

WIMBORNE A.C. NEWS

Chairman's Review – Peter Impett

We have been rained on and now we bake in glorious summer sunshine. The English Schools has come and gone with good performances from Emily Tabb, Aaron Harris and Declan Foley. Louise Watton, who did all her formative work with the club, has been awarded her first full international vest for England and the track and field season is cantering to an end - it always seems strange that at the end of July most of the track league meets are over and done. In the last few remaining Southern Men's and Women's matches we need to fight really hard to stay in the respective divisions.

What of the future? We have had some very useful young athletes join us but they are a little reluctant to compete. The message for the more experienced athlete is to extend the hand of friendship and get them involved. If they come to a meeting for the first time show them that you appreciate their efforts and that way we can carry them forward into Cross-Country and Sportshall. At training sessions include them in the chat (except when the coach is giving words of wisdom) and make them feel at home. We have a reputation for being a friendly club, let's make a virtue of that.

The next Ashdown Open competition is on Wednesday August 9th from 6.30 and includes several events for young athletes. The event will also incorporate the Dorset 10k Championship track race at 8.15pm. If you want more details about these events please talk to me (Peter Impett) on 01202 880767 or even send me an e-mail on p.impett@dorsetcc.gov.uk or peterimpett@hotmail.com Enjoy the rest of the summer.

High Jump

The high jump mat is now back in commission and we look forward to some excellent training sessions. My thanks to all who helped with this, particularly Glyn for wielding the paint brush and to 'the boys' who turned up on Spring Bank Holiday Monday to move the cover and mat to its new home. If you want to jump contact me on 01202 880767.

Teams

It is good to see some new younger faces turning out for track and field matches. The under-13 girls and boys are stronger than they have been for a while thanks to the hard work of Lorraine Winton the team manager 01258-456178 and Steve Snook 01258-840228. The under-15 girls have talent and numbers, but so far we have not had a single under-15 boys in a team. Things got a little desperate at the Southern Mens match at Par when our three representatives in the combined team with Poole were Glyn, Ed and me. We need you there if we are going to keep good quality athletics alive in Wimborne and even in Dorset. The Southern Men's and Southern Women's teams are just above the relegation zone and need all the help they can get – the second place at Basingstoke will help the men considerably.

Keeping it safe – playing the game

www.wimborneac.co.uk

WIMBORNE A.C. NEWS

I was horrified by some of the things that were happening at the South West League match at Millfield. It is important for safety reasons that you follow the rules

- Athletes should only be inside the track if they are competing in an event at that time. The only other people who should be there are the officials. At Millfield we had a family carrying cups of coffee and young children and pushing a buggy. Athletes were wandering all over the place.
- Please no footballs or tennis balls near the track – they have been seen bouncing on the track during hurdles races – it's dangerous.
- No coaching or even shouting at an athlete from inside the track – you could get the athlete disqualified.

Officials will enjoy it more if you say thank you after your field event. Try to shake hands with other competitors at the end of your race, particularly if you are the winner.

Great to see Dick Edwards back in action after his heart by pass operation.

U13 Summer Track & Field - Steve Snook

May was a busy month with events happening every weekend. At the time of writing we have competed in two South West League fixtures, two Young Athletes League fixtures and, of course, the county championships.

At the county championships, William Allwood became the U13 champion at 100m, Hannah Winton was 2nd in the U13 girls High Jump, and Jack Snook and Aaron McCoy were 3rd and 4th respectively in the boys U13 High Jump.

A number of our under-13 athletes are still only in their first year in their age group and are therefore competing against some quite strong older athletes. Despite this they have shown themselves to be willing and determined to keep trying to improve their personal bests, as indeed have all our U13 athletes – keep it up.

The team spirit that was evident during the indoor Sportshall season has continued outdoors, though we could still do with more athletes, especially boys, to come training and take part in our matches.

One thing we must do is say a big thank you to all the parents who have been able to bring our athletes to the matches – it is a commitment that is much appreciated by all the team managers. (NB. Should transport prove to be a problem, please don't hesitate to contact any of the team managers, as we can normally arrange transport for those that need it.)

Lastly, keep up the training and keep track of your personal bests to see how much you have improved over the season.

Vet's View – *Glyn Davies*

www.wimborneac.co.uk

WIMBORNE A.C. NEWS

We reach the middle of the season with relatively few of our club members having represented the club competitively. At a recent Southern Men's match the Wimborne contingent took the (mature) form of Peter, Ed, and myself covering a number of events. Whilst it is flattering to think that we can still 'compete' without the use of a sun dial for timing or an oxygen tent for recovery, it is time the younger athletes put us out to grass. One of the attractions of our sport is its appeal and relevance to a wide age range, but we desperately need younger athletes coming through and prepared to compete.

