



2015-16 AGM Competition Reports

All athletes that competed for club in Track & Field, Sportshall & Cross Country:

Holly Anderson, Kevin Archer, Phoebe Barnes, Sierra Bell, Gracie Bell, Pete Clarke, Olivia Conning, Adelaide Elsom, Dorothy Fraser, Heisham Garrett, Kai Groves, Jules Holloway, Robert Hunter, Ben Jones, Caila Kirkpatrick, Ben Kinsey, Joe Kinsey, Reece McCabe, Amelia Montieth, Sam Monteith, Evie Montgomerie, Ruby Montgomerie, Reece Nutman, Rihanna Nutman, Ryan Purse, Jamie Richards, Abi Richards, Nial Turner, Aiden Turner, Sofia Voss, Ben Westhenry, Hannah Westhenry,.

Track & Field Under 11 to Senior

Another excellent year for WPSH athletes. Under 11s (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, Regional, National level and even International level, all gaining experience, having fun & producing some outstanding results. **Dorothy Fraser, Kevin Archer, Ben Westhenry & Ryan Purse** all competed in National Championships with **Dorothy Fraser, Pete Clarke and Ben Westhenry** taking part in International competitions. **Dot** won Gold in the 200m & Silver in the 60m in the **European Veterans Indoor Championships**. We've also had a bumper year for new club records. **Pete Clarke** set a new world record in the Icosathlon for the 70+ age group.

Highlights include:

Club records for:

U15 Girl – Eve Montgomerie – Shot –3k (9.47m)

U15 Girls – Holly Anderson 300m (46.4secs)

U17 Women – Hannah Westhenry -3k Hammer (37.11m) & 4k Hammer (31.67m), & 3k Shot (8.85)

Athletes in the top 100 UK Rankings for 2014:

- **Kevin Archer** vet 60+ 800m(Indoors)-8th, 800m -6th, 1500m (i)-3rd, 1500m-3rd Parkrun - 25th.
- **Pete Clarke** vet 70+ Pentathlon -4th, 100m -47th, 200m -49th, 400m-40th, 800m-28th, 1500m- 26th, 3k-30th, 5k-18th, 10k-9th, 300mhur-3rd, High Jump- 9th, Shot putt-24th, Long jump-30th, Triple jump-16th, Hammer-20th, Javelin-19th
- **Dorothy Fraser** 75+ 60m(indoors) -1st 60m -1st 100m -1st, 200m (i)-2nd, 200m -2nd, 800m(i) -4th, Shot putt (i) 2nd
- - Shot putt- 2nd
- **Hannah Westhenry** u17 Pentathlon 36th, Hammer (4k) 47th & hammer (3k) 74th
- **Benedict Westhenry**, u20- Parkrun 15th u23, 3k -50th, 1500m, 59th, 5k -58th

The following athletes selected to represent Dorset in competition:

- **Jules Holloway**
- **Ben Jones**

- Ryan Purse
- Eve Montgomerie
- Holly Anderson
- Sam Monteith
- Rihanna Nutman
- Jamie Richards
- Aidan Turner
- **Benedict Westhenry (2nd claim)**
- Hannah Westhenry

TOP PERFORMANCES

COUNTY & REGIONAL

Dorset County Championships 2014- top placing achieved by:

Under 11 Girls

- **Olivia Conning** – Silver in Long Jump & Bronze in 75m

Under 13 boys

- **Jules Holloway** –5th in Long Jump & 9th 100m

Under 15 boys

- **Ryan Purse** –4th in 3000m

Under 15 Girls

- **Eve Montgomerie** – Gold in Shot & Silver in Discus
- **Adelaide Elsom** –Bronze in High jump &
- **Holly Anderson** –Bronze in Shot & 5th in Long Jump
- **Sofia Voss** – 4th Hammer, Shot & Javelin

Under 17 Girls

- **Hannah Westhenry** Bronze in 300m, 4th Hammer, 5th 100m & 200m, 6th Shot

Under 17 men

- **Aiden Turner** – Silver in 3000m

Dorset Schools County Championships yr7-13 - top placing achieved by:

Junior Boys:

