

Isle of Man Veteran Athletes Club

Newsletter - Dec 2016



IOMVAC Club Information:

Committee and Contact Details 2016

The following committee members were elected / re-elected at the AGM on the 26th January 2016

		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

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

******* AGM: Monday 13th Feb at 7pm.*******

Venue 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 2017:

- **Vets 20 miles: Sun 5th Mar 17 - 9:00 am (NSC).**

All details will be made available on IOMVAC website / Facebook page ASAP: iomvac.co.uk

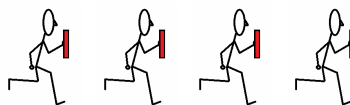
- **Vets Spring Handicap: Thurs 16th Mar 17 (NSC):**

All details will be made available on IOMVAC website / Facebook page ASAP: iomvac.co.uk

Forthcoming CLUB RACES in 2017:

• **Isle of Man Marathon & Half Marathon – Sun 13th Aug 17 (Ballacloan Stadium, Ramsey):**

Applications will be online only. See IOMVAC website iomvac.co.uk for details when entries open.



NEW FOR 2107: Additional Event this year – MARATHON RELAY.

Teams of 4 will cover the usual Marathon route:

Runner No.1 will start at the usual Mooragh Prom start point and handover to Runner No.2 in Andreas (just after Oatlands roundabout on the way into Andreas – A17)

Runner No.2 will go from Andreas back to North Shore Road, Ramsey and changeover to Runner No.3 on the road halfway between Ballacloan Stadium and the Prom.

Runner No.3 will travel out to Andreas and handover to Runner No.4 at the same Andreas roundabout.

Runner No.4 goes from Andreas back to Ramsey to the usual Marathon Finish line inside Ballacloan Stadium.

• **End to End Walk – Sun 17th Sept 17 (Point of Ayre):**

All details are available on IOMVAC website iomvac.co.uk and Facebook page

Entries are online only and applications expected to open on 01 April 2017

• **Vets Autumn Handicap: Thurs 12th Oct 17 (NSC):**

All details will be made available on IOMVAC website iomvac.co.uk and Facebook page ASAP

• **Syd Quirk Half Marathon Run & Walk – Sun 19th Nov 17 (Ronaldsway Ind. Est.):**

All details are available on IOMVAC website iomvac.co.uk and Facebook page

Entries are online only and applications expected to open shortly.

• **IOMVAC AWARDS Qualifying races coming in Jan – Mar 2017 :**

IOM Veteran AC Road Running Shield Races	All to be confirmed ASAP (will be listed on website)
IOM Veteran AC Walking League Races	
IOM Veteran AC Fell Running League / Championship Races	

END of 2016 FINAL POSITIONS in Club Leagues at end of this Newsletter:

Listings include members' final positions in the Walking League, Running Shield and Fell Running. Thanks to Alan Postlethwaite, Mo Kelly & Ian Callister for maintaining these throughout the year.

Notes from Sue

Congratulations to all who achieved their targets in 2016 and to those who didn't quite get there.....well, we have a New Year upon us for yet another try.

Let's hope that 2017 will be your year.

If like me, you write New Year resolutions, I hope you've put realistic and achievable targets down for 2017. Hope too that you have a great training year and stay injury-free throughout.

We have a report from Kevin Deakes on his World Masters Trip to Australia. It's great to hear how it went and congratulations to all who achieved medals there. We are very proud of you.

Sue A

2. Up and Coming Races (provisional) **January - December 2017** (Information extracted from IOMAA site). Please Note information here may be subject to change see IOMAA website for confirmation.

