

Wimborne A.C. Road Runners - October 2009

PUSHING THE ENVELOPE

There have been some fantastic personal achievements over the past three months for many roadrunning WACers. Quite a few of us have been bold enough to push well beyond our comfort zones and into unfamiliar territory. Where to start? WAC XC runner and triathlete Ian Cardy hasn't been seen in a red shirt for a while as he has been concentrating on the multi-discipline events . . . and to spectacular effect. Ian has won a **GOLD MEDAL** in his age group (35-39) at the World Duathlon Championships in Concord, North Carolina at the weekend. He completed the 10k run, 40k bike and 5k run in 1:46:34! Then there is Andy Horsley and Jerry Shield, who on completing the New Forest Marathon clocked up their 50th marathon finish each, the first WACers ever to achieve this. There was a good number of red shirts to see them in at the finish, with champagne and one of Niki's special cakes and cards of congratulation which were signed by many of us. To add to the celebratory mood Jerry, who was first WACer in, won a trophy for coming third in his age group and our men's team finished the race as third team overall. Our four point scorers were Jerry and Andy, with Anthony Clark (who spent most of the week on painkillers after injuring himself playing rounders!) and Terry Simms (in his first ever marathon). For the ladies Julie Gosling was the sole WACer doing the full distance, I know she appreciated the support she got as she approached the finish line. Amongst the red shirts in the half marathon in the New Forest were Teresa Grist and Celia Ireland who competed their first races at that distance, well done to them and also well done to Bob Caines who has done a great job of supporting them throughout their training. Barb Frampton won her age group in the half marathon and our ladies were 14th team with Debbie Whittle as team leader.

Earlier in the month it had been Craig Dixon, Pete Lemon and Jools Maskell who went out and made the headlines. Craig and Pete both finished well up the field in the 56-mile London to Brighton multi-terrain race. Craig's report will appear on the website very soon. Jools ran in the Berlin marathon, we should have a report from her soon too.

Off-road adventures included . . . Andy Horsley coming 9th overall and winning his age group in the 85 mile Ridgeway Challenge, Stewart Little and Debbie Whittle 'Racing the Train' in Mid-Wales, with Stewart becoming the second WACer in two years to beat the train. And then there was the Beast! What a day that turned out to be. There was an amazing turnout (25 WACers) for one of the toughest races in Dorset. WAC XC specialist Colin Read 'Speedy Ready' claimed a podium but there were great performances all through the field. This race has an element of the 'rites of passage' to it. Once you have completed the Beast you can *really* claim to be a proper Dorset runner. Amongst those accepting this sort of challenge for the first time were Kev Elliott, Annemarie Fachiri, Georgie Hougham, Paul Hougham and Andrew Olden. They all passed the test put before them with flying colours and quite rightly the sense of achievement has sent confidence soaring. Now it's getting serious and for some of these, the next step up is the Grizzly in March 2010. Also off-road, we had a great day in the Tarrant Valley with yet another magnificent turnout (27 of us).

Meanwhile back on the asphalt there has been a superb showing in the league races. Nineteen runners at the Portland Ten, 22 at Sturminster for the half-marathon and 24 WACers in the Littledown 5. Amongst the stars at Sturminster were Kevin Elliott and Paul Grist who both recorded PBs. As it turns out Paul's time was even more remarkable as he ran the race with a broken metatarsal in his foot, ouch! He is well on the road to recovery and we hope to see him running again soon. Tim Box's form has been one of the revelations of the summer and he had a particularly fine run in the Littledown 5. A new name appearing on the road running results for WAC has been the Hutchings family. If you have been keeping an eye on cross-country and track & field results, the name will not be new to you. Lynn has transferred from track & field to road with immediate good effect, our ladies team scored a fourth place at Littledown. John Hutchings won both the August and September 4-mile time trials and Littledown was his first league race too. Hopefully it won't be too long before we see the name Gerry Hutchings in the road race results as well. The other racing member of the family is Sharon, who stars for us in the cross-country races, she has been making great progress over the summer on the track. Further afield Niki Roe smashed her PB in the Isle of Man Marathon but frustratingly missed breaking through the four hour barrier by seconds. Although we see Bristol-based WACer Shirley Billington infrequently these days she is still putting it in. Shirley piloted daughter Jessica around the Bristol Half Marathon on 6 September tantalising close to the 2 hours target time they had set.

