

Wimborne AC Road Runners – October 2010

Our first summer from the roadrunners' new home at Wimborne Town FC has been a successful one. I for one am enjoying the post-run beer and game of pool at the Cuthbury with Charlie and his team. Over the past few months we have enjoyed Tim's party at his farm (bonfire party to come soon) with a few sore heads the next day at Tarrant Valley. Also there was the return of the annual 'Run to the Coast' from Wimborne to Mudeford and 12 of us made this run on a lovely day in July. For a few, the 16 miles one way was not enough so Ian, Andy and Pat (Zoom Tri) made the return trip. There have been many races and a new summer time trial on a Thursday.

The new faces these past few months include Kim Brackley, Dave Worsley, Becca Hughes, Ruth Parker, Johnny House, Annette Baxter, Val Clark, Wendy Jones and Richard Swindlehurst. Kim (Tarrant Valley & Littledown) and Becca (New Forest & Littledown) have already raced in red with Becca breaking the 2 hours barrier at New Forest for the Half. Ruth ran at the Tarrant Valley and also the Beast. Dave has been struck down by injury but we are hoping to welcome him back soon. Richard bumped into a couple of our guys at the New Forest Half Marathon and within the week was a fully fledged WACer.

We have to bid a farewell to Andy McDonald, at least for the time being, as he has left the area now that his contract at Cobham's has run its course. He was a near ever-present at the Tuesday and Thursday sessions this year and also featured in our men's Ridgeway relay team. Hopefully we will be seeing him at the Hampshire Cross-Country League races when he represents his first claim club, Reading AC.

This summer has seen the start of WAC cross-training in the guise of Monday night cycle rides. Although I have not attended any myself the benefits of cross-training should not be underestimated as it can give different muscles a work out as well as preventing injury and easing recovery. For now the WAC Monday night bike rides are on hold until next summer but hopefully they will return.

Over the coming months there is the annual Wimborne 10 (more later) as well as a couple of new league races in the Gilly Hilly and Gold Hill Run. These two races are run by the Gillingham Trotters who organise the Wessex Ridgeway and North Dorset Village Marathon, so two things are for sure, the first is they will be well organised and secondly they won't be easy! (See round-up of the league, later.)

By the time this newsletter goes out some of us may know whether they have got a place in next year's London Marathon. If you have, or plan to do another spring marathon then come the new year you will need to start thinking about long runs. Until the end of the year is a good time to start building some speed. Further down the newsletter are the details of the plan for the Thursday winter time trial and an excellent analysis of the summer time trial around the Cowgrove route.

Not content with a website and new forum, WAC is now on Twitter <http://twitter.com/WimborneAC> as well as having a few members on www.fetcheveryone.com (see later).

Craig

KEY DATES

- HXC – Farley Mount – Saturday 9th October
- RRL – Gold Hill 10k – Sunday 10th October
- RRL – Weymouth 10 – Saturday 23rd October
- WXC – Avon Heath – Sunday 24th October
- Tim's Bonfire Party – Friday 5th November
- HXC – Goodwood – Saturday 6th November
- RRL – Gilly Hilly – Sunday 7th November
- WAC AGM, Awards Night, Presentation Evening, Disco – Friday 12th November
- Wimborne 10 – Saturday/Sunday 21/22nd November (see later)
- WXC – Old Sarum – Sunday 28 November
- HXC – Popham – Saturday 4th December
- WAC – Roadrunners Xmas Party – Thursday 9th December (see later)
- RRL – Broadstone Quarter Marathon – Sunday 2nd January
- RRL – Milborne 10 – Sunday 9th January
- HXC – Reading – Saturday 15th January

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ROAD RUNNERS LEAGUE 2010

This year the Road Runners League has been split in two divisions each for the men and women. Based on last years results both Wimborne's men's and women's team were placed in the top leagues. The first 5 men for each team score points based on their position within the other league runners, for the ladies the top 3 score. This does not mean anyone outside of these positions does not have an important role to play as they can take vital points off other teams.

In the men's league unsurprisingly Steve Way and his team of Bournemouth runners are easily leading if not already won the league and as we can all see at most league races no one really gets close. The WAC men's team main battle is with Poole AC, Lytchett, Littledown and Royal Manor Portland. With 3 league races to go a good turn out and good results could help us close in on 3rd place.

The WAC women are in a league fighting with Royal Manor Portland, Dorset Doodlers and Poole AC. The clear leaders in this league are Poole Runners with Bournemouth Joggers and Littledown hot on their heels. With some good runs in the final races the ladies could look to move up to fourth and I am sure with the runners we have in the club this is easily achievable.

Overall the league has 24 runners on for a Fidelity award and of those 6 are from Wimborne. They are Jerry Shield, Ian Kennedy, Jon Braund, Julie Gosling, Wendy Kennedy and Jool Maskell, well done to all of you as a Fidelity should not be underestimated. Some more stats for you, so far 65 WACers have competed in this year's league races (3rd behind Poole Runners and Littledown), however, we have the biggest presence in league races a total of 205 finishes so far!!

