

# **WIMBORNE A.C. NEWS**

## **WIMBORNE AC WORLD RECORD HOLDER**

Congratulations to Tim Harris who has succeeded in his bid to do 7 marathons on 7 continents. His original aim was to do this on seven consecutive weekends. These plans were scuppered when the race he had entered in Alexandria, Egypt was cancelled. Tim did do 26.2 miles on seven consecutive weekends but he was forced to run independently through the streets of Cairo. This meant that to claim a world record he needed to do an alternative marathon in Africa as soon as possible. Fortunately the marathon in Marrakech, Morocco fell within the timespan of the previous record. With Tim's completion of this race on 28 January Wimborne AC now had its very own world record holder for the following:

7 Marathons on 7 Continents in the least number of days (92 days)

Youngest person to complete 7 marathons on 7 continents (23 years, 335 days)

Fastest accumulative time for 7 marathons on 7 continents (29 hrs, 49 mins)

an awesome achievement. If that was not enough, Tim was at a loose end in the Antarctic two days after finishing the marathon there, so he entered the 100k race and became the first ever Briton to complete the 100k Antarctic race and the race's youngest ever finisher.

## **With a little help from our friends – Peter Impett**

One of the really good things about Wimborne Athletic Club is the way that it brings people together. For the roadrunners it might be a trip to a local hostelry after a good work out. At the junior level it brings athletes together from different schools over a wide area. New friendships are made that may last for ever. Junior athletes particularly like to train and compete with their friends and our message to them is to bring all their friends to our Saturday and Monday evening training sessions. Help us to build up our membership.

While athletics is often an individual activity we can achieve more in the leagues by turning out full teams. Get your friends registered as members and get them involved in competition. We have great fun travelling to matches and cheering on our fellow athletes.

Working with our friends this year will take another turn this summer when Poole AC join us and Dorchester to form Team Dorset to compete in the Young Athletes League.

Details of the track and field matches are contained in this newsletter.

## **WAC Summer Social Cruise - Friday 15 June 2007– Clare Gladden**

All aboard shipmates (team mates) for a nice relaxing cruise, come and join us as we take a boat from Poole Harbour up to Wareham where you will have an hour on shore to enjoy a nice walk or a few drinks with family and friends. We will be leaving Poole at 7pm and returning back on the quayside by 10.30pm. It should be a terrific night out – fingers crossed for a beautiful balmy evening. Prices are £7 for adults and £5 for children under-16. Friends and family are welcome. Details will follow by post around the beginning of May. Look forward to seeing you all there.

## **Sportshall – Steve Snook**

We are nearly at the end of the indoor Sportshall season, just the national finals to go, and we are very proud that Abby Sandford is representing club and county at the National Indoor Arena in Birmingham on 22 April and wish her the best of luck.

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The route to the finals has been through three Dorset league fixtures during which Wimborne AC has been joined by athletes from Weymouth St Pauls AC for the first time – the team being known as the ‘Flying W’s’. This arrangement seemed to have worked really well, enabling the team to cover all the events at each meeting. This together with the athletes’ performances enabled good placings in the team competition: U13B 2<sup>nd</sup>, U13G 4<sup>th</sup>, U15G 1<sup>st</sup>. Here, Abby also won a close fought competition in the individual Grand Prix by 1 point. Of note is the lack of U15 boys from either club – hopefully our U13 boys will continue their athletics and fill the gap over the next couple of years.

Following the league fixtures there was the Dorset County Sportshall Championship, which I am pleased to report was very successful for our club athletes – we certainly attained a lot more podium places than I recall from the previous year. The U11s have the opportunity to compete in their own age group at this event and it is encouraging to see many of our U11 contingent being successful.

Based on performances both at the County championships and throughout the league a number of our athletes were selected to represent Dorset at the South West championships in Torbay. In fact we had a couple of U9s selected for the U11 team but had to decline as they were too young! Don’t worry it’s only a matter of time... I’m afraid that I can’t comment on performances at the U11 championship as I did not attend and have seen no results, but I do know that all who took part had a very enjoyable day and have gained a valuable experience.