A big red welcome to . . . recently signed up WACers Dave Black and Iain Donnelly. They have both become Thursday night regulars. Dave is off travelling at the moment, but it won't be too long before we can welcome him back once more, and Iain's first race in a red vest was the Shillingstone Hill race, talk about a baptism of fire! Other new faces on Thursdays have included Bev McLaughlin, Ruth Parker, Scott Pound, Jess Stephen and Kelly Williams all of whom we hope to see a lot more of in the future.

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

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

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THE ROAD RACE LEAGUE

There are three races to go and we are having a great year. With our commitment to the league at its highest ever level, all that hard work is producing results. The men's team currently lie in third place (we finished 5th last year), if we can maintain that it would equal our highest ever finish. After an excellent performance at Littledown our ladies are currently equal 5th but have it in their power to climb to 4th by the end of the year (we finished 8th in 2008) – but it will take a big push and some hard work.

The remaining races are:

24 Oct Weymouth 10m

15 Nov Wimborne 10

22 Nov Boscombe 10k

Those still on target for fidelity awards are Tim Box, Julie Gosling, Andy Horsley, Stewart Little, Guy Miller, Terry Simms and Dave Wild. With these seven WACers providing the spine of our teams in every race they are a huge asset to our progress in the leagues. Entries are open for all three remaining races. If you intend to race at Boscombe, send off your entries now as this race will almost certainly be oversubscribed. *For the Wimborne 10 see below.*

WIMBORNE 10 – 15 November

The 15 November is one of the biggest days of the year for us. The race itself needs 50-60 volunteers to go off smoothly. Naturally all of our seven Fidelity runners will be racing and we would like to see as many other red shirts in the race BUT if you are racing please could you find us a volunteer to help out. **All volunteers should contact Jerry at Jerry@Wimborne10.co.uk** to let him know that you can help. The race website can be found at www.wimborne10.co.uk

THE NEW CROSS-COUNTRY SEASON 2009/2010

Not long to go now! Our men won promotion last year and so this year will be one of consolidating our position and building on the progress made in our inaugural season. We need five men to count in this higher division (instead of the three last season) so it is important to get good numbers out there. For the ladies we will still need a minimum three runners for a team score.

Here are the league race dates:

Hampshire League

10 October – Farley Mount, nr Winchester

07 November – Goodwood, nr Chichester

05 December – Popham, nr Winchester

16 January – Prospect Park, Reading

13 February – Old Sarum, Salisbury

Wessex League

01 November – Kings Park, Bournemouth

29 November – Old Sarum, Salisbury

24 January – to be advised

21 February – Ham Hill, nr Yeovil

28 March – Avon Heath Country Park, nr Ringwood

We are the host club for the first race in the Wessex League at Kings Park and will need a good number of volunteers to help out on the day – **if you can help please email me at ian@Wimborne10.co.uk**
Take a look at our website for more information on cross-country.

Awards night and disco

**WAC 2009 AGM, AWARDS EVENING AND DISCO,
Quarterjack Suite, Allendale Community Centre,
Wimborne, Friday 27th NOVEMBER**

The AGM will take place between 7.00 and 7.45pm. The bar will open at 7.45pm with the Awards Night Social starting at 8pm prompt. After the awards have been presented, including those for road runners (Top Male, Top Female, Top Marathon Runner, Road Master) we move on from there to a disco to take us through to 11.30pm. Come and celebrate the successes of our team-mates and have a good time doing it. Let's see a massive roadrunners' turnout for this one. *Full information and booking forms will follow at the end of October.*

PARTYTIME!

ROADRUNNERS CHRISTMAS PARTY

Thursday 10 December – Colehill Cricket Club

Final details are being sorted by Julie Mead, but this year's Christmas roadrunners' bash will take place, with buffet food being provided by Pamphill Dairy and music provided by the Night Train disco, at Colehill Cricket Club. We had a tremendous turnout for last year's do, let's make this one even bigger and better this time around. *Full details to follow.*

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

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NEW – WAC SATURDAY XC TIME TRIAL

