

## ROADRUNNING

Our roadrunners have been competing in this year's Dorset Road Race League in unprecedented numbers. In all, 56 seniors have run in the league for us so far. Seven of those have competed in every race - fingers-crossed they can complete the remaining races and then will have earned their Road Race League Fidelity Awards - no other club in Dorset has so many on target to receive this award. Stewart Little is the highest placed Fidelity runner in the league and ten of the men's league top 50, and seven of the women's top 50 runners wear the red and black of Wimborne.

In the the team standings the men currently lie third (in a league of 19 clubs). If we can maintain this it would equal our highest ever finish (5th last year). Our ladies are also having their best season for a while and are in equal 5th place in a league of 20 clubs (8th in 2008). The men have a mathematical chance of coming second, but we also have three other clubs who could still catch us. The ladies are only a couple of points down on the 4th place team but you could throw a handkerchief over the teams placed from 4th to 9th in the ladies league table, so it is still all to play for.

Of the three remaining races, one of them is our very own Wimborne 10 on 15 November. It takes a huge team effort to stage this race and requires around 60 volunteers on the day. If you are available to help, race director Jerry Shield would be very pleased to hear from you at [jerry@wimborne10.co.uk](mailto:jerry@wimborne10.co.uk)

Apart from what we have managed as a team there have been a good number individual Wimborne AC roadrunners who have set themselves targets and challenges and have achieved these, whether this takes the form of running faster or further. Andy Horsley and Jerry Shield became the first Wimborne AC runners to pass the 50-marathon mark when they completed the New Forest Marathon. Our men's team included Anthony Clark and Terry Simms (in his first marathon) and they took third place in the team event that day too. We haven't seen much of Ian Cardy in the past year as he has been concentrating on the multi-discipline events. He reaped his reward with an age-group gold medal at the World Duathlon Championships in Concord, North Carolina in September. 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	
03 Oct	Canford School	<a href="#">SportsHall</a>
24 Oct	Canford School	<a href="#">SportsHall</a>
24 Oct	Weymouth 10	<a href="#">Dorset Road Race League</a>
01 Nov	Kings Park Bournemouth	<a href="#">Wessex League Cross-Country</a>
07 Nov	Goodwood	<a href="#">Hampshire League Cross-Country</a>
15 Nov	Wimborne 10	<a href="#">Dorset Road Race League</a>
22 Nov	Boscombe 10k	<a href="#">Dorset Road Race League</a>
22 Nov	Canford School	<a href="#">SportsHall County Championships</a>
27 Nov	<b>AGM, AWARDS NIGHT &amp; END OF YEAR PARTY</b>	
29 Nov	Old Sarum, Salisbury	<a href="#">Wessex League Cross-Country</a>
05 Dec	Popham, nr Winchester	<a href="#">Hampshire League Cross-Country</a>
12 Dec	Sir John Colfox School, Bridport	<a href="#">Dorset Cross-Country County Championships</a>
16 Jan	Prospect Park, Reading	<a href="#">Hampshire League Cross-Country</a>
16 Jan	Osprey Centre, Portland - TO BE CONFIRMED	<a href="#">SportsHall</a>
24 Jan	Details to follow	<a href="#">Wessex League Cross-Country</a>
13 Feb	Old Sarum, Salisbury	<a href="#">Hampshire League Cross-Country</a>
21 Feb	Ham Hill, nr Stoke sub Hamden, Yeovil	<a href="#">Wessex League Cross-Country</a>
28 Mar	Avon Heath, nr Ferndown	<a href="#">Wessex League Cross-Country</a>

## WIMBORNE A.C. NEWS

*Autumn 2009*



### THE TIMES THEY ARE A-CHANGIN'

September 1st is the date when most age groups change and some athletes will now find themselves in an older age group than they were in before. For some this will mean opportunities to do events that they may not have tried before, for others it will mean that they are in the lower part of the age group instead of being at the top and that can be hard. If you are unsure what age group you are in talk to your coach about it.

October also means the onset of dark evenings and some coaching groups adapt their training times to make the best use of the available light. Saturdays become more important and we would like to see you there. The only two Saturdays we have off are over the Christmas period (26/12/09 and 2/1/10). There will also be changes to the evening sessions. The Monday night sessions are costing the club a lot of money and it is proposed that the session will switch to Wednesday but final arrangements have still to be made. Sprinters should speak to Steve Snook. Mid-week high jump will also be suspended from half term in October until half term in February but it is hoped to put on one or two special events during the period and Saturdays will continue.

Times are very important in athletics. Being on time for your event helps but timekeeping is essential for all the running events. We only have one qualified timekeeper in the club and often we attend events without a time keeper where the rules say we should have one. If you would like to pick up a watch and give it a go we would be very pleased to put you on the appropriate course.

It is also time that Glyn Davies had some support with the throws. Could you coach throws? If you could help Glyn we could begin to establish a throws group that could operate every week. No previous experience is required and tuition can be given. How about it?

Its time for Sportshall and time for cross-country and its always time for road running. Don't forget to book your tickets in time for the club's annual presentation evening at the end of November.