The U13/U15 championship took place on a separate day to the U11s and 4 of our athletes took part. Apart from Abby in the U15 age category, we also had Hannah Winton, Phillippa James (High Jump PB) and Jack Snook in the Dorset team, all first year U13s.

Well done to all our athletes, and a big thank you to the team managers and the SportsHall organisers for a successful season. Now let’s dust off the spikes and have a great outdoor track and field season – let’s see those PB’s being achieved.

## **Cross-Country Roundup 2006/7 – Ian Kennedy**

In all 25 runners pulled on a red shirt during the XC season. Well done to Maddy and Alexandra Vaughan-Johncey, they competed in *all* the Wessex League 2006-2007 races for their age groups. Special mention must be made of Kirsty Harvey and Jack Snook, both of whom got to wear XC Dorset county vests for the first time this year. Both of these athletes have shown a great deal of commitment and hopefully will inspire their team-mates. Tim Shakespeare had his first season in the seniors’ race (as an under-20). He easily finished as top WAC senior male, 11<sup>th</sup> overall. With Tim leading the charge, the senior men’s team finished 4<sup>th</sup> in the league. Alexandra Vaughan-Johncey (U11) had a very encouraging season, being first girl home at Devizes – the league’s toughest course.

The senior women’s team had a solid spine provided by veterans, Jill Harsent, Kim Jolliffe and Julie Mead, they received support from fellow vets Lynda Faulkner and Cathy Hartle and also Kelly Nugent. Our Lady Vets finished on the podium at the end of the season with 3<sup>rd</sup> place, and the Ladies also finished in 5<sup>th</sup> place in the general classification – well done. The Lady Vets were not WAC’s only podium finish, Kim Jolliffe finished second in her age group (40-44). Well done to all of you.

A big thank you to all our athletes and support team – let’s push to find some extra pace during the summer to carry through to next year’s cross-country season.

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## Roadrunners News – Ian Kennedy

Just a few lines from the Roadrunners as a new *Roadrunners Newsletter* is imminent. At this time of year many of us are pre-occupied with our preparations for a marathon (this year there will be WAC runners in London, Paris and Prague). The London Marathon this year should see a record number of WAC finishers. Our previous best total at London is 11 finishers – we have 18 runners currently training for the race. The build up of training mileage can take its toll, and even with excellent preparation nothing can be taken for granted but we should set a new record. WAC roadrunner Selwyn Richards has set up a blog that illustrates the highs and lows of training for the London marathon, his website can be found at [www.realbuzz.com/en-gb/Blogs/index?pageID=1997&blog=1856](http://www.realbuzz.com/en-gb/Blogs/index?pageID=1997&blog=1856). The remarkable story and background of WAC roadrunner Guy Miller's marathon bid is told on his website [www.justgiving.com/gizza-runs](http://www.justgiving.com/gizza-runs) and should serve as an inspiration to all of us.

## CLUB OFFICIALS 2007

Chairman Peter Impett – 01202-880767  
Treasurer / Membership Secretary Richard Nunn – 01202-88793  
General Secretary / Fixture Secretary / Team Dorset Secretary Ed Arnold – 01258-451882  
Coaching Secretary Howard Gladden – 01202-624612  
Press Officer & Publicity Officer Aaron Harris – 01202-813630  
Social Secretary Clare Gladden – 01202-624612  
Welfare Officer / Equipment Officer / Statistician Glyn Davies – 01202-880862  
Road Running Representative Jerry Shield – 01202-881085  
XC Representative / Newsletter Editor Ian Kennedy – 01202-577081  
Committee Member / Team Dorset Representative Steve Snook – 01258-840228  
Team Dorset Representative Dave Pearson – 01258-837057

## COACHING PERSONNEL

Welfare Officer Glyn Davies 01202-880862  
Coaching Secretary Howard Gladden 01202-624612

### *Lead Coaches*

Sprints / Hurdles - Ed Arnold, Long Jump / Pole Vault - Dave Pearson,  
High Jump - Peter Impett, Middle Distance/X-Country - Ian Kennedy,  
Throws - Glyn Davies, Juniors - Steve Henderson.

