

WIMBORNE A.C. NEWS



Summer 2009

CHAIRMAN'S WELCOME

The Spring is the busiest time of the club year with cross-country finishing, track and field starting and the road runners at their biggest event of the year, the London Marathon. Congratulations to all those who took part in the marathon. Whether you did 2hrs 55 like Jerry Shield, or a little bit longer, it is a tremendous achievement to get all the way round.

Spring is a time when we get an influx of new athletes wanting to try the sport at club level for the first time. Let's welcome them in to the club and make it a really good experience for them. If you are reading our newsletter for the first time, 'WELCOME'. We hope that you will get involved in competition and join us at social events. If there is anything that you don't understand please ask any of the coaches or team managers.

Spring is also a time for commitment to the sport. Be there for matches, commit to training and offer to help out where it's needed. I know that it is hard if you are doing exams but training and competing does help to flush out anxieties about revision and gets the endorphins going. This will help you to focus when you return to the book work.

Our congratulations to Matt Curtis on winning the high jump at the National SportsHall Finals in Birmingham.

Thanks to Steve Snook for repairs to the wheels of the high jump so that we can jump again. Steve is also publishing a track and field update on email so that you can keep up to date on what has been going on. We are also pleased that a pole vault bed has been relocated to QE so that Dave Pearson and Trudi Carter can now run sessions at our site. We have also now marked the hurdle positions on the straight so it should be easier to run hurdles sessions.

Finally don't forget our night out on Poole harbour. Please see the advert elsewhere in this newsletter and get booked in.

Peter Impett

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TRACK & FIELD

The track and field season always seems to creep up all of a sudden. We go through the winter working hard to prepare for the next summer outdoor season with training session after training session and then – bang! – we're off at break neck speed with fixtures galore!

At the time of writing we have already had eight fixtures, ranging from County Championships, through to Southern Men's, Southern Women's, South West and Young Athletes league matches, and there's no let up, with events happening every weekend for some time to come.

It has been a great start to the season so far. The club has the following County Champions for 2009:

Masters Men: Dave Pearson (Pole Vault)

Senior Men: Ian Cardy [2nd claim] (5000m, 3000m Steeplechase),

Aaron Harris [2nd claim] (Javelin [Championship record])

U15 Boys: Alwyn Harries (100m), Jack Snook (Pole Vault)

U13 Boys: Matt Fall (High Jump)

Junior Women: Maddy Vaughan-Johncey (100m Hurdles, 400m Hurdles, High Jump)

U15 Girls: Hannah Winton (Long Jump, Triple Jump [Championship record])

Together with those championship performances, we have also already seen athletes clocking personal bests in a variety of events – too many to mention individually. Let's see if we can improve those individual performances still further as the season progresses.

We have also seen the first of our monthly Club Junior Meetings take place at QE, which saw something in the region of 60 junior athletes taking part. This was a tremendous turnout, with athletes joining us all the way from Weymouth for an enjoyable morning of competition. We have to say a big thank you to all those who gave us assistance on the day and helped the events run smoothly. Make sure you have the date of the next one in your diaries!

Keep an eye out also for the Track and Field newsletters that are being emailed every two weeks to remind you of the events coming up in the near future.

Steve Snook

HAVE YOU BEEN IN THE NEWS?

READ ALL ABOUT IT AT WWW.WIMBORNEAC.CO.UK

Is your name up in lights? Make sure you are regularly checking our website. There are reports going up all the time on Track and Field and Road. Track the progress and triumphs of your own performances and those of your team mates on the website. There are now links to reports from the Track & Field fixture list on the Track and Field page on the club website.

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CROSS-COUNTRY

The curtain came down on our most successful cross-country season yet at Avon Heath Country Park near Ferndown in late March. The post race awards saw our ladies make a clean sweep of Wessex League trophies, taking the team prize and the top three places in the league averages. This league offers the opportunity for our youngest endurance runners to compete, and a number of those under-11s who regularly form part of the Saturday session are showing real promise. For the first time ever we were competing in two leagues. It was in the Hampshire League where our men shone. We joined the league in Division 3 and on a nail-biting last day we won the promotion battle over Salisbury AC by the narrowest of margins. In February we took our largest contingent of Wimborne runners yet to the National Cross-Country Championships at Parliament Hill, Hampstead Heath, on a very demanding course, which saw some excellent Wimborne performances.

