

WIMBORNE A.C. NEWS

Summer 2008

Our August programme for track and field matches is a little empty this year and that may be just as well because August is Olympic month in Beijing. What will be the highlights on the television? The men's 100 metres with Asafa Powell, Usain Bolt and Tyson Gay or an event which produces a new British rising star. While you have left it a bit late for Beijing there is still the prospect of London in 2012, and for some of you the 2016 Olympics might be the prize. And why shouldn't there be some local representation at the Olympics. The first British track & field Olympic gold medal was won by Charles Bennett in the 1900 Olympics in the 1500 metres and he was a train driver from Shapwick, only about five miles from Wimborne. So how do you get there? You need lots of determination and to do a lot of hard work. You've got some very good coaches at the club and they will set you on your way. So don't think that you can't do that next meeting or attend the next training session. Get out there and get involved and we might, just might, be watching YOU at the next Olympic Games.

Don't forget, the club carries on all summer-long, both on Saturday mornings at Queen Elizabeth School, and on Monday evenings at Ashdown. We only close for the Saturday either side of Christmas and the Mondays in between and also on any bank holidays.

If you have seen a lot of new faces around the club in recent weeks it's mostly down to the hard work of Trudi Carter and her team from Impact Athletics. Trudi has been organising courses which bring athletes into the club. Please make them welcome. Talk to them about the club and get them involved in competition. And give them a nice big welcoming Wimborne smile.

Congratulations to Kyle Wilson on his selection for the English Schools in Gateshead over the weekend of 11th/12th July. We wish him the very best of luck.

High Jump Session

The mid-week high jump session is currently operating on Wednesdays at Queen Elizabeth School. If you are jumping around 1m10 come at 6.30 and then we build up to the 1m50 plus jumpers at 7.15pm. Contact Peter Impett on 01202 880767.

Young Athletes League

Our representatives in Team Dorset are part of a real success story which puts them top of the league by a big points margin with just one match to go at Yeovil on July 20th. We wish them the best of luck for the final match.

Southern Men's and Southern Women's Leagues

We are struggling, but we know that if we could get all our best athletes there we could do extremely well. Next fixtures are: Southern Men's 12th July at Exeter - transport leaves Ashdown at 10.00 and QE at 10.15; Southern Women's 19th July in Abingdon, depart QE (08.45) and Ashdown (09.00) - pick-ups in Ferndown and Ringwood are also possible.

DON'T MISS THIS ONE – Ashdown Open, 6.30pm, Wednesday 13 August

The Ashdown Open incorporates the County 10,000 metres Championships and the women's steeplechase event. The meeting also includes events for the under-11s and all the other age groups.

Peter Impett

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LOCAL SPORTS DAYS AT QE ON SATURDAYS

Ed Arnold has been busy organising a series of 'Local sports days' at QE on Saturday mornings at QE. The idea behind these is to introduce our young athletes to competition in a fun environment. Our youngsters have had the opportunity to compete as runners and hurdlers (over various distances), jumpers (high & long) and throwers (discus, javelin & shot). Results for the events that took place on 3 May are posted up on the website – www.wimborneac.co.uk – (and those for 6 July should be there by the time you read this).

The next 'local sports day' will be at QE on 19 July – here is the full programme of events (times estimated - some events may start earlier than listed):

10.15	Discus	All Ages
10.30	75m	U9-U10-U11
10.40	100m	U12,U13,U14,U15
10.45	High Jump	U12,U13,U14,U15
11.00	1500m 3 w/man shuttle Relay	U12,U13,U14,U15
11.30	60m Low Hurdles	All ages

Just turn up on the day and come and join in the fun. If you would like any further information contact Ed on 01258-451882 or by e-mail edward.arnold@tesco.net

WAC SUMMER BEACH PARTY & RUN - Thursday 21 August from 6.30pm

We are due some glorious summer weather, so let's keep fingers crossed and hope it comes on 21 August. We will be establishing camp between Flaghead Chine and Shore Road, Sandbanks. At around 7pm our middle distance and roadrunners will go for a run along the promenade towards Bournemouth, but you don't have to do the run in order to come and join in the fun. We will have barbecues on the go and all you need to do is to bring with you whatever food and drink you will be consuming plus any beach games you have. Thursdays are fireworks nights at Sandbanks – so come along and help our night out go with a bang! Family and friends are welcome too, and there is no need to advise numbers – just turn up on the night. If you need any further information contact Ian on 01202-577081.

CLUBMARK

Just a few words to make you all aware of the work that has been put in over the last 15 months to submit our CLUBMARK accreditation application in early June. The Committee were unanimous in resolving that the Club should put itself in a position where it could expand and hopefully secure funds for future development. The most important aspects of the Clubmark accreditation are to ensure the Club is built on a good footing (financial and staffing), ensure that it is in a position to deliver high quality and varied coaching and offer athletes competition appropriate to their age and ability. The club was required to produce a Development Plan and satisfactory statements on risk assessment and codes of conduct. We will hope to hear whether we have been successful within a couple of months. Thanks to all those that helped in the preparation.

Glyn Davies

WE ARE LOOKING FOR A CUB REPORTER – COULD THIS BE YOU?

The large number of hits on our website – www.wimborneac.co.uk – shows that many of you are keeping up to date with what is going on in the club on a regular

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basis. We would like to improve our coverage of track & field events however. Is there a budding journalist amongst our track & field athletes who would like to write a short report on any meetings they attend? All we need is some energy, passion and enthusiasm (aren't these the same qualities you need for sport anyway) from an eyewitness and we can help you with the rest. If you are keen to give this a go contact Ian Kennedy on 01202-577081 or send any pieces to ian@wimborne10.co.uk

ARE YOU INTERESTED IN BECOMING AN ATHLETICS OFFICIAL?