On Saturday 26 September in the endurance/cross-country Saturday morning group we organised a 5k time trial over King Down. The start point was the dung heap. The route and report for this time trial have been written up and will be posted up on the website next week. Just six runners took part, but they all put in tremendous performances. We did use the route a few times last winter and Graeme Furley holds the course record with a time of 19:22. On Saturday we had five juniors running and one senior, with the leaders' times in the 21s. We want to turn this into a regular event and get some seniors out there to spice things up a bit. Just like the road time trail, the more runners there are the better it gets. We intend to post up the XC time trial reports in much the same way as we do for the 4-mile Thursday time trial. Because it has to be fitted in around cross-country events it can't always be on the same weekend each month. These are the proposed dates [21 November](#), [19 December](#), [9 January](#) and [6 February](#). The dates will be confirmed in the weekly roadrunners emails nearer the time. You would need to be at QE for 10am, meeting in the main hall and the session fee for runners will be £2. We will travel in convoy to the dung heap, warm, up, race, then cooldown. We look forward to seeing those of you who are up for the challenge.



Jerry asks, 'Anyone for up a new team challenge in 2010'

Welsh Castles Relay. □ This is a very well established and very popular annual event held in Wales from top to the bottom. Each team consists of 20 runners plus support and maybe one or two reserves. Unlike the Wessex Ridgeway each leg sets off together – i.e. leg 1 starts at 10:30am on Saturday, leg 2 starts at 11:30am etc – so it's like having 20 different races each with around 50 people in them. Poole Runners have been doing this event for several years and I've heard several of them rave on about it. I am wondering have we got enough people interested to make up a team for next year? It's a 2 day event running on road from Caernarfon Castle in the North to Cardiff Castle in the South from 10:30am to 8pm on Saturday and 7am to 4pm on Sunday. So no night running. Overnight stop is at Newtown. Each leg has descriptions (like the Ridgeway) but there are also marshals and whilst it may be beneficial to recce the route I don't think it is essential (it's obviously not very practical for us as it's so far away). Looking at the website the shortest leg is

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

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8.6miles and the longest is 13.3miles. It's Wales so I doubt whether any of them are flat! From talking to the guys at Poole what they've done before is send several runners up on the Friday night for the first few legs, then others travel up on Saturday or Sunday. So folks don't have to stay for the full 2 days if they don't want – or if they want to make a full weekend of it then they can. It's been likened to the Tour de France – I think in that there is a convoy of vehicles following the event around. I have emailed the organisers already to express an interest. Entries open in January so I want to know before then who is seriously interested in doing this so we can make the decision. Each runner is only permitted to run one leg so we do need at least 20 people who are up for this. The 2010 event is going to be on June 12th and 13th. The race website is <http://www.lescroupiersrunningclub.org.uk/castles/> Please let me know – jerry@wimborne10.co.uk

WAYFARERS RELAYS 25 July

We had a tremendous weekend of running and much else besides at the Wayfarers Relays with many of us staying over. Full results for the weekend can be found at <http://www.poolerunners.com/results/home.aspx>



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

Discovering 'The Beast' – 6 September Dorset's infamous multi-terrain challenge. Kevin Elliott's report.

September 4mile handicap time trial Two in a row for John Hutchings.

Dorset Doodle – 23 August 2009 □32 miles along Dorset Coastpath, spectacular but grueling.

Isle of Man Marathon – August 2009 □Niki Roe tells how she claimed a PB in testing conditions.

August 1mile time trial Ross Kirkpatrick is fastest as our juniors shine.

Augst 4mile handicap time trial A first victory for John Hutchings.

WACer conquers Giant □Neil Hopkinson rides Mont Ventoux in the Etape.

Portland 10 □Dave Pearson's tale of mid-field rivalry.

July 4mile handicap time trial □Red Hot performances from Tim Box and Celia Ireland.

If you do not have access to the internet and would like a printed version of any of these stories please let me know.

