

Isle of Man Veteran Athletes Club

Newsletter - Dec 2017



IOMVAC Club Information:

Committee and Contact Details 2017

The following committee members were elected / re-elected at the AGM on the 13 Feb 2017

		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	Member taking over this position to be announced shortly.			
	Colin Watterson	-	-	-
	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 and Facebook page

- **IOMVAC 2018 AGM:**

Please come along to support your club and give thanks to those who run the organisation and arrange IOMVAC races on your behalf.

→ → → AGM: Tuesday & 6th February 2018 at 7pm ← ← ←
Albany Tennis Club, Douglas

- **IOMVAC 2018 LONDON MARATHON PLACE:** Has been awarded to **Alan Sandford.** Good Luck Alan with your training (the lighter nights are coming back) and the Race. We all wish you your best run ever

- **WELL DONE:** to member **Sarah Webster**

Sarah ran in the Chester Marathon on Sun 8th Oct 2017 and completed in a time of **2:48:28**

- **IOMVAC AWARDS Qualifying races 2018** : See IOMVAC website for full details after AGM

- **END of 2017 FINAL POSITIONS in Club Leagues:** at the 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.

**** Forthcoming IOMVAC organised RACES in 2018:**

Race	Day	Date	Start Time	Venue	Details
Vets 20 Mile Run	Sun	04 Mar	9:00	NSC	Entry details pending. See IOMVAC website.
Vets Spring Handicap	Thur	15 Mar	19:00	NSC	Entry details pending. See IOMVAC website.
Veterans Mile	Wed	11 July	tba	NSC	Entry details pending.
Marathon & Marathon Relay Half Marathon	Sun	12 Aug	9:00 9:30	Ballacloan Stadium Ramsey	Enter now. Entries opened 01Jan 18 online. Website: isleofmanmarathon.com
End-to-End Walk	Sun	16 Sept	8:00	Point of Ayre	Entry details pending Website: endtoendwalk.org
Vets Autumn Handicap	Thur	11 Oct	19:00	NSC	Entry details to be advised later. See IOMVAC website.
Syd Quirk Half Marathon	Sun	18 Nov	8:30 9:30	Ronaldsway	Entry details pending. IOMVAC website will have link

Notes from Sue

Firstly thank you to Colin Moore for the report on his participation in the **Bury St. Edmonds 20 miles Walking race** on Saturday 5th August 2017. Colin sent the report some time ago, so sorry Colin it has taken so long to get into the Newsletter. It really is great to hear all about your experiences.

Congratulations to those of you who attained their training and racing targets in 2017 and to those who were perfectly happy with their achievements in 2017. To those who were disappointed, don't be down hearted because here we are in a brand new year all eager and ready to go. Ensure your targets are reasonable and achievable and in the event you hit them easily or early in the year, then set yourself another one. I believe that is better plan than to have a target that is almost as achievable as walking to the moon.

I just about managed to hit my 2017 target of running & walking 1000 miles in 2017, 500 of each (amended mid-year from run 1000mi in 2017 !). All was going really well until the Syd Quirk race in November, after which life just jumped up and stood in the way of my 1000miles finish line...! Some very early cold and wet December morning walks finally got me to the 1000. It was so close that I just couldn't let it slip away. Finally a 4mi walk on Dec 30th took me over the finish line. My run aims for 2018 have already been scuppered due to a calf muscle injury in January, so yet again the aim for the year has been readjusted but more importantly not cancelled.

I wish you Good Luck in achieving your 2018 target.

And finally.....I'm afraid this will be my last IOMVAC Newsletter. A big thank you to all those who helped and contributed to the contents over the past 3 years both with articles for inclusion and in the background assisting with results, records and items of interest they'd like to see covered etc. Thank you too for all the feedback I've had by email, letter and verbally (all lovely) with lots of supportive comments. The "thank you"s, funny stories, tales and quips from you the members have all helped me compile the newsletter contents. It has been a really good 3 years and I have enjoyed putting the IOMVAC Newsletter together immensely but now a new chapter in our life has opened up and it's time to grab that life with both hands for a while and see what it has to offer.

Good Luck to you for 2018 and the Future and I'll probably see you on a couple of start lines...

