

WIMBORNE A.C. NEWS

Spring 2008

All together now.....

Although athletics can be a very individual sport the sheer enjoyment that comes from doing things together takes some beating. On March 15th Steve Henderson organised a Sport Relief mile at the track at Queen Elizabeth's and everyone joined in. We had sprinters, jumpers, parents and coaches joining the middle distance group to complete a mile in aid of charity. Everybody had a great time, even if one or two of us had to have a gentle walk for a few yards now and then.

Now let's convert that joining together in to action in the team events when the track and field season starts on Sunday April 20th with a trip to Plymouth (*a fixture list can be found on page 4 of this bulletin*). Let's be there for the quiz on April 18th in the Allendale Centre. Let's be there to cheer on our road runners and cross-country runners when they compete around the region. Let's shout positive encouragement for all our athletes when you see them competing – even if you are at the back of the pack it makes you feel good to know that someone is cheering for you.

Let us also join together in two other ways. First we still need more members and we need to ask everyone we know, and a few we don't know, to come and join us. Secondly we need to show that we are the most appreciative club in the area – congratulate those who win and those you beat and say thank you to coaches, officials and anyone else who helps. We are pretty good at it but let's be the best – many people give up their time for free to make athletics happen. *Have a great Summer.*

TEAM DORSET – PRE-SEASON GET TOGETHER – 6 APRIL

'Team Dorset' is the name given to the pooled talents of Wimborne AC and their partners, Dorchester AC and Poole AC. Team Dorset compete in the UK Young Athletes League and the Southern Men's and Southern Women's League. On Sunday 6 April from 10.00 to 12.00 there will be a pre-season 'muster' with some light training, some refreshments and a chance to meet up with coaches and 'friends old and new'. We look forward to seeing as many of you as possible there. *All welcome.*

SOUTH WEST REGIONAL AWARDS

Congratulations to Dick Edwards and Dave Pearson for winning South West Regional awards for Officials and Coaches awards. Both have received a handsome trophy and a bottle of very good bubbly at the regional conference.

ASHDOWN TRACK

Many of you will be aware that the track at Ashdown is not in as good condition as it should be. The track has been temporarily downgraded to a training track because it has worn badly and because long cracks have appeared at the joins in the tartan surface. We are pressing Poole Borough Council to upgrade the track but even the repairs may not get it to the required technical certificate for competition. A committee of the three clubs that use the track will continue to press for improvements. In the meantime we will be using other tracks for competition.

CLUBMARK

Glyn Davies has been putting heart and soul in to putting our submission for Clubmark status together. This work puts the organisation of the club on a more formal basis and should help us to access regional funding. Thank you Glyn and to everyone else who has helped.

NEW TRAINING SESSION –TUESDAYS AT 6.30pm

Reps and intervals session with coach Ed Arnold, building speed into your running. This session at QE Leisure Centre, will suit all athletes from 400 metres to marathons. Track and road runners of all ages and abilities. Learn to run, enjoy the speed. Run within your zone. £2 session fee. For more information contact Ed Arnold or Ian Kennedy.

www.wimborneac.co.uk

Have you visited our new website yet? It has dedicated sections on Track & Field, Sportshall, Cross-Country and Road Running. Since the site was re-designed in September it has been regularly updated as the Sportshall and Cross-Country seasons have progressed with reports and photographs illustrating the achievements of our athletes and teams. There is much for the roadrunners to read there too, with their year-round season. Watch as the track & field seasons unfolds through the summer months. Add the website to your list of 'bookmarks' and remember to check up on all the latest news and keep up to date with all that is going on within your club.

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SPORTSHALL SUMMARY 2007/2008

Once again WAC fielded teams in the Dorset Indoor Sportshall League this year. The club entered teams in all the age categories, however, in the U15 Boys competition we only had one athlete, Kyle Wilson, who managed to achieve 3rd place in the team event overall and 11th in individual standings. Next year should be different with a number of our U13 boys stepping up in to the U15 age group – we look forward to that.

The U13 boys had a mixed season. We managed to win the first league match in fine style but unfortunately, due to lack of athletes competing in the other two league fixtures, we dropped down to 3rd place overall.

The U13 girls had a steadier season and ended up in 4th position overall. This was a great credit to the girls as they fielded a team with a very wide age difference, ranging from 13 right down to 8. There is good strength and depth here and this bodes well for the future. It was great to see the 'experienced' athletes encouraging and helping their younger team mates.

The U15 girls were very strong, though they had a very tight battle with Dorchester throughout the 3 match league season. Eventually Abbey Sandford won the individual title by a mere 3 points, and the team ended up in 2nd spot.

After the league matches a number of our athletes took part in the County Championships in early January. Performances here and in the league are taken in to account when selecting the Dorset county teams to take part in the South West Regional Sportshall Championships. The County Championships is also when the U11s get to compete against each other rather than with the U13s.

As a result Wimborne were well represented in the Dorset County U11s and U13s teams – Abbey Sandford and Sarah Jordan were both in the Dorset U15 Girls team who became South West Regional Champions and go on to compete in the National Finals in Birmingham. *Good luck there!*

The team managers were impressed this season with the manner in which the WAC athletes conducted themselves at all the events. It was great that, having placed athletes in events at the start of the competition, we had very little chasing around to find athletes and get them to their events on time! *Thank you all.*

It was also good to see parents taking time to support the athletes and the club – without your help we would not be able to either function as a club or field any teams for competition.