First Division Mens														
Teams	BQ	BV	LY	MH	PB	PU	PT	SN	LT	GL	WY	GH	Best	Position
Bournemouth AC	1	1	1	1	1	1	1	1	2				4	1
Poole Runners	4	3	2	6	2	5	7	3	1				8	2
Poole AC	2	6	3	2	3	7	3	2	5				9	3
Wimborne AC	3	2	4	5	5	2	5	4	4				11	4
Littledown Harriers	6	4	5	4	4	4	2	5	7				14	5
Lytchett Manor Striders	5	5	7	3	6	3	6	6	3				14	6
Royal Manor Portland	7	7	6	7	7	6	4	7	6				22	7
Second Division Mens														
Teams	BQ	BV	LY	MH	PB	PU	PT	SN	LT	GL	WY	GH	Best	Position
Egdon Heath Harriers	1	2	2	1	4	1	2	1	2				4	1
Purbeck Runners	2	5	1	3	1	2	1	2	1				4	2
Westbourne	3	6	3	4	2	3	3	3	3				11	3
Dorset Doodlers	5	3	4	2	3	7	5	5	7				12	4
Gillingham Trotters	8	1	7	6	5	4	7	4	6				14	5
Weymouth St Pauls Harriers	4	4	5		6	6	4	7	5				17	6
Christchurch Runners	7	8	8	5	7	5	6	6	4				20	7
Hamworthy Harriers	6	7	6										19	8
First Division Ladies														
Teams	BQ	BV	LY	MH	PB	PU	PT	SN	LT	GL	WY	GH	Best	Position
Poole Runners	1	4	1	5	1	5	1	1	1				4	1
Bournemouth Joggers	2	2	3	1	3	1	3	2	3				6	2
Littledown Harriers	3	1	2	2	2	4	2	6	2				7	3
Royal Manor Portland	5	3	4	4	7	2	5	5	6				13	4
Wimborne AC	4	6	7	6	6	3	6	4	4				15	5
Dorset Doodlers		5	5	3	5	6	7	3					16	6
Poole AC	6	7	6	7	4		4	7	5				19	7
Second Division Ladies														
Teams	BQ	BV	LY	MH	PB	PU	PT	SN	LT	GL	WY	GH	Best	Position
Gillingham Trotters	1	3	2	4	2	2	7	1	3				6	1
Egdon Heath Harriers	2	1	5	3	6	1	4		6				7	2
Lytchett Manor Striders	4	2	3	1	1	3	3	3	4				7	3
Westbourne	3	6	4	2	4	6	6	2	2				9	4
Purbeck Runners				1		3	4	2	6	5			10	5
Bournemouth AC	5	5			5	5	1	4	1				11	6
Weymouth St Pauls Harriers		4		6			5	5	7				20	7
Hamworthy Harriers				5									5	8
Christchurch Runners				7									7	9

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<http://www.sirisaac.co.uk/raceresults10.html>

ROAD RUNNERS LEAGUE 2011

It looks like next year will include a marathon in the league races making the Fidelity an even tougher challenge...blame Jerry!

Broadstone QM - Jan 2nd (yes 2nd)
Milborne 10m - Jan 9th
Lytchett 10m - Feb 20th
Rotary QM - Apr 23rd
NORTH DORSET MARATHON - May 1st
Purbeck 10k - May 18th
Puddletown 20k - Jun 12th
Swanage HM - Jul 16th
Littledown 5 - Sep
Gold Hill 9.5k - Oct
Weymouth 10m - Oct
Gilly Hilly - Nov

WIMBORNE 10 – 21st November 2010

This year's Wimborne 10 is fast approaching and behind the scenes Jerry and his team have been working hard to get a lot of the administration completed for this year's race. This year the race limit has been set at 500 and will be based out of Wimborne Town Football Club.

As ever we will need lots of volunteers for marshalling, drinks stations, car park, baggage etc. The past couple of years we have set up the finishing area on the Saturday and again volunteers are needed to help with this. If you are planning to run, it would be appreciated if you could find a family member or friend to help out.

If you can help on either the Saturday or Sunday or both please can you contact Jerry by e-mail and let him know.

jerry@wimborne10.co.uk

www.wimborne10.co.uk

CLUB CHAMPIONSHIP 2011 – NEW FORMAT

There's been a discussion on the forum (www.wacforum.keepfitwithkelly.co.uk) recently about the club awards. Historically these have always been based on the Dorset Road Race League. We currently have just two awards - one for the best man and one for the best lady based on all twelve league races. We've done this to encourage folks to participate as much as possible in the Dorset league which was particularly relevant when we had fewer road runners. I've looked at what some of the other Dorset clubs do. Ideas include - age specific or age-graded awards, using off-road events, out of the county events, any marathon time, a track-based event and others. So what do you think? If we're going to introduce this then now is the time to be sorting it out.

So let me know asap, firstly, if you think a change is good or you think we should stick to the current format.

Majority vote wins. Poll closes October 22nd. You have two weeks.

Secondly, if we're going to change the format I need folks who would like to help set the rules and choose next year's events.