Love from
Sue A

2. Up and Coming Races Jan - Dec 2018 (Information extracted from IOMAA site).

Please Note: ALL information here has been taken from the IOMAA Website and may be subject to change, correction or amendment see club websites / press for confirmation.

Date	Event	Website
JANUARY 2018		
Monday 1st	St Johns Fell Race	manxfellrunners.org
Thursday 4th	Fireman's Runs - Round 4	naciom.org
Sunday 7th	Winter Walk League - Round 4	manxharriers.com
Saturday 13th	5K Prom Run - Round 1	Prom Run
Sunday 21st	Cross Country League – Round 4 & Champs	iomaa.info
Saturday 27th	Ard Whallin Fell Race	manxfellrunners.org

FEBRUARY 2018		
Thursday 1st	Fireman's Runs – Round 5	naciom.org
Sunday 4th	Winter Walk League – Round 5	manxharriers.com
Saturday 10th	5k Prom Run – Round 2	Prom Run
Sunday 11th	Bradda Fell Race	manxfellrunners.org
Saturday 25th	Open Walks and Run (10km)	manxharriers.com

MARCH 2018		
Thursday 1st	Fireman's Runs - Round 6	naciom.org
Sunday 4th	Vets 20 Miles	iomvac.co.uk
Saturday 10th	5k Prom Run – Round 3	Prom Run
Thursday 15th	Vets Spring Handicap	iomvac.co.uk
Sunday 18th	10k Walk and Young Age Champs	manxharriers.com
Friday 30th	Easter Festival of Running – 10k	easterfestival.info
Saturday 31st	Easter Festival of Running – Hill Race	easterfestival.info
Saturday 31st	Manx Mountain Marathon	manxfellrunners.org

APRIL 2018		
Saturday 1st	Easter Festival of Running – 5k	easterfestival.info
Saturday 7th	5k Prom Run – Round 4	PromRun
Friday 13th	Ramsey Park Run – Round 1	naciom.org
Sunday 15th	50k Walk	tba
Weds 18th	Manx Harriers Track 10k run & walk	manxharriers.com
Friday 20th	Dave Phillips Run Peel – Round 1	Westernac.org
Weds 25th	Carraghan Fell Run	manxfellrunners.org
Friday 27th	Ramsey Park Run – Round 2	naciom.org
Sunday 29th	5K Prom Run – Round 5	Prom Run

MAY 2018		
Sunday 6th	Northern 10	naciom.org
Thursday 10th	5K Walk	manxharriers.com
Friday 11th	Dave Phillips Run Peel - Round 2	westernac.org
Saturday 12th	5k Prom Run – Round 6	Prom Run
Friday 18th	Ramsey Park Run – Round 3	naciom.org
Monday 21st	Laxey Fell Run	manxfellrunners.org
Friday 25th	Dave Phillips Run Peel – Round 3	westernac.org

JUNE 2018		
Weds 13th	Snaefell Fell Run	manxfellrunners.org
Friday 15th	Dave Phillips Run Peel – Round 4	westernac.org
Saturday 23rd	Parish Walk	parishwalk.com
Tuesday 26th	Northern AC 5K & 10K	naciom.org
Friday 29th	Dave Phillips Run Peel – Round 5	westernac.org

Date	Event	Website
JULY 2018		
Weds 11th	Veterans Mile	manxharriers.com
Thursday 12th	Summer 10K Walk	manxharriers.com
Friday 13th	Ramsey Park Run – Round 5 ****	naciom.org
Saturday 14th	Kate's Race (Sea to Summit)	manxfellrunners.org
Friday 20th	Ramsey Park Run – Round 6	naciom.org
Sunday 22nd	5k Prom Run	Prom Run
Weds 25th	North Barrule Fell Run	manxfellrunners.org

**** Information taken from IOMAA Website – no round 4 of this race identified.

AUGUST 2018		
Saturday 5th	5k Prom Run	Prom Run
Sunday 12th	IOM Marathon & Half <i>(No Rest for the Wicked Series)</i>	iomvac.co.uk
Monday 13th	Peel Hill Race <i>(No Rest for the Wicked Series)</i>	westernac.org
Tuesday 14th	NAC 10k <i>(No Rest for the Wicked Series)</i>	naciom.org
Weds 15th	Killer Mile <i>(No Rest for the Wicked Series)</i>	manxfellrunners.org
Thursday 16th	Foxdale 6 <i>(No Rest for the Wicked Series)</i>	manxharriers.com
Friday 17th	Heritage Trail Run <i>(No Rest for the Wicked Series)</i>	westernac.org

