

# **WIMBORNE AC NEWS**

**Autumn 2019**



## **South West League Champions 2019**

**FROM THE CHAIRMAN** *Jason Hall*

Well we have had a fantastic season this year, we are South West League Champions, no mean feat for a club of our size. It has also been an amazing year for our athletes with so many new personal best performances and also new club records (some that have stood for nearly 20 years!). So a huge WELL DONE to everyone who has helped make this possible.

As a club we must be doing something right, but rather than resting on our laurels I think that we now need to start looking towards the future so that we can support all of our athletes better than we may have been able to in the past. What I would like to do is start to update our training facilities to help all of our athletes. Initial ideas include adding a discus circle and cage (at QE), upgrading the shot circle and adding a proper shot sector (at QE), looking at the feasibility of adding lighting on the track and long/high jump areas (at QE) and liaising with the Camp at Blandford to do what we can to help the Army improve the facilities there.

Clearly this will cost us extra money that I was hoping we can get through various fund raising efforts. If you would like to do something to raise money

for the club please let me know. Any funds raised will be ring fenced in our accounts for spending on our facilities and I will add a page to the website that shows how we are progressing and keep it updated as we launch new fund raising events and update our facilities.

With this in mind you may know that I am a sprinter by trade but earlier this year I entered the Amsterdam Marathon with the aim of using this as a fund raising event for our club. My training is going well though putting the distance involved in perspective for a sprinter is not easy. A Marathon amounts to 105 400m races. It's a big jump from running 400m but I think that I'm getting the pace right!

I would therefore like to invite anyone who would like to sponsor me to send me an email ([jason.hall.5691@gmail.com](mailto:jason.hall.5691@gmail.com)) with how much you would like to donate to the club for our facilities (with the subject of the email saying Marathon Sponsorship - so it's easy to find them in my inbox).

We will also be sending out emails to members when appropriate to ask if anyone has specific skills that could help us when we come to planning updates to our facilities, buying materials and then installing them. If any parents can help with this, know people who may be able to get us good deals, or even just come along and help out in any way it would be greatly appreciated.

Well, with the Track and Field season over it's time to look forward to the Cross Country Season, Sportshall and our winter training programmes. **Come on Wimborne!**

## **WAC NEEDS**



**YOU**



Finally we still need volunteers to help us within the club during training sessions and at competitions. Don't be worried as most of the tasks are quite simple and there will always be someone there to help if you are unsure about anything. Any help that you can give would be greatly appreciated as we can't support our athletes ambitions without volunteer help, **YOUR HELP**, so please speak with me or any of the coaches about how you could help.

## Wednesday Training

With effect from Wednesday 23rd October the session for older athletes will commence at 18:15 and run until 19:45. The pole vault group times may vary slightly from this. We will be booking an indoor court from 18:00 to 20:00 to aid Sportshall preparation and as partial insurance against bad weather. All athletes are reminded that due to loss of daylight and weather conditions, training in the winter cannot cover the usual range of run/jump/throw options and sessions will revolve around circuits, strength and conditioning.

## ROAD RUNNING *Nick Solomon*

The road running season consists of autumn and spring marathons with a lot of other distances and events in between. In spring the showcase event was the London Marathon and this year Men's Captain - Chris Wood broke the club record running the 26.2 mile course in 2 hours 29 mins and 9 seconds. He was joined by 4 other WAC runners Mike Carhart-Harris (3:29:00), Chris Heckford (2:48:25), Neil Hopkinson (3:34:24) and Jerry Shield (3:08:26).

Jerry Sheild was in action again in May coming home in first place in the Dorset Invader in a time of 11 hours 57 mins 11 seconds having run 17 laps of a 5 mile "farmland" course!

There are a host of races that Road Runners compete in alongside other clubs from Dorset and surrounding counties. The Dorset Road Race League consists of 12 races of varying distance between 5 miles and a full marathon. Currently Chris Wood and Wendy Kennedy are the highest placed WAC runners. During the summer months Poole Runners host a series of 5k events at Upton House. This year Andy Beckett was the ever present competing all six races.

Our regular club nights during the summer present an opportunity to introduce novel and fun sessions. This year we held a taster session which attracted 50 runners including some graduates from our BytheWay Couch to 5k programme as well as a group from Kingston Lacy Lady Runners. Other sessions included the Club Mile, Battle PT and the Bleep Test.

In October the road runners relocate to their winter training venue of Colehill Sports and Social Club. Each Thursday training session is structured to focus on a different aspect of road running under the guidance of Coaches in Running Fitness: Jerry Shield, Phil Whitehurst and Michele Whitehurst. This year there is a slight change to the programme with the first Thursday of each month session starting from the Willett Arms and consisting of a general run avoiding "some" of the hills around Wimborne.