Month	Event	Website
JANUARY		
Sunday 1st	St Johns Fell Race	manxfellrunners.org
Thursday 5th	Fireman's Runs - Round 4	naciom.org
Sunday 8th	Winter Walk League - Round 4	manxharriers.com
Saturday 14th	5K Prom Run - Round 1	Prom Run
Sunday 22nd	Cross Country League – Round 4	iomaa.info
Saturday 28th	Ard Whallin Fell Race	manxfellrunners.org
FEBRUARY		
Thursday 2nd	Fireman's Runs – Round 5	naciom.org
Saturday 11th	5k Prom Run – Round 2	Prom Run
Sunday 12th	Winter Walk League – Round 5	manxharriers.com
Saturday 25th	Open Walks and Run (10km)	manxharriers.com
Sunday 26th	Glen Mona Fell Race	manxfellrunners.org
MARCH		
Thursday 2nd	Fireman's Runs - Round 6	naciom.org
Sunday 5th	Vets 20 Miles	iomvac.co.uk
Saturday 11th	5k Prom Run – Round 3	Prom Run
Thursday 16th	Vets Spring Handicap	iomvac.co.uk
Sunday 19th	10k Walk and Young Age Champs	manxharriers.com
Sunday 26th	Ellan Vannin Fell Race	manxfellrunners.org
APRIL		
Saturday 1st	5K Prom Run – Round 4	Prom Run
Friday 7th	Ramsey Park Run – Round 1	naciom.org
Friday 14th	Easter Festival of Running – 10k	easterfestival.info
Saturday 15th	Easter Festival of Running – Hill Race	easterfestival.info
Sunday 16th	Easter Festival of Running – 5k	easterfestival.info
Friday 21st	Ramsey Park Run – Round 2	naciom.org
Saturday 29th	5K Prom Run – Round 5	Prom Run
Sunday 30th	Narradale Fell Run	manxfellrunners.org
MAY		
Friday 5th	Dave Phillips Run – Round 1	westernac.org
Sunday 7th	Northern 10	naciom.org
Saturday 13th	5k Prom Run – Round 6	Prom Run
Thursday 18th	5K Walk	manxharriers.com
Friday 19th	Dave Phillips Run - Round 2	westernac.org
Saturday 20th	Race the Sun	tba
Weds 24th	Carraghan Fell Run	manxfellrunners.org
Friday 26th	Ramsey Park Run – Round 3	naciom.org
JUNE		
Weds 14th	Laxey Fell Run	manxfellrunners.org
Friday 16	Ramsey Park Run – Round 4	naciom.org
Saturday 17th	Parish Walk	parishwalk.com
Friday 23rd	Dave Phillips Run – Round 3	westernac.org
Tuesday 27th	NAC 5K & 10K	naciom.org

JULY

Friday 7th	Ramsey Park Run – Round 5	naciom.org
Sunday 9th	Manx Mountain Marathon & Half Marathon	manxfellrunners.org
Thursday 13th	Summer 10K Walk	manxharriers.com
Friday 14th	Dave Phillips Run – Round 4	westernac.org
Weds 26th	Snaefell Fell Run	manxfellrunners.org

AUGUST

Sunday 13th	IOM Marathon	<i>(No Rest for the Wicked Series)</i>	iomvac.co.uk
Monday 14th	Peel Hill Race	<i>(No Rest for the Wicked Series)</i>	westernac.org
Tuesday 15th	NAC 10k	<i>(No Rest for the Wicked Series)</i>	naciom.org
Weds 16th	Killer Mile	<i>(No Rest for the Wicked Series)</i>	manxfellrunners.org
Thursday 17th	Foxdale 6	<i>(No Rest for the Wicked Series)</i>	manxharriers.com
Friday 18th	Heritage Trail Run	<i>(No Rest for the Wicked Series)</i>	westernac.org

SEPTEMBER

Sunday 3rd	20k Walk Champs	manxharriers.com
Sunday 10th	Peel to Douglas Trail run	manxharriers.com
Sunday 17th	End to End Walk	iomvac.co.uk

OCTOBER

Sunday 1st	WAC 10 miles	westernac.org
Thursday 5th	Ramsey Fireman's Run – Round 1	naciom.org
Sunday 7th	IOM XC League - Round 1	iomaa.info
Thursday 12th	Vets Autumn Handicap	iomvac.co.uk
Saturday 14th	Kate's Race Fell Race (Sea to Summit)	manxfellrunners.org
Sunday 15th	One Hour Challenge Walk	manxharriers.com
Saturday 21st	Winter Hill League – Round 1	manxfellrunners.org
Saturday 28th	5k Prom Run	Prom Run
Sunday 29th	Winter Walk League – Round1	manxharriers.com

NOVEMBER

Thursday 2nd	Ramsey Fireman's Run – Round 2	naciom.org
Sunday 5th	IOM XC League – Round 2	iomaa.info
Saturday 11th	5k Prom Run	Prom Run
Saturday 18th	Winter Hill League – Round 2	manxfellrunners.org
Sunday 19th	Syd Quirk Half Marathon	iomvac.co.uk
Saturday 25th	5k Prom Run	Prom Run
Sunday 26th	Winter Walk League – Round 2	manxharriers.com

DECEMBER

Sunday 3rd	IOM XC League – Round 3	iomaa.info
Thursday 7th	Ramsey Fireman's Run - Round 3	naciom.org
Saturday 9th	Winter Hill league – Round 3	manxfellrunners.org
Sunday 17th	Winter Walk League – Round 3	manxharriers.com

3. **Members' Results Oct – Dec 2016**

Note: For races with handicapped staggered starts, the handicap position but actual time is listed.
For races where handicaps are added later the actual position and actual time are listed.

