

Isle of Man Veteran Athletes Club Newsletter - March 2017



IOMVAC Club Information:

Committee and Contact Details 2017

The following committee members were elected / re-elected at the AGM on Mon 13th February 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	<i>vacant</i>			
	Colin Watterson	-	-	-
	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 and Facebook page [IOM Vaclub](https://www.facebook.com/IOMVAC)

- ***** CONGRATULATIONS to our President DURSLEY STOTT on his Recent Award ***:**
Dursley has been presented with **A Lifetime Achievement Award** by the IOM Sports Awards Committee in recognition of his many years work with the Commonwealth Games and shooting. He was a member of the first Isle of Man team to compete at the British Empire and Commonwealth Games held in Cardiff in 1958.
- **Committee and Race Secretary Retirements: Lesley Christian and Carolyn Magee** both retired from IOMVAC committee duties at the 2017 A.G.M. Carolyn held the position of Race Secretary for the past 4 years and Lesley has worked on the IOMVAC committee for more years than we dare to mention. Thank you both for all your hard work over the past years and you will be missed.
- **London Marathon April 2017- Club Place:**
Again we were only allocated 1 place this year and the Lucky member to be assigned our place was Mike Norrey. Good Luck to Mike and to ALL IOMVAC club members taking part this year.
- **2017 IOMVAC Membership:**
Reminder: Membership fees are **now due**. Please send payment ASAP to Mo Kelly.
- **AGM 13th Feb 2017 –Chairman’s Report:** Copy follows. Thanks to Terry.
- **Congratulations to all the IOMVAC 2016 Trophy Winners.**
The winners were announced at the AGM on 13 Feb 17. Full list on page 3 (photos at end)

- **Welcome to New and Returning Members:**
Nicola and Richard Kennedy and Miriam Kelly.
- **Baby Announcement !!! :**
Club member Viviana Toro announced the arrival of her new baby, born 31 Jan 2017.
CONGRATULATIONS to all and welcome to your new family addition.
This maybe a **FIRST** for our club but I'm sure you will correct me if I'm wrong.
- **2017 20 mile Race:** The IOMVAC organised 20 mile race took place for the 25th year on 5th March this year. Club member Paul Curphey again took part and in doing so, has now completed **24** of those 25 races. **Well done Paul.** A magnificent achievement.
- **IOMVAC Road Running Shield – Changes to Groups / Qualifying Races:**
The events included in the IOMVAC Road Running Shield have been updated. Group 0 covers short runs 3 to 3.99 miles, so allowing 3.1 mile (5k) races to be included in qualification for the Running Shield. Other groups have been adjusted accordingly. The long-distance runs over 17.5 miles have been combined into Group 4. A further 5K Prom Run may be added later in the year. If so, members will be advised by email or club website or Facebook. For full details of groups and distances they now cover, plus qualifying races for 2017 see listing at the end of this Newsletter (2017 Walking & Fell Running also listed).
- **IOMVAC - Club Organised Races in 2017:**

Date	Day	Race	Sponsor	Information
05 March	Sun	Vets 20 miles	Leinster Management Limited	Date now passed, see report in this Newsletter
16 March	Thurs	Spring Handicap	Dursley Stott	Date now passed. Report to follow
19 July	Weds	Veteran's Mile	-	Summer date agreed with Manx Harriers. Start approx. 19:00
13th Aug	Sun	IOM Marathon & Half Marathon	Microgaming	See application information below. NOTE: Teams of 4 may run the Marathon this year.
17th Sept	Sun	End to End Walk	Ramsey Bakery	See application information below
12th Oct	Thurs	Autumn Handicap	Dursley Stott	Application information to follow
19th Nov	Sun	Syd Quirk Half Marathon	Haldane Fisher	See application information below

- **Isle of Man Marathon and Half Marathon – Ramsey: Sunday 13th August 2017**
Enter race at isleofmanmarathon.com via the **SiEntries** button. Entries are on-line ONLY.
Walkers are welcome in both races but please note there is a 6 hour cut-off. **Entries open now.**

