

CHAIRMAN'S WELCOME

The Olympics are done and dusted and it is clear that athletics has got to raise its game for 2012. The post-Olympics discussion seems to centre around the importance of grass roots support and the importance of coaches. We at the club level are anxious to promote that view. We may not have produced any Olympians but we now have a world record holder in Roz Hutton who won the Hammer Decathlon at Stoke on September 13th. Roz also won five gold medals in the European Throwing Championships in Germany. We are pleased that Tim Harris's achievement of seven marathons on seven different continents in seven weeks has now been recognised by the Guinness Book of Records and he has the certificate to prove it.

After the track and field season there is a two to three week period where it goes a bit quiet but we barely have enough chance to catch our breath before we are in to the frenetic world of Cross-country and Sportshall. As for the Roadrunners they just keep on running and there doesn't seem to be any close season. There is always something going on at Wimborne AC and all it needs is for you to be there. We especially invite you to our Presentation Evening and disco at the Allendale Centre on Saturday November 29th. Repeating last year's pattern we ran the AGM immediately before the presentations and it was very effective so come and give us your support.

It's great to see so many new faces around the place. Trudi Carter and Impact Athletics are really making a difference to attendances in the general group and this has shown up well at SportsHall. We also need, as a club, to draw in more older members and provide competition and a good club atmosphere that will keep everyone interested and anxious to compete. Apart from Roz and some good performances by junior athletes we are particularly short of throwers. So if you know anyone please let Glyn know and get them involved.

Rankings

You can find out how well you are doing by looking at the rankings on Powerof10.info or athleticsdata.com. Trudi Carter's pole vault puts her second in her age group in the UK and top in the South-West. Hannah Winton is top in the South-West for triple jump and second in the UK. Her long jump places her 8th in the Under-15s in the South-West and she still has another year to go in that age group. Maddy Vaughan-Johncey is No. 12 in the South-West Under-17 300metre hurdles. Kyle Wilson is the fastest Under-15 100 metre runner in the South-West this year and Matt Curtis is second in the high jump and shot and 4th in the hurdles for Under-13s in the South-West. Abby Card in the 100 metres and high jump and Rachel Welch in the 150 metres both show up in the top 20 in the South-West and your Chairman makes it in to the charts at No. 11 in the UK for the 100 metres for the 60+ age group - that following wind at Braunton was wonderful! I couldn't find Roz's hammer included but it must be there somewhere. Go and have a look, see how many people you know.

Peter Impett

WIMBORNE A.C. NEWS

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

We will be having our Awards Night on Saturday 29th November 2008 once again at the Allendale Centre in Wimborne. The event will take place in the Quarterjack Suite starting with the AGM at 7pm and continuing with the award presentations at 7.30pm. Once the trophies have been awarded it's party time with Ian Kennedy DJing. Please come along and support your fellow team mates as we celebrate this year's achievements and join in the party atmosphere until late. We are hoping for an even bigger attendance than last year's three-figure total. Information will be sent out shortly to one and all either in the form of an e-mail or by post - don't miss it!

Clare and Roz

CHRISTMAS ARRANGEMENTS - CHRISTMAS FUN on 20 December

The last Club training session before Christmas will take place on Saturday 20th December at QELC. The first Club training session after Christmas will take place on Saturday 3rd January at QELC.

To lighten the festive mood we will arrange a Club Fun Training Event (probably in the main hall) for SATURDAY 20th DECEMBER. This will consist of a number of (not too difficult) events and circuits and we want to involve all club athletes, parents and coaches. Most of the games will be organised on a team basis with prizes on offer.

We will send out a reminder nearer the time, but stick this in your diaries and abandon the Christmas shopping for a light-hearted session to tune your bodies up before the seasonal excesses.

Glyn Davies

www.wimborneac.co.uk

Are you keeping up to speed with all that is going on in the Club at the moment? Make sure you visit the website for regular new stories on all aspects of the club. Roz Hutton tells the story of her throwing triumphs in Germany and her World Record. Read about the Wimborne athletes involved in the Beijing-London Olympic handover, and much more besides. Watch the website for reports as the Sportshall and Cross-Country seasons unfold over the winter months.

SPORTSHALL – Canford School Infested by Wimborne Insects!

Saturday 18th October saw the first match in the Dorset SportsHall League 2008-2009 take place at Canford School.

To the uninitiated, SportsHall seems like chaos, but there is method in the madness that goes on. There are many different jobs that need to be done on the day to enable the chaos to become organised:

- Firstly the athletes need to be organised, given their number and placed in to events. This is done by the team managers who try to do this in advance, but circumstances on the day (e.g. Illness) usually conspire against them and they end up having to reorganise their teams at the last minute.
- Secondly the events need to be run according to the rules and to time, or as close to time as is possible. This is the job of the officials who do a sterling job and without them no athletics event would ever take place.
- Thirdly the officials and team managers need to be supported by a 'behind the scenes' team. These people ensure that the event can be run, all the athletes results are correctly recorded, and they are the ultimate arbiters for any disputes.

WIMBORNE A.C. NEWS

None of these jobs are easy, so why do people do them? – to ensure that young athletes can compete, have fun, and enjoy themselves in a controlled and safe environment.

Wimborne AC fielded a larger number of athletes this year than last. We had Wimborne 'Wasps' competing in all age groups – U13 Girls & Boys and U15 Girls & Boys, and for the first time in at least four years we had a group of Wimborne 'Bees' joining the 'Wasps' in the U13 Boys age group (rather an infestation).

