

# **WIMBORNE A.C. NEWS**

**You can do it – Peter Impett**

By the time you get to read this intrepid club member and Senior Men's team manager Tim Harris will be off on his quest to run seven marathons on seven continents in seven weeks. At the end of his quest Tim will be running in Antarctica having run the previous week in the steamy heat of Singapore and still be home in time for Christmas. The club sends its very best wishes to Tim and we will be rooting for him. You can keep in touch with Tim through his website, the address is [www.sevendeadlymarathons.com](http://www.sevendeadlymarathons.com)

Tim hadn't run marathon distance until he took part in the New Forest Marathon in September, and the local conditions for the upcoming races are not going to be helpful. If he didn't believe he could do it he wouldn't even have started. I get lots of young athletes who say 'I can't do that!' Coaches get a little frustrated by the phrase but Steve Henderson has the right approach when he says 'I can't do that . . . now, but I will give it a go and, with a little coaching, I might make reasonable attempt at it.' Tim hasn't had a lot of coaching for this event but he always believes that he will succeed. So believe that you can do it and you will succeed.

On Friday 24 November we will be having our Presentation Evening when we celebrate the year's achievements – do come and join us you will be made very welcome. Our AGM will be in December and we invite you all to contribute to the club by standing for office – the more complete our management team the easier it is for everyone. If Tim succeeds we will probably make him President for Life!!!!!!!

## **Track & Field**

The season ended with both the Southern Men's and Southern Women's League teams scoring good points to push themselves well out of the relegation zones. Our South West League team had a better last match and was much enjoyed. To my chagrin we were unable to turn out a single under-15 boy in a match this season. I am sure that we will continue to work with other clubs next season but we do need more athletes.

Congratulations to Declan Foley on having been selected for the South West team for the UK Schools games in Glasgow – seen by many as being practice for the 2012 Olympics.

Track and field is not entirely dormant at the moment, don't forget the Yeovil Open Meetings on 21 November, 16 January, 20 February and 20 March - 6.30pm start time.

## **Thanks**

To Malcolm Pearson of Wessex Ducting for fixing the wheels on the high jump cover.

To Trudi Carter for bringing the St Michael's School contingent to our training sessions. We hope that many of them will join the club.

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## **Pole Vault News - Dave Pearson**

I am a pole vault coach (Level 3) working with all of the five clubs in Dorset. Things have changed a lot since I started coaching for Wimborne AC eight years ago.

First and foremost we now have plenty of poles to choose from when vaulting, thanks to the lottery funding Wimborne AC received. We have about 20 poles ranging from 8ft to 16ft in length! I call this the pole bank and athletes in Dorset borrow from the bank of poles and use them to compete for their various clubs.

Secondly, athletes can now vault outdoors at Bournemouth or Poole in the summer months from April to September. Life doesn't get much better than vaulting at Ashdown on a hot summer evening with a good group of friends and athletes and of course six million bloodthirsty mosquitos!

Thirdly, vaulting indoors now takes place in winter. I have built a mobile pole vault bed with trailer and run up, so vaulting in sports halls is possible. Indoor beginner courses are taking place for 12years and above at Ashdown, Poole from 1.30 to 4.00pm on 4th November, 2nd December and 13th January, the total cost of the three dates is £15.00. More dates will follow in the New Year.

Fourthly, pole vaulting is coming to your schools in the form of talent ID days where coaches will test you to see if you have the potential to succeed at vaulting, and see if you have what it takes! You could be selected to take part in the winter training academies which are held on Sunday afternoons from 1.00 to 4.00pm.

I hope to meet you all soon! If you would like more information please phone me on 01258 837057.

## **Countdown to Sportshall 2006/7 - Steve Snook**

As the summer outdoor track and field season closes, the winter season activities start.

For our younger athletes one of the exciting competitions that the club takes part in is Sportshall – indoor athletics with the accent on fun, colour and quite a bit of supporters' noise!

By the time that this gets published the first Sportshall event will have been completed – and hopefully everyone involved will have got a great deal of enjoyment, exhilaration and satisfaction from the afternoon's activities.

For those who are not familiar with Sportshall, each competition has the same events:

- 3 individual running events – 2 lap, 4 lap and 6 lap
- 3 team relays - an obstacle relay, 4 x 2 lap and an 8 lap Paarlauf
- 5 individual field events – standing long, and triple jump, vertical jump, shot putt and speed bounce

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The Sportshall league that we compete in consists of three matches:

21 October     Canford School  
11 November   Weymouth Sports Centre  
16 December   Canford School

In addition there is a county championships event which is currently scheduled for 7 January 2007 at Canford School.

