

NEW KIT

A few of you will have seen the new hoodies sported by many of the road runners and cross-country team. These are black with red lining with 'Wimborne AC' written on the front (small) and back (large). They cost £20, or £22 if you have your name along the arm (a good idea). For the smaller sizes (with no red lining) the cost is £16 + £2. Place your orders for these with Nicki Roe at nickiroe@googlemail.com

'Wimborne AC' vests are available from Richard Nunn at £12 and 'Team Dorset' vests are available from Ed Arnold at £11.

SOME IMPORTANT DATES IN THE CLUB'S CALENDAR

Date	Venue (age groups)	Event
28 Mar	Avon Heath Country Park, nr Ringwood (All)	Wessex League Cross-Country
11 Apr	Kings Park, Bournemouth (All)	Open Meeting
18 Apr	Plymouth (All)	Southwest League
24 Apr	Oxford (SW-U15)	Southern Women's League
24/25 Apr	Millfield (All)	Dorset Combined Events Champs
25 April	London Marathon	
1 May	Kings Park, Bournemouth (SM)	Southern Men's League
2 May	Eton (U17-15-13)	UK Young Athletes League
2 May	North Dorset Village Marathon	
8/9 May	Kings Park, Bournemouth (All)	County Championships
12 May	Purbeck 10k	Dorset Road Race League
15 May	Plymouth (SM)	Southern Men's League
16 May	Guildford (U17-15-13)	UK Young Athletes League
18 May	Ashdown, Poole (Schools)	Poole & East Trials
22 May	Braunton (SW-U15)	Southern Women's League
23 May	Wessex Ridgeway 100km Relay	
29/30 May	Ashford (U17-U15)	SEAA Championships
5 Jun	Salisbury (SM)	Southern Men's League
6 Jun	Millfield (All)	Southwest League
12 Jun	Kings Park, Bournemouth (U20-17-15-13)	County Schools
12/13 Jun	To be confirmed (Senior-U20)	SEAA Championships
13 Jun	Puddletown Plod 20k	Dorset Road Race League
19 Jun	Exeter (U20-17-15)	Southwest Schools
20 Jun	Portsmouth (U17-15-13)	UK Young Athletes League
26 Jun	Kings Park, Bournemouth (SW-U15)	Southern Women's League
26/27 Jun	Millfield (U20-17-15)	S'west Schools Combined Events
27 Jun	Blandford Bridges 10k	
3 Jul	To be advised (schools)	Dorset Primary Schools Champs
4 Jul	Yeovil (All)	Southwest League
4 Jul	Portland 10m	Dorset Road Race League
9/10 Jul	Birmingham (U20-17-15)	English Schools
10 Jul	Basingstoke (SM)	Southern Men's League
18 Jul	Winchester (U17-15-13)	UK Young Athletes League
18 Jul	Tarrant Valley 10k	
24 Jul	Wayfarers Relays	
24/25 Jul	Copthall (All)	SEAA Combined Events Champs
31 Jul	Kings Park, Bournemouth (SM)	Southern Men's League
01 Aug	Sturminster Newton Half Marathon	Dorset Road Race League
7 Aug	Salisbury (SW-U15)	Southern Women's League
28 Aug	Copthall (U20-U15)	SEAA Inter County
4 Sep	Kings Park, Bournemouth (SW-U15)	Southern Womens League
5 Sep	Yeovil (All)	Southwest League
5 Sep	The Beast	
18/19 Sep	Stoke (U20-17-15)	English Schools Combined Events
19 Sep	Littledown 5m	Dorset Road Race League
10 Oct	Gold Hill 10k	Dorset Road Race League
23 Oct	Weymouth 10m	Dorset Road Race League
07 Nov	Gilly Hilly 7.5m	Dorset Road Race League
21 Nov	Wimborne 10	

www.wimborneac.co.uk

WIMBORNE A.C. NEWS

Spring 2010



HERE COMES THE SUN?

