

Isle of Man Veteran Athletes Club

Newsletter - Dec 2015

Part 1



IOMVAC Club Information:

Committee and Contact Details 2015

The following committee members were elected / re-elected at the AGM on the 26th January 2015

		Home No.	Mobile No.	
President	Dursley Stott			
Chairman	Terry Bates		202009	4t8@manx.net
Secretary	Maureen Kelly	834117	451869	mokelly@manx.net
Treasurer	Neil Cushing	845946	470948	neilcushing@me.com
Race Secretary	Carolyn Magee		496668	carolyn.magee@hotmail.co.uk
	Colin Watterson			
	Lesley Christian	829164	417773	lesley_christian@hotmail.com
	Mandine Wilson	829104	452515	mandine@manx.net
	Enid Watson	801373	462716	enid@manx.net
Webmaster	Adrian Cowin			metmann@hotmail.com

For Newsletter feedback or items for inclusion in the next issue contact: Sue Ackroyd greygoose@manx.net

1. Club Announcements (all available on the IOMVAC website iomvac.co.uk)

LONDON MARATHON CLUB PLACES:

Club places for the 2016 Virgin Money London Marathon have been reduced by 500, resulting in our club only being allocated only **ONE** place. This has been awarded to **Richard Gerrard** who was the lucky member to have his name pulled out of the hat. Good luck to Richard.

AGM: Due January 2016. Venue, date & time to be confirmed. All members will be notified of details by email or other means and will be published on the Website very shortly.

Forthcoming CLUB RACES in 2016:

- **Vets 20 miles – Sun 6th Mar (NSC):**
All details will be made available on IOMVAC website ASAP: iomvac.co.uk
- **Vets Spring Handicap – Thurs 17th Mar (NSC):**
All details will be made available on IOMVAC website ASAP: iomvac.co.uk
- **IOMVAC AWARDS Qualifying races coming in Jan – Mar 2016:**

IOM Veteran AC Road Running Shield Races	To be confirmed
IOM Veteran AC Walking League Races	To be confirmed
IOM Veteran AC Fell Running League / Championship Races	To be confirmed

BRITISH & IRISH MASTERS CROSS-COUNTRY INTERNATIONAL:

In the British & Irish Masters Cross Country International held in Dublin on Saturday 14th November 2015, IOMVAC member **Gail Griffiths** ran for England **finishing 3rd** in the 50 age group, winning the **bronze medal**, and was also part of the England team that won **team gold** in that age group. Well done Gail. We are proud of you.

LANCASHIRE CROSS-COUNTRY CHAMPIONSHIPS:

Coming up 9th January 2016. Postal entries closed 17th Dec 15. Good luck to any of our members going to compete.

VISITING WALKER WILL NORBERT (Note from Henry de Silva):

Will Norbert who is a regular visitor to the walking races on the Island, at Lyon he won 4 medals. A Bronze at 5K, Bronze at 10k, Silver at 20K and Gold for the over 70's team – a punishing schedule for an over 80 year old man. He must have several “all-comers” records on the island. He was first over 80 competitor in the last 1 hour walk.

I have a walking print guaranteed over 100 years old £10.00. See Henry de Silva 880863.

BRITISH MASTERS CHANGES:

You may already be aware that the BMAF are changing their systems with the new system being maintained and accessed via Open Track. Details are available on line at www.bmaf.org.uk. With this new system you will no longer get the “Masters Magazine” through the post. This will be available on-line instead. For further details, go to our club website or BMAF website. For those members who do not have internet access, they are able to purchase the magazine if they wish to do so. They will be contacted separately.

NEW RACE on the ISLAND – PROM RUN 5k (Douglas)

We all welcome the chance to have a go at a new race and IOMVAC member Chris Cale of Up and Running has organised a 5k run / jog / walk / stroll race along Douglas prom sponsored by Skanco on the following Saturday dates:

16th January, 27th February, 19th March, 2nd April, 30th April & 21st May.
All starting at 10am.

The idea is to attract all different types of folks to take part and get active alongside experienced runners and walkers. Doubtless the race will be against yourself. Please go along and support Chris & support others just starting out. Cost per race is £6. Apply online at myraceresult.com/facebook



NOTE: Members' Race Results and 2015 Final Club league Positions are in Part 2 of this Newsletter (separate file):

We have so much information to give you this quarter the Newsletter has been split into 2 parts. Part 2 lists all Members' results for Oct-Dec 2015 and Walking League, Running Shield and Fell Running Final League positions. Thanks to Alan Postlethwaite, Mo Kelly & Ian Callister for maintaining these throughout the year.