Timed out!

*Peter Impett*

### WAC AGM, AWARDS & DISCO - 27 November, Allendale Centre, Wimborne

We will be having our Awards Night on Friday 27th November 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. To round the evening off the 'Night Train' disco will give you the chance to show off your fancy footwork. Come along and support your fellow team mates as we celebrate this year's achievements and join in the party atmosphere until late. See you there! Information will be sent out towards the end of October - *don't miss it!*

*Clare Gladden*

[www.wimborneac.co.uk](http://www.wimborneac.co.uk)

# WIMBORNE A.C. NEWS

## TRACK & FIELD SEASON

So we come to the end of the track & field season with a mixed bag of attendances and performances in all leagues. The South West League (Div 2) which caters for all age groups and both sexes hosted four meetings. We only managed to cover 37 events at the first meeting but our strongest turnout (51 events) was at Millfield in Somerset – our furthest venue. Younger athletes in particular enjoy this competition and for those of you who missed out, be sure to make the effort next year. The competition is not fierce.

The Southern Women's League, which we enter as Team Dorset suffered from low attendances. The Southern Men's League, also as Team Dorset, had a better showing than last year and attendances were consistent – we always need more. Both these and the South West offer a great opportunity for the mums and dads to turn up and have a go. There may be some hidden talent just waiting to escape. Don't forget you'll still appear positively youthful compared with some of the coaches who continue to drag their bodies around the track.

Once again as Team Dorset some of our elite athletes competed in up to five matches in the Young Athletes Premier League. A tough season brought out some excellent performances. In addition we had Wimborne athletes covering 65 events at the County Championships in May and further representation at regional and national schools level.

The following athletes appeared in over 20 events throughout the season:

Abi Card, Alex and Maddie Vaughan-Johncey, Alwyn Harries, Jack and Steve Snook, Matt Curtis, Hannah Winton and Sharon Hutchings.

A special mention to Steve Snook who stepped way out of his comfort zone to compete in the 3k steeplechase on not one, but two occasions. Congratulations and thanks to all other who competed, especially those who achieved personal best performances along the way.

Turnout by group for competitions was as follows:

Under 13 boys = 5 different athletes	Under 13 girls = 3
Under 15 boys = 6	Under 15 girls = 7
Under 17 boys = 5	Under 17 girls = 4
Under 20 men = 3	Under 20 women = 2
Senior Men = 12	Senior Women = 5

If we could set ourselves a target of at least 10 athletes competing at some stage in each age group our success rate would jump considerably. Anyway, well done to all of you who competed for the club. Keep an eye on the website for updated club records which are only valid if competing for the club.

Glyn Davies

[www.wimborneac.co.uk](http://www.wimborneac.co.uk)

## SPORTSHALL 2009/2010

Outdoor track & field has just about finished for this season and, before we can draw breath, the indoor Sportshall season is about to get under way.

Sportshall provides athletes under 15 with the opportunity to enjoy some noisy and colourful indoor athletic competition. Importantly this includes all our members from the age of 8 who have not really had a chance to compete against athletes from other local clubs.

We held a trials morning to give athletes the opportunity to try out the different Sportshall events including the obstacle relay, shot putt, standing long & triple jumps, etc. Everyone who attended had a great time – hopefully those that go on to represent the club in the league matches and the county championships will enjoy it equally as much.

If you want to take part in Sportshall, and you are a club member, contact the team managers:

Girls Sportshall - Lorraine Winton 01258 456178

Boys Sportshall - Steve Snook 01258 840228

The Sportshall fixture list for this season is as follows:

League Match 1	Sat 3rd Oct	Canford School
League Match 2	Sat 24th Oct	Canford School
County Championships	Sun 22nd Nov	Canford School
League Match 3	Sat 16th Jan	Osprey Sports Centre, Portland (tbc)

Steve Snook

## CROSS-COUNTRY – 2009/2010

The new season is almost upon us and we approach it with renewed optimism. There have been encouraging signs from our young athletes over the summer during the track & field season. We are also welcoming some very promising new members as they take part in their first cross-country season for the club. We start with the Hampshire League meeting on Saturday 10 October at Farley Mount, near Winchester. It is a fabulous setting for a race. For full details of how to get there and just what is involved please email [ian@wimborne10.co.uk](mailto:ian@wimborne10.co.uk) or phone Ian Kennedy on 01202-577081. *To compete in the Hampshire League you must be 11 years of age or older (no upper limit!).*

We also race in the Wessex League and, as there is an under-11s race, all of us can compete in that league. Wimborne AC are the host club for the first Wessex League race at Kings Park, Bournemouth (Sunday 1 November). 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 Ian on [ian@wimborne10.co.uk](mailto:ian@wimborne10.co.uk). On Saturday 17 October we shall be holding a special cross-country session at QE Leisure Centre to offer some more of you the opportunity to give cross-country a try - and then (hopefully) compete at Kings Park a few weeks later!

Dates for all the cross-country league races and the Dorset County Championships are shown overleaf. For more on cross-country see [www.wimborneac.co.uk](http://www.wimborneac.co.uk)