*** **This year there is a Relay Option for the IOM Marathon** ***



Teams of 4 runners may enter. Each team runner will run approximately 6-7 miles.
The First runner starts with all other Marathoners and hands over to Runner 2 at Andreas,
Runner 2 hands over to Runner 3 at North Shore Road,
Runner 3 hands over to Runner 4 at Andreas for the last leg and Runner 4 finishes inside Ballacloan stadium with all the Marathoners and Half Marathoners.

- **Steven Jacobs Memorial Mile (NSC Track): Set for Weds 24th May.** Time to be decided on the night.
- **Veteran's Mile (NSC Track): Set for Weds 19th July. 19:00**

- **End to End Walk Point of Ayre to The Sound: Sunday 17th September 2017**
Enter race at endtoendwalk.org or via the link on our website. Entries are on-line ONLY.
Entries opened on the 1st April.
 - **Syd Quirk Half Marathon – Ballasalla: Sunday 19th November 2017**
Enter race using link on our IOMVAC website iomvac.co.uk . Entries will be on-line ONLY.
Entries not yet open. Runners and walkers are both welcome. Walkers will start first, followed by runners who expect to take more than 2hrs 15mins, with the runners who expect to take under 2hrs 15mins starting last. Details to follow and will be posted on the website when available.
 - **IOM Veteran AC Road Running Shield Races, Walking League Races and Fell Running League Championship Races due in next few months in table below:**
For details of all races in 2017 counting towards the IOMVAC awards this year see table at the end of this Newsletter with planned dates added where details are available.
 - **Easter Running Festival:**
Port Erin 10k Good Friday 14 April, Peel Hill Sat 15 April & Douglas Prom 5k Easter Sun 16th April.
Good Luck to all IOMVAC members taking part this year, be it one or all 3 of the planned races. It is good to support this event and let our visitors, who are mainly university students, see we are a nation of runners both young and old. Thank you for your support.
 - **Liverpool Half Marathon Sun 2nd April 2017:**
Congratulations to all IOMVAC members who completed the Liverpool Half Marathon last Sunday. You did us proud. Full details of dates & times will be in the next Newsletter due out in June 2017.
-

Quick Message from Sue A:

Thank you for all your comments on past Newsletters and as you seem to be enjoying them, here's the first of 2017.

So here we are a quarter of 2017 already gone and the Easter Running Festival about to land upon us. Now I'm not quite sure how it happened, but I seem to have been encouraged to take part in the THREE races of the Easter Festival this year...! I've run the Good Friday Port Erin 10k a few times in the past and have managed to wheeze my way up that darned hill to the finish line, but ALL THREE... now that IS a tall order. I'm well aware I'll be running with healthy, lithe, fit, young folks from across the water many of whom are 1/3 of my age....! Still someone has to come last in each race, so it might as well be me. Of course it will be an honour to take part alongside these wonderful young people. Well, I'll be alongside them on the start line - but that's about it ☺. As my mother used to say – It's the taking part that counts.....

So how is your training going so far this year? For those of you training for a Marathon across the water this spring/summer, you have my greatest respects and of course Good Wishes from your fellow club members for a successful mission. Above all enjoy the experience. Same goes for those of you training for walking races here and across too this year. I'm in awe of the walking speeds you achieve. In fact, most of you pass me in combined run/walk races.....when I'm running !

I hope your run / walk training is on track for whatever your aims are for 2017 and hopefully I'll see you on a couple of the IOM race start lines. Here's to a great 2017 of walking and running. I hope too that you stay injury-free, healthy and strong in your training this year.

And finally – I must offer a BIG SORRY to Chris Cale. Sadly I missed Chris off every listing of member's race achievements in 2016. How on earth could I? Sorry Chris. I'll never miss you off any again. You are the first one I look for now (No pressure there then Chris ☺).

