

WIMBORNE A.C. NEWS



Chairman's Review – Peter Impett

It's Spring 2006 and we start to move out of Cross-Country and Sportshall seasons and into Track and Field. As for the Road Runners there never seems to be a new season – they just seem to keep on running for ever. 2012 is now only six years away and counting. Another Winter Olympics has just been completed with top athletes from heptathlon and other events showing up in bobsleigh and other events – we athletes are a multi-talented lot.

We are also a varied bunch. Some of us run for hours and others perform skills that you would miss if you blinked. We work on several sites and often young athletes don't get to meet the seniors and vice versa. This is why the November presentation evening was such a great event because it brought the whole club together. We also celebrated all those who help us by coaching and doing all the other tasks needed to run a club.

Because we are off doing separate things it is sometimes difficult keeping track of everybody. An injury may sideline an athlete for quite a long time and work and school may get in the way of training and competitive action. As Chairman I try to get to as many events as I can but even I don't know everybody and I am aware that we are losing athletes without knowing why. But staying in touch is a two-way thing. If you aren't able to train or compete for a while get in touch with your coach or team manager or me on 01202 880767. You can also get access to information through the website at www.wimborneac.co.uk or why not turn up to a session to help – you will be made very welcome.

Congratulations to all those who have competed in Sportshall and Cross-Country. Kieran Finn is top under-15 boy in the South West in Sportshall and we wish him luck in the National finals. We also wish Andy Horsley the very best of luck with the Marathon des Sables an extreme endurance race in the Sahara – unfortunately I can't get to watch that one!

We need to turn out as many athletes as we can for the track and field programme for 2006 – lets get stuck in.

Team Managers are:

Senior and U17 men

Tim Harris 01202 889537

Senior and U17 women except young athletes league

Alyssa Eggertsen 01202 887271 and Emily Tabb 01202 887107

Under 17 women for the National Young Athletes League

Veronica Harvey 01929 462902

Under 15 boys

Vacant

Under 15 girls

Colin Sandford 01202 871656 and

Veronica Harvey 01929 462902

Under 13 boys

Steve Snook 01258 840288

Under 13 girls

Vacant

Skittles Night 24 March – Clare Gladden

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Friday March 24th sees the first social event of 2006. A skittles evening will be held at Pamphill Parish Hall, Wimborne between 7pm and 10.30 pm with play to start at 7.30pm. Unfortunately playing numbers will have to be limited but all are welcome to come and enjoy the evening. Given past successes early booking is advised. Booking forms and further details will follow by post as normal.

Athletes Corner – Alyssa Eggertsen

As the summer season eagerly approaches, despite such cold training sessions this year, competition and aims for the upcoming season cannot help but be on everyone's minds. Athletes will undoubtedly have different goals they want to achieve at the end of the season. Some include reaching English schools standard, gaining a personal best in a particular event or even trying to make it through the entire season without an injury! But whatever the goal this season, I think there is one point that occasionally gets overlooked. That is, the reason why we ever got involved in athletics in the first place! For me to continue participating in the sport for so many years, I believe there must be an enjoyment element in there somewhere! Just being in a competitive environment and the thrill of succeeding is what I find so exciting. So, whatever the goal, I urge everyone to remember to enjoy and just have fun whilst competing this season. You never know, those aspirations may just become slightly easier to achieve!

Annual Subscriptions and Training Fees – Richard Nunn

The Club has only two sources of revenue - Annual Subscriptions and Training Fees. If you haven't yet renewed your membership subscription for 2006 you will have found a reminder with this Newsletter - please send your cheque now so that you are fully paid up before the new Track & Field season starts. Also, a thank you to all those who have renewed to date.

Secondly a reminder that the training session fees, currently very good value at £1.50 per session, are payable by every athlete attending a session. Please don't wait to be asked for the fee - make it the first thing you do when you arrive at the session - pay and sign-in. Your coach shouldn't have to remind you.

View of the Sports Hall 2005/6 Season – Steve Snook

This season has been my first encounter with Sports Hall and it's been great to see all of our athletes enjoying healthy competition in such a great colourful environment. One of the aspects of this season that impressed me most was the team spirit shown by all of Wimborne AC's athletes, particularly the way that the 'seasoned veterans' encouraged and supported the first-timers. All of our athletes were cheered on with vigour by their team mates and everyone appeared to enjoy competing and giving of their best in their events, regardless of ultimate position; an attitude that must be commended.

A terrific turnout by the girls in the league fixtures provided Colin with an administrative challenge placing them in their requested events. Unfortunately the lack of boys at some of the fixtures meant that it was only just possible to complete a 4 person relay, but hopefully we can encourage more boys to turn out next year. The club can boast a number of Sports Hall county champions this season who, alongside the

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coaches, can be justly proud of their achievements, especially Kieran Finn who has been selected to take part in the National Sports Hall championship - good luck Kieran!

Well done and thanks to everyone involved - athletes, parents and coaches - let's build on this momentum for the coming Track & Field season!