Don't be shy, have a go! There are opportunities for everyone so contact your team managers and get involved:

U13 Girls:     Lorraine Winton (01258 456178)  
U13 Boys:     Steve Snook (01258 840228)  
U15 Girls:     Abi & Colin Sandford (01202 871656)  
U15 Boys:     Aaron Harris (01202 813630)

## **A New Season - Wessex League Cross-Country 2006/7 – Ian Kennedy**

The first race in the Wessex League took place at Taunton Racecourse on 15th October. Our senior men's team finished fifth overall (out of 10), the team's score being more than somewhat enhanced by the performances of our two under-20 runners – Tim Shakespeare and Daryl Davies. Tim and Daryl have progressed through the age groups (and of course increasing distances) with WAC and it is great to see them performing so well amongst the seniors. A team score is based on the results of your first three runners and Tim and Daryl sandwiched Simon Mortimer (WAC XC's 'Mr Consistency') to secure the scoring positions for us. We also saw a super performance from Alexandra Vaughan-Johncey. In the under-11s race the boys and girls run together, Alexandra finished 6th overall - she was second girl.

We fielded two runners in the under-13s boys race - we needed three for a team score. I would really like to target this age group in particular because I believe we have the young athletes already in the club who could do something.

A recent development for the club is a new training group that has been started at QE on Saturdays which concentrates on cross-country/endurance running primarily aimed at our junior athletes. We have had similar sessions in the past, but these had only been monthly and only during the cross-country season. Due to the commitment put in by Kim Jolliffe, Jon Braund, Craig Dixon, Veronica Harvey and Jeannie Puckeridge this now allows us to run these sessions every Saturday in and out of season. With it being close season for track and field, come and improve your general fitness and stamina levels and put some endurance work in with our cross-country team, before you start work on your speed again leading up to the new 2007 track and field season.

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If you have not tried cross-country with WAC before here is an idea of the distances involved:

<i>Category</i>	<i>Usual approx distance</i>	<i>UK Athletics max. distance</i>
Under-11s	1,000m	None
Under-13 girls	2,000-3,000m	3,500m
Under-13 boys	2,500-3,500m	3,500m
Under-15 girls	2,500-3,500m	5,000m
Under-15 boys	3,000-4,000m	5,000m
Under-17 girls	3,000-4,000m	6,500m
Under-17 boys	5,000-6,500m	6,500m
Senior Ladies	5,000-7,000m	Unlimited
Senior Men	6,000-10,000m	Unlimited

The remaining dates for the Wessex League races are:

26 November	St Gabriel's School, Newbury
17 December	Devizes, near the castle (Station Road)
7 January	Bicton Agricultural College, near Exmouth
18 February	Hudson's Field, Salisbury
18 March	Avon Valley Country Park, near Ferndown

To keep up with the latest news and for a full results service for the Wessex League visit [www.wessexleague.com](http://www.wessexleague.com)

The Dorset County Cross-Country Championships will be taking place at Lulworth Castle on 10 December - it sounds like a great venue.

If you would like any further information about WAC cross-country please contact me on [ian@wimborne10.co.uk](mailto:ian@wimborne10.co.uk) or on 01202-577081.

## Roadrunners News – Jerry Shield

At the time of writing more than 430 runners from 17 Dorset clubs (including 39 runners from WAC) have competed in the Dorset Road Race League. The men's team are 6th in the table and the ladies 9th. Of the 430 runners, there are just 13 who have competed in every race, and astonishingly over a third of those are from WAC. Well done to Denise Craddock, Steve Guy, Wendy Kennedy, Julie Mead and Nick Solomon, it is a tremendous testament to their commitment to the club - fingers crossed that they can remain injury-free for the final race. These five will have completed over 120 league race miles in 2006.

The final race of the season is our own 'Wimborne 10' on 19 November. It is a big day for the club, and requires many (45-50) willing hands. If you can help as a marshal please contact me at [jerry@wimborne10.co.uk](mailto:jerry@wimborne10.co.uk) or on 01202-881085.

For more WAC 'road' news - check out the October Road Runners Newsletter at [www.wimborneac.co.uk](http://www.wimborneac.co.uk) - from the home page select 'Road Running' then 'Latest Newsletter - October 2006'.

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