Jerry

Jerry@wimborne10.co.uk - text/phone 07946 065538 - 01202 881085

THE NEW CROSS-COUNTRY SEASON 2010/2011

The new season starts this weekend, it would be great to see some WAC XC debutants as well as all the familiar faces. The October races are at Farley Mount on the 9th, and Avon Heath on the 24th. At the Avon Heath fixture we are going to need some help with marshals – please email lan if you can help lan@Wimborne10.co.uk

Take a look at our website for more detailed information on the forthcoming cross-country season.

http://www.wimborneac.co.uk/cross_country.htm

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WIMBORNE SUMMER AND WINTER TIME TRIALS

The good ol' British "summer" is over and unfortunately this means the summer time trial series is over and the winter time trial begins. With many ups and downs, the summer time trial produced some of the fastest times ever, with many reaping the reward of a personal best. All in all there were 55, yes 55, unique runners with the course being actually run 131 times, meaning that the club as a whole has covered 504 miles on just time trial nights!

Roy Long currently holds the course record with a time of 22:53 set in September. This was snatched away from Andy McDonald who set the record from the outset in May with a time of 23:12.

The winners of the winter time trial were:

Ross Kirkpatrick,
Robin Hughes,
Paul Mallet
and Becka Hughes (with Robin winning it twice!).

If there were to be a fidelity award this would go to:

David Long,
Andy Olden,
Callum Kennedy,
Nick Solomon,
Lynn Hutchings,
Gerry Hutchings
and John Hutchings who ran the trial every month!

Big thank you to Ian for organising the time trials each month and setting the handicaps etc. often at the expense of being able to run himself. We also couldn't run them without volunteers to time everyone back in and record the results, so thank to those who helped out! Special thanks to Elaine, who has had a firm grip on the stopwatch over the course of the year.

This year's winter time trial is to be run over an accurately measured 5K course and there are two ways you can win! Each month there will be a handicap race as usual with the first runner back winning the trial. However, there will also be a race winner of the overall winter time trial series. This idea incorporates 'VO2 Age Graded' percentage, (this is the maximum volume of oxygen your body has available to use when you exercise) which basically sees how fast you can run a distance; works out your VO2 max and then grades it against your age. This means that everyone has a chance to win and makes it more competitive for all as neither age nor gender will be a barrier – it is a level playing field for all. The person with the highest VO2 max result run in any of the monthly time trials will be the series winner. The age used to calculate your VO2 max will be as at 1st October 2010.

See the example below

Gender & Age	Time	VO2 Max Graded (%)
Male, 20	18:00	72.4
Female, 40	21.10	72.4
Male, 60	22:08	72.4

With that in mind, I imagine many of you will be raring to go on the winter time trial series and can smell the glory of winning the Time Trial Trophy already.

If you have any questions please feel free to ask me. To find out what your VO2 Age Grade could be, here is a link to a calculator that works it out for you, <http://www.runningforfitness.org/calc/vo2.php?>, amazing; I know.

Good luck!

Roy Long

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WAC Summer Time Trial 2010					
Name	April	May	July	August	September
Andy McDonald	0:23:14	0:23:12	0:23:26		0:23:30
Jerry Shield	0:23:33				
Anthony Clark	0:23:40				
Roy Long	0:23:57	0:23:36		0:23:04	0:22:53
Ross Kirkpatrick	0:24:14			0:24:51	
David Long	0:25:03	0:25:30	0:24:38	0:24:15	0:23:34
Andrew Olden	0:25:04	0:26:21	0:26:26	0:26:06	0:25:46
Callum Kennedy	0:25:27	0:24:25	0:25:39	0:24:13	0:31:54
Andy Porter	0:25:29	0:25:07			
Graham Whiffen	0:26:18				
John Hutchings	0:26:20	0:26:15	0:25:01	0:25:22	0:26:07
Paul Hine	0:26:58				
Lynn Hutchings	0:27:07	0:27:04	0:27:13	0:27:19	0:27:17
Jeff Hinsley	0:27:19		0:27:47		
Dave Wild	0:27:19		0:28:01	0:27:07	
Nick Solomon	0:27:46	0:27:06	0:28:03	0:27:09	0:28:01
Gerry Hutchings	0:28:35	0:28:04	0:27:54	0:27:21	0:27:27
Mike Holborne	0:28:56	0:30:09			
Kelly Nugent	0:29:02				
Annie Dougall	0:29:07				
Anne Osland	0:32:55				
Paula Miles	0:33:00				
Kelly Williams	0:33:10			0:33:34	0:32:47
Wendy Kennedy	0:33:33				
Claire Scammell	0:33:39				
Debbie King	0:33:56	0:32:53	0:34:36		
Bob Caines	0:33:56	0:32:59		0:34:37	
Robin Hughes	0:35:26	0:32:42	0:28:48	0:27:15	0:28:26
Ian Buckingham		0:27:21			
Phil Burgess		0:28:22			0:28:19
Kevin Elliott		0:28:41	0:27:57	0:28:03	
Rich House		0:26:02	0:25:33		
Tom Wilson-Croome		0:35:37	0:40:25		
Richard Davies		0:31:23			
Paul Mallett		0:30:20		0:27:05	0:28:22
Paul Teck		0:28:35	0:28:07	0:26:52	
Jools Maskell		0:34:43			
Tim Box		0:33:35	0:33:54	0:32:54	0:36:30
Celia Ireland		0:40:57			
Bev McLaughlin		0:40:57		0:40:20	0:42:18
Ian Kennedy				0:28:22	0:28:29
Ruth Parker			0:29:46		
Rachel Gladdis			0:33:46	0:33:25	
David Worsley			0:32:08		
Steve Headley			0:28:09	0:26:36	0:25:51
Kim Brackley			0:32:55	0:32:51	0:31:43
Glyn Davies			0:33:18	0:33:25	
Phil Whitehurst			0:27:55		0:27:40
Michele Whitehurst			0:33:58		0:34:54
Kim Jolliffe				0:33:35	
Georgie Hougham				0:35:29	
Alan Kirkpatrick				0:34:38	
Val Clark					0:49:14
Annette Baxter					0:41:09
Neil Hopkinson				0:25:20	
Becka Hughes				0:33:14	0:31:39
	PB shown in RED				