A large number of our newer athletes have been introduced to Wimborne AC by Impact Athletics initiatives, and we are very lucky to work closely together in this respect. Notwithstanding this, Impact Athletics also put forward two teams – one from North Dorset and one from the Weymouth area. It is fantastic to see that there are so many youngsters who want to give athletics a try, and it would be nice to think that given the amount of fun they had at the match they will continue to pursue athletics in the longer term.

There was a good mixture of 'old hands' and novices combining to produce some excellent performances, and as always it was great to see those pre-event worried faces turn to beaming smiles of satisfaction at the end of the events.

At the time of writing, we do not have the official results, but all the athletes enjoyed the afternoon of noise, colour and competition, which is what SportsHall is all about. There will be a more detailed report along with the results posted up on the website in the not too distant future, but in the meantime thanks and well done to the organisers, officials and team managers and thanks also to all the supporters for your enthusiasm and taxi services. And finally a big well done to all our athletes.

Steve Snook

CROSS-COUNTRY – 2008/2009 - A GREAT START TO THE NEW SEASON

For the first time ever Wimborne AC are now competing in two regional cross-country leagues. For many years we have taken in part in the Wessex League and last season our Ladies' team were league champions. We have also signed up to the larger Hampshire League. The Wessex League is a relatively intimate affair and consists of five Sunday meetings and gives an opportunity to include our very enthusiastic under-11s in competition. The Hampshire League also gives us a five race season with race days being on Saturdays with everyone from the under-13s upwards involved.

The new season is already upon us, and we got off to a promising start in our first Hampshire League race at Farley Mount Country Park. After a dreadful summer weather-wise we arrived in an idyllic woodland setting near Winchester on a very balmy day for the start of the cross-country season in October! There was a terrific turnout of WAC runners and we were able to test ourselves against a very competitive field. There were some great personal performances from our athletes, and a good deal of competition between team mates in the various age-groups and races. A third of our runners were making their cross-country debuts. We are still keen to add a few more new faces to our ranks on race day, and build on this solid start. We were tantalising close to having full teams in many of the junior age groups and I hope we can crack this over the coming meetings. Wimborne AC is one of four new clubs to the Hampshire League this season and our start point for the senior men is Division Three. After the first race the WAC men are in third place - the top two clubs will get promotion - so let's push for it. A full report of the day's events can be found at the website www.wimborneac.co.uk All in all a fantastic day's competition with almost 750 runners taking part from clubs across the south of England.

WIMBORNE A.C. NEWS

The Wessex League season starts on Sunday 30 November with Wimborne AC featured as the host club, the venue is Kings Park, Bournemouth. Apart from ensuring we field good numbers in the races themselves, we will need many volunteers for marshalling duties. If you can help please contact me on ian@wimborne10.co.uk

Ian Kennedy

ROADRUNNING

Over the course of 2008 we have been able to welcome many new road runners to our ranks and this is evidenced by the very significant increase in numbers we have seen at our Thursday night sessions. Turnout for the league races has also been consistently impressive too. We have two runners, Wendy Kennedy and Claire Newby, who are still on target for Fidelity Awards in the Dorset Road Race League. They have just two races to go, and having done most of the hard work should make it now, but spare a thought for brave Julie Gosling who ran in a couple of races earlier in the season when significantly less than 100% in a bid for the Fidelity Award, before illness forced her out of the Portland 10 and the end of her dream for this year.

October/November is a busy time for the roadrunners. Our big event of the year, the Wimborne 10, takes place on 16 November and the team, under Jerry Shield's leadership, are busy sorting out the final arrangements for the big day. We have a race limit of 500 runners and we are expecting to reach that limit within the next week to 10 days. With preparations well in place we just have to hope that we don't get the gales and torrential rain that we suffered at last year's race - but despite that both the men's women's course records were smashed last time out.

A full round-up of roadrunning news can be found in the *WAC Roadrunners October Newsletter* available on the website.

Ian Kennedy

SOME IMPORTANT DATES IN THE CLUB'S CALENDAR

Date	Event
08 Nov	Goodwood <i>Hampshire League Cross-Country</i>
16 Nov	Wimborne 10 <i>Dorset Road Race League</i>
23 Nov	Boscombe 10k <i>Dorset Road Race League</i>
23 Nov	Canford School <i>SportsHall</i>
29 Nov	AGM, AWARDS NIGHT & END OF YEAR PARTY
30 Nov	Kings Park Bournemouth <i>Wessex League Cross-Country</i>
06 Dec	Ashe Meadows, Overton <i>Hampshire League Cross-Country</i>
07 Dec	Osprey Centre, Portland <i>SportsHall</i>
28 Dec	Langport <i>Wessex League Cross-Country</i>
03 Jan	Prospect Park, Reading <i>Hampshire League Cross-Country</i>
10 Jan	St Antony's School, Lewestan <i>Dorset County Cross-Country Championship</i>
11 Jan	Milborne 10m <i>Dorset Road Race League</i>
01 Feb	Hudson's Field Salisbury <i>Wessex League Cross-Country</i>
01 Feb	Blackmore Vale Half Marathon <i>Dorset Road Race League</i>
14 Feb	Hudson's Field Salisbury <i>Hampshire League Cross-Country</i>
01 Mar	Ham Hill nr Stoke sub Hamden <i>Wessex League Cross-Country</i>
01 Mar	Mad March Hare 20miles <i>Dorset Road Race League</i>
29 Mar	Avon Heath nr Ferndown <i>Wessex League Cross-Country</i>