Keep on runnin', Ian K

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Date	Status	Race	Contact	Close Date	Late Entry	Start Time
04 Oct		Hoburne 5	The Race Secretary, Hoburne 5, PO Box No 6971, Christchurch, Dorset		Yes	11.00
10 Oct	HXC	Farley Mount	Contact Ian 01202-577081		Yes	
11 Oct		Gold Hill 10k	12 Fairmont Terrace, Sherborne DT9 3JS gillingham trotters@hotmail.com www.gillinghamtrotters.talktalk.net	11.10.09	Yes	11.00
11 Oct		British Masters 10	BMAF 10 Mile championships 7 Sandford Court, 32 Belle Vue Road, BOURNEMOUTH BH6 3DR www.swvac.org.uk/fixtures.asp	30.09.09	No	11.00
16 Oct	PRWS	Boscombe Pier 5k	www.poolerunners.com		Yes	19:30
24 Oct	RRL	Weymouth 10	Wey 10, 311 Dorchester Road, Weymouth, Dorset. DT3 5JA 01305 781919 mredorset@hotmail.com www.dorsetrleague.co.uk/Weymouth%2010.PDF		Yes	10:30
01 Nov	WXC	Kings Park, Bournemouth	Contact Ian 01202-577081		Yes	
01 Nov		Gilly Hilly 7.5m	12 Fairmont Terrace, Sherborne, Dorset. DT9 3JS gillinghamtrotters@hotmail.com www.gillinghamtrotters.talktalk.net	24.10.09	Yes	11:00
01 Nov		AECC Dash Back 5k & 10k Boscombe	The Race Secretary, AECC Clinic, 13-15 Parkwood Road, Bournemouth. BH5 2DF 01202 436337 acesecretary@aecc.ac.uk www.aeccdashback.com	26.10.09	Yes	11:00
07 Nov	HXC	Goodwood	Contact Ian 01202-577081		Yes	
15 Nov	RRL	Wimborne 10m	The Race Secretary, 8 Potterne Wood Close, Verwood, Dorset. BH3 6GD www.wimborne10.co.uk	19.11.09	No	10.30
22 Nov	RRL	Boscombe 10k	Race Secretary, 10 Tyndale Close, Bournemouth, Dorset BH9 3SF www.bournemouthjoggers.co.uk	22.10.09	No	11.00
27 Nov	PRWS	Boscombe Pier 5k	www.poolerunners.com		Yes	19:30
29 Nov	WXC	Old Sarum, Salisbury	Contact Ian 01202-577081		Yes	
05 Dec	HXC	Popham	Contact Ian 01202-577081		Yes	
13 Dec		Christmas Pudding 10k	Race Secretary, 66 Stony Lane, Burton, Christchurch, Dorset. BH23 7LE – RACE FULL		No	11.00
18 Dec	PRWS	Boscombe Pier 5k	www.poolerunners.com		Yes	19:30
26 Dec		Round the Lakes 10k	Race Director, 2 Holly Hedge Lane, Poole BH17 7LJ www.pooleac.co.uk	11.12.09	Yes	10.30
01 Jan		Broadstone Quarter Marathon				
03 Jan		Somerley 10k				
10 Jan		Milborne 10				
16 Jan	HXC	Prospect Park, Reading	Contact Ian 01202-577081		Yes	
24 Jan	WXC	To be advised	Contact Ian 01202-577081		Yes	
29 Jan	PRWS	Boscombe Pier 5k	www.poolerunners.com		No	19:30
07 Feb		Blackmore Vale Half Marathon				
13 Feb	HXC	Old Sarum, Salisbury	Contact Ian 01202-577081		Yes	
14 Feb		Lytchett 10	32a Sandecotes Road, Parkstone, POOLE BH14 8NZ www.lytchettmanorstriders.org	06.02.10	Yes	10:30
19 Feb	PRWS	Boscombe Pier 5k	www.poolerunners.com		No	19:30
21 Feb	WXC	Ham Hill, nr Yeovil	Contact Ian 01202-577081		Yes	
05 Mar	PRWS	Boscombe Pier 5k	www.poolerunners.com		No	19:30
07 Mar		The Grizzly	www.axevalleyrunners.org.uk			
14 Mar		March Hare 20/10				
28 Mar	WXC	Avon Heath Country Park	Contact Ian 01202-577081		Yes	
28 Mar		Bournemouth Bay Half/10k				
03 Apr		Rotary Easter ¼ Marathon				
25 Apr		London Marathon	www.virginlondonmarathon.com		No	
02 May		North Dorset Village Marathon	www.ndvm.co.uk		No	
02 May		Round the Rock	Bill Hicks, 11 Parkmead Road, Weymouth, DT4 9AL www.rmpac.co.uk/index.php?page=round_the_rock_10k_2	27.4.10	Yes	10:30
12 May		Purbeck 10k				
23 May		Wessex Ridgeway				
06 Jun		Poole 10k/5k				
12/13 Jun		Welsh Castle Relays	www.lescroupiersrunningclub.org.uk/castles			
13 Jun		Puddletown Plod 20k				
27 Jun		Blandford Bridges 10k	www.blandfordbridgesrun.co.uk			

HXC – Hampshire League cross-country league, PRWS – Poole Runners winter series, RRL – Road Race League, WXC – Wessex League cross-country.