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ROADRUNNERS' CHRISTMAS PARTY – 9th DECEMBER 2010

I know it's only just October but this year's Christmas party is to be held at Colehill Sports and Social Club. There will be a buffet, and disco with Ian DJing. The final details are still to be finalised so keep an eye out in Ian's weekly e-mails over the next couple of weeks for more details.

BERLIN MARATHON IN THE RAIN 2010 – Travel Jeff reports

Earlier this year Claire and Craig decided they would have a pre-wedding jaunt to Berlin for the marathon and invited other WACers along. So 5 runners and one supporter took up the offer. It would be a first for all the runners as none had run Berlin before.

Arriving late on Friday courtesy of Easyjet and French air traffic controllers we headed straight to the marathon expo to pick up numbers. We were on a tight schedule as the expo closed at 9:00 pm. I managed to leave my registration document at the hotel and not wishing to stress my fellow runners I returned to the hotel alone while they sat in a bar enjoying the local hospitality.

Arriving at the expo at 8:45 it was a dash to the furthest point in the hall to pick up the numbers. The expo felt bigger than the one for London and is at the old airport that was used during the Cold War to keep West Berlin supplied. Having collected our numbers we had a Chinese and a beer to prepare for the breakfast run. A nice touch with the numbers is that your first name is automatically included along with your number.

The breakfast run was another first for me; this seems to be a tradition at some marathons the day before the event. We started from Charlottenburg Palace to run about 6km to the Olympic stadium where a free breakfast was waiting. The run was well attended and completed in about 45 minutes with a finishing lap of the stadium. There was a sense of history running down Jesse Owen Boulevard, however, my final 100m on the track would not worry Usain Bolt. It was then time to show all our European neighbours that queuing is essentially British, this only lasted a few seconds and we soon became true Europeans. There was a good selection for breakfast and it rounded off an enjoyable morning.

Back at the hotel the weather forecast suggested wet weather gear would be needed for the next 48 hours. To rest the legs for the big event it was decided that a city bus tour to see something of Berlin followed by a seat in a roadside bar to view the inline skating marathon would pass Saturday afternoon. I think Berlin is the only city marathon that covers two days and the skating is well worth watching. The wet roads certainly added to the excitement as a spectator, which said I won't moan about a blister when you can scrape off lots of skin as a skater! Also sat in the dry with a beer was much preferable to skating.

The rain continued to fall Sunday morning as we made our way to the start, unlike London public transport is only free to competitors if you drop out of the race. The start and finish are in the Tiergarten with the bag drop spread across a wide area; if you are late arriving this could make things a little fraught. Entry to the start area is also very narrow and if a pre-race toilet visit is required you can be left trying to get to your start pen when the countdown has begun.

With only one start position I was expecting things to be a bit stop start to begin with but because the road is wide and there is a stagger to the start it was relatively simple to get moving.

I must rant at this point, why when it is pouring with rain and you are soaked even before the start do people avoid running in puddles. Running 26 miles is hard enough without having to avoid those who jump in your way. Just accept it is water, it will make you wet and get on with it.

Like London spectators line the whole course and offer great support; things seem slightly more relaxed and in some places there are no barriers so they do get fairly close to the action, they can also cross in front of you without warning. It was nice to have km markers rather than mile markers as things seemed to pass quicker.

I did recognise the odd landmark during the run but it was only when I finally turned towards the Brandenburg gate did I really recognise something. This last part of the race is as good a finish as Bird Cage Walk, the only thing missing was the sound of a hand bell and the cry of come on Wimborne!

Once through the line and having collected your medal you can begin your recovery with a free beer; that said it is non-alcoholic. There is plenty of room to change after the race which is a big plus.

Personally I give Berlin a 9/10, the race is relaxed, the start and finish are ideal and there is good support even in the most horrible of conditions.

Also thanks to Claire and Craig for the invitation to join them.