Western 10 Road Race (10 miles) / Sun 02 Oct 16 / Peel

7	Kevin Deakes	1:05:02	27	Terry Bates	1:24:27
16	Nick Watterson	1:14:53	34	Moir Hall	1:39:54
21	Peter Cooper	1:19:07	37	Geoff Hall	1:42:24
24	Les Brown	1:21:03	39	Alan Pilling	1:51:44

Julie Brew Memorial 10 miles walk / Sun 02 Oct 16 / Peel

2	Sam Fletcher	90:34	=16	Louise Hollings	112:09
3	Richard Gerrard	90:35	21	Nick Wallinger	119:02
5	Dale Farquhar	90:59	22	Andy Baxendale	119:04
6	Vinny Lynch	92:07	29	Angela Corkish	123:54
11	Brian Kelly	103:05	=40	Robbie Callister	132:44
12	Ian Callister	106:13	43	Enid Watson	133:05
14	Jayne Farquhar	106:58	=59	Colin Moore	143:30
=16	Sharon Cain	112:09	75	Sarah Goldsmith	153:48

RAMSEY FIREMAN'S - Round 1 / Thurs 06 Oct 16**1 Lap***(Actual position & time)*

6	Caroline Mayers	10:44	=68	Geoff Hall	19:18
53	Sue Ackroyd	17:23	78	Arnie Jacobs	21:15

RAMSEY FIREMAN'S - Round 1 / Thurs 06 Oct 16**3 Laps***(Actual position & time)*

28	Nick Watterson	34:33	84	Alan Postlethwaite	41:33
30	Stephen Brown	35:09	94	Colin Crooks	43:10
61	Terry Bates	38:39	96	Ian Callister	43:47
76	Maureen Oddie	40:28	102	Steve Willmott	44:58
78	Les Brown	40:43			

1 HOUR CHALLENGE WALK / Sun 09 Oct 16 / NSC

4	Dale Farquhar	11,108 m	22	Sharon Cain	8,935 m
10	Andy Green	9,780 m	24	Colin Moore	8,690 m
11	Jayne Farquhar	9,581 m	26	Andy Baxendale	8,571 m
17	Kathryn Clough	9,051 m	36	Enid Watson	8,046 m
21	Louise Hollings	8,945 m	45	Sarah Goldsmith	6,899 m

VETS AUTUMN HANDICAP / Thurs 13 Oct 16 / NSC**5k WALK** *(Handicap position – Actual time)*

1	Sarah Goldsmith	42:26	6	Jayne Farquhar	30:45
2	Nick Wallinger	35:14	7	Colin Moore	32:56
3	Ian Callister	31:28	8	Angela Corkish	36:43
4	Sharon Cain	31:56	10	Andy Baxendale	34:39
5	Louise Hollings	31:58			

*** WELL DONE Sarah ***

VETS AUTUMN HANDICAP / Thurs 13 Oct 16 / NSC 10k RUN *(Handicap position – Actual time)*

6	Geoff Hall	61:14	18	Steve Willmott	56:42
7	Andrew Lodge	46:45	19	Barry Moore	44:04
10	Moir Hall	57:41	20	Terry Bates	48:05
15	Peter Cooper	47:02	21	Stephen Brown	43:19
16	Kevin Deakes	39:12			

CROSS-COUNTRY Series - Round 1 / Sun 16 Oct 16 / Castle Rushen School, Castletown
Senior / Vet Men (8.8 km)

30	Dale Farquhar	47:20
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CROSS-COUNTRY Series - Round 1 / Sun 16 Oct 16 / Castle Rushen School, Castletown
Senior / Vet Women (6.05 km)

1	Gail Griffiths	25:33	13	Louise Hollings	36:27
5	Jayne Farquhar	29:20	16	Kathryn Clough	36:56

*** WELL DONE Gail ***

CROSS-COUNTRY Series – Round 1 / Sun 16 Oct 16 / Castle Rushen School, Castletown
Short Course (2.8 km)

1	Caroline Mayers	11:48	14	Sharon Cain	18:19
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*** WELL DONE Caroline ***

HILL League - Round 1 / Sat 22 Oct 16 / SILEAU WHALLIAN**5 k**

13	Alan Sandford	23:24	75	Dave Lawrie	31:23
45	Lewis Veale	27:24	80	Brian Butler	32:11
51	Ian Callister	28:11	99	Alison Corlett	39:49
58	Peter Cooper	29:27	101	Alan Pilling	40:09
60	Maggie Watkins	29:40			