Every sport needs a dedicated group of volunteers in order to function and there will be opportunities to take officials courses in the coming months. Courses can be arranged for jobs such as Level 1 - assistant official (general introduction), Level 2 - timekeeping, starter/marksman, and Level 3 and beyond. It is not necessary to start at Level 1. No positive commitment is required yet, but if you are interested in exploring the possibilities contact Steve Snook - 01258-840228 or sjsnook@f2s.com

CROSS-COUNTRY – 2008/2009 - A NEW SEASON AROUND THE CORNER

We now have provisional dates for the new Wessex League cross-country season (*shown in the fixture list on page 4*), all the dates and venues are subject to confirmation. The first race is on the last weekend in October. There are encouraging signs that we should have some new faces in the team going into the new season. In the Wessex League there are races for everyone from the under-11s right up to the Seniors.

The Club is to explore the possibility of entering the Hampshire Cross-Country League too. If we were to follow this through this would give us some Saturday races. If the provisional dates of both leagues remain unchanged there would be no clash with races on consecutive days over a single weekend.

WAC AWARDS NIGHT & DISCO - 29 November, Allendale Centre, Wimborne

While we are right in the midst of the track & field season and there are many road races still to take place, it seems like a long way away, but Clare Gladden is already busy putting the end of year awards night party together. We had a terrific 'do' last year with almost 100 members in attendance and we hope to see even bigger numbers this time. Full details of the event will be sent out nearer the time – keep this date clear in your diary.

ROADRUNNING

London Marathon

This year's London Marathon saw the highest ever number of WAC finishers – 15. Our fastest runner was Simon Mortimer (2:51). Two of the fastest WAC ladies times for some years were recorded by Becky Wood (3:36) and Cathy Hartle (3:38). We saw four PBs – Craig Dixon, Wendy Kennedy, Pete Lemon, Becky Wood and we had four marathon debutants – Cathy Hartle, Claire Newby, Nicki Roe and Michele Whitehurst. Well done to all who took part.

WAC Victory in Ridgeway 100k Relay Race

WAC's men's team took first and second places in the Wessex Ridgeway 100km relay race on 18 May. This multi-terrain race started at Tollard Royal and saw the 20 teams tackle such challenges as Hambledon Hill, Okeford Beacon and Breakheart

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Hill before they finally crossed the finish line at Uplyme just outside Lyme Regis. Wimborne A team of Steve Guy, Tim Harris, Peter Wood, Mark Hitchcott, Jerry Shield and Stewart Little were this year's winners but they had to come from behind to snatch the victory. After the first of 12 stages they lay in 11th position and it is was 30 miles before they managed to overhaul Wimborne's B team of Graham Whiffen, Pete Lemon, Daryl Davies, Ian Buckingham, Craig Dixon and Jon Braund to claim second place. The Dorset Doodlers' team was caught on the final leg. Although Wimborne Ladies - Becky Wood, Claire Newby, Cathy Hartle, Trudi Carter, Julie Mead and Nicki Roe - got off to a flying start on stage 1, it was Well City Harriers ladies who went on to take the victory, with Wimborne having to settle for second in what proved to be a new best time for a Wimborne ladies team. We also had two mixed teams competing plus Andy Horsley who did the whole 100km route on his own. Andy started at 4.30am and on reaching the finishing line was a stone lighter!!

Dorset Road Race League

Since the last *Wimborne A.C. News* the road runners have competed in another two league races. The numbers of runners that we have been fielding this year have been very encouraging, but we must be careful not to be complacent. We got caught out at Portland as, for the first time in a long while, we failed to field a complete ladies team in a league race. This was down to a certain amount of bad luck with injury and illness.

CLUB FIXTURE LIST

Date	Event
11/12 Jul	English Schools Championships Gateshead (U20-17-15)
12 Jul	Exeter (SM) <i>Southern Men's League</i>
20 Jul	Yeovil (U17-15-13) <i>Young Athletes League</i>
20 Jul	Tarrant Valley 10k
26 Jul	Wayfarers' Relays Ferndown
26 Jul	Abingdon (SW-U15) <i>Southern Women's League</i>
02 Aug	Andover (SM) <i>Southern Men's League</i>
03 Aug	Sturminster Newton Half Marathon <i>Dorset Road Race League</i>
13 Aug	Ashdown Open
07 Sep	Yeovil (All) <i>Southwest League</i>
28 Sep	Littledown 5m <i>Dorset Road Race League</i>
26 Oct	Kings Park Bournemouth (Provisional date) <i>Wessex League Cross-Country</i>
16 Nov	Wimborne 10 <i>Dorset Road Race League</i>
30 Nov	St Gabriels School Newbury (Prov. date) <i>Wessex League Cross-Country</i>
23 Nov	Boscombe 10k <i>Dorset Road Race League</i>
28 Dec	Hudson's Field Salisbury (Provisional date) <i>Wessex League Cross-Country</i>
01 Feb	Devizes (Provisional date) <i>Wessex League Cross-Country</i>
01 Mar	Ham Hill nr Stoke sub Hamden (Prov. Date) <i>Wessex League Cross-Country</i>
29 Mar	Avon Heath nr Ringwood (Provisional date) <i>Wessex League Cross-Country</i>