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WAC finishers in Berlin

Anthony Clark	02:57:55
Jerry Shield	02:58:21
Craig Dixon	03:24:25
Jeff Hinsley	03:48:38
Nick Solomon	03:52:19
Claire Newby	04:32:24
Nicki Roe	04:40:49

Jeff Hinsley

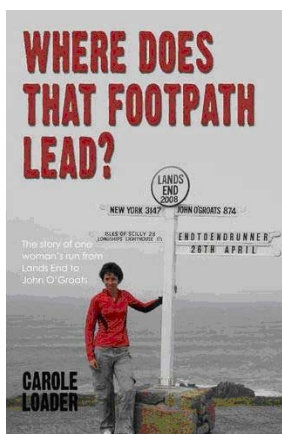
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WHERE DOES THAT FOOTPATH LEAD?

The story of one woman's run from Land's End to John O'Groats by local author

Carole Loader

On 26 April 2008, 41 year-old Carole Loader from Bournemouth Joggers embarked on an amazing journey: to run from Land's End to John O'Groats on her own, a distance well in excess of 1000 miles. This is the story of her adventure. Not having the luxury of company or aid from a support crew, she had to carry everything she required in a backpack. In the process she raised a substantial amount of money for charity (£6,000 for Cancer Research UK and £4,800 for The Paul Seal Trust Fund – raising money for a young man from Bournemouth, paralysed from the neck down in a surfing accident).



Where Does That Footpath Lead? is her account of that incredible adventure. Based on the diary she kept at the time, it tells of the people she met and the sights and sounds she encountered along the way. The accompanying pictures provide a vivid illustration of the wonderful and diverse countryside of England and Scotland she travelled through.

“During my adventures, I kept a diary of my experiences: the people I met, the landscape I was running through and how I was feeling. This has now been published as a book (launched 5 August) entitled “Where does that footpath lead?” which contains not only an extension of the diary but also many full colour photos”

The book is and is available through many online sources including Waterstones and Amazon and will be in-store in the coming weeks at Cotswold Outdoor (Castle Lane, Bournemouth) and Waterstones (Castlepoint, Bournemouth).

A BRIEF HISTORY OF WIMBORNE AC

For those of us that have not been roadrunning with Wimborne for the past 26 years here is a brief history of the club and how it has evolved over the years. Thanks to Ed Arnold, Barbara Frampton and Ian Kennedy for your input.

The club was formed in 1984 from a group of 8/10 yr olds who came to sessions that Ed Arnold ran at Allenbourn school on Saturday mornings. Richard Nunn was one of the fathers whose son attended and along with Ed is the only member from that first day. The club started as Allendale Athletic Club as the treasurer of the Allendale Centre, Les Phillips, was keen to have sporting links with the local community. Unfortunately very soon after its formation Les died of a heart attack which left us without any strong connection with the centre so the ties were broken and we became Wimborne Athletic Club.

In the early days we trained at Allenbourn, then the cricket ground, St Michaels School, and Pamphill Green, all before finally putting roots down at QE in the late 1980s. Track and Field by then was getting strong and on a couple of occasions we recorded over 100 members at Saturday training. The Dorset Road Race League started in 1989, but it was in the 1990s that the road running side of the club began to take off.

In 1994 Barbara Frampton had just lost her mum to leukaemia so decided she wanted to run a marathon and raise money for an appropriate charity. She found out that a small group of WAC roadrunners met on a Saturday at QE. Although Barb had a decent level of fitness she was new to running. On her first Saturday at QE there were a handful of runners there. Amongst them were Brian Lincoln (who still does a great job for the club on the Wimborne 10 results and website) and Andy Clements (now of Poole AC, and still featuring prominently in local races). That first week, there was only one other lady runner – Jan Potter. Jan and Barbara ran together, Jan was quick and Barb remembers it being a baptism of fire! Barb attempted to get into the London Marathon (and was unsuccessful) and so she directed her attention to the long-lost Poole Marathon. She turned 50 that year, and recorded a time of 4:38 raising £300 for leukaemia charity in the process. But as for running, she was well and truly hooked!

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Within 3-4 months Barb had been approached/coerced into become the WAC roadrunners' secretary and she then took her Level 1 coach's licence, she subsequently went on to take her Level 2 badge. Giving the sessions more structure started to attract more runners, and it was Barbara who started up the Thursday night sessions. The earliest known results for Wimborne AC in the Road Race League come from around this time. With just three ladies to count, regularly fielding Barb, Shirley Billington and Morag Day gave us one of the stronger ladies' teams in those early years and Julie Mead soon joined the fray too. The men's team also had some strength to it as, alongside Andy Clements, was Mark Wilkie, Graham Starmer and Adie Mead all adding some steel to our teams in league races. In 1997 Jerry Shield joined the club, having recently moved to Wimborne, within a very short space of time he took over the secretarial job from Barb for the roadrunners, a job he continues to do to this day.

The Wimborne 10 race was started by the roadrunners in 1998 – there were 197 finishers (in 2009 we set a new record – 567). Morag was the race director for the first couple of years, and with much smaller numbers of us back then it was very much a matter of all hands to the pumps. Morag stepped down from race director's job due to illness after a couple of years, and Jerry took over – he remains in charge today.