- **Ben Jones** – Bronze in 200m & 4th in Javelin
- **Nial Turner** – 8th 800m
- **Ryan Purse** – 7th 1500m
- **Robert Hunter** – 7th in Javelin

Junior Girls

- **Eve Montgomerie** – Gold in Shot & Bronze in Discus
- **Caila Kirkpatrick**- 4th Discus & 8th Shot
- **Adelaide Elsom** – Silver in High jump & 7th in Shot
- **Sofia Voss** – 4th Hammer & 9th Shot

Inter Boys

- **Aiden Turner** **Bronze** in 1500m s/c

Inter Girls

- **Hannah Westhenry** – 4th 300m & Hammer

South West T&F Championships – Exeter

- **Ben Jones u15**- 4th Javelin, 8th 300m & 10th 200m
- **Hannah Westhenry u17** – 6th Hammer & 6th 80m hurdles

South West Schools T & F Championships – Exeter

- **Eve Montgomerie** – 6th Junior Girls Shot
- **Hannah Westhenry** – 4th Inter Girls Hammer

South West Inter County Cross Country Championships - Exeter

- **Aidan Turner - 21st**

South West Schools Cross Country Championships - Gloucester

- **Ryan Purse junior boy - 18th**

Team Dorset competition

WSPH along with Dorchester AC, Wimborne AC & Poole AC compete as the composite team, **Team Dorset**, in the Young Athletes leagues and the Southern Athletics league. Participation is by selection and the following athletes competed for team Dorset last season:

U13/15 YAL– Jules Holloway, Ben Kinsey, Robert Hunter, Ben Jones, Ryan Purse, Caila Kirkpatrick, Holly Anderson, Eve Montgomerie & Adelaide Elsom

U17/20 YAI – Aidan Turner & Hannah Westhenry

SAL – Pete Clarke, Aidan Turner & Hannah Westhenry

For more information on Team Dorset please go to their website

<http://www.teamdorsetathletics.btck.co.uk/Home> or call Jan on 01305 816354

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 compete indoors over the Winter season. The following athletes represented WSPH during the Sportshall indoor season 2015 / 2016;

Ben Jones, Holly Anderson, Reece Nutman, Jules Holloway, Heisham Garratt, Jamie Richards, Joe Kinsey, Sam Monteith, Abi Richards, Amelia Monteith, Rihanna Nutman, Sierra Bell and Gracie Bell.

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 putt, 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. Holly, Jamie, Sam, Rihanna and Jules 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. **Aidan Turner & Jamie Richards** took part in Wessex league races. Aidan also came 6th, Dorset County champs and was also selected to run for Dorset, at the South West Inter Counties in the u17 men's race.

In schools XC, **Aiden Turner, Nial Turner, Kai Groves, Ryan Purse, Jamie Richards and Brodie Asker** all took part in various events. At the Dorset Schools championships **Ryan Purse** won the Junior Boys title & represented Dorset at South West Schools. Ryan also travelled up to Nottingham to run for Dorset at the English Schools Championships.

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. WSPH's **Michelle Kennedy** was a key figure in setting up Weymouth's parkrun and organising the runs until she left Weymouth. However **Phil Haddrell** has stepped in to take Michelle's place and **Kevin Archer** continues to run regularly as well as volunteering and leading the warm-up

Numbers have continued to rise over the last year with over 200 people regularly part in each Saturday. Many WSPH athletes have taken part both senior & juniors, & we currently have 2 age group record holders, **Ben Westhenry** in 15-19 men & 20-24 men (& over all course record holder) & **Kevin Archer** in 60-64 men.

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.



Jan Westhenry

Road Running

Numbers at club sessions on Tuesdays & Thursdays are still very variable but we continue to train & also organise various social gatherings throughout the year. Unfortunately we have lost two of our stalwarts as **John & Michelle Kennedy** have moved due to job relocation.

Once again, although not present in numbers, WSPH runners have been present at most of the Dorset Road Race League races and many other local events in the past year. **Michael Smith & Pete Clarke** once again have been our most consistent performers. Michael is on target to complete his 200th Marathon in early summer.

Susan O'Flanagan was awarded the club place for this year's Virgin London Marathon and will be accompanied by **Hannah Martyn & Matthew Rowbotham**. We wish them all the best.

