	RRL	Lytchett 10m	Dave Hatch, 69 Sandy Lane Upton Poole Dorset BH16 5EJ www.lytchettstriders.com		Yes	10.30
18 Feb	PRWS	Boscombe Pier 5k Time trial	Geoff Scott 01202-625051		Yes	19.30
02 Mar	WXC	Avon Heath, Ferndown	Contact Ian 01202-577081 or ian@wimborne10.co.uk			
02 Mar	RRL	March Hare 20 mile	www.christchurch-runners.org.uk			
07 Mar	PRWS	Boscombe Pier 5k Time trial	Geoff Scott 01202-625051		Yes	19.30
09 Mar		The Grizzly	www.axevalleyrunners.org.uk		No	
22 Mar	RRL	Rotary ¼ marathon				
30 Mar	RRL	Bournemouth Bay Half Marathon	Events Dept, Visitor Information Bureau, Westover Road, BH1 2BU 01202-451195 www.bournemouth.co.uk E-mail events@bournemouth.gov.uk		No	10.00
13 Apr		London Marathon	www.london-marathon.co.uk		No	
02 Jun	RRL	Poole 10k	www.poolerunners.freeuk.com			
06 Jul	RRL	Portland 10m				
04 Aug	RRL	Sturminster Half Marathon	www.dorsetdoddlers.org			
22 Sep	RRL	Littledown 5m				
17 Nov	RRL	Wimborne 10m	www.wimborne10.co.uk			
24 Nov	RRL	Boscombe 10k	Mrs D. Dowsett 50 Capstone Road, Bournemouth, Dorset BH8 8RP Tel: 01202-533272 www.bournemouthjoggers.co.uk/bosc10k.htm		No	11.00

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

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