1998 was also the year that Jerry introduced the *Roadrunners Newsletter*, a chance to flag up what was coming up, and also record our runners' achievements. In the early days it came out as and when required. From 2002 it went quarterly (and it remains so today) when Ian Kennedy got involved with its production. The baton was passed on once more when Craig Dixon became the new editor earlier this year.

The foundations that were laid down in the late 1990s have given us WAC 'Roadies' the base from which to build from over recent years and now we regularly see 30+ people on a Thursday evening down at our new home at Wimborne Town Football Club.

WWW.FETCHEVERYONE.COM

Some of you may have heard me and others in the club talking about a geeky little website where you can log you runs and training. If you have not then please check out www.fetcheveryone.com

It is a website that can be used to log training runs/cycles/swims/walks etc as well as race times. You can upload runs direct into a training log from your Gamin GPS and is a great way to monitor your training. There are 12 Wimborne members on there (not all actively using it) and thousands of members from all over the country. The website also have a race directory and forums for chat (although beware some of the people are a bit odd). For the statistic lovers there are graphs and newsletters containing information gathered from the thousands of members on the site. There is lots on the site but is great even if just using it to keep a track of race times and pbs (see mine below as an example).

I started using it at the start of 2009 and set myself a goal of running 100 miles each month during the year. Even if you are not wanting to log your runs online I would recommend a training log for anyone as great motivational tool.

If you have ever wanted to know how many miles you have to do to lead the Dorset Road Runners League then check out the user Marigold on the website to see Steve Way's 500+ mile/month training log!

Distance	Race	Time	WAVA	Date	# Races
5 km	Poole Runners Winter Series Six Time Trials (1)	00:18:50	68.5	Feb 2010	5
5 miles	Hoburns 3	00:31:57	66.74	Oct 2009	3
8.9 km	Hoburns Hill Race	00:30:55	50.1	Jun 2008	1
10 km	Christchurch Christmas 10s	00:39:37	67.21	Dec 2009	17
6.55 miles	Bokerly Eaker Quarter-Marathon	00:44:21	63.82	Apr 2009	3
10 miles	Wimborne 10	01:06:06	67.15	Nov 2009	9
13 miles	The Swan 2009 - Sweet Station	01:31:03	52.92	Sep 2009	2
13.1 miles	Shurminster Newton Half Marathon	01:29:11	66.4	Aug 2008	9
14 miles	Race the Train	01:43:18	61.26	Aug 2008	1
20 miles	The Dorset Public 20	02:21:36	65.4	Mar 2009	3
40 km	Bournemouth Sports 40s	03:29:03	49.57	Jan 2010	1
26.2 miles	Bournemouth Marathon	03:10:44	65.49	Oct 2009	12
28 miles	Larvik (Gru Hill) Race	04:46:00	46.68	Jun 2009	1
32 miles	Dorset Roadies 32	06:40:00	38.14	Aug 2010	1
56 miles	London to Brighton Trail Run	10:52:00	40.95	Sep 2009	1

Distance	2005	2006	2007	2008	2009	2010
5 km			19:21	19:59	19:03	18:50
5 miles	37:35				31:57	
9.5 km				50:55		
10 km		48:11	42:04	40:35	39:57	44:20
6.55 miles				44:54	44:21	
10 miles			1:10:32	1:09:16	1:06:06	1:06:50
13 miles				1:55:43	1:51:03	
13.1 miles			1:36:00	1:29:11	1:32:24	1:30:26
14 miles				1:43:18		
20 miles				2:29:32	2:21:36	
40 km						3:59:03
26.2 miles	4:44:19		3:39:17	3:20:50	3:10:44	3:11:43
28 miles					4:46:00	
32 miles						6:40:00
56 miles					10:52:00	

Wimborne AC Road Runners – October 2010

NEW STORIES ON THE WEBSITE

The Kraken on the Coast - 5 September 2010

Click [here](#) for Paul Teck's report from the Beast.

Dorset Duddle - 22 August 2010

Jurassic madness and anything but a Duddle. Click [here](#) for Craig Dixon's report.

A New Cross-Country Season

Click [here](#) for 2010-2011 race calendar.

Salisbury 54321 – 8 August 2010

Click [here](#) for story, as Annie Dougall reports, bloodied but unbowed.

Team Dorset fights back! – 7 August 2010

Click [here](#) for Peter Impett's report from the Southern Women's League at Salisbury.

Tough Guy, Nettle Warrior – 25 July 2010

Click [here](#) to read how Claire Scammell tackled fire and water to conquer the 'Tough Guy'.

Sturminster Half Marathon & 5k – 1 August 2010

Click [here](#) for report and results.

Into the Valley – 18 July 2010

Click [here](#) for report from Tarrant Monkton.

One Mile Time Trial – 15 July 2010

Click [here](#) for report and times.

The Sway Five – 4 July 2010

Click [here](#) for David Long's report.

NEW THREADS ON THE FORUM

Wimborne 10 - Suggestions for race mementos goodies

Parkruns

WACERS Club Trip 2011

VLM 2011

Wimborne AC Club Championship 2011

Cross Country Fixtures 2010/11

Marathon talk podcast

One for the ladies...