Sue A / 7th April 2017

Don't forget as well as sending details of running races you have participated in across or around the world to Alan Postlethwaite for inclusion in the running league, or Mo Kelly in the walking league, or Ian Callister for UK fell races.....Also copy your email to me for inclusion in the Newsletter results section at greygoose@manx.net

ISLE OF MAN VETERAN ATHLETES' CLUB - 2016 Trophy Presentation
Presented at the IOMVAC AGM – 13th February 2017 , Albany Tennis Club

Race Walking League	Men	Winner 2 nd 3 rd	Ian Callister Brian Kelly Sam Fletcher
	Ladies	Winner 2 nd 3 rd	Jayne Farquhar Angela Corkish Sharon Cain
Road Running League <i>(male and female combined)</i>		Winner 2 nd 3 rd	Terry Bates Moira Hall Alan Pilling
Ann Brough Spring & Autumn Handicap – WALK	Men Ladies	Winner Winner	Ian Callister Sharon Cain
Bob Skillicorn Spring & Autumn Handicap - RUN	Men Ladies	Winner Winner	Geoff Hall Moira Hall
Track and Field	Men Ladies	Winner Winner	Neil Vondy Moira Hall
Sam Robinson Memorial Trophy <i>First Club Members - Northern 10 results</i>	Men Ladies	Winner Winner	Mike Garrett Maggie Watkins
Ned Kennaugh Parish Walk <i>1st male club member to reach and stop at Peel</i>	Phil Motley		
Henry de Silva – Parish Walk <i>1st female club member to reach and stop at Peel</i>	Janette Morgan		
Ian Callister - Club Fell Running League	Ian Callister		
Fell Runner of the Year <i>(Presented on New Years Day Fell Run)</i>	Janette Morgan		
Syd Quirk Half Marathon Merit Award	Catriona Farrant		
Veteran's Mile <i>(Presented on Race Day)</i>	Mike Garrett		
Brian Doughty Memorial Trophy for services to the Club	Adrian Cowin		
Marshal of the Year	Robbie Callister		
London Marathon Place 2017 went to: <i>(we were only granted 1 place this year)</i>	Mike Norrey		

Chairman's Report for 2016

Before I start on the formal presentation of my second Chairman's Report can we please wish our President, Dursley Stott, a very happy 82nd Birthday. Dursley sends his apologies as he is celebrating with his family but we wish him many happy, healthy years to come.

Other individual celebrations must go to Marie Jackson for her 2 Gold Medals in the BMAF 20K Championships and to Kevin Deakes who came back from Perth with a GB Team silver medal in the World Masters Half Marathon. Two members secured a place in history by achieving IOM record times. George Henthorn Over 75 10k in 69.11 and Peter Cooper Over 65 10k in 44.37. There are numerous other local individual performances to celebrate and anyone who made it to a race start line and more importantly a finishing tape needs to be congratulated.

On a club level I am pleased to see that the Facebook page is being used, viewed and is hopefully becoming a useful way of communicating club news. Also our Website continues to be updated and kept fresh thanks to the continuing hard work of Adrian Cowin and Jacqui Cooper. It would be very remiss of me not to mention the brilliant work of Sue Ackroyd on her production of the club's Newsletter. She is still insisting that she has rested her quill but I am still hoping to persuade her otherwise unless there is anyone out there to take over the job.

The events we put on continue to be of a high standard and Walter Hill of the BMAF continually praises our marathon as one of the best in the UK and we can be equally proud of the E2E and Syd Quirk races.

A start on establishing a social aspect to the club was made in October when two teams entered the Pub Quiz at The Prospect. A very enjoyable evening ensued and the winning team was only decided on the music round where The Old Codgers bemoaned the lack of 1950's music!!! It is hoped to repeat the event in the not too distant future. If anyone has other suggestion for social gatherings then please let us know.