Jessica Marshall was awarded the club place in the Brighton Marathon while club members have completed Half Marathons in Cardiff, Bournemouth, Newcastle and elsewhere.

Phil Haddrell & Susan O'Flanagan were 1st man & lady WSPH members in the Weymouth 10 (our club Championship race)

Our two annual social runs with members of Royal Manor of Portland club were once again very successful & we are looking forward to repeating them this summer. Several members also joined in to accompany Ben Smith when he visited Weymouth as part of his 401 Challenge - an incredible 401 full Marathons in 401 days – which was an uplifting experience for us.

Weymouth Park Runs at Lodmoor continue to be popular and many WSPH members of all ages have taken part in these, either running or as volunteers.

If anyone is interested in joining us on Tuesday or Thursday evenings they would be very welcome and can find out further details from me or any of the road runners.

Norman White.

Fixture List 2016

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

Sunday 27th March– Bournemouth Open – Kings Park, Bournemouth

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

Sunday 11th September 2015 – Bournemouth Open – Kings Park, Bournemouth

Wessex league Fixtures - (9yrs- 16 yrs –club entry only) (Composite team with Dorchester AC)

Sunday 10th April - 1st Wessex league Fixture – Southampton

Sunday 12th June - 2nd Wessex league Fixture – Bournemouth

Sunday 26th June - 3rd Wessex league Fixture – Oxford

Sunday 17th July - 4th Wessex league Fixture – Poole

SW league Fixtures - (U13s-Vetran–club entry only) (Composite team with Dorchester AC)

Sunday 8th May- 1st SW league (div 2) fixture- Plymouth (tbc) Coach Transport available

Sunday 5th June (TBC)- 2nd SW league (div 2) fixture- Millfield, Street (tbc)

Sunday 3rd July -3rd SW league (div 2) fixture- Branton (tbc) Coach Transport available

Sunday 31st July SW league cup- Exeter (tbc)

Sunday 8th May- 4th SW league (div 2) fixture- (tbc)

Team Dorset Competitions

National Youth Development league -(Under13-under15)- Team Dorset by selection sees Jan Westhenry (01305 520014 or 07578619948) if interested) more info on TD website:

<http://www.teamdorsetathletics.btck.co.uk/Athletes>

Saturday 23rd April -National Youth Development League -Poole

Saturday 21st May - National Youth Development League - Guildford

Sunday 19th June - National Youth Development League – Norbiton

Saturday 16th July 2015 - National Youth Development League – Walton-On-Thames

National Youth Development league -(Under17- under20)- Team Dorset by selection see Jan Westhenry (01305 816354 / jwesthenry@hotmail.com) if interested) more info on TD website:

<http://www.teamdorsetathletics.btck.co.uk/Athletes>

Sunday 1st May- National Youth Development League – Harrow

Sunday 29th May - National Youth Development League – Stevenage

Sunday 26th June - National Youth Development League – Crawley

Sunday 24th July - National Youth Development League – Norfolk (possible overnight-details to follow)

Southern Athletics League - (Under17 to veteran) Team Dorset by selection – see Jan

Westhenry or Pete Clarke if interested

more info on TD website: <http://www.teamdorsetathletics.btck.co.uk/Athletes>

Saturday 16th April– Southern Athletics league – Poole (Under17 to veteran)

Saturday 22nd May – Southern Athletics league – Horsham -(Under17 to veteran)

Saturday 18th June – Southern Athletics league –Swindon -(Under17 to veteran)

Saturday 9th July – Southern Athletics league –Worthing -(Under17 to veteran)

County Championships

Sat & Sun 23rd & 24th April 2015 Dorset Schools Combined Events Championships – Millfield School (Yr8- yr13) Individual application (contact Jan Westhenry jwesthenry@hotmail.com)

Sat & Sun 14th & 15th May 2015 – Dorset County Championships -Bournemouth (Under13- senior) Individual application – entry form will be on DCAA site <http://www.dorsetathletics.co.uk/index.php>

Saturday 11th June – 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 Open – Saturday 30th April (8+) -Yeovil

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 4th May – Millfield school Street (5.45pm start) (800m, 1500m & 3000m)