View of the Cross-Country 2005/6 Season – Ian Kennedy

There has been a tremendous spirit in the cross-country team in a season which has seen some significant improvements in form, particular from Tim Shakespeare, but also from the under-15 and under-13 girls team members. Ian Cardy (who won the Dorset County Championship in January) has led the charge for the senior men and goes into the final race looking for a third league win to finish top of the Wessex League averages. Simon Mortimer was defending his Dorset Championship in the senior vets category, but had to settle for second place this time. The under-15 girls team (Kate Roper, Maddy Vaughan-Johncey and Kirsty Harvey) came third in the Dorset Championships and the under-13 girls (Anna Barratt, Olivia Frost and Laura Harvey) came fourth. The numbers of our athletes competing at a higher level is significantly greater than in recent seasons with WAC represented at South-West, South of England and National championships.

A big thank you to all those who have dedicated so much time and commitment to the team during the season.

Roadrunners News – Jerry Shield

The senior mens team secured their highest ever league finish (3rd) in the final race of 2005 season - the 2006 season is already underway. The Dorset League now consists of 12 races culminating in our own 'Wimborne 10'. We have competed in three league races at the time of writing. There has been a terrific turnout for these early season races and if the ladies team keeps up its present level of commitment and enthusiasm is destined to have its best year for some time. Good luck to all those WAC roadrunners in the London Marathon - watch out for them on the TV, and also to Andy Horsley who takes part in the 250km, 6 day Marathon des Sables in Morocco in early April which will be covered daily on Eurosport.

Coaching News - Howard Gladden

A coaches meeting was held on the 16th February. I gave a presentation on licence renewal and CRB checking for coaches. Those present felt that this explained the process and allayed any concerns they had. I will be contacting all coaches shortly to ensure that all licences and CRB checks are up to date. Everyone present also felt that the coaches should get together more frequently to share ideas and knowledge. Good luck to those club members who are embarking on their coaching qualifications, hopefully a few more will follow. If anyone has an interest in taking coaching or officials qualifications please contact Howard Gladden WAC coaching secretary on 01202 624612 or Email howard.gladden@tesco.net

Date	Status	Event
12 Mar	WXC	Taunton
21 Mar		Yeovil Winter Series Open Track Meeting
25 Mar		English Cross-Country Championships – Mansfield

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09 Apr		Spring Open Track Meeting - Bournemouth (all)
13 Apr		Ashdown Open Track Meeting - Ashdown (all)
15 Apr	RRL	David Lloyd Quarter-Marathon
22 Apr	SW	Worthing (u-15, u-17, senior women)
29 Apr	SM	Oxford (u17m, senior men)
07 May	SWL	Match A Div. 2 - Bournemouth (all)
10 May	RRL	Purbeck 10k, Wareham
13/14 May		County Championships (all)
20 May	SM/SW	Par (u17m, senior men, u15 girls, u17w, senior women)
21 May	YAL	Portsmouth (u13, u15, u17)
27/28 May		SEAA Championships (u15, u17) - to be confirmed
28 May	SWL	Match B Div. 2 - Millfield (all)
03 Jun	SM	Basingstoke (u17m, senior men)
04 Jun	YAL	Portsmouth (u13, u15, u17)
04 Jun	RRL	Poole 10k
10 Jun		County Schools - Bournemouth (Year 7, u15, u17, u20)
11 Jun	RRL	Puddletown Plod (20k)
14 Jun		Ashdown Open Track Meeting - Ashdown (all)
17 Jun		Southwest Schools (u15, u17, u20) - to be confirmed
17/18 Jun		SEAA Championships - Crystal Palace (u20, seniors)
24 Jun	SW	Ashdown (u15g, u17w, senior women)
25 Jun	YAL	Salisbury (u13, u15, u17)
02 Jul	SWL	Match A Div. 2 - Exeter (all)
02 Jul	RRL	Portland 10m
07/08 Jul		English Schools Championships - Gateshead (u15, u17, u20)
08 Jul	SM	Ashdown (senior men)
15 Jul	SW	Basingstoke (u15g, u17w, senior women)
23 Jul	YAL	Southampton (u13, u15, u17)
30 Jul		SEAA Inter-Counties - Kingston (u13)
05 Aug	SM	Basingstoke (u17m, senior men)
05/06 Aug		AAA Championships (u15, u17) - to be confirmed
06 Aug	RRL	Sturminster Half Marathon
09 Aug		Ashdown Open Track Meeting (all)
12 Aug	SW	Erith (u15g, u17w, senior women)
19/20 Aug		AAA Combined Events Champs (u15, u17) - to be confirmed
26 Aug		SEAA Inter Counties (u15, u20) - to be confirmed
02 Sep	SW	Sutton (u15g, u17w, senior women)
03 Sep	SWL	Match B Div. 2 - Yeovil (all)
16/17 Sep		English Schools Combined Events - Derby (u15, u17, u20)
22 Oct	RRL	Gillingham 7.5m
19 Nov	RRL	'Wimborne 10'

RRL – Road Race League; SM - Southern Mens League, SW - Southern Womens League, SWL - Southwest League, WXC – Wessex League Cross-Country, YAL - Young Athletes League

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