Kate Burgess SEA to SUMMIT Fell Race / Sun 23 Oct 16 / Laxey Bay to Snaefell

12	Alan Sandford	1:16:43	65	Lisa Motley	1:53:09
46	Maggie Watkins	1:36:11	71	Steve Willmott	1:56:07
57	Phil Motley (MV60 award)	1:43:15			

HALLOWEEN PROM RUN 5k / Douglas / Sat 29 Oct 16

24	Terry Bates	22:07	65	Sarah Goldsmith	43:06
51	Sue Ackroyd	30:57			

WINTER WALKING League - Round 1 / Sun 30 Oct 16 / NSC 10k *(Actual position & time)*

2	Dale Farquhar	52:15	22	Sharon Cain	66:04
5	Marie Jackson	58:24	23	Louise Hollings	66:08
6	Tony Mackintosh	59:02	27	Colin Moore	68:29
11	Jayne Farquhar	62:31	29	David Anderson	69:40
15	Ian Callister	64:35	34	Andy Baxendale	70:25
17	Karen Lawrie	65:10	35	Nick Wallinger	70:39
19	Kathryn Clough	65:28	47	Angela Corkish	73:28

WINTER WALKING League - Round 1 / Sun 30 Oct 16 / NSC 5k *(Actual position & time)*

2	Enid Watson	35:41	7	Sarah Goldsmith	42:19
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RAMSEY FIREMAN'S - Round 2 / Thurs 02 Nov 16 1 Lap *(Actual position & time)*

44	Sue Ackroyd	17:09	67	Bryan Masterson	21:21
62	Geoff Hall	18:51	68	Ingrid Sugden	22:50
66	Arnie Jacobs	21:20	69	Catriona Farrant	22:50

RAMSEY FIREMAN'S - Round 2 / Thurs 02 Nov 16 3 Laps *(Actual position & time)*

25	Stephen Brown	34:44	69	Les Brown	40:31
42	Nick Watterson	37:02	70	Ian Callister	40:43
61	Maureen Oddie	39:05	104	Moir Hall	46:13
63	Alan Postlethwaite	39:23	112	Alan Pilling	48:44

CROSS-COUNTRY Series - Round 2 / Sun 06 Nov 16 / Crossags Senior / Vet Men (9.32 k)

20	Ian Callister	47:42	22	Dale Farquhar	49:00
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CROSS-COUNTRY Series - Round 2 / Sun 06 Nov 16 / Crossags Senior / Vet Women (6.99 k)

4	Jayne Farquhar	34:47	10	Kathryn Clough	42:56
7	Maggie Watkins	36:48	11	Louise Hollings	43:13

CROSS-COUNTRY Series - Round 2 / Sun 06 Nov 16 / Crossags Short Course (2.6 k)

1	Gail Griffiths	10:52	7	Alan Pilling	16:00
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*** WELL DONE Gail **

HILL League - Round 2 / Sat 12 Nov 16 / CRINGLE 3k

37	Lewis Veale	23:43	79	Dave Lawrie	28:09
49	Ian Callister	24:51	92	Les Brown	30:52
65	Peter Cooper	26:16	98	Alan Pilling	35:33
71	Brian Butler	26:51	100	Alison Corlett	36:02
76	Maggie Watkins	27:20			

Syd Quirk Half Marathon / Sun 20 Nov 16 / Ronaldsway**RUN**

1	Mike Garrett	1:16:19	104	Moir Hall (LV65 award)	2:10:36
48	Brian Butler	1:40:48	120	Sue Ackroyd (LV60 award)	2:24:25
49	Mark Peberdy	1:41:42	124	Alan Pilling	2:28:51
58	Terry Bates (MV60 award)	1:44:11	132	Ingrid Sugden	3:13:10
76	Andrew Lodge (MV55 award)	1:53:32	133	Catriona Farrant	3:13:11

*** **WELL DONE Mike** ****** **Well Done Award Winners** *****Syd Quirk Half Marathon / Sun 20 Nov 16 / Ronaldsway****WALK**

3	Dale Farquhar	1:55:33	18	Ian Callister (MV60 award)	2:21:09
11	Brian Kelly	2:15:25	19	Louise Hollings (LV35 award)	2:22:33
14	Jayne Farquhar	2:18:13	25	Colin S Moore	2:27:38
16	Kathryn Clough (LV40 award)	2:20:58	27	Andy Baxendale	2:35:53
17	Sharon Cain (LV45 award)	2:20:58	47	Sarah Goldsmith (LV70 award)	3:09:00