Hopefully the worst of the weather is behind us and we can train and compete in the sunshine. The Committee made a decision to hire space in the hall on Saturday mornings and it has been very welcome in the very poor weather that we have had. From Easter we will be working outside – cross-country becomes middle distance and all the track and field athletes can train and compete at full stretch.

This year we are going to make a particular effort to get athletes out there competing. If we can build up teams in the younger age groups this year then next year we can go up an age group. Cross-country has laid some of the groundwork for this with another successful season even if one or two key fixtures were lost to the weather. We need to make sure that we get enough athletes in each age group to cover most of the events and get some relay teams into action. The message is also about having a go. Perhaps you will surprise yourself in an event that you haven't tried before. The first club match is in the South West League at Plymouth (about the furthest we ever have to go) on April 18th. Come and join us – either on the minibus (we leave from the front car park at QE at 8.00am) or with your parents.

We are still very anxious to develop the throws group. Please contact Glyn Davies 01202 880862 if you would like some work on technique or could help him deliver some coaching.

Sport Relief is upon us and I am sure that you will be taking part in charity events. Many of our club members will also be competing in the London Marathon and in the Bournemouth Bay Half Marathon. They often do it for charity. Sometimes getting sponsors to pay up is harder than the race itself. Please give generously but do choose a charity that you really want to give to. The Home for Semi Retired and Bewildered Veteran Sprinters is not on the list!! Watch out for the red and black at the London Marathon.

Wednesdays at QE

High jump and pole vault sessions will start again on Wednesday March 31st. Peter Impett 01202 880767 will be running the high jump session for athletes who can clear 1m10 from 6.30pm with those who can clear 1m30 there from 7.00pm.

Pole vaulters will also be operating at QE (contact Dave Pearson 01258 837057 for details) as will the sprinters (contact Ed Arnold on 01258-451882).

Officials

Athletics needs its officials more than any other sport. It can be as skilled as raking a pit or it can involve more detailed interpretation of the rules. Maintaining safety is of course important. If you would like to learn how to do the job there are courses that we send you on and who knows, there is still time to get the qualifications and help out at 2012. Please let Peter (01202 880767) know if you would like to become an official.

WHERE WILL YOU BE ON SUNDAY 18TH APRIL – why not join us for our first track and field match of the season at Plymouth. Transport leaves QE at 0800 and Blandford at 0820. match starts at 11.30. Under-13s and upwards.

Peter Impett

INDOOR SEASON ROUND-UP 2009/2010

The winter season for track and field athletes is a difficult time of year for young athletes to maintain their commitment, having to endure training sessions in all types of weather – cold, wind, rain etc. Traditionally the club's attention turns to Sportshall during the winter season, and this year has been no exception.

We had three matches in the Dorset Sportshall League: two at Canford School and one at the Osprey Leisure Centre in Portland. In the past we have struggled to field full teams for these league fixtures, and, true to form, the U13 boys team was very light on numbers throughout the campaign. Despite this handicap the team managed to finish the league season in 6th place out of 8 teams. The U13 girls managed to fare much better fielding nearly a full team in each fixture. Their efforts were rewarded with 4th place overall out of 10 teams. The U15 boys and girls teams performed well, both placed 3rd overall, but the boys still failed to field a complete team in the whole series. We can see a trend here – boys we need your support!

Our under-11 athletes get a raw deal in the Sportshall League as they have to compete with the U13 athletes, however in the County Championships they get to compete on their own terms as U11s. We had many good performances at the Championships in all age groups, with a number of our athletes getting on the podium.

Performances both in the Sportshall League and the County Championships are taken in to account when selecting athletes to represent the County at the regional Sportshall finals in Paignton. It was fantastic to see so many Wimborne athletes gaining selection in all age groups. The highlight was probably the under-15 age group where we had two girls and two boys competing for Dorset – the Dorset girls won the regional final and are now looking forward to the National Final in Birmingham in the not too distant future. The Dorset boys were unlucky on the day finishing second, just a handful of points away from joining the girls at the National Final. Well done to everyone who took part in Sportshall throughout the winter.

In order to spice up the winter training for more of our older athletes, we decided to target a few indoor open track and field meetings this year.