SEPTEMBER 2018		
Saturday 1st	5k Prom Run	Prom Run
Sunday 2nd	20k Walk Champs & 50k National Champs	manxharriers.com
Sunday 16th	End to End Walk	iomvac.co.uk
Sunday 23rd	Peel to Douglas Trail Run	manxharriers.com
Sunday 30th	Western AC 10miles Run/Julie Brew Walk	westernac.org

OCTOBER 2018		
Thursday 4th	Ramsey Fireman's Run – Round 1	naciom.org
Sunday 7th	One Hour Challenge Walk	manxharriers.com
Thursday 11th	Vets Autumn Handicap	iomvac.co.uk
Saturday 13th	Axenfel Fell Run	manxfellrunners.org
Sunday 14th	IOM X-Country League - Round 1	iomaa.info
Saturday 20th	Winter Hill League – Round 1	manxfellrunners.org
Sunday 28th	Winter Walk League – Round1	manxharriers.com

NOVEMBER 2018		
Thursday 1st	Ramsey Fireman's Run – Round 2	naciom.org
Sunday 4th	IOM XC League – Round 2	iomaa.info
Saturday 10th	Winter Hill League – Round 2	manxfellrunners.org
Sunday 18th	Syd Quirk Half Marathon	iomvac.co.uk
Saturday 24th	South Barrule trail run	manxharriers.com
Sunday 25th	Winter Walk League – Round 2	manxharriers.com

DECEMBER 2018		
Sunday 2nd	IOM XC League – Round 3	iomaa.info
Thursday 6th	Ramsey Fireman's Run - Round 3	naciom.org
Saturday 8th	Winter Hill league – Round 3	manxfellrunners.org
Sunday 16th	Winter Walk League – Round 3	manxharriers.com

REMINDER:

Check all races listed above on club websites or local press for confirmation as dates, venues etc. may change.

Race information source: IOMAA website.

3. **Members' Results Oct – Dec 2017**

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 01 Oct 17 / Peel					
9	Kevin Deakes	1:06:20	48	Viviana Toro	1:28:52
12	Alan Sandford	1:09:01	49	Dave Lawrie	1:29:09
20	Terry Bates	1:17:40	51	Steve Willmott	1:33:35
22	Peter Cooper	1:18:43	56	Moira Hall	1:44:29
29	Robbie Lambie	1:21:40	59	Geoff Hall	1:46:44
36	Les Brown	1:25:23	61	Alan Pilling	1:50:43
40	Andrew Lodge	1:26:16			

Julie Brew Memorial 10 miles walk / Sun 01 Oct 17 / Peel					
3	Richard Gerrard	1:26:41	12	Jayne Farquhar	1:48:55
5	Dale Farquhar	1:31:58	16	Louise Hollings	1:53:55
7	Tony Mackintosh	1:40:06	19	Colin Moore	1:57:02
8	Marie Jackson	1:40:45	20	Andy Baxendale	1:57:05
9	Bernie Johnson	1:41:01	42	Sarah Goldsmith	2:37:22
11	Brian Kelly	1:47:33			

RAMSEY FIREMAN'S - Round 1 / Thurs 05 Oct 17			1 Lap <i>(Actual position & time)</i>		
49	Sue Ackroyd	17:09	55	Geoff Hall	17:26
52	Mo Kelly	17:21	66	Catriona Farrant	22:23

RAMSEY FIREMAN'S - Round 1 / Thurs 05 Oct 17			3 Laps <i>(Actual position & time)</i>		
13	Kevin Deakes	31:53	62	Les Brown	39:30
42	Stephen Brown	36:12	83	Steve Willmott	44:40
58	Alan Postlethwaite	38:47			

CHESTER MARATHON / Sun 08 Oct 17			Overall position listed		
57	Sarah Webster	2:48:28	** 2nd Lady **		
**** WELL DONE SARAH ****					



