

## **WIMBORNE AC NEWS** Spring 2022

### **FROM THE CHAIRMAN** Jason Hall

This newsletter is different to the usual newsletter as there are a few items that we need to bring to everyone's attention. Wimborne Athletic Club was formed in 1984, 38 years ago. We are lucky that several of the long-standing members are still actively involved in the club. Our coaches, officials, team managers etc. devote a combined total of well over 50 unpaid hours each week to keep the club running. The majority of this time is spent coaching our athletes. We do this because we love our sport and believe it is important to pass on our experience and enthusiasm to our athletes.

You will also notice that we will not be competing in two of the leagues that we have done in the past (Southern Athletic League via Team Dorset and the Young Athletes League (intermediate age group)). Again, this was a very difficult decision and one that was not taken lightly. As a club we have to provide a set number of officials for each league match in order for the competitions to take place. To do this we rely on our coaches and other volunteers but over the last few years a small number of people have been doing most of the work and it simply became unsustainable. Despite many requests for help via newsletters and our Facebook pages we were not able to recruit enough volunteers to be able to compete in these leagues. We are very disappointed that it has come to this but there is only so much we can do without additional help. So, if you can spare some of your time to help support your club please let us know.

### **Volunteers Urgently Needed**

I am sure you are all aware that prices of nearly everything have been increasing recently. This is also true of the costs that we have to pay for the facilities and equipment that we use. Each year we review the club finances to ensure that we can continue to deliver the best opportunities for our athletes and unfortunately, we are currently not recovering our costs. The current cost of £2 has been held for well over 10 years but we now need to raise this to £3 per session. This will come into effect from the 1st of April 2022. I hope you feel this continues to represent good value for the training coverage our athletes receive.

### **Training Fee increase to £3 per session from the 1<sup>st</sup> of April**

**Please also note that if you wish to compete for the club you must be a paid up member. See fixture list for this season later in this newsletter.**

On a positive note I thought that this would be a good opportunity to highlight what we do offer our athletes across all disciplines as you may not all be aware of the breadth of opportunity for club members. Anyone is welcome at any session (Please see our website for training times and age constraints)

### **ROAD RUNNING** Nick Solomon

Lighter evenings, warmer weather, yes it is spring and opportunities to explore the countryside out of bounds during the winter months are now well within sight. Not that the road runners have been sitting around indoors! We hold our regular club nights on a Thursday. You may have seen us in our hi viz attire negotiating the road works along Leigh Road or tramping up the pavements around Colehill. However, all that will change at the end of March when we relocate to our summer training venue at Pamphill Green.

The road race scene has gradually come back after the chaos caused by Covid. The Dorset Road Race League kicked off on New Year's Day at Broadstone with the first of 12 races culminating on 21st September with our own Wimborne 10.

The 2021 running of the Wimborne 10 saw over 400 runners compete a rural course from Pamphill to Shapwick and back. The race raised over £2000 for local charities including our main charity The Dorset and Somerset Air Ambulance.

Our run leaders are also supporting Wimborne Runners, part of the Run Together franchise which provides fun, friendly and supportive running opportunities for the community. Last year we ran a number of Couch to 5K programmes with a number of the group continuing to progress to 5k and 10k races and some are now training for their first half marathon. Buoyed by their success we intend to run another Couch to 5k course in April.

## **ATHLETIC TRACK EVENTS**

**Sprints**                      Contact        Steve Snook  
   Sat                QE Leisure Centre  
   Tue                QE Leisure Centre

We offer sprint training every Saturday and Tuesday at QE Leisure Centre. The sessions cover all abilities and are tailored for those attending each session. We aim to make these sessions fun and challenging with the ultimate aim of giving our sprinters the skills, confidence and strength to achieve their personal goals.

**Long sprints**                Contact        Paul Hine  
   Tue                Blandford Army Camp  
   Thu                QE Leisure Centre

Long Sprints or Speed Endurance sessions are held on every Tuesday and Thursday at Blandford Army Camp and includes specific hill work as and when required. We specialise in 200/300/400 metres (including hurdles) but also work with 800/1500 athletes looking to gain speed, technique or change gear. In recent years we have had athletes qualify for English Schools.

