

# WIMBORNE A.C. NEWS

Winter 2010



## BE A VOLUNTEER

Have you signed up to be a volunteer for the 2012 Olympic Games? You don't need to wait that long as the club always has lots of activities that require voluntary help often with no previous experience required. If new skills are required we have extremely good tutors who can help. We could do with everyone, from trainee starters to work with Dick Edwards, through to pit rakers, minibus drivers, report writers and anyone who can promote the club in local schools amongst lots of other jobs. If you can help please contact me on 01202 880767 or any committee member.

Now we are moving into the new season of cross-country and Sports:Hall. Ian Kennedy is doing a fantastic job in recruiting cross-country runners but the more successful he is the more he will need help with the management and transport of the team.

If you were at Canford on 3rd October you will have been impressed by the turnout in red and black at the first of the season's Sports:Hall events. Lorraine, Paula and the two Steves produced a really good turnout though the girls were definitely the stronger team. Thank you to those who helped with the judging. Again the more successful we are in getting athletes to turnout, the more we need adult help to make sure that the athletes get to their events on time.

Road running will also need your help particularly at the Wimborne 10 on November 21st which the club, led by Jerry Shield, organizes, and also the Blandford Bridges run in June organized by Steve Guy.

We value our volunteers and we always try to say thank you. To paraphrase President John F. Kennedy 'Think not what your club can do for you but what you can do for your club'.

## WAC AGM, Awards and Disco - 12 November, Colehill Cricket Club

We will be having our Awards Night on Friday 12 November at Colehill Cricket Club. The AGM starts at 7pm, with the award presentations from 7.30pm. To round the evening off we have the 'Night Train' disco. Tickets are £4 per head, up to a maximum of £14 per family. Come along and support your fellow team mates as we celebrate this year's achievements – join in the party atmosphere until late. See you there! Information will be sent out towards the end of October.

## Track talk

The summer is fading fast and the track and field season is at an end unless you are in Delhi. In the South West League we were the strongest team in the league holding up everyone else! This is a league that any one can have a go at, and one or two senior lady sprinters have been seen strutting their stuff. It only takes a few more to come and we can lift off. We invest heavily in supporting this league and perhaps in 2011 we can make progress. Elsewhere we join together with others to form Team Dorset. In the Southern Women's League we had one poor match but then showed promotion potential with a second place out of ten. Similarly in the Southern Men's League a few extra athletes particularly in the technical and distance events could put us in the frame for promotion in 2011. The Young Athletes League saw us stay in the top flight in the south fairly comfortably. Our congratulations to Matt Curtis on his performance at the English Schools – definitely a medal contender in 2011.

## Jumps Session

As it is getting dark in the evenings I have suspended the high jump session but Lorraine and I will be running a jumps session at 2.30 on the Wednesday of half term 27th October at QE. Other sessions may also be on offer.

*Peter Impett*

## TEAM DORSET ATHLETICS NETWORK

Two part-time staff have been appointed to assist the development of the Team Dorset Athletics Network (Dorchester AC/Poole AC/ Weymouth St Paul's Harriers & AC/Wimborne AC) - Lindsay Hole (Volunteer Co-ordinator) and Trudi Carter (Coaching Co-ordinator). Trudi has a background in sports development and teaching. She was previously employed as Athletics Development Officer for Dorset and was co-founder of the charity Impact Athletics, as well as being an athlete registered to Wimborne AC/Team Dorset. Lindsay has been a volunteer for Bournemouth and Poole Volleyball Association for over five years, co-ordinating marketing materials, events and several teams. She has been in senior administration roles gaining experience in sales & marketing, creating databases and personnel management.

Trudi and Lindsay will be visiting all of the clubs shortly and regularly liaising with the members and those who run the clubs to help meet the network's goals.

If you have any ideas, they would like to hear from you, contact them by emailing Trudi [tc@impactathletics.org.uk](mailto:tc@impactathletics.org.uk) or Lindsay [woodlands20@hotmail.com](mailto:woodlands20@hotmail.com)

Please visit the new Team Dorset Athletics Network website @ [www.teamdorsetathletics.co.uk](http://www.teamdorsetathletics.co.uk)

## SUMMER WHAT'S THAT ALL ABOUT ... TRACK & FIELD *by Steve Snook*

Wimborne Athletes have been extremely busy during this year's T&F season, competing in open meetings, championship competitions and league matches.