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Portland 10 – 5 July		Sturminster Half – 2 August		The Beast – 6 September	
Anthony Clark (14)	1:03:45	Anthony Clark (24)	1:24:37	Colin Read (3)	1:26:59
Jerry Shield (15)	1:04:04	Stewart Little (53)	1:30:55	Peter Wood (60)	1:42:14
Stewart Little (20)	1:05:18	Steve Guy (71)	1:34:36	Richard Atkins (69)	1:43:02
Craig Dixon (37)	1:09:31	Andy Horsley (75)	1:34:58	Andy Porter (83)	1:45:30
Graham Whiffen (48)	1:12:01	Graham Whiffen (82)	1:35:59	Jon Braund (108)	1:48:11
Andy Horsley (52)	1:12:15	Daryl Davies (95)	1:37:59	Pete Lemon (122)	1:49:56
Dave Pearson (105)	1:19:46	Guy Thompson (124)	1:40:49	Craig Dixon (131)	1:51:17
Ian Kennedy (110)	1:20:28	Dave Pearson (130)	1:41:18	Daryl Davies (140)	1:52:18
Dave Wild (111)	1:20:51	Ian Kennedy (155)	1:42:59	Anthony Clark (153)	1:53:40
Phil Whitehurst (117)	1:21:56	Kevin Elliott (173)	1:44:36	Graham Whiffen (198)	2:00:26
Guy Thompson (136)	1:23:34	Paul Grist (174)	1:44:37	Ian Kennedy (206)	2:01:32
Paul Grist (142)	1:23:58	Dave Wild (248)	1:52:48	Kevin Elliott (218)	2:02:27
Tim Box (164)	1:26:42	Terry Simms (294)	1:57:59	Niki Roe (229)	2:03:37
Terry Simms (174)	1:29:05	Tim Box (301)	1:58:46	Paul Hougham (295)	2:10:40
Guy Miller (182)	1:29:54	Bob Caines (307)	2:00:09	Andrew Olden (314)	2:13:15
Georgie Hougham (195)	1:31:32	Georgie Hougham (309)	2:00:18	Tim Box (320)	2:14:04
Annemarie Fachiri (205)	1:34:04	Guy Miller (316)	2:00:56	Ian Buckingham (329)	2:15:10
Michele Whitehurst (226)	1:40:03	Jools Maskell (338)	2:06:27	Georgie Hougham (381)	2:23:47
Julie Gosling (253)	1:56:16	Debbie Whittle (353)	2:09:23	Debbie Whittle (413)	2:30:32
		John Guy (385)	2:17:10	Julie Mead (422)	2:31:33
		Julie Gosling (405)	2:30:33	Adrian Mead (423)	2:31:33
Bowl 15 – 6 July		Clare Horsley (414)	2:38:05	Annemarie Fachiri (451)	2:37:03
Pete Lemon (91)	1:56:19			Denise Craddock (472)	2:43:51
				Juliet Mellor (473)	2:43:53
				Julie Gosling (494)	3:05:03
PRSS Upton 3.5m – 10 July		Salisbury 54321 – 9 August		Littledown 5 – 6 September	
Guy Thompson (19)	21:57	20k		Jerry Shield (16)	29:34
Andrew Olden (45)	24:30	Debbie Whittle (108)	2:25:25	Anthony Clark (24)	30:36
Paul Hine (57)	25:10	Barbara Frampton (123)	2:32:11	Stewart Little (30)	31:12
Annemarie Fachiri	29:45	Derek Sainsbury (123)	2:32:11	Peter Wood (34)	31:19
		Clare Horsley (165)	4:09:01	Craig Dixon (48)	32:35
Maiden Castle Loop – 11 July		Jacqui Sainsbury (165)	4:09:01	Graham Whiffen (58)	33:37
Graeme Furley (10)	43:07	30k		Andy Horsley (65)	33:49
Craig Dixon (54)	52:01	Andrew Olden (39)	2:54:59	Rich House (76)	35:03
Annemarie Fachiri (104)	1:02:27	Terry Simms (90)	3:38:35	Niki Roe (78)	35:27
		Marathon		Paul Teck (80)	35:33
New Forest 10m – 12 July		Andy Horsley (57)	4:09:08	Dave Wild (85)	35:55
Pete Lemon (89)	1:09:30			John Hutchings (94)	36:10
Jeff Hinsley (267)	1:18:36	Isle of Man Marathon – 9 August		Dave Pearson (101)	36:40