Our first fixture was at Bath University and we took a group of athletes who competed in a variety of events such as 60m sprint, 60m hurdles, triple jump, and pole vault. We then sent a couple of pole vaulters up to the Metaswitch Games at Lee Valley in North London. This was closely followed by the SEAA Indoor Championships, also at Lee Valley, where our vaulters were out again.

Further meetings at Bath and Cardiff ended off the indoor season. We also had club representation at the National Indoor individual and Combined Events Championships.

Stand out performances for the indoor season have come from Matt Curtis and Jack Snook. Jack in his first year at U17 has already improved his pb in the pole vault to 3.27m, which is also a new club record. Also in pole vault, Matt has achieved a height of 3.00m, a pb which also exceeds the qualifying height for English Schools. Well done to both of them.

Everyone who went to the indoor open meetings this year enjoyed taking part, and it made a great change to the normal winter training schedule, so we hope that next year we can get a bit more organised and publish a winter fixture list for track and field.

We now have a short interlude from competition before the summer track and field season begins – let's fill those teams, enjoy and compete!

Steve Snook

CROSS-COUNTRY – 2009/2010

This season has been one of our best so far. We have seen some tremendous progress from many of our juniors. We still have one fixture left to fulfil – in the Wessex League on 28 March at Avon Heath Country Park (nice and local). If you still haven't checked out cross-country running with the club, then come along and give this event a try. In the under-11s races in the Wessex League we have seen some great performances from Grace Copeland, Pippa Hine and Liam Murphy-Parry.

One of the highlights of our season was the South Of England Cross-Country Championships at Parliament Hill, Hampstead Heath. We set a new record for the number of Wimborne runners taking part (21). It could have been even more though as we were denied a few runners through illness, injury and cancelled trains!!

Graeme Furley finished top of the WAC senior men's averages in the Hampshire League and he came third in the Dorset County Championships, so was selected for the Dorset team in the Inter-County Championships in Birmingham (he was Dorset first man in there). Also selected were Piers Copeland, Abbie Hine, Sharon Hutchings, Callum Kennedy and Ryan Walbridge - the event was covered by Sky TV.

Abbie and Ryan were also chosen for the South-West Schools Cross-Country Championships. Dorset had a strong under-13 girls team in this event, and Abbie was the first green Dorset vest home. Ryan also had a good race and he now travels to the National Schools Championships in Manchester. We are looking forward to watching all our cross-country stars transferring their talent to the track this summer.

The Hampshire League races are all done and dusted and Ryan Walbridge was the highest place WACer in any age group. On the team front there were sterling performances from the under-13 boys and girls and the under-15 boys. In the senior women category Lynn Hutchings has had a great season. Our newly-promoted senior men finishing fourth in Division 2. Go to the website for more on our XC team.

ROADRUNNING

The road running season runs from January to December and the Dorset League consists of 19 men's teams and 20 ladies' ones. Our men finished third in the league in 2009 which equals our best, and the WAC ladies also improved from 8th in 2008 to 6th. We had three age-group winners, very well done to Stewart Little, Julie Maskell and Jerry Shield. It's all change in the Dorset League for 2010 as the league has been split into two divisions with promotion and relegation. Wimborne's mens' and ladies' team are both in their respective first divisions.

Much of the team success in 2009 could be attributed to fantastic turnout that we achieved over the whole year. In all 63 of us competed in road races. This big increase in red shirts has continued into the 2010 season. The very first race of the 2010 season was on new year's day and there were 28 of us out there. Maddy Vaughan-Johncey was in sparkling form, first WAC lady in, and winner of her age-group. The two new first divisions comprise seven teams, with our men lying equal second and our ladies equal fifth after the first three races.

We have a healthy mix of old and new faces and youth and experience so the signs are good for the rest of the 2010 season. Runners become eligible to run in road races (over some distances) on their 15th birthday. The latest runner to pass this landmark is David Long. When competing in his first road race over 10km, he cracked the sub-40 minute mark at the very first attempt, a great achievement. Keep an eye out for the roadrunners newsletters published quarterly on the website.

Ian Kennedy