*** **Well Done Age Award Winners** *****WINTER WALKING League - Round 2 / Sun 27 Nov 16 / Andreas 10k** (handicap position/actual time)

13	Colin Moore	1:07:39	23	Ian Callister	1:05:02
14	Sharon Cain	1:05:14	25	Angela Corkish	1:14:10
15	Dale Farquhar	51:29	26	Tony Mackintosh	1:00:06
18	Andy Baxendale	1:10:10	30	Karen Lawrie	1:07:51

WINTER WALKING League - Round 2 / Sun 27 Nov 16 / Andreas 5k (handicap position/actual time)

7	Sarah Goldsmith	41:48	8	Enid Watson	35:20
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RAMSEY FIREMAN'S - Round 3 / Thurs 01 Dec 16**1 Lap**

(Actual position & time)

4	Gail Griffiths	10:02	59	Ingrid Sugden	20:27
9	Caroline Mayers	10:52	60	Catriona Farrant	20:30
54	Geoff Hall	18:12	61	Arnie Jacobs	20:43

RAMSEY FIREMAN'S - Round 3 / Thurs 01 Dec 16**3 Laps**

(Actual position & time)

13	Sarah Webster	31:08	60	Alan Postlethwaite	38:29
30	Stephen Brown	34:19	73	Ian Callister	41:12
53	Maureen Oddie	37:36	84	Les Brown	42:06

HILL League - Round 3 / Sat 03 Dec 16 / Glen Helen 4.5k

40	Lewis Veale	28:03	80	Brian Butler	33:04
60	Ian Callister	30:19	96	Moir Hall	39:08
66	Peter Cooper	31:18	98	Geoff Hall	41:36
74	Maggie Watkins	32:16	100	Alison Corlett	43:26
78	Phil Motley	32:52			

CROSS-COUNTRY Series - Round 3 / Sun 11 Dec 16 / The Nunnery Senior / Vet Men (8.985 k)

2	Mike Garrett	38:49
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CROSS-COUNTRY Series - Round 1 / Sun 11 Dec 16 / The Nunnery Senior / Vet Women (5.995 k)

2	Gail Griffiths	27:50	13	Kathryn Clough	41:15
3	Caroline Mayers	31:04	15	Louise Hollings	42:49
7	Jayne Farquhar	36:12			

CROSS-COUNTRY Series - Round 1 / Sun 11 Dec 16 / The Nunnery Short Course (2.869 k)

6	Alan Pilling	18:11
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WINTER WALKING League - Round 3 / Sun 18 Dec 16 / Ramsey 10k (handicap position/actual time)

5	Kathryn Clough	1:02:58	13	Dale Farquhar	50:02
6	Andy Green	1:00:03	20	Sharon Cain	1:04:40
10	Angela Corkish	1:11:47	22	Jayne Farquhar	1:02:11
12	Louise Hollings	1:04:41			

WINTER WALKING League - Round 3 / Sun 18 Dec 16 / Ramsey 5k (handicap position/actual time)

8	Enid Watson	34:53	10	Sarah Goldsmith	41:47
9	Marie Jackson	28:47			

4. **Recommended Run/Walk.** None submitted this quarter.

5. **Members' Suggestions.**

Websites: **Halfmarathonlist.co.uk** Great site for finding a Half Marathon in the UK. On the home page use the regional options across the top to search the region/county where you would like to run and a whole list comes up of half marathons, their dates and websites. Just click to go to the race site.

Reading: **Feet in the Clouds (A Tale of Fell Running and Obsession) by Richard Askwith.**
Review: 'From the birthplace of trail running, comes the tales of what it means to follow the path. The pure essence of trail running, infectious and captivating. Askwith will motivate you to climb a hill and scream down it, mud, stones and all.'

Races: **Great Manchester Run 10k (+ Half Marathon for the first time in 2017).**
The Great Manchester 10k is a brilliant race, well organised (starts are in timed waves), has a great big-race atmosphere. There's plenty of nightlife for after and lots of good eateries before and after. Highly recommended by many members. Date this year is run on 28th May.
Web: greatrun.org/great-manchester-run

6. Members' Reports.

From Kevin Deakes.

World Masters 2016

The trip to the World Masters began on a Saturday morning, two weeks before my event was due to take place in Perth, Western Australia. The day was to prove quite eventful and stressful as flight delays and ticketing issues threatened to halt my journey at almost every turn. Eventually though I was in my seat on an overnight flight bound for Singapore's Changi airport. That was a good opportunity to get some sleep before a six hour wait for a connecting flight to my first stop in Australia, the tropical city of Cairns.