VETS AUTUMN HANDICAP / Thurs 12 Oct 17/ NSC			5k WALK <i>(Handicap position – Actual time)</i>		
2	Tony Mackintosh	27:16	12	Colin S Moore	33:11
4	Bernie Johnson	29:46	13	Louise Hollings	32:55
5	Jayne Farquhar	30:08	14	Brian Kelly	31:07
6	Nick Wallinger	35:55	15	Sarah Goldsmith	43:03
9	Andy Baxendale	34:26	16	Ian Callister	33:18
11	Angela Corkish	38:04			

VETS AUTUMN HANDICAP / Thurs 12 Oct 17 / NSC			10k RUN <i>(Handicap position – Actual time)</i>		
4	Robbie Lambie	47:05	15	Alan Postlethwaite	48:55
6	Dave Lawrie	49:56	19	Nicola Kennedy	46:37
9	Stephen Brown	42:51	24	Geoff Hall	1:02:09
10	Kevin Deakes	39:11	27	Tadhg O'Mahony	45:50
13	Richard Kennedy	40:37	31	Moira Hall	59:38
14	Viviana Toro	50:14			

**CROSS-COUNTRY Series - Round 1 / Sun 08 Oct 17 / Castle Rushen School, Castletown
Senior / Vet Men (8.8 km)**

22	Richard Gerrard	40:00	42	Ian Callister	48:12
26	Richard Kennedy	42:12	44	Dale Farquhar	50:13
33	Chris Cale	43:47	47	Les Brown	51:20

**CROSS-COUNTRY Series - Round 1 / Sun 08 Oct 17 / Castle Rushen School, Castletown
Senior / Vet Women (6.05 km)**

2	Gail Griffiths	26:17	12	Nicola Kennedy	33:20
11	Jayne Farquhar	32:23	22	Louise Hollings	39:14

**CROSS-COUNTRY Series – Round 1 / Sun 08 Oct 17 / Castle Rushen School, Castletown
Short Course (2.8 km)**

No IOMVAC members

HILL League - Round 1 / Sat 21 Oct 17 / SILEAU WHALLIAN

7	Alan Sandford	22:53	94	David Corrin	32:08
52	Lewis Veale	28:09	108	Les Brown	34:16
61	Ian Callister	29:10	118	Geoff Hall	37:46
72	Maggie Watkins	29:48	122	Alan Pilling	42:12
82	Roger Moughtin	31:19	123	Moira Hall	42:37
87	Peter Cooper	31:45			

WINTER WALKING LEAGUE Round 1 Results (2017)

Sorry no details available - as unable to access data for this race on the Harriers website.

RAMSEY FIREMAN'S - Round 2 / Thurs 02 Nov 17 1 Lap (Actual position & time)

4	Neil Vondy	11:09	42	Sue Ackroyd	16:48
7	Robbie Lambie	12:10	58	Catriona Farrant	22:21

RAMSEY FIREMAN'S - Round 2 / Thurs 02 Nov 17 3 Laps (Actual position & time)

11	Kevin Deakes	31:15	51	Maureen Oddie	38:06
28	Stephen Brown	33:48	59	Les Brown	39:01
40	Tadhg O'Mahony	36:45	73	Ian Callister	41:48
45	Alan Postlethwaite	37:55	76	Steve Willmott	42:12
50	Mike Gellion	38:05	89	Alan Pilling	47:18

CROSS-COUNTRY Series - Round 2 / Sun 05 Nov 17 /QEII School Senior / Vet Men (8.6 k)

15	Richard Gerrard	37:03	26	Ian Callister	44:19
24	Chris Cale	40:53			

CROSS-COUNTRY Series - Round 2 / Sun 05 Nov 17 /QEII School Senior / Vet Women (5.92 k)

2	Gail Griffiths	25:03	17	Louise Hollings	37:44
8	Jayne Farquhar	30:34			

CROSS-COUNTRY Series - Round 2 / Sun 05 Nov 17 / QEII School Short Course (2.8 k)

11	Alan Pilling	15:36			
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HILL League - Round 2 / Sat 11 Nov 17 / CRINGLE						3k
21	Alan Sandford	20:53	108	Lewis Veale	29:24	
74	Ian Callister	25:46	111	David Corrin	29:40	
75	Maggie Watkins	25:48	116	Kathryn Clough	32:26	
76	Peter Cooper	25:49	117	Geoff Hall	32:32	
85	Roger Moughtin	26:42	118	Alan Pilling	33:27	

