



2016-17 AGM Competition Reports

Track & Field Under 11 to Senior

This past season WSPH combined with Dorchester AC to compete in the Wessex League and South West league. Under 11's (age 9 -11) competed in the Quad kid events on the track & Indoor sportshall; Under 13 to Seniors and veterans 75+ have taken part in many competitions at local, County, Regional, National level and even International level, all gaining experience, having fun & producing some outstanding results. **Ben Jones** was Dorset County & Dorset schools u15 champion in 200m and Javelin, South West Intercounty champion in 300m & Javelin. **Jules Holloway** was Dorset schools champion for u13 200m and Long Jump. **Aidan Turner** was Dorset schools u20 2000ms/c champion. **Eve Montgomerie** was Dorset county u15 girls Shot Putt Champion. **Dorothy Fraser , Pete Clarke & Kevin Archer** took part in International competitions with **Dot** traveling to Australia to take part on the World Masters Championships

The following athletes selected to represent Dorset in competition:

- **Jules Holloway**
- **Ben Jones**
- **Eve Montgomerie**
- **Sam Monteith**
- **Reece Nutman**
- **Rihanna Nutman**
- **Jamie Richards**
- **Aidan Turner**

Team Dorset competition

WSPH along with Dorchester AC, Wimborne AC & Poole AC competed as the composite team, **Team Dorset**, in the Young Athletes leagues and the Southern Athletics league in 2016.

Participation was by selection and the following athletes competed for team Dorset last season:

Jules Holloway, Ben Kinsey, Eve Montgomerie & Adelaide Elsom, Holly Anderson & Pete Clarke

WSPH athletes also represented the club in track & Field at the Exeter Opens, Poole Open, Yeovil Opens, British Masters & South West Veterans league.

Sportshall Indoor competition for under 11 to under 15 athletes

WSPH athletes from age 8 to 15 have competed in the Dorset Sportshall league & Dorset County Sportshall championships. These competitions give the chance for athletes to athletics indoors over the Winter season. The following athletes represented WSPH during the Sportshall indoor season 2016/17;

Ben Jones, Reece Nutman, Joe Kinsey, Sam Monteith, Amelia Monteith, Rihanna Nutman, Brooke Dunham, Lauren Johnson.

Many of our athletes represented the club for each of the 4 meetings this season culminating in the County Finals in January. It was good to watch the team grow in number with many of our

younger athletes competing for the first time. A wide variety of events were entered including high jump, shot put, long jump, triple jump, vertical jump and speed bounce as well as the lapped races and relays whenever possible. The indoor events are lively and exciting for first timers and some of the team have several seasons left in their competitive age group with some good experience gained this year. It is always good to see parents and their offspring cheering on team mates. There were many successes across the 4 meetings.

Ben, Sam, Reece and Rihanna were selected to represent Dorset in the South West Sportshall event in Torquay in February.

Cross Country under 11 to Senior 2015-2016 season

During this past Cross Country season, athletes for WSPH have taken part in a variety of races including the Wessex league Cross Country league, Dorset County club and schools competitions, SW schools, English Schools & veterans Competitions, producing some excellent results. **Jamie Richards** took part in Wessex league races and was 8th in the u13 boys at the Dorset county champs. **Aidan Turner** came 3rd at the Dorset county champs Un 20 mens race and was also selected to run for Dorset. **Sam Monteith** also competed.

Park Run

WSPH have been heavily involved in the Weymouth park run, **a free to all event** that takes place every Saturday morning at 9am in Lodmoor country Park.

Numbers have continued to rise over the last year with over 300 people regularly part in each Saturday. Many WSPH athletes, both senior & juniors, have taken part.

You do not to be a member of the club to take part and is open to all ages, although under 11 year olds need to run with an adult. A Junior 2k parkrun is in the planning stages.

Jan Westhenry

Road Running

Road Race Report 8th Feb 2017

The club continues to be represented at all of the recent Dorset Road Race League races with more competing regularly than we have had for many years.

Congratulations to Susan O'Flanagan (9 events out of 12), Pete Clarke and Michael Smith (8) plus Phil Haddrell (8) -1st WSPH & Holly O'Flanagan (8) - 1st WSPH and 1st in age group for their league awards.

All 5 were at the Broadstone ¼ Marathon where Holly gained 2nd place in the U20 group and went one stage better by winning this age group at the Blackmore Vale ½ Marathon, while Jessica Marshall did the same in her age group and 3 other Harriers completed the race.