Wimborne AC Road Runners – October 2010

DATE	STATUS	RACE	WEBSITE
09-Oct	HXC	Farley Mount	http://www.wimborneac.co.uk/cross_country.htm
10-Oct	RRL	Gold Hill 10k	www.gillinghamtrotters.talktalk.net
17-Oct		Hospice 10k	http://www.2mevents.com/event/hospice-10k
23-Oct	RRL	Weymouth 10	
24-Oct	Tri	Outside in Triathlon	http://www.resultstriathlon.co.uk
24-Oct		BUPA Great South run	-
24-Oct	Running Tree Series	Milford and Keyhaven 5	http://www.runningtree.co.uk
24-Oct	Wessex XC	Avon Heath	http://www.wimborneac.co.uk/cross_country.htm
28-Oct		Boscombe 10k	http://www.bournemouthjoggers.co.uk/public/boscombe10k.html
31-Oct		Stickler 10.1	http://www.thestickler.co.uk/
06-Nov	HXC	Goodwood	http://www.wimborneac.co.uk/cross_country.htm
07-Nov		AECC Dash 10k	http://www.aecc.ac.uk/dash-back
07-Nov	RRL	Gilly Hilly 7.5m	www.gillinghamtrotters.talktalk.net
21-Nov		Wimborne 10	www.wimborne10.co.uk
28-Nov	Wessex XC	Old Sarum	http://www.wimborneac.co.uk/cross_country.htm
04-Dec	HXC	Popham	http://www.wimborneac.co.uk/cross_country.htm
05-Dec		GRIM 8	http://www.grimchallenge.co.uk/
11-Dec		Portsmouth Coastal Waterside Marathon	http://www.fitprorob.biz/CoastalMarathonEntryform.pdf1.pdf
12-Dec		Christmas Pudding - FULL	www.christchurch-runners.org/docs/xmas10k.pdf
26-Dec		Round the Lakes 10k	http://www.pooleac.co.uk
03-Jan		Somerley 5k & 10k	http://www.twas.org.uk
15-Jan	HXC	Prospect Park	http://www.wimborneac.co.uk/cross_country.htm
23-Jan	Wessex XC	TBA	http://www.wimborneac.co.uk/cross_country.htm
06-Feb		Blackmore Vale Half Marathon	http://www.bvlions.co.uk
12-Feb	HXC	Old Sarum	http://www.wimborneac.co.uk/cross_country.htm
20-Feb		Lytchett 10	http://lytchettmanorstriders.org
27-Feb		Meon Valley Plod 20.5	http://www.pjc.org.uk
27-Feb	Wessex XC	Ham Hill	http://www.wimborneac.co.uk/cross_country.htm
27-Mar	Wessex XC	Kings Park	http://www.wimborneac.co.uk/cross_country.htm
17-Apr		London Marathon	http://www.virginlondonmarathon.com/
01-May		North Dorset Village Marathon	http://www.ndvm.co.cc
01-May		Fordingbride Fire Station 10k	http://www.fordingbridgefirestation.com