It was 10am on Monday morning local time when the plane touched down and shortly afterwards I arrived at my hotel for a three night stay. The city itself is quite small and the central area didn't seem much different in size to Douglas. After the first day I had a good feel for where everything was. That included a decent jogging route along the seafront and, just as importantly, the jetty I needed to report to in the harbour for a day out on the Great Barrier Reef, my main reason for being in town.

I'd opted for a snorkelling trip around an area known as Michaelmas Cay. It turned out to be all I'd hoped it would be, bearing in mind I was only going to be there for a day. In parts it looked just like a David Attenborough documentary, although my own attempts to film some of the wildlife were scuppered when my underwater camera failed with a fogged up lens. That wasn't necessarily a bad thing, it meant I could just concentrate on what was in front of me rather than fiddling with buttons.

There were many species of fish to be seen including the obligatory clown fish and parrot fish but the highlight was probably swimming with a large shoal of bigeye trevally that didn't seem bothered by me at all.

The visit to the reef was over all too soon as was the rest of my stay in Cairns. I finally moved on to Perth for an 11 night stay coinciding with the entire championships. Before my arrival though I was able to indulge my other major pastime, astronomy, as I was on an overnight flight across the entire width of the continent with a window seat looking out into total blackness, except for the stars. Eventually the city lights of Perth replaced the glow of the Milky Way and my next adventure was about to begin.

The first thing to do at these events is to seek out competition HQ and get registered. This happened at the championships main athletics stadium, the Western Australian Athletics Stadium in the suburb of Mount Claremont. Getting there by public transport from the city centre required a train from the central railway station followed by a short shuttle bus ride. Once registered the journey could be made for free. In fact all buses and trains throughout the city were free on the presentation of an accreditation pass.

My hotel was ideally situated just outside the main central business district, just a few hundred metres from Perth's renowned King's Park. This was the perfect place for training with a ready-made tree covered 10K circular route around and through it.

Unfortunately, on my third day I became ill with a rather nasty cold virus. To begin with I thought it was flu since at one stage I felt too unwell to even leave my hotel room. For three or four days I never ventured far from the hotel and it was only five days before my race that I felt well enough to run again. This was a gentle morning run around the park which left me feeling very tired and the 10K route became just 5 or 6. At this point I wasn't sure I'd even be on the start line on Sunday morning, and although I now felt well enough to venture out I decided to avoid any visits to the athletics stadium for another day or two so as not to pass the bug onto any unsuspecting athletes. As each day passed by I had another run around the park and progress was swift. By Friday I'd managed a decent 10 miles although the pace left much to be desired. At least I knew I could take part in my race now and it was a case of just giving it my best shot.

By now I felt I could take a trip to the stadium which I had hoped to do in order to see fellow IOMVAC athlete Caroline Mayers taking part in the 1500m. Caroline had already won a bronze medal in the 5000m earlier in the championships and was in the final of the 1500m. Her husband Ross and I watched from the stands as she almost doubled her medal tally with a great performance which saw her finish 4th.

Before race day I got to see some of the city and also its port, Fremantle which was at the other end of the railway line used to get to the stadium. My trip there was a little more convoluted however as I travelled there by boat along the Swan River from Elizabeth Quay in the city centre to Fremantle's Inner Harbour, passing some very expensive real estate en-route. I also managed to fit in a recce of the route for the marathon and half-marathon, an out and back course, which mainly followed a path on both sides of the river, and, other than for a bridge, was very flat.

There were a couple of other GB runners staying in the hotel that were taking part in the half-marathon and we decided to book a taxi for the trip to the start of the race since it was due to get under way at 6:30am, presumably to avoid cases of heatstroke and sunburn. This was a good move since temperatures had been hovering around 30°C for most of the preceding week.

So the day finally came. My plans had changed over the course of my stay and now my aim was simply to finish and see what that brought. Hopefully to maybe finish as one of the first three in my team to qualify for any medal that may be on offer.

Our taxi arrived in good time at race HQ. This was the home of the West Australian Marathon Club and they would be our hosts for the day. The organisation was very good although the race start did end up being delayed by 15 minutes due to the large number of competitors, many of whom arrived a little later than maybe they should have.