Since then, we have had 6 runners in the Lytchett 10Mile, 3 in the Bournemouth 10Mile, and 1 in the (extremely wet & windy) Wimborne 20K, the Malta ½ Marathon and Malta full Marathon.



In non-league races, members have enjoyed(!!) the delights of a very muddy course on the Bovington tank training area and a multi terrain course on Salisbury Plain.

Also - Congratulations to Gareth Manning who competed in the National Biathlon championships organised in Solihull by the Modern Pentathlon Association of GB. His swim and run secured an individual GOLD MEDAL for himself and helped the South West team win the Team event. Well done Gareth.

On the Marathon front, training is going well for London where we will be represented by Jess Marshall, Hannah Martyn, Susan O'Flanagan and Pete Clarke. Catharine Saggerson is aiming for the Southampton event on the same day as London having declined a club place at Brighton because of the shorter time allowed for training. Susan, Phil & Pete are entered for the Dorset villages Marathon at the end of April.

More Marathon news –

Congratulations to Michael Smith who completed his 200th Marathon on 21st August.

The Thursday pub runs continue to be popular as we are able to get off-road in the summer and explore new countryside routes. Our annual meets with Royal Manor of Portland AC have also been successful social occasions and we have also enjoyed the hospitality of different club members after runs and on other occasions which means that we have a really friendly group of all ages and abilities and a great atmosphere.



Parkrun continues to be well supported. There are hopes of starting a Junior (2K) Parkrun which might interest many of the Juniors. Info should be available soon.

As can be seen, there are plenty of varied opportunities so - **usual request**. If any committee members know of any runners who might be tempted to join us then please get them to contact me. We would be pleased to help them along.

Susan & Phil have been on an endurance coaching course & there is a possibility of starting a Couch to 5K group. Nothing until after the London Marathon but will keep you posted.

Norman White.
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Fixture List 2017

Bournemouth Open Events - (9yrs up – club or individual entry)

Sunday 2nd April 2017– Bournemouth Open – Kings Park, Bournemouth

Info & entry: <http://www.bournemouthac.co.uk/community/>

Sunday 10th September 2017 – Bournemouth Open – Kings Park, Bournemouth

Wessex league Fixtures - (8yrs- 16 yrs –club entry only) (Composite team with Dorchester AC)

Sunday 9th April 2017 - 1st Wessex league Fixture – Southampton

Sunday 4th June 2017 - 2nd Wessex league Fixture – Bournemouth

Sunday 25th June 2017 - 3rd Wessex league Fixture – Portsmouth

Sunday 16th July 2017 - 4th Wessex league Fixture – Andover

County Championships

Sat & Sun 29th & 30th April 2017 Dorset Schools Combined Events Championships – Millfield School (Yr8- yr13) Individual application (contact Jan Westhenry jwesthenry@hotmail.com)

Sun 14th May 2017 – Dorset County Championships -Bournemouth (Under13- senior) Individual application – entry form will be on DCAA site <https://sites.google.com/site/dorsetcountyyaa/>

Saturday 10th June 2017 – Dorset Secondary Schools Championships (yr7 -yr13 - through schools)

National Championships

See England Athletics website for entry forms. <http://www.englandathletics.org/england-athletics/english-national-championships>

Other Open Events (usually 9yrs + individual entry)

Yeovil

Saturday 1st April 2017 -Bill Whistlecroft Spring Athletics Festival - Hurdles, Chase and Heavy Throws <http://www.yeovilolympiads.com/yeovil-open-meetings/hurdles-s-chase-festival>

Sunday 2nd April -Bill Whistlecroft Spring Athletics Festival - Track, Jumps, Javelin & CP Series) <http://www.yeovilolympiads.com/yeovil-open-meetings/spring-open>

Sunday 10th September= Yeovil Games. <http://www.yeovilolympiads.com/yeovil-open-meetings/yeovil-games>

Mendip Opens (Enter at event)

Thursday 4th May 2017 – Events start at 5.30pm Milfield school Street

Thursday 25th May 2017 – Events start at 5.30pm Milfield school Street

Thursday 22nd June 2017 – Events start at 5.30pm Milfield school Street

<http://mendipac.org.uk/competition-events/mac-open-competitions/>

Exeter Open - (Enter at event) & BMC Graded Races (enter through BMC website)

<http://www.britishmilersclub.com/fixtures/bmcfixtures.aspx>

Last Tuesday evening of the month from April to August

BMC Academy PB classic (U11-senior) (enter through BMC website)

<http://www.britishmilersclub.com/fixtures/bmcfixtures.aspx>

Monday 1st May (TBC)– Milfield school Street (5.45pm start) (800m, 1500m & 3000m)