SPECIAL OFFER for IOMVAC Members from Physio STEVE BREARLEY

Injury Treatment £10 per session (normal price £20)
Sports Massage £15 per session (normal price £25)

Steve is based at Living Well, Palace Hotel, Douglas
Tel: 453072 to make arrangements

Notes from Sue

By the time you read this Newsletter the Season of Peace, Goodwill and general over-indulgence will have come and gone. With the New Year Festivities just behind us, the time of reflection of your 2015 achievements will doubtless be underway. I hope you achieved many of the goals you set for yourself and that you now hit 2016 in a really good place.

I won't be alone in failing reach my targets in 2015. They were all achievable but I just forgot to tell my body the details (or do sufficient training) so when I arrived at the start line, each event came as a bit of a shock. My plans for 2016 are simple; to train more consistently starting at week 1. What are yours?

So looking back at the last quarter of 2015:

Congratulations to all those members who took part in the very first running of the Laxey-based Sea to Summit race in memory of Kate Burge. Thank you to the 12 members who represented our club in this race. There are some lovely photos on facebook and nearly all are smiling, so it was obviously a very enjoyable event.

Our Autumn Handicap event attracted the usual candidates and again there are many smiling faces on Facebook. Well done to those who took part.

We are all aware that the Island's weather has been unseasonably wet in late 2015, and our thoughts are with our friends and relatives at home and across who have been pretty badly affected by repeated and severe flooding. The monstrous weather was the reason for the cancellation of Round 2 Cross-Country event at Ballanette on 8th Nov 15. For me, cancellation of any Cross Country event confirms we've been having it bad, as XC runners are a very hardy species.

We again had a very successful Syd Quirk Half Marathon with a total of 147 runners (20 Club members) and 44 walkers (8 Club members) completing the course in excellent times. See photos at end of this Newsletter.

And finally a big thank you to all who have helped / supported our club during 2015. Please try to attend the Club A.G.M. in January to have your say and give your thanks to the members who work in the background to make it such a successful operation. Thank you too, to all who have contributed to this Newsletter during 2015. You have made the job a whole lot easier with your input, thoughts and comments.

Here's to a Healthy, Happy and Successful 2016 in which we all stay injury-free and achieve our training targets, hopefully to arrive at the start line of many 2016 races knowing we've done the best preparations we could. See you on the start line.

Sue A

Email: greygoose@manx.net

Please note: The editor / committee reserve the right not to publish any comments or named parties if they have the potential to cause distress to others.

Errors/Omissions from the Sept Newsletter: None notified.

2. Up and Coming Races January - December 2016 (Information extracted from IOMAA site)
Please Note information here may be subject to change see IOMAA website for confirmation.

Month	Event	Website
JANUARY		
Friday 1st	St Johns FR	manxfellrunners.org
Thursday 7th	Ramsey Bakery Firemans Runs 3	naciom.org
Sunday 10th	Winter Walk League 4	manxharriers.com
Saturday 16th	5K Prom Run	manxharriers.com
Sunday 24th	Microgaming IOM Cross Country League 4 and IOM Cross Country Champs	iomaa.info
Saturday 30th	Ard Whallin FR	manxfellrunners.org
FEBRUARY		
Thursday 4th	Ramsey Bakery Firemans Runs 4	naciom.org
Sunday 7th	Winter Walk League 5	manxharriers.com
Sunday 14th	Microgaming IOM Cross Country League 5	iomaa.info
Saturday 20th	Baldwin Valleys FR	manxfellrunners.org
Saturday 20th	Open Walks and Run (10km)	manxharriers.com
Saturday 27th	5k Prom Run	manxharriers.com
MARCH		
Thursday 3rd	Ramsey Bakery Firemans Runs 5	naciom.org
Sunday 6th	Vets 20 Miles	iomvac.co.uk
Sunday 13th	Bradda FR	manxfellrunners.org
Thursday 17th	Vets Spring Handicap	iomvac.co.uk
Saturday 19th	5k Prom Run	manxharriers.com
Sunday 20th	10k Walk and Young Age Champs	manxharriers.com
Friday 25th	Easter Festival of Running – 10K	easterfestival.info
Saturday 26th	Easter Festival of Running – Hill Race	easterfestival.info
Sunday 27th	Easter Festival of Running – 5K	easterfestival.info
APRIL		
Saturday 2nd	5K Prom Run	manxharriers.com
Sunday 3rd	Pier to Pier FR	manxfellrunners.org
Friday 8th	Park Run 1	naciom.org
Saturday 16th	SCS Trail Run	manxharriers.com
Friday 22nd	Park Run 2	naciom.org
Friday 29th	Dave Phillips Run 1	westernac.org
Saturday 30th	Laxey FR	manxfellrunners.org
Saturday 30th	5K Prom Run	manxharriers.com
MAY		
Friday 6th	Park Run 3	naciom.org
Sunday 7th	Northern League Match 1	iomaa.info
Sunday 8th	Northern 10	naciom.org
Thursday 12th	Carraghan FR	manxfellrunners.org
Thursday 19th	5K Walk	manxharriers.com
Friday 20th	Dave Phillips Run 2	westernac.org
Saturday 21st	5K Prom Run	manxharriers.com
Saturday 21st	Race The Sun	tba