The level of competition, with a few exceptions, is not tough, so please pull on a club vest, do your best and pick up some points for the club. We have some great examples now, and in the past, of youngsters who, knowing their chances of winning are not strong, still continue to make the effort and contribute for the sake of the team. Remember, even if you come last a personal best performance is still an achievement.

WAC Cross-Country Awards 2005/6 Season – Ian Kennedy

We held our annual club end of season Cross-Country awards night at Christchurch Ski Centre on 6 April. The support the club has received from you, the members, was reflected in the large number of Fidelity Awards made this year, seven in all. So well done to Phil Burgess, Jill Harsent, Barb Frampton, Kirsty Harvey, Anna Barratt, Laura Harvey and Tate Young who competed in every league race in the six-month long 2005/2006 season.

The award for Top Male Cross-Country Runner for 2005/2006 went to Tim Shakespeare, he reaped the rewards for all that hard work he put in on the track in Jim Bailey's Monday night Ashdown track sessions and had by far his best season. Top Female Cross-Country Runner for 2005/2006 was Anna Barratt who faced stiff competition from a very promising group of young runners. The award for the most improved Cross-Country Runner went to Kirsty Harvey, who was one of a number of our youngsters who made tremendous progress. Kirsty is a great competitor who trains hard and always gives 100%.

The Jean Frost Trophy is awarded to the person who has made a significant contribution to the Cross-Country team. This year it was awarded to Jill Harsent. Jill, over recent years has made a terrific commitment to the team, she has rarely missed a race and she finished top of the averages for the senior women. But it is her work outside of that, that made her the obvious choice for the award. Much of the progress we have made with the Cross-Country team in recent years is down to Jill's enthusiasm and hard work. The unsung heroes of the Cross-Country team are the parents of our young athletes who have clocked up enormous mileage over the course of the season. Thank you all.

First race of the new 2006-2007 season is still to be confirmed but it is likely to be 14 October at Glastonbury.

Roadrunners News – Ian Kennedy

The past few months have been a busy time for us but before we have a quick summary of achievements, let us look at a major challenge being taken on by Tim Harris. Tim is preparing for an attempt on *7 marathons on 7 continents in 7 weeks*. His race schedule starts in Argentina, followed by Egypt, New Zealand, Sicily, Seattle, Singapore and, last

www.wimborneac.co.uk

WIMBORNE A.C. NEWS

but not least, Antarctica! Setting aside the running, the logistics of organising such a trip are staggering. Tim is raising money for the charity Wateraid which seeks to provide clean water in third world countries. Tim is still seeking corporate sponsorship, if you can help, or have contacts who may be able to help please let him know (01202-889537). More about this quest can be found on the website www.sevendeadlymarathons.com - Tim is currently waiting to hear from Guinness to see if a successful attempt would be a world record.

Tim is not the only WAC runner to take on a big challenge in 2006. Andy Horsley ran in the Marathon des Sables (240k, 6 days in the Sahara). Unfortunately the race suffered the worst weather conditions in its 21 year history. Andy was one of 150 runners who were forced to abandon with severe dehydration. Take a look at the newly updated club website - www.wimborneac.co.uk - for the full story of Andy's Saharan adventure. Andy has already reserved his place in the 2008 event. Surely he can't be that unlucky again.

Closer to home, there have been excellent turnouts for Dorset League races. It is believed that the 25 runners who ran in the Purbeck 10k set a new record for the most WAC runners in a league race. We also have five runners still on for Fidelity Awards - Denise Craddock, Steve Guy, Wendy Kennedy, Julie Mead and Nick Solomon. If they all complete the final three races of the season that will also be a new record.

Eleven WAC runners ran in the London Marathon in April. Simon Mortimer was the first in with a new PB of 2:47:57, Steve Guy also recorded a PB. Linda Eldred, Debbie and Jonnie Pittard all completed their first marathons.

WAC men had a highly successful day in the Wessex Ridgeway 100k relay race. The team - Stewart Little, Steve Guy, Craig Dixon, Jon Braund, Ian Kennedy and Phil Burgess finished fourth, our highest ever position.

For more 'road' news check out the latest Road Runners Newsletter on the website.

Date	Status	Event
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

www.wimborneac.co.uk