Finally, well done to everyone for all your efforts over the winter period; here's looking forward to the outdoor track and field season. *Good luck everyone.*

CROSS-COUNTRY – ROUND-UP 2007-2008 – WAC LADIES WIN LEAGUE TITLE

The 6-race Wessex League started with a win in Race 1 for Ian Cardy (Senior men) and he repeated the feat in Race 2. Our next race win came in Race 5 when Adam Collins (u11) won on his debut. But despite these successes it was the Ladies who stole the show taking the Women's League Title. Our highest placed race finisher was Lynda Faulkner (3rd in Race 1) but it was the stiff spine provided by Julie Mead and Jill Harsent (they finished the season 1st and 3rd in their respective age groups for the season) that laid the foundations for league title success. It was old-fashioned grit, determination and commitment that brought the rewards. Julie and Jill had terrific support from 7 other WAC Ladies. Veronica Harvey was press-ganged into running in Race 5 when we had to record three finishers to keep on track for the title. Veronica gave 100% on what was the toughest course in the league for many years. The men's 'B' team took the Division Two Title.

Laura and Kirsty Harvey and Alexandra and Maddy Vaughan-Johncey were key team members during the season and Jack Snook and Callum Kennedy also played a big part while Tom Broderick made a promising cross-country debut in the final race of the season.

We hosted one cross-country race (at King's Park), which was put on at short notice, great teamwork saw us stage that race. *Thank you to all who helped.* Jill Harsent and Phil Burgess put in a lot of the donkey work leading up to race day.

The cross-country team also competed in the South Of England Championships at Hampstead Heath. Jack Snook and Callum Kennedy (both u13s) competed and benefited from the experience, along with 10 senior men. We were the only Dorset club to field a Senior Men's team. It would be great to see our Ladies there next season.

ROADRUNNING

It seems a long time ago now but November brought the 10th staging of the Wimborne 10. It was our most successful race so far, with our highest ever number of runners and entrants. There was a feature on our race in the February 2008 edition of *Runner's World*. The race took place in appalling conditions, but remarkably we saw both the men's and ladies' course records broken. Staging the race

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was a brilliant team effort which was recognised by the club with the award of the 'Team of the Year Trophy' going to the Wimborne 10 Logistics team.

This time of year is dominated by our roadrunners racking up serious mileage for Spring marathons. There will be a good number of us on the streets of London on 13 April. Watch out for those red vests on TV. Watch out for Cathy Hartle and Becky Wood in particular who could well give us our best Ladies' times for some years. *Each of our runners will have their own personal targets and we wish them all well.*

Also concentrating the minds of our roadrunners is the Wessex Ridgeway 100k Relay Race (Tollard Royal-Uplyme near Lyme Regis). We are entering 5 teams of 6 runners in this epic race. We have gained useful experience in this event in the past and on paper this year's WAC teams look stronger than ever. We have a sixth Ridgeway team – Andy Horsley aims to run the entire route on his own! Andy is clocking up by far the most mileage of any of us at the moment and we wish him all the best in the toughest race in the world, the Marathon des Sables (7 days, 245 km in the Sahara) in early April.

CLUB FIXTURE LIST

Date	Event	
13 Apr	London Marathon	
20 Apr	Plymouth (All)	Southwest League
26 Apr	Bournemouth (SW-U15)	Southern Women's League
03 May	Woking (SM)	Southern Men's League
04 May	Basingstoke (U17-15-13)	Young Athletes League
10/11 May	County Championships (All) – Bournemouth	
18 May	Yeovil (U17-U15-U13)	Young Athletes League
18 May	Wessex Ridgeway 100k Relay	
24/25 May	SEAA Championships (U17-U15) – Ashford	
25 May	Yeovil (All)	Southwest League
31 May	Salisbury (SW-U15)	Southern Women's League
01 Jun	Abingdon (U17-15-13)	Young Athletes League
01 Jun	Poole 10k	Dorset Road Race League
07 Jun	TBC (SM)	Southern Men's League
14 Jun	County Schools – Bournemouth (U20-17-15-13)	
14/15 Jun	SEAA Championships – Crystal Palace (U20)	
21 Jun	Southwest Schools (U20-17-15) – TBA	
22 Jun	Bournemouth (U17-15-13)	Young Athletes League
28 Jun	Bournemouth (SM)	Southern Men's League
28 Jun	Braunton (SW-U15)	Southern Women's League
06 Jul	Braunton (All)	Southwest League
11/12 Jul	English Schools Championships – Gateshead (U20-17-15)	
12 Jul	Exeter (SM)	Southern Men's League
20 Jul	Yeovil – Provisional - (U17-15-13)	Young Athletes League
26 Jul	Abingdon (SW-U15)	Southern Women's League
02 Aug	Andover (SM)	Southern Men's League
03 Aug	Sturminster Half Marathon	Dorset Road Race League
07 Sep	Yeovil (All)	Southwest League
28 Sep	Littledown 5m	Dorset Road Race League
16 Nov	Wimborne 10	Dorset Road Race League
23 Nov	Boscombe 10k	Dorset Road Race League