JUNE		
Sunday 5th	Northern League Match 2	iomaa.info
Saturday 11th	SCS Trail Run	manxharriers.com
Friday 19th	Park Run 4	naciom.org
Saturday 18th	Parish Walk	parishwalk.com
Weds 22nd	Snaefell FR	manxfellrunners.org
Friday 24th	Dave Phillips Run 3	westernac.org
Tuesday 28th	NAC 5K & 10K	naciom.org

JULY		
Sunday 3rd	Northern League Match 3	iomaa.info
Friday 8th	Park Run 5	naciom.org
Sunday 10th	Narradale FR	manxfellrunners.org
Thursday 14th	Summer 10K Walk	manxharriers.com
Friday 15th	Dave Phillips Run 4	westernac.org
Sunday 20th	North Barrule FR	manxfellrunners.org

AUGUST		
Saturday 6th	Northern League Match 4	iomaa.info
Sunday 14th	IOM Marathon	iomvac.co.uk
Monday 15th	Peel Hill Race	tba
Tuesday 16th	NAC 10k	naciom.org
Weds 17th	Killer Mile	tba
Thursday 18th	Foxdale 6	tba
Friday 19th	Heritage Trail Run	tba

SEPTEMBER		
Sunday 4th	20k Walk Champs	manxharriers.com
Sunday 11th	Peel to Douglas Trail run	tba
Sunday 18th	End to End Walk	iomvac.co.uk
Saturday 2th	Mountain Ultra	manxfellrunners.org

OCTOBER		
Sunday 2nd	WAC 10 miles	westernac.org
Thursday 6th	Ramsey Bakery Fireman's Run	naciom.org
Sunday 9th	One Hour Challenge Walk	manxharriers.com
Sunday 16th	IOM XC League 1	iomaa.info
Sunday 22nd	Kate's Race FR (Sea to Summit)	manxfellrunners.org
Saturday 29th	Winter Hill League 1	manxfellrunners.org
Sunday 29th	Winter Walk League 1	manxharriers.com

NOVEMBER		
Thursday 2nd	Ramsey Bakery Fireman's Run	naciom.org
Sunday 6th	IOM XC League 2	www.iomaa.info
Saturday 12th	Winter Hill League 2	manxfellrunners.org
Sunday 20th	Syd Quirk HM	iomvac.co.uk
Sunday 27th	Winter Walk League 2	manxharriers.com

DECEMBER		
Thursday 1st	Ramsey Bakery Fireman's Run	naciom.org
Sunday 11th	IOM XC League 3	iomaa.info
Sunday 18th	Winter Walk League 3	manxharriers.com

3. **Recommended Run/Walk.** Recommended by Steve Wilmott and family

CORNELLY MINE WALK

We always really enjoy doing this route as a walk with our dog but it would also be fun to do as a run as well with a variety of terrains and, apart from one climb, a relatively flat course with fine view of the hills. There are several banks and wooded areas where you can enjoy a flask of tea / coffee or even a picnic.

**Route Description: A mainly flat walk, with one short, sharp, steep climb.
Part railway track, part Green Lane and part plantation.
With some very picturesque views from the higher levels.**

Total distance: 7 Miles
Total Climb: 200-300 feet
Parking: Road or railway track alongside Marown Football/ Cricket / Bowls clubs.
Start: Railway track by Marown football club (heading east)
Map reference: 326795
Time (Walking): Approximately 3 Hours
Difficulty: Easy, but with one short sharp, steep climb.