We'll start with the South-West League. For those that don't know, this league is for all ages from U13 upwards, and we started all the way back in April with the first match of the season in sunny Plymouth. We had our largest turnout of athletes for some considerable time, among them many first timers at T&F. Everyone acquitted themselves really well and it was great to see so many of the endurance group competing there. The good team spirit and camaraderie at Plymouth was great to experience and it was good to see that maintained throughout the season in all the fixtures. We had three other matches in this league, one at Millfield and two at Yeovil – sadly none of which we managed to match the numbers we had at Plymouth.

Next we'll move on to Southern Women's League. We enter this league as Team Dorset in conjunction with Poole AC, Dorchester AC and Weymouth. This league is open to all female athletes from the U15 age group and upwards and it started at the end of April with a match in Oxford, where Wimborne provided over half the team. There were a further four matches in such diverse locations as Braunton, Salisbury, and Bournemouth (twice). We proved that Team Dorset can do really well in this league – but only if we get athletes to the matches. Where we got a good turnout we were coming second, and on other occasions we were propping up all the other teams. Consistency would have seen promotion to the next division.

The Southern Men's League is another in which we compete as Team Dorset. This league is for U17s and upwards. It was great to see some of our new U17s competing in this league for the first time together with the 'old lags'. The Southern Men's League didn't start until the beginning of May, but, unlike the women, we managed to put out a good team for every match and got a solid position in the table as a result. We had five matches in this league, and, like the women, we had two 'home' matches at Bournemouth, together with trips to Plymouth, Basingstoke and Salisbury.

Our flagship league is the Young Athletes League for U13 to U17s only. Again this is entered as Team Dorset and, it was uncertain how we would fare this year in the Premier Division, with a number of established quality athletes now too old to compete. We needn't have worried as a good set of results throughout the league matches saw us maintain our Premiership status. A revamped league structure meant that there were only four fixtures this year and these were at Eton, Winchester, Portsmouth and Guildford, and it was appreciated that the travelling required was much less than last year.

As well as these league fixtures, we had athletes competing in County Combined Events Championships, County Track and Field Championships, South of England Championships, South West Counties Championships and English Schools Championships amongst others.

So, as you can see, it was an incredibly busy summer for a lot of us with only a handful of spare weekends.

We have to say:

- a huge well done to all the athletes that competed this year
- a massive thanks to everyone who helped in any capacity (officiating, taxi driving, team managing etc) another massive thanks to all the parents for supporting us – and, for some, taking the plunge and having a go as well!

One final plea to end up with ... if anybody feels able and is willing to help out in a more official capacity e.g. team managing or officiating then please let us know - athletics at grass roots level relies on willing volunteers to help run clubs and events and without those volunteers, there would be no athletics.

Well done everyone – enjoy your winter training!

### **SPORTS:HALL** by Steve Snook

This winter season's Sports:Hall competitions have started already with the first of three league matches at Canford School.

For those that don't know what Sports:Hall is, it is a colourful, noisy and fun indoor athletics competition for athletes from the age of 9 up to the age of 15. Athletes can take part in three events on the day – an individual track event, a field event and a relay. Teams in the league are ideally made up with a maximum of 12 athletes so that all the events can be covered and the team can maximise their points total.

This year's first league fixture was at Canford School. Our U13 girls performed fantastically well and, as a team they are currently in second place in the league by a mere handful of points. Their position is due not only to some outstanding individual performances netting maximum points, but also by filling all the events on offer – it really was a great team effort. Our U13 boys were individually just as successful as some of the girls, but due to there only being four present on the day could not gain a good team points total – are there any boys out there?

The Sports:Hall fixtures for this winter are as follows:

Sports:Hall League Match 2 – Saturday 23rd October – Canford School  
County Championships – Sunday 21st November – Canford School  
SW Region U11 Festival – Saturday 22 January 2011 - Torbay  
Sportshall League Match 3 – Saturday 29th January 2011 – Canford School  
SW Region U13/U15 Championships – Saturday 5th February 2011 – Torbay

If you want to take part please contact your coach or team manager:

Girls Team Manager: Lorraine Winton/ Paula Hine  
Boys Team Manager: Steve Snook/ Steve Henderson

### **CROSS-COUNTRY – 2010/2011** by Ian Kennedy

Our endurance athletes have worked really hard on the track over the summer and the commitment they have shown sees us heading into the new cross-country season with real cause for optimism. A number of them have already competed in the East Dorset Schools cross-country series and recorded some excellent results.