The annual Wimborne 10 Road Race takes place on November 17<sup>th</sup>. The race is already full as it is a Dorset Road Race League event this year. You may have missed the opportunity to enter this year but you can still volunteer as a marshal by contacting Race Director Steve Wyatt ([spwyatt@aol.com](mailto:spwyatt@aol.com))

## **CROSS-COUNTRY 2019/20 – *Bring it on!* Ian Kennedy**

We're heading into a new cross-country season which starts on the final weekend of this month which will take us through to the end of March. Across the whole club the 2019 track season has been a quite extraordinary one as recounted elsewhere in this newsletter – the middle distance runners were no exception.

Nine middle distance track club records were improved this summer by Piers Copeland (three), Grace Copeland and Emily Shaw (two each) and steeplechasers Isabella Cox and Marianna Sawyer (both one). Highlights from 2019 have included Piers coming second in the 1500m in the European U23 Championships, and also breaking the 4 minute mile in London's Olympic Stadium; Emily Shaw becoming English Schools Champion over 3000m and then winning over the same distance representing England in a Home International; and Grace Copeland recording the 6<sup>th</sup> fastest time in the world this year so far (as I write this) for an under-20 woman for a 10k road race – all those with faster 10k times than Grace are Ethiopians or Kenyans!

So, hold on tight, cross-country here we come! We'll have team members competing in XC for WAC for the first time and others building on valuable experience gained in previous years. The club competes in two cross-country leagues – the Hampshire (on Saturdays) and the Wessex (Sundays).

Fixtures in the Wessex League always include races for under-11s (the youngest athletes must have reached their 8th birthday by 31/8/2019 in order to compete) and the age groups continue right through to seniors.

The Hampshire League opens with a local race, in Bournemouth. This league is for athletes from under-13 through to seniors, although some fixtures (including the Bournemouth one) also have u11s races.

Subscribe to the weekly cross-country emails by contacting [ian@wimborne10.co.uk](mailto:ian@wimborne10.co.uk) and also apply to join the 'closed' Facebook group 'Wimborne Endurance Squad' for all the latest WAC XC news. The key dates for the cross-country season can be found on the club website <https://www.wimborneac.co.uk/cross-country/cross-country-fixtures/>

On entering the new year we will turn our attention to the major championship events which many Wimborne athletes will be competing in around the country. If all that were not enough, some members of the WAC Endurance Squad will also be taking part in the indoor athletics season. It's going to be a busy winter.

## **SPORTSHALL** *Paula Hine*

Sportshall Athletics is an **indoor** form of Tack and Field for young athletes. It is a multi-skill event that encourages competing whilst having lots of **FUN!**

Wimborne AC have entered the local Dorset league that takes place at Canford School, athletes aged 8-15yrs are invited to take part. Traditionally the club has done very well in this league. We are looking forward to supporting many new young athletes who will be competing in athletics for the first time, and others who will be striving to improve on last season's performances.

Come on Wimborne!!

### **Dates:**

Saturday 19<sup>th</sup> October 2 – 4pm

**Sunday** 27<sup>th</sup> October 12 – 2pm

Saturday 21<sup>st</sup> December 2 – 4pm

Saturday 25<sup>th</sup> January 2 – 4pm

Some of our athletes will go on to be selected to represent Dorset in the south west regional event on Saturday 21st March. Come on Dorset!!

For further information on Sportshall Athletics please contact Paula Hine  
**hinepad@me.com**

## **Athlete Welfare** *Glyn Davies*

Having recently attended a course on Safeguarding, one of the first questions to attendees was “do your athletes know who the Welfare Officer is?” Well, given that we do not have a clubhouse with a notice board to advertise such information, we thought it useful to remind people that we have 2 welfare officers: Glyn Davies and Lorraine Winton. Their contact details can be found in the Club Organisation section of our website.

If you have any comments or concerns regarding welfare issues, please feel free to approach us. Please be assured that all coaches and officials cannot operate under UKA licence without the appropriate DBS clearance.

## **WIMBORNE ATHLETIC CLUB CROSS COUNTRY FIXTURES 2019**

### **Wessex League**

29/09/2019	Match 1	Canford Heath Park
03/11/2019	Match 2	Lytchett School
24/11/2019	Match 3	Yeovil
15/12/2019	Match 4	Canford School

### **Hampshire League**

12/10/2019	Match 1	Kings Park
09/11/2019	Match 2	Winchester
30/11/2019	Match 3	Aldershot
11/01/2020	Match 4	Reading
08/02/2019	Match 5	Basingstoke

### **Other Fixtures**

12/10/2019	UK Cross Challenge	Llandaff Fields, Cardiff
19/10/2019	South of England XC Relays	Wormwood Scrubs
02/11/2019	National XC Relays	Berry Park, Mansfield
09/11/2019	UK Cross Challenge	Teardrop Lakes, Milton Keynes
23/11/2019	UK Cross Challenge	Sefton Park, Liverpool
11/01/2020	UK Cross Challenge	Kings Park, Stirling
25/01/2020	South of England Champs	Parliament Hill, Hampstead Heath
22/02/2020	National XC Champs	Wollaton Park, Nottingham
07/03/2020	Inter-Country XC Champs	Preswold Hall, Loughborough
14/03/2020	English Schools XC Champs	Sefton Park, Liverpool