At around 6:45am we started, heading westward along the southern bank of the river into a cool breeze. I had probably only run about 2 miles before I started to struggle with the pace. It was rapidly warming up too and that breeze became a little stronger. I slowed a little but I knew it was going to be a long morning. By the time I reached the bridge over the river, I was really looking forward to the halfway point so that the ever strengthening breeze (now feeling like a gale) would become a tailwind. The map had suggested that the turn would not be far away after the bridge, but on I ran and it seemed as if it would be forever out of reach. I did finally get there and it was just where it should be, just past the 10K mark. I don't remember much of the return journey other than the heat and after about 11 miles being in that place where every step was an enormous effort. I did realise though that I was one of the top three GB runners in my age group and that we were well positioned for a medal. Knowing that was what got me to the finish line. I was the 2nd V55 GB runner home, in what was a very modest time by my usual standards. However, it soon became apparent that after our 3rd runner finished that we had secured the silver medal and the time didn't really matter any more.

Being one of the last events of the championships, waiting between finishing a race and stepping up to the podium at a major event like this is a strangely surreal experience. It is however one to be enjoyed because once the ceremony is over, so is this alternate reality and normal life suddenly starts to return.

It wasn't entirely normal though, the following day I flew to Sydney. The day after that was my birthday. I celebrated that and the medal with an expensive lunch at the city's Circular Quay, about halfway between the Opera House and Harbour Bridge.

Thanks to Kevin for sending in his report.

To follow: Final 2016 league positions for :-
Fell Running, Vets Road Running Shield & Walking League

2016 IOMVAC Fell Running Championship – Final Positions

After 14 races – best 7 counting

Thanks to Ian Callister for compilation

Pos/n	Name	V cat	Race points	Age bonus points	Total points
1	Ian Callister	MV60	301	48	349
2	Maggie Watkins	LV50	302	24	326
3	Janette Morgan	LV50	290	24	314
4	Lewis Veale	MV45	301	12	313
5	Alison Corlett	LV50	258	24	282
=6	Moir Hall	LV65	224	50	274
=6	Geoff Hall	MV65	224	50	274
8	Les Brown	MV50	181	32	213
9	Dave Lawrie	MV45	183	8	191
10	Brian Butler	MV45	138	6	144
11	Alan Sandford	MV45	106	4	110
12	Nick Watterson	MV55	96	12	108
13	Richard Gerrard	MV40	106	0	106
14	Lisa Motley	LV50	90	8	98
15	Robbie Callister	MV60	53	8	61
16	Phil Motley	MV60	48	8	56
17	Roger Moughtin	MV60	46	8	54
18	Mike Gellion	MV60	45	8	53
19	Steve Willmott	MV55	46	6	52
20	Alan Pilling	MV65	38	10	48
21	Andrew Titley	MV50	40	4	44

Final Positions Vets Road Running Shield 2016
- after 13 On-Island Events

Thanks to Alan Postlethwaite for compilation

Pos/n	Name	V cat	Points	Island Events	Off Island	Scoring Events
1	Terry Bates	M65	4.68	8	8	7
2	Moir Hall	W65	0.86	8	1	6
3	Alan Pilling	M65	-191.22	8	0	6
4	Barry Moore	M45	-40.36	5	1	5
5	Brian Butler	M45	-79.7	5	0	5
6	Geoff Hall	M65	-142.47	5	1	5
7	Kevin Deakes	M55	51.01	3	1	4
8	Peter Cooper	M65	23.97	6	0	4
9	Nick Watterson	M55	1.58	5	0	4
10	Les Brown	M60	-12.01	8	0	4
11	Jackie Moore	W50	-85.15	3	1	4
12	Steve Willmott	M55	-96.63	4	0	4
13	Sue Ackroyd	W60	-118.87	4	1	4
14	Dave Lawrie	M45	-124.51	4	0	4
15	Mike Garrett	M45	41.85	3	0	3
16	Gail Griffiths	W50	32.09	3	0	3
17	Richard Gerrard	M40	9.25	2	1	3
18	Maggie Watkins	W50	-6.91	4	0	3
19	Paul Curphey	M50	-40.29	2	1	3
20	Jayne Farquhar	W45	-51.84	3	0	3
21	Alison Corlett	W50	-90.15	3	0	3
22	Stephen Brown	M55	5.51	2	0	2
23	Alan Postlethwaite	M65	-2.13	2	0	2
24	Ian Callister	M60	-9.34	3	0	2
25	Andrew Lodge	M55	-25.8	2	0	2
26	Sue Furner	W55	-53.65	2	0	2
27	Vera Jones	W60	-62.11	1	1	2
28	Ingrid Sugden	W60	-126.99	2	0	2
29	Mike Gellion	M60	0.32	1	0	1
30	Maureen Oddie	W55	-0.44	1	0	1
31	Roger Moughtin	M65	-3.07	1	0	1
32	Lewis Veale	M45	-11.09	1	0	1
33	Mark Peberdy	M45	-13	1	0	1
34	Mandine Wilson	W55	-15.29	1	0	1
35	Ian Dunbar	M45	-15.82	1	0	1
36	Jennifer Houghton	W50	-29.43	1	0	1
37	Maureen Kelly	W60	-32.63	1	0	1
38	Dale Farquhar	M35	-36.72	1	0	1
39	Catriona Farrant	W50	-78.87	1	0	1