Wimborne AC compete in two cross-country leagues. The Hampshire League is one of the best regional cross-country leagues in the country, so guarantees our young flyers, some very good competition. We also compete in the Wessex League this is a more local low key affair.

Over the past two seasons competing in these two different environments has really helped us to nurture the young talent that we see at our training sessions.

Our season opened last weekend (9 October) in the Hampshire League at Farley Mount Country Park near Winchester. Pre-meeting optimism looked well placed when, in the new season's first official race, Abbie Hine took 6th place in the under-13 girls event. This is the best result from a Wimborne runner since we joined the league in 2008. Just 15 minutes passed before Piers Copeland equalled that feat in the under-13 boys race. These were not our only causes for celebration as we also saw some very encouraging race debuts as well as much improved performances from others.

Our next race is in the Wessex League at Avon Heath Country Park (between Ferndown and Ringwood), it has now been scheduled for 31 October. I am really hoping to see some more race debutants emerge from our expanding numbers at the Saturday training sessions. The Wessex League also has the advantage that there is an under-11s race which gives a chance for our youngest athletes to show what they can do. If you haven't yet tried cross-country with us and would like to compete at Avon Heath please get in touch with me either on 01202-577081 or [ian@wimborne10.co.uk](mailto:ian@wimborne10.co.uk) Likewise if you would like to be placed on the e-mailing list for the endurance group please get in touch .

Our remaining cross-country league races are as follows (not revised dates and venues):

31 Oct Avon Heath (Wessex); 13 Nov Goodwood (Hants); 28 Nov Salisbury (Wessex);  
4 Dec Popham (Hants); 15 Jan Reading (Hants); 23 Jan Ham Hill (Wessex),  
12 Feb Salisbury (Hants); 27 Feb Bournemouth (Wessex)

The County Championships take place on Saturday 11 December at Canford Heath.

## **ROADRUNNING** by Ian Kennedy

Looming large over the roadrunners is the annual road race, the 'Wimborne 10'. The race attracts 500 runners and takes a lot of preparation work to stage. The race HQ will be at the roadrunners base, Wimborne Town FC, and the start/finish line is at Pamphill. There are any number of jobs to do on the day: marshalling road junctions, car park attendant, manning water stations are just a few of them. If you are interested in volunteering your help on the day Jerry Shield would be very pleased to hear from you. Contact Jerry at [jerry@wimborne10.co.uk](mailto:jerry@wimborne10.co.uk)

The Wimborne AC roadrunners take part in the Dorset Road Race League with both our men's and ladies' teams in their respective top divisions (made up of seven teams). The league is consists of 12 races. With just two races left to go our men lie in fourth position in the league and have a good chance of closing in on third place. The runaway winners of the league once again are Bournemouth AC and it looks as if Poole Runners will secure the runners-up spot. Our ladies team is holding 5th place in their division, and they have the chance take to take 4th spot.

Amazingly in the 10 races so far 65 runners have represented Wimborne in the league this year (only Poole Runners and Littledown Harriers have had more). We have, however, managed to record more race finishers than any other club in the league, 216. With race distances ranging from 5 to 20 miles the WAC roadrunners have clocked up an incredible 2,272 miles so far, there is a real chance that we can break through the 2,500 miles barrier in the final two races - Weymouth 10m on Saturday 23 October and Gilly Hilly (7.5m) on Sunday 7 November. Of the 24 runners on track to collect Fidelity awards at the end of the season, six wear the red of Wimborne – Jon Braund, Julie Gosling, Ian Kennedy, Wendy Kennedy, Jools Maskell and Jerry Shield. With two races to complete Jools and Jerry have already stacked enough points to be our highest placed finishers in the Dorset League.

Keep up to date with the roadrunners activities in the *Roadrunners Newsletter*, the latest edition runs to a not insubstantial 12 pages and was published the first week in October. You will find a link to the newsletter from the home page of the club website.

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