## MANAGERS

### SOUTHERN MEN / SOUTHERN WOMEN / SOUTHWEST LEAGUES

Senior / U17 Men Tim Harris – 01202-889537  
U15 / U13 Boys Steve Snook – 01258-840228  
Senior / U17 Women Veronica Harvey – 01929-462902  
U15 Girls Colin Sandford – 01202-871656  
U13 Girls Lorraine Winton – 01258-456178

### YOUNG ATHLETES LEAGUE

TEAM DORSET (Wimborne AC - Dorchester AC - Poole AC)  
Under 13 - Under 15 - Under 17  
Team Dorset Managers – Dave Pearson 01258-837057 – Steve Snook 01258-840228

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# WIMBORNE A.C. NEWS

Date	Event
07 Apr	Rotary Easter ¼ Marathon – <i>Road Race League</i>
11 Apr	Ashdown Open Track Meeting (All)
22 Apr	Millfield (All) – <i>Southwest League</i>
22 Apr	Bournemouth Spring Open Track Meeting (All)
28 Apr	Ashdown (SW-U15) – <i>Southern Women's League</i>
28/29 Apr	Dorset & Somerset Schools Combined Events – Millfield
05 May	Basingstoke (SM) – <i>Southern Men's League</i>
05 May	Run-Jump-Throw Young Athletes - Bournemouth (U17-15-13)
06 May	Portsmouth (U17-15-13) – <i>Young Athletes League</i>
09 May	Purbeck 10k, Worgret near Wareham – <i>Road Race League</i>
12/13 May	County Championships – Bournemouth (All)
15 May	Poole & East Trials - Ashdown (Schools)
17 May	Track & Field Cup – Round 1 – Bournemouth (Schools)
19 May	Watford (SW-SM-U15) – <i>Southern Women's League</i> & <i>Southern Men's League</i>
20 May	Southampton (U17-15-13) – <i>Young Athletes League</i>
24 May	Bournemouth Trials – (Schools)
26/27 May	SEAA Championships – Ashford (U17-15)
27 May	Plymouth (All) – <i>Southwest League</i>
02 Jun	Braunton (SW-U15) – <i>Southern Women's League</i>
02 Jun	Par – <i>Southern Men's League</i>
03 Jun	Winchester (U17-15-13) – <i>Young Athletes League</i>
09 Jun	County Schools - Bournemouth
10 Jun	Puddletown Plod 20k – <i>Road Race League</i>
16 Jun	Southwest Schools – Yeovil (U20-17-15)
16/17 Jun	SEAA Championships – Crystal Palace (Seniors-U20)
23 Jun	Ashdown (SM) – <i>Southern Men's League</i>
23/24 Jun	Southwest Combined Events – Exeter (Schools)
23/24 Jun	England Athletics Championships – Bedford (U20-23)
01 Jul	Yeovil (All) – <i>Southwest League</i>
01 Jul	Portland 10m – <i>Road Race League</i>
07 Jul	Newham (SW-U15) – <i>Southern Women's League</i>
07 Jul	Primary Schools Championships – Ashdown (Schools)
13/14 Jul	English Schools Championships – Birmingham (U20-17-15)
14 Jul	Southampton (SM) – <i>Southern Men's League</i>
22 Jul	Portsmouth (U17-15-13) – <i>Young Athletes League</i>
04 Aug	Woking (SM) – <i>Southern Men's League</i>
04/05 Aug	SEAA Combined Events – Bedford (All)
05 Aug	Southwest Inter Counties – Exeter (All)
05 Aug	Sturminster Newton Half Marathon – <i>Road Race League</i>
11/12 Aug	England Athletics Championships – Sheffield (U17-15)
23-27 Aug	UK School Games – Coventry (U17)
26 Aug	SEAA Inter Counties – Copthall Stadium, Hendon (U20-15)
01 Sep	Dartford (SW-U15) – <i>Southern Women's League</i>
02 Sep	Yeovil (All) – <i>Southwest League</i>
15/16 Sep	English Schools Combined Events – Exeter (U20-17-15)

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