Along with the celebrations come the challenges and they remain much the same as last year with a desire to increase our activity in Track and Field and more importantly and urgent is a desire to get more people involved in helping the club. We need committee members, especially a Race Secretary. The first two races, the Open 20 Mile Road race and Spring Handicap are well on their way to be sorted by Mo and myself but someone to take on the role for the Autumn Handicap and Syd Quirk Half marathon would be most welcome. We can only continue to put on quality events with assistance from willing volunteers. So please Your Club Needs You!!

Moving on to a wider Island challenge the IOMAA is trying to establish a new structure to share the load of overseeing Athletics in the Island and they are actively pursuing the appointment of an ADO and it is most likely, and desirable, to have one in place by the summer. Again by volunteering to help within the IOMAA and to participate in the Officials Courses to be held in March is a way of giving back to the sport we have enjoyed for so long and ensure that it still exist for future generations. Remember every Under 7 who runs their first 50m on the track is potentially a future member of our club and we need them to maintain our existence.

Other developments begin with us considering the updated Constitution. This is not a rewrite but simply a bringing together the changes voted on in the past and to incorporate the ways of working that exist today.

Your views on establishing a 'welcome pack' for new members would be appreciated. This would perhaps help make new members proactive and assist in helping the club to grow.

There is also a case to perhaps re-think the Road Running Shield competition. The loss of races in the 12.5 to 17.49 miles category means that unless you compete in the 20 mile race you cannot complete the series without going 'off Island' to compete. This may be a good thing to encourage members to race 'off island' and if this was coupled with financial support then perhaps the competition can remain as it is and continue to be a test of members fitness and running ability over a variety of distances.

I cannot finish without thanking the committee and all those members of the various sub committees for their continuing support and hard work. Remember we do need you to help so please see what time you have to give back to supporting the club. With your help and support we can look forward to a very rewarding 12 months.

Thank You

Terry Bates, Chairman 13 February 2017

2. Up and Coming Races Quarter 2 - April to June: (Note these dates may be subject to change – check websites & Manx Independent newspaper calendar section for confirmation.

Month	Date	Race	IOMVAC Award Qualification
APRIL	Sat 1st	5k Prom Run Round 4- Douglas	-
	Fri 7th	Ramsey Park Run Round 1	(3 laps) Road Running Shield
	Fri 14th	Easter Festival – 10k Port Erin	Road Running Shield
	Sat 15th	Easter Festival – Peel Hill Climb	-
	Sun 16th	Easter Festival – 5k Douglas Prom	Road Running Shield
	Fri 21st	Ramsey Park Run Round 2	-
	Sat 29th	5k Prom Run Round 5 - Douglas	-
	Sun 30th	Narradale Fell Run	-

MAY	Fri 5th	Dave Phillips Run Round 1 - Peel	(2 laps) Road Running Shield
	Sun 7th	Northern 10 (miles)	Road Running Shield
	Sat 13th	5k Prom Run Round 6 – Douglas	-
	Thu 18th	Harriers 5k Walk – NSC?	-
	Fri 19th	Dave Phillips Run Round 2 - Peel	-
	Sat 20th	Race the Sun	-
	Wed24th	Carraghan Fell Run	Fell Running League
		Steven Jacobs Memorial Mile -NSC Track	-
	Fri 26th	Ramsey Park Run Round 3	-

JUNE	Wed14th	Laxey Fell Run	Fell Running League
	Fri 16th	Ramsey Park Run Round 4	-
	Sat 17th	Parish Walk	Walking League (Peel and Finish)
	Fri 23rd	Dave Phillips Run Round 3 – Peel	-
	Tue 27th	Northern AC 5k & 10k Races - Ramsey	Road Running Shield (5k & 10k)

3. **Members Results** Jan – Mar 2017**NEW YEARS DAY FELL RUN / Sun 1st Jan 2017 / Slieau Whallian****Distance 5k / 3.1 miles Climb 275m / 902 ft**