Syd Quirk Half Marathon / Sun 19 Nov 17 / Ronaldsway						RUN
7	Sarah Webster (1st Lady)	1:20:32	109	Les Brown	1:52:45	
13	Kevin Deakes	1:22:56	125	Dave Lawrie	1:57:41	
52	Lewis Veale	1:39:04	154	Alan Pilling	2:23:57	
75	Robbie Lambie	1:43:54	158	Stephanie Burrell	2:30:54	
89	Andrew Lodge	1:50:01	162	Sue Ackroyd	2:35:16	
104	Steven Willmott	1:52:01	163	Mo Kelly	2:35:27	
107	Viviana Toro	1:52:20				

**** WELL DONE SARAH ****

Syd Quirk Half Marathon / Sun 19 Nov 17 / Ronaldsway						WALK
3	Richard Gerrard (2nd Man)	1:53:13	17	Brian Kelly	2:17:48	
4	Dale Farquhar (3rd Man)	1:59:00	23	Louise Hollings	2:25:13	
6	Sam Fletcher	2:06:44	25	Ian Callister	2:31:45	
10	Marie Jackson (2nd Lady)	2:11:29	27	Colin S Moore	2:33:43	
12	Bernie Johnson (3rd Lady)	2:12:23	30	Andy Baxendale	2:36:17	
14	Jayne Farquhar	2:13:04	31	Nick Wallinger	2:38:13	

**** WELL DONE ****

An excellent turn out of 25 IOMVAC Members in this years Syd Quirk Half....

WINTER WALKING League - Round 2 / Sun 26 Nov 17 / Andreas 10k (handicap position/actual time)					
7	Colin Moore	66:46	19	Jayne Farquhar	61:37
10	Dale Farquhar	52:00	22	Bernie Johnson	61:11
14	Sam Fletcher	56:39	24	Angela Corkish	75:31

WINTER WALKING League - Round 2 / Sun 26 Nov 17 / Andreas 5k (handicap position/actual time)					
5	Sharon Cain	31:41	11	Henry de Silva	47:53
7	Sarah Goldsmith	42:47			

CROSS-COUNTRY Series - Round 3 / Sun 03 Dec 17 / Crossags						Senior / Vet Men (9.32 k)
19	Richard Gerrard	41:23	=30	Ian Callister	50:09	
28	Chris Cale	47:26				

CROSS-COUNTRY Series - Round 1 / Sun 03 Dec 17 / Crossags						Senior / Vet Women (6.99 k)
2	Gail Griffiths	30:19	12	Louise Hollings	44:46	
8	Jayne Farquhar	36:59				

CROSS-COUNTRY Series - Round 1 / Sun 03 Dec 17 / Crossags						Short Course (2.6k)
7	Alan Pilling	15:27				

RAMSEY FIREMAN'S - Round 3 / Thurs 07 Dec 17			1 Lap	<i>(Actual position & time)</i>
34	Geoff Hall	16:15		

RAMSEY FIREMAN'S - Round 3 / Thurs 07 Dec 17			3 Laps	<i>(Actual position & time)</i>
17	Robbie Callister	34:48	59	Steve Willmott 41:48
19	Stephen Brown	34:58	61	Ian Callister 43:33
55	Phil Motley	41:13	73	Alan Pilling 48:17
56	Les Brown	41:18		

HILL League - Round 3 / Sat 16 Dec 17 / Eairy Beg				
10	Alan Sandford	23:20	82	Les Brown 33:12
31	Lewis Veale	26:44	91	Alan Pilling 38:15
53	Ian Callister	29:30	92	Geoff Hall 39:18
58	Peter Cooper	29:53		

WINTER WALKING League - Round 3 / Sun 17 Dec 17 / Ramsey 10k (handicap position/actual time)				
2	Louise Hollings	65:02	10	Jayne Farquhar 61:14
6	Richard Gerrard	51:15	11	Sam Fletcher 56:21
9	Bernie Johnson	59:45		

WINTER WALKING League - Round 3 / Sun 17 Dec 17 / Ramsey 5k (handicap position/actual time)				
2	Sharon Cain	31:01		

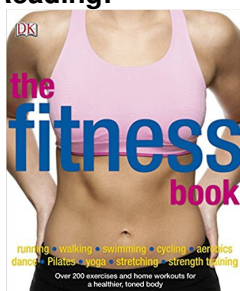
4. **Recommended Run/Walk.** None submitted this quarter.