**Hurdles**                      Contact        Paula Hine  
   Wed                QE Leisure Centre

The hurdles sessions, running at speed over barriers, take place on a Wednesday evening at QE. They are for junior under 13 and under 15 athletes. Anyone wishing to train with this group should contact Paula before attending their first session. Some Saturday sessions might be available with Ed Arnold in the summer months and additional daytime sessions are often offered during the school holidays.

**Steeplechase**                Contact        Paula Hine  
   Wed                QE Leisure Centre

Steeple Chase is a hurdling event for endurance runners who are keen to try something different and may have enjoyed hurdling in the past. It is open to athletes aged under 15 and above of any ability. In recent years the club have had two athletes compete in the English schools for this event. Sessions are offered on an ad hoc basis according to demand. Please contact Paula if you would like to give this a go.

## **Endurance (800m and over, Cross Country)**

Leaders        Abbie Hine, Phil York  
Sat                QE Leisure Centre  
Tue                Various venues  
Thu                Blandford Army Camp

At Wimborne AC we offer a training environment for endurance athletes which is both friendly and inclusive. The Endurance Squad welcomes athletes of all abilities, ranging in age from 11 years right up to the masters age groups. With the cross-country season coming to an end, we begin to turn our attention to summer track and field meetings. The Tuesday and Thursday evening track sessions aim to develop and improve athletes at the middle-distance events, particularly 800/1500/3000m. Athletes are allocated to different groups depending on which pace they are comfortable with. The regular Saturday morning training sessions are designed to familiarise athletes with the different elements of cross-country running.

**Multi-events**            Contact            Trudi Carter  
                                 Sat                    QE Leisure Centre  
                                 Wed                   QE Leisure Centre

For those of you who are new to the format, combined events progress from a Quadrathlon to Pentathlons for both boys and girls then through the age groups with U17W and above competing in Heptathlon outdoors and Pentathlon indoors with the equivalent for the men being Heptathlon indoors and Octathlon outdoors for U17M and Decathlon for U20 and Senior men outdoors. The joy of combined events being that if you have a below par performance in one discipline you have the opportunity to make it up in the next. We train throughout the week and have spaces in the two-hour session on Saturday mornings from 9.30am-11.30am for budding multi eventers! So if you are interested in joining the squad please contact Trudi Carter.

## **ATHLETIC FIELD EVENTS**

**High jump**            Contact            Peter Impett  
                                 Sat                    QE Leisure Centre  
                                 Wed                   QE Leisure Centre (from April onwards)

The lighter evenings are coming and from the end of March we will be able to offer high jump on Wednesday evenings as well as Saturday mornings. It has been a little bit quiet this winter but soon I hope that we can enable jumpers who want to emulate Jack Williams, Ryan Webb, Dan Smith and Nick Fradgley who have all competed in the English Schools Championships and in Ryans case achieved international recognition. The sessions are tailored to your needs so come along and give it a try.

## **Long and Triple jump**

                                 Contact            Lorraine Winton  
                                 Sat                    QE Leisure Centre  
                                 Thu                   QE Leisure Centre

As a club we have a very successful jumps group with athletes currently ranked in the top 20 in the UK; our group consistently qualify for English Schools year on year and finish in the top 8 in the country; we have had many County Champions, County Schools Champions. At the moment we have 2 athletes on England Athletic Talent Programmes, Lauren Hill is on the Youth Talent Programme and Toby Hiller is on the Junior Talent Programme, both of these have been with the group for some time and are wonderful role models for the younger jumpers. Our group continually evolves as older ones move on and it's fed by the younger ones coming through, that said our future is very bright with the new talent emerging at the moment. Because jumping is such a technical event to be as successful as we are is a testament to all involved; check us out, you never know you may be good at it!

**Javelin**                    Contact            Ashley Long  
                                 Sat                    QE Leisure Centre

Javelin coaching within the club is tailored to the standard of the athletes attending, from beginners, who want to try out the event, through to more advanced Javelin event focused