1. Head west along the old railway track for around two miles. This section is an easy level stretch where you can warm up your legs.
2. Upon reaching a wide semi made up track coming from Greeba with a greenway sign and an abandoned house on your left take a left turn uphill following the greenway through the farmyard.
3. After 200 yards where the track appears to divide keep right and head (fairly steeply) uphill. If the going gets tough pause to look over the hedge to the right and take in the view over Glion Darragh (Oak glen) below
4. Though it may seem more the actual climb is only $\frac{3}{4}$ mile before the track starts to level and reaches a gate which you pass through
5. Keep on the track, heading towards the plantation until you reach a second gate at a T-Junction with a track crossing behind it.
6. Pass through the gate, turn right and head towards Cornelly mine passing a house on the way. The mine was worked profitably for about fifty years eventually being abandoned in 1886. The old ruined buildings are interesting in that there is evidence of the remains of two engine houses, probably because the original engine was unsatisfactory.
7. After the mine turn left and head south, slightly uphill, with Archallagan plantation to your left.
8. After about half a mile turn left through an entrance to the plantation and, after a short distance, right onto the perimeter track.
9. Follow the perimeter track for around $\frac{3}{4}$ mile and then turn left at the second car park and continue following the perimeter track until you reach a third car park .
10. Leave the plantation here and take the track by Eairy Kelly Farm leading downhill for a mile to the road at Marown old church (St. Runius). The church is still occasionally used for public worship and is well worth a visit, as is the old graveyard.
11. To complete the walk turn left and pass in front of the old cottages and then the old village school, continuing down the steep hill back to the old railway track.

Thank you to Steve for sending this one in.

5. Members' Suggestions.

Websites: NHS Choices – search for “Pilates” and take option “A Guide to Pilates”.

If you haven't come across Pilates before or simply thought it wasn't for you – look again. It is for everyone not just those with a “Bad” back. There are many Pilates teachers on the Island but be sure to go to a beginners course where you learn the art of controlling the correct muscles before starting any Pilates exercise programme.

Reading: Running Beyond Limits.

Author: Dr Andrew Murray

Publisher: Mountain Media

ISBN No: 978 0 956 295 729

First published 2011. This is the story of Andrew's remarkable Scotland to Sahara run, interwoven between tales from some of the most extreme running events imaginable.

Races: Edinburgh Marathon, Half Marathon, Hairy Haggis Relay, 10k, 5k & Junior Race.

Website: edinburghmarathon.com

Next races: 10k, 5k & Junior races - Saturday 28th May 2016

Marathon, Half Marathon & Hairy Haggis Relay – Sunday 29th May 2016

This marathon was my first in 2004 (Sue A) and I have fond memories of it but not the climb up part of Arthur's seat in the very first mile...! The course has changed considerably now and you start on high. Today it's a festival of running over 2 days with all sorts of distances for the whole family to tackle. I personally fancy the Hairy Haggis Relay. This follows the marathon course and I well remember lots of “fresh legs” joining the route as I staggered the last 6 miles. The Hairy Haggis Relay legs are:

- | | |
|----------------------------|-----------------------------------|
| 1. The Royal Leg 8.3 miles | 2. The Cock and Pan Leg 5.5 miles |
| 3. The Gosford Leg 8 miles | 4. The Glory Leg 4.4 miles. |

Others: weatherhq.co.uk

IOM Met office weather watch for those long runs & what clothing to take with you.

5. Members' Reports & 6. Members' Comments / Quotes.

None submitted this quarter

Reminders:

All race reports are welcome and will be included in the next Newsletter after receipt. Short or long, photos included or not – the report contents are entirely up to you.

Also send me any comments short or long for the new comments section. These are lovely little snippets that can sometimes keep us sane while out training or on a long run/walk or just living life in general. They could be something you overheard a stranger say as you lined up to start a race.

Send details of any “Across” races you are planning to take part in / have taken part in for inclusion in the results pages.

Don't forget to visit the club website regularly (iomvac.co.uk) to check how well you are faring on the league tables. Thanks to those who update these regularly (Alan Postlethwaite, Ian Callister, Mo Kelly)

And finally, don't forget to also send me details of your favourite run/walk routes (no copies of maps unless hand drawn please), recommended websites, recipes, reading, races etc, in fact anything you think other members may enjoy or benefit from.

**To follow – Mo Kelly's Syd Quirk Half Marathon Photos and
Final Run / Walk / Fell League positions for IOMVAC members in Part 2 of this Newsletter.**

Syd Quirk Half Marathon 22nd November 2015

Ready and Waiting for the Run to start



Thanks to whoever was responsible for ordering the weather this year.

Enid's Wonderful Food Spread Waiting for the Hungry Runners to Return



Thank You Enid – Really Lovely

A Selection of Photos from the Presentation of the Haldane-Fisher Sponsored Syd Quirk Half Marathon 2015. Presentations by Mike Garrett.



**IOMVAC Newsletter due end of Mar 2016.
Keep checking the IOMVAC website for Updates and News.**