5. **Members' Suggestions.**

Websites: **Open.edu / open learn / free-courses**

This a section of the main Open University website but offers free courses. Look in the Health, Sports & Psychology category for sports courses. Most are not too heavy going and are very well presented. You do not have to join the Open University just access immediately and start reading.

Reading:



The Fitness Book

Publisher: Dorling Kindersley

ISBN: 978 140-539-1207

UK Edition released Jan 2012

This is a very informative book giving an introduction into various sports and general fitness training. It is well illustrated with simple straightforward advice. It is good to dip into when you have a few minutes spare while recovering with your protein shake (or bar of chocolate and cuppa) after completing your chosen sport.



Runs: Nobles Parkrun.

This is a 5k (3.1mile) run around Nobles Park, Douglas and it takes place EVERY Saturday at 9am along with all other Parkruns around the UK. Others take place around the World (so no excuses unless you are in Spain – not many there). Our Parkrun started on 21st Oct 2017.

To the uninitiated this is a great 3.1mile (5k), officially timed training run of 2 and a bit laps of Nobles Park on tarmac and gravel paths plus grass and of course Manx Mud. It is Great Fun with a lovely friendly atmosphere. It isn't a race but a run, where you test yourself against you by time. It is completed by serious, fast runners and those not so fast or just getting fitter and having fun along the way. Walkers can do it. Kids can do it (but under 11's must run with a responsible adult). Park on the road or in streets nearby, or like many Douglas & Onchan folk walk, cycle or run to Nobles Parkrun.

For the speedsters among you - The fastest male and female times to date (Jan 18) for Nobles Parkrun are: Men: 18:14min (18Nov17) and Women 21:55min (02Dec17).

Best of all – It is **FREE** to take part.

Go to the Parkrun website, register your details, print off your personal barcode, **take it with you to the run** and give it a go.

Website: parkrun.org.uk/nobles

To follow:

Report from Colin Moore on his achievements at Bury St Edmonds 20mile race on 05Aug17

Final 2017 league positions for: Vets Fell Running and Road Running Shield .

For Walking League 2017 results see IOMVAC website for details (not available at time of writing).

6. **Members' Reports.** From Colin Moore

Bury St. Edmonds – 20 miles – Saturday 5th August 2017

At the start of the year I booked to travel down to London to see the 'Their Mortal Remains' Pink Floyd Exhibition at the Victoria and Albert Museum and wondered how to fill in the rest of the weekend. Whilst looking at the 'Centurions' website one evening I noticed that the 2017 event was to be held the previous day to the museum visit near the Skyliner Sports Centre, Bury St. Edmonds and that there would be ancillary distances. I duly decided to enter for my first off-Island Race walking event - the 20 miles race walk.

Having arrived at Gatwick on the last flight on Friday I had an early start on the Saturday morning to get the Gatwick Express into Liverpool Street station and then onto Bury St. Edmonds via Ipswich. I eventually arrived at the Sports Centre where the 100 miles event was already in progress (including legendary husband and wife Richard and Sandra Brown, the 'usual' Dutch contingent and Manx Harriers' own James Bassett) and completed my preparations as the Rules of the event were being read out.

The course was a circular 2 miles loop. Roughly half was adjacent to a main road before cutting into a wooded area where the shelter was very welcome as the temperature was not too dissimilar to the 'Parish' earlier in the year. There was also a good field to contend with, including Olympian race walkers Ian Richards (Moscow 1980) and Lisa Kehler (Barcelona 1992 and Sydney 2000). Well known Parish finisher Edmund Shillabeer was also on the starting line-up and the race got underway at 4 p.m.

The camaraderie was excellent with all the competitors I walked with speaking kindly of Manx athletes they had met and the Island itself. I did my usually 'graph' of a quick start averaging 5.6 m.p.h. in the early stages slowing down to a last loop at 4.4 m.p.h. and eventually finished 11/19 being rewarded with a 3 seconds personal best of 04 hours 07 minutes 16.80 seconds! Somewhere along the line I also got presented with the 55-59 B.M.A.F. age group champion for the distance for 2017!

I cannot praise the organisation of the event enough, especially the food and drinks stations which were matched by the local 'Greene King' back in town later that evening! I will certainly be looking for similar events to attend in future years and would recommend the experience to all who wish to try out different locations and distances .