Terry Simms (471)	1:26:24	Niki Roe (57)	4:00:04	Lynn Hutchings (107)	36:57
Bob Caines (624)	1:33:41			Tim Box (112)	37:10
John Guy (773)	1:43:19	Race the Train – 15 August		Ian Kennedy (122)	38:12
		Stewart Little (75)	1:42:44	Terry Simms (138)	39:29
Swanage Half – 18 July		Debbie Whittle (840)	2:39:05	Guy Miller (177)	42:41
Richard Atkins (40)	1:34:20			Annemarie Fachiri (188)	43:59
Tarrant Valley 10k – 19 July		PRSS Upton 3.5m – 21 August		Bob Caines (194)	44:08
Jerry Shield (6)	38:28	Guy Thompson (16)	20:42	Michele Whitehurst (198)	45:02
Anthony Clark (12)	40:03	Dave Pearson (46)	23:07	Barbara Frampton (209)	46:08
Graham Whiffen (25)	42:12	Andrew Olden (59)	24:27	Claire Newby (216)	48:01
Guy Thompson (27)	42:45	Niki Roe (68)	24:58	Julie Gosling (235)	50:58
Andy Porter (31)	43:26	Ian Kennedy (71)	25:11		
Paul Teck (48)	??:??	Annemarie Fachiri (127)	30:17	Berlin Marathon	
Ian Kennedy (49)	??:??			6 September	
Ian Buckingham (55)	??:??	Dorset Duddle 32m – 23 August		Jools Maskell (2993)	4:22:51
Ben Sainsbury (59)	47:06	Pete Lemon (7)	6:01:00		
Paul Grist (62)	47:31	Craig Dixon (18)	6:48:00	Poole Park Ladies 5k – 8 Sept	
Kevin Elliott (65)	47:39	Ian Kennedy (52)	7:44:00	Niki Roe (11)	21:49
Tim Box (69)	48:12	Jill Harsent (157)	10:33:00		
Dave Wild (70)	48:24			New Forest Half Marathon	
Niki Roe (71)	48:29	Ridgeway Challenge		27 September	
Lynn Hutchings (76)	49:00	86m – 29/30 August		Rich House (206)	1:38:51
Trudi Carter (88)	50:47	Andy Horsley (9)	19:18:00	Derek Sainsbury (944)	1:57:38
Gerry Hutchings (92)	51:02			Debbie Whittle (1248)	2:05:25
Georgie Hougham (110)	53:43	Studland Fair 5k – 30 August		Barbara Frampton (1371)	2:10:30
John Hutchings (112)	53:52	Guy Thompson (9)	19:44	Celia Ireland (1665)	2:23:59
Derek Sainsbury (119)	55:01	Kirsty Harvey (70)	27:04	Teresa Grist (1808)	2:40:23
Bob Caines (124)	56:38	Laura Harvey (83)	28:13		
Norman Frampton (127)	57:02			New Forest Marathon	
Julie Mead (128)	57:19	Shillingstone Hill 5m – 31 August		27 September	
Maddy Vaughan-Johncey (138)	59:18	Guy Thompson (9)	38:06	Jerry Shield (14)	3:05:59
Annmarie Pearson (156)	1:06:59	Iain Donnelly (34)	42:44	Anthony Clark (49)	3:25:26
Julie Gosling (158)	1:09:04	Graham Whiffen (38)	43:32	Andy Horsley (68)	3:31:40
Teresa Grist (164)	1:17:47	Dave Wild (39)	44:04	Terry Simms (450)	4:52:36
		Tim Box (56)	48:55	Julie Gosling (508)	5:33:24
Milland Valley 13m – 2 August					
Pete Lemon (75)	1:45:38	Bristol Half – 6 Sept			
		Shirley Billington (5991)	2:02:21		
		Jessica Billington (5992)	2:02:21		
PRSS Upton 3.5m – 7 August					
Guy Thompson (27)	21:48				
Dave Pearson (45)	23:34				
Andrew Olden (55)	24:23				
Ian Kennedy (67)	25:20				
Annemarie Fachiri (119)	30:26				

Results prepared by **SURREY COMPUTERS** (Ringwood) 01425 474410

If you have competed in a race we may not know about, email your results to sales@surreycomputers.net

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