Wimborne AC Road Runners – October 2010

Sway 5 - 4th July		Salisbury 54321 30k - 8th August		Littledown 5 - 19th September	
Roy Long	00:30:44	Rich House (12)	02:30:32	Jerry SHIELD	00:30:01
David Long	00:34:01	Andrew Olden (21)	02:42:15	Callum KENNEDY	00:31:19
Nick Solomon	00:38:37	Jeff Hinsley (40)	03:02:07	Neil HOPKINSON	00:32:40
Claire Scammell	00:45:36	Annie Dougall (48)	03:04:52	Steve GUY	00:33:02
		Nick Solomon (73)	03:21:29	Andrew HORSLEY	00:33:40
Portland 10 - Sunday 4th July				Andrew OLDEN	00:34:19
Jerry SHIELD	01:06:17	Salisbury 54321 42k - 8th August		Jon BRAUND	00:34:44
Rich HOUSE	01:10:10	Jerry Shield (6)	03:31:09	Paul TECK	00:35:34
Neil HOPKINSON	01:11:22			Philip WHITEHURST	00:35:53
Jon BRAUND	01:15:00	Salisbury 54321 50k - 8th August		David PEARSON	00:36:04
Kevin ELLIOTT	01:15:57	Andy Horsley (23)	04:30:15	David WILD	00:36:20
David WILD	01:16:29			Ian KENNEDY	00:37:55
Ian KENNEDY	01:20:14	Poole Runners Summer Series (5) - 20 August		Julie MASKELL	00:39:19
Nicki ROE	01:20:46	Andrew Olden (35)	00:23:32	Paul MALLET	00:40:29
Stephen HEADLEY	01:21:35	Kevin Elliott (52)	00:25:02	Rebecca HUGHES	00:40:29
Julie MASKELL	01:27:47			Kim BRACKLEY	00:40:58
Kelly WILLIAMS	01:33:42	Everton 10k - 22nd August		Wendy KENNEDY	00:43:19
Wendy KENNEDY	01:33:48	Roy Long	00:37:29	Kelly WILLIAMS	00:43:45
Julie GOSLING	01:55:25	David Long	00:40:07	Robert CAINES	00:44:32
		Callum Kennedy	00:41:36	Clare HORSLEY	00:45:10
New Forest 10 - 11th July		Nick Solomon	00:46:47	Michele WHITEHURST	00:45:50
Iain Donnelly	01:12:49			Barbara FRAMPTON	00:47:57
Andrew Olden	01:13:50	Dorset Duddle - Sunday 22nd August		John GUY	00:49:54
Nicki Roe	01:27:41	Craig Dixon	06:40:00	Julie GOSLING	00:51:38
Robert Caines	01:35:16	Annie Dougall	07:08:00		
		Jill Harsent	08:41:00	New Forest Marathon - 26th September	
Swanage Half Marathon - 17th July		Nigel Eldred	09:02:00	Andy Horsley	03:29:42
Kevin Elliott (207)	01:47:55			Carol Howe	03:48:36
		Ridgeway 85 - 28/29th August		Annie Dougall	03:51:20
Tarrant Valley 10k - 18th July		Andy Horsley	21:10:00	Robin Hughes	03:51:46
Jerry Shield (7)	00:38:22			Paul Hougham	04:13:03
Roy Long (8)	00:38:33	Studland Country Fair 5k - 29th August		Annemarie Fachiri	04:17:51
David Long (18)	00:42:22	Lynn Hutchings	00:23:27	Georgina Hougham	04:17:51
Callum Kennedy (20)	00:43:16	John Hutchings	00:23:32	Terry Simms	04:30:15
John Hutchings (22)	00:43:33	Gerry Hutchings	00:23:34	Kelly Michelle Williams	04:36:25
Steve Guy (24)	00:43:43	Sharon Hutchings	00:24:49		
David Wild (28)	00:44:53			New Forest Half Marathon - 26th September	
Paul Teck (29)	00:45:13	Shillingstone 5 - 30th August		Neil Hopkinson	01:29:36
Lynn Hutchings (33)	00:45:32	Ian Donnelly	0:39:32	Rich House	01:29:37
Graham Whiffen (34)	00:45:33	David Wild	0:41:48	Iain Donnelly	01:32:48
Gerry Hutchings (38)	00:46:07	David Pearson	0:46:18	Anne Oseland	01:56:28
Ian Kennedy (64)	00:51:05	Graham Whiffen	0:47:34	Debbie King	01:58:21
Kim Brackley (87)	00:55:50	Robert Caines	0:55:00	Julie Gosling	02:38:03
Wendy Kennedy (88)	00:55:56				
Bob Caines (97)	00:58:10	The Beast - 5th September		Berlin Marathon - 26th September	
Anne-Marie Pearson (103)	01:01:41	Colin Read	01:29:57	Anthony Clark	02:57:55
Tim Box (106)	01:02:33	Rich House	01:44:08	Jerry Shield	02:58:21
Celia Ireland (109)	01:03:48	IAIN DONNELLY	01:45:47	Craig Dixon	03:24:25
John Guy (112)	01:06:43	David Wild	01:51:09	Jeff Hinsley	03:48:38
		Phil Whitehurst	01:52:12	Nick Solomon	03:52:19
Sturminster Half Marathon - 1st August		Jon Braund	01:52:17	Claire Newby	04:32:15
Jerry SHIELD	01:25:37	Ian Kennedy	01:57:50	Nicola Roe	04:40:49
Rich HOUSE	01:31:02	Kevin Elliott	02:02:06		
Neil HOPKINSON	01:32:07	Jeff Hinsley	02:04:29	Studland Stampede - 3rd October	
Roy LONG	01:34:11	Robin Hughes	02:09:13	Robin Hughes	01:11:48
Andrew OLDEN	01:34:32	Nick Solomon	02:12:38		
Jon BRAUND	01:39:15	TERRY SIMMS	02:13:10	Clarendon Half Marathon - 3rd October	
John HUTCHINGS	01:39:36	Annie Dougall	02:14:49	Jon Braund	01:48:01
David WILD	01:40:47	Georgina Hougham	02:15:44		
Kevin ELLIOTT	01:44:33	PAUL TECK	02:16:41	Loch Ness Marathon - 3rd October	
Jeff HINSLEY	01:45:02	PAUL HOUGHAM	02:21:11	Jools Maskell	04:58:00
Ian KENNEDY	01:45:15	Carol Howe	02:21:16		
Philip WHITEHURST	01:46:00	Andrew Holden	02:34:29		
Niki ROE	01:50:04	DEBBIE WHITTLE	02:38:11		
Julie MASKELL	01:55:58	Tim Box	02:40:07		
Wendy KENNEDY	02:02:49	Julie Gosling	03:20:48		
Kelly WILLIAMS	02:03:24				
Guy MILLER	02:23:38	King Alfreds Torment - 19th September			
Julie GOSLING	02:41:59	Lynn Hutchings (43)	00:56:53		
		Gerry Hutchings (49)	00:57:35		
		Graham Whiffen (66)	01:00:57		

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