Colin Moore



WELL DONE COLIN and Thank You for sending in a great report.

2017 IOMVAC Fell Running Championship – Final Positions

Thanks to Ian Callister for compilation

Pos/n	Name	V cat	Race points	Age bonus points	Total points
1	Ian Callister	MV60	350	56	406
2	Maggie Watkins	LV50	348	32	380
3	Alan Sandford	MV45	318	12	330
4	Les Brown	MV60	276	48	324
5	Lewis Veale	MV45	302	12	314
6	Janette Morgan	LV55	285	26	311
7	Lisa Motley	LV50	223	20	243
8	Phil Motley	MV60	188	32	220
9	Moira Hall	LV65	176	40	216
10	Roger Moughtin	MV65	139	30	169
11	Alison Corlett	LV50	126	12	138
12	Peter Cooper	MV65	97	20	117
13	Alan Pilling	MV65	86	20	106
14	Geoff Hall	MV65	85	20	105
15	Dave Corrin	MV70	46	12	58
16	Nick Watterson	MV55	50	6	56
17	Richard Gerrard	MV45	53	2	55
18	Andrew Lodge	MV55	45	6	51
19	Dave Lawrie	MV45	47	2	49
20	Sue Furner	LV55	41	6	47

Vets Road Running Shield 2017 - After Fifteen On-Island Events

		Category	Points	Island Events	Off Island	Scoring Events
1	Terry Bates	M65	25.03	8	1	7
2	Mike Garrett	M45	87.81	5	1	6
3	Kevin Deakes	M55	48.33	8		6
4	Moira Hall	W65	-5.92	9		6
5	Les Brown	M65	-24.33	11		6
7	Jayne Farquhar	W45	-64.65	7		6
8	Alan Pilling	M65	-142.39	11		6
9	Maureen Kelly	W60	-172.66	7		6
10	Catriona Farrant	W50	-380.83	4	2	6
11	Stephen Brown	M55	12.45	7	1	5
12	Nicola Kennedy	W35	-35.25	6	4	5
13	Richard Kennedy	M35	-52.7	6	4	5
14	Steve Willmott	M55	-127.44	6		5
15	Sue Ackroyd	W60	-137.32	5		5
16	Geoff Hall	M65	-156.75	6		5
17	Dave Lawrie	M45	-166.08	5		5
18	Alan Postlethwaite	M70	17.16	5	1	4
19	Maggie Watkins	W50	-11.81	5		4
20	Mark Peberdy	M45	-21.55	3	1	4
21	Robbie Lambie	M60	-22.16	4		4
22	Ian Callister	M60	-58.34	5	1	4
23	Gail Griffiths	W50	45.77	3		3
24	Sarah Webster	W35	38.62	3		3
25	Peter Cooper	M65	18.82	3		3
26	Andrew Lodge	M60	-29.49	3	1	3
27	Viviana Toro	W40	-57.49	3		3
28	Miriam Kelly	W50	-84.31	3		3
29	Alison Corlett	W50	-97.5	3		3
30	Ingrid Sugden	W60	-123.61	3		3
31	Richard Gerrard	M45	5.7	1	1	2
32	Alan Sandford	M45	-3.72	2		2
33	Nick Watterson	M55	-8.68	2		2
34	Paul Curphey	M55	-8.95	1	1	2
35	Ian Dunbar	M45	-39.1	2		2
36	Clive Dugdale	M50	-54.39	1	1	2
37	Louise Hollings	W35	-73.66	2		2
38	Dale Farquhar	M35	-83.38	2		2
39	Caroline Mayers	W45	13.96	1		1
40	Dave Corrin	M70	0.53	1		1
41	Roger Moughtin	M65	-4.73	1		1
42	Tadgh O'Mahoney	M50	-10.06	1		1
43	Lewis Veale	M45	-10.06	1		1
44	Ian Hughes	M40	-16.31	1		1
45	Sharon Cain	W45	-37.91		1	1
46	Mike Norrey	M60	-40.9		1	1
47	Kathryn Clough	W40	-44.45	1		1
48	Sue Fumer	W55	-45.32	1		1
49	Bernie Johnson	W35	-45.65	1		1
50	Stephanie Burrell	W40	-51.88	1		1