2016 Final Positions IOMVAC Walking League – Men

Only walkers with 3 or more results will be included in the final league results. A short race (1 or 6) and a long race must be included

Thanks to Mo Kelly for compilation

Pos	Name	R1	R2		R3		R4		R5		R6		R7		R8		R9		R10		Total	Races
1	Brian Kelly	105	6	105	6		100	6	105	6			99	6	100	6	98	6	105	6	865	8
2	Ian Callister	110	10	100	10	110	10	95	10		105	10					97	10	100	10	787	7
3	Sam Fletcher	98	1	110	1		105	1					105	1	105	1	110	1			639	6
	Richard Gerrard						110	2	110	2			110	2	110	2	105	2			555	5
	Colin S Moore						87	8			100	8	96	8	97	8			99	8	519	5
	Andy Baxendale	99	4				94	4			99	4					95	4	98	4	505	5
	Courtenay Heading						92	8	96	8			97	8	98	8					415	4
	Nick Wallinger	100	4				93	4			110	4					96	4			415	4
	Tony Mackintosh						98	2	100	2			98	2	99	2					403	4
	Robbie Callister						90	10	98	10							93	10			311	3
	Vinny Lynch												100	8			99	8			215	2
	Dale Farquhar														110	1	100	1	110	1	212	2
	Andrew Titley						99	6	99	6											210	2
	Eammon Harkin						89	10	97	10											206	2
	Phil Motley						97	10													107	1
	Alan Pilling												95	12							107	1
	Peter Lockett																94	8			102	1
	Werner Alberts						96	4													100	1
	Robin Stockton						88	10													98	1
	Sean Hands						91	6													97	1
	PJ Vermeulen						84	8													92	1
	Jay Houghton						85	6													91	1
	Barry Moore						86	4													90	1

Race Info:

Race 1 = Spring handicap 5k (14 Apr).

Race 5 = Parish to Finish (18 Jun)

Race 9 = Western 10 (02 Oct)

Race 2 = 10k Championship (20 Mar).

Race 6 = Autumn handicap 5k (Oct).

Race 10 = Syd Quirk Half Marathon (20 Nov)

Race 3 = 20k Championship (04 Sept).

Race 7 = End to End to Peel (18 Sept).

Race 4 = Parish to Peel (18 Jun)

Race 8 = Full End to End (18 Sept)

Ladies Results on next page

2016 Final Positions IOMVAC Walking League – Ladies

Only walkers with 3 or more results will be included in the final league results. A short race (1 or 6) and a long race must be included

Pos	Name	R1	R2	R3	R4	R5	R6		R7	R8		R9		R10	Total	Races		
1	Jayne Farquhar	110	4	110	4	100	4	99	4	110	4	105	4	110	4	995	9	
2	Sharon Cain	105	4		96	4	99	4	105	4	99	4	105	4	100	4	840	8
3	Louise Hollings	99	1	105	1	98	1	100	1				100	1	99	1	705	5
	Angela Corkish	100	14		98	14		98	14	98	14	98	14				675	6
	Karen Lawrie				99	2	110	2	105	2	110	2					432	4
	Marie Jackson		110	8					100	8	100	8					334	3
	Kathryn Clough				100	2	105	2						105	2	316	2	2
	Sarah Goldsmith							110	14					98	14	236	2	2
	Janette Morgan				110	6										116	1	1
	Jackie Moore				95	6										101	1	1
	Jennifer Houghton				94	6										100	1	1

Race Info:

Race 1 = Spring handicap 5k (14 Apr). Race 2 = 10k Championship (20 Mar). Race 3 = 20k Championship (04 Sept). Race 4 = Parish to Peel (18 Jun)
 Race 5 = Parish to Finish (18 Jun) Race 6 = Autumn handicap 5k (Oct). Race 7 = End to End to Peel (18 Sept). Race 8 = Full End to End (18 Sept)
 Race 9 = Western 10 (02 Oct) Race 10 = Syd Quirk Half Marathon (20 Nov)

Keep checking the IOMVAC website iomvac.co.uk and Facebook page for Updates and News plus to check your own standing in the leagues as the year progresses.