Our cross-country awards night took place in April at Wimborne Town Football Club and our prize winners were: *Best newcomer* – Piers Copeland, *Most Improved Runner* – Maddy Vaughan-Johncey (F) and Callum Kennedy (M), *Top Runner* – Sharon Hutchings (F) and Graeme Furley (M). Maddy also won the Jean Frost Trophy in recognition of the commitment and enthusiasm she brings to our team.

All aboard for WAC's Mid-Summer

Poole Harbour Cruise and Disco

7.30pm till 10.30pm, Friday 26th June

Back by popular demand me hearties, it's time to find your sea legs.

CAST OFF AND JOIN US FOR A CRUISE AROUND THE HARBOUR ABOARD THE *PURBECK PRIDE* ACCOMPANIED BY THE SOUNDS OF OUR OWN IAN KENNEDY AND HIS 'NIGHT TRAIN' DISCO.

TICKETS £7 PER HEAD

THOSE NOT BUYING TICKETS WILL BE PRESS GANGED, KEEL HAULED AND MADE TO WALK THE PLANK! SAVVY? BAR ON BOARD, RUM DRINKING COMPULSORY! PLEASE BRING YOUR OWN RATIONS TO AVOID HARD TACK.

TO BOOK AND FOR FURTHER INFORMATION CONTACT CLARE GLADDEN,
8 GURJUN CLOSE, UPTON, POOLE, BH16 5QH TEL: 01202-624612

CLARE.GLADDEN@TESCO.NET

CLOSING DATE FOR BOOKING IS SATURDAY 20TH JUNE

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ROADRUNNING

WAC roadrunners have started the 2009 season in fine style. The attendances for training sessions have been booming, with a healthy mix of long-standing members and new faces. Last month's 4 mile time trial saw our largest number of runners ever.

WAC roadrunners' main competition is the Dorset Road Race League. In the currently published league tables our men's team is in 2nd position (out of 19) – an all time high for us. It will be a big ask to maintain that position but there is no shortage of commitment from our roadrunners. Our ladies team has also seen some encouraging results particularly in the Rotary Quarter Marathon in Boscombe. We have more runners than any other club in Dorset who have competed in every league race this season and there was a record-breaking 31 WAC runners who completed the Purbeck 10 on 13 May.

Springtime is marathon season and amongst the races we have had runners at, were Paris (where Anthony Clark went sub-3 hours on his marathon debut), London (where 8 of our 12 runners recorded PBs) the Neolithic (Avebury-Stonehenge multi-terrain) and the North Dorset Village Marathon.

It was the first year for the North Dorset race and it was superb to see so many red shirts there. It turned out to be a great day for the club. Far and away the strongest team in the road race league has been Bournemouth AC this year, but our men's team got the better of them over marathon distance. We were led by Jerry Shield who bagged his second sub-3 hour marathon within 8 days, and Peter Wood who landed the sub-3:15 time he needed to avoid next year's dreaded London Marathon ballot. A relay race was run in parallel, and our ladies team of Nicki Roe, Claire Newby, Julie Mead and Jools Maskell won the Ladies team prize. Quite a day.

The 100k Wessex Ridgeway Race from Tollard Royal to Uplyme (near Lyme Regis) has been consuming much of our time recently. There are no marshals to guide you so each runner has to learn the route. In all, 30 WAC runners took part (5 teams of 6). Our 'Going the Distance' team were the class of the field, and despite running the race into a headwind they recorded one of the fastest times ever for the race. They were kept on their toes by a strong team from Dorset Doodlers however. Maddy Vaughan-Johncey made race history as, at just 16 years of age, she became the youngest competitor ever to take part in this gruelling, yet exhilarating event. In a field of 20 teams the Wimborne teams came in 1st, 4th, 11th, 16th and 17th.

The Ridgeway was just the start of a very big week for two of our runners. Andy Horsley's big challenge comes 7 days later when he races along the Grand Union Canal between Birmingham and London (140 miles). Tim Harris started his latest WaterAid challenge the day after the Ridgeway with a 200 mile bike ride around Dorset, the Tuesday would see him swimming for 2 hours in the Beaulieu River, followed by running 60-odd miles on the Isle of Wight the next day, before getting back in the water on the Thursday and rounding off with another 200 miles on the bike!