47	Lewis Veale	35:45	107	Andrew Lodge	42:40
58	Ian Callister	37:01	125	Lisa Motley	44:17
82	Janette Morgan	38:56	155	Alan Pilling	49:04
87	Maggie Watkins	40:07	157	Moir Hall	49:32
88	David Corrin	40:09	187	Sue Furner	59:50

RAMSEY FIREMAN'S Round 4 / Thurs 5th Jan 17**1 Lap**

5	Neil Vondy	10:45	60	Bryan Masterson	19:26
43	Sue Ackroyd	17:07	64	Ingrid Sugden	19:57
54	Geoff Hall	17:53	65	Catriona Farrant	20:00

3 Laps

14	Sarah Webster	32:27	64	Ian Callister	40:41
24	Stephen Brown	34:49	88	Steve Willmott	45:33
52	Maureen Oddie	38:12	91	Alan Pilling	46:08

WINTER WALKING League Round 4 / Sun 8th Jan 17 / Ronaldsway Handicapped 10k (actual times)

6	Ian Callister	1:02:03	19	Jayne Farquhar	1:02:02
7	Karen Lawrie	1:02:50	24	Chris Cale	57:15
15	Andy Baxendale	1:09:45	27	Colin Moore	1:08:25
17	Louise Hollings	1:04:26	29	Angela Corkish	1:12:53
18	Sharon Cain	1:04:26			

Handicapped 5k (actual times)

5	Nick Wallinger	36:21	11	Enid Watson	35:19
10	Sarah Goldsmith	42:06			

PROM RUN 5k Series / Round 1 Douglas / Sat 14th Jan 17

31	Richard Kennedy	21:25	137	Miriam Kelly	30:31
33	Ian Dunbar	22:00	180	Andy Baxendale	34:55
45	Jayne Farquhar	22:55	184	Kathryn Clough	35:19
55	Nicola Kennedy	23:33	200	Catriona Farrant	37:48
119	Sharon Cain	28:47	227	Mo Kelly	46:36

CROSS-COUNTRY Series Round 4 / Sun 22nd Jan 17 / QE II High School, Peel
Senior / Vet Men (8,600m)*No IOMVAC entrants***Senior / Vet Women (5,920m)**

3	Gail Griffiths	23:58	14	Louise Hollings	35:17
6	Jayne Farquhar	29:30			

Short Course (2,800m)

10	Alan Pilling	16:10
----	--------------	-------

MANX FELL League / Sat 28th Jan 17 / Ard Whallin, West Baldwin**Distance 12k / 7.5 miles Climb 750m / 2461 feet**

15	Alan Sandford	1:25:52	67	Roger Moughtin	1:58:06
38	Nick Watterson	1:40:18	80	Lisa Motley	2:07:37
39	Lewis Veale	1:40:38	87	Moir Hall	2:25:56
45	Janette Morgan	1:46:14	88	Geoff Hall	2:26:47
61	Maggie Watkins	1:51:49	89	Alison Corlett	2:27:07
66	Ian Callister	1:57:22			

RAMSEY FIREMAN'S Round 5 / Thurs 2nd Feb 17**1 Lap**

2	Neil Vondy	11:06	59	Catriona Farrant	20:25
57	Bryan Masterson	19:19			

3 Laps

19	Gail Griffiths	34:51	45	Terry Bates	38:45
31	Stephen Brown	36:25	70	Ian Callister	43:04
32	Nick Watterson	36:27	82	Steve Willmott	45:05
43	Maureen Oddie	38:36	87	Alan Pilling	52:40

PROM RUN 5k Series / Round 2 Douglas / Sat 11th Feb 17

16	Caroline Mayers	20:10	144	Sue Ackroyd	30:42
27	Richard Kennedy	20:47	146	Rita Norrey	30:47
35	Ian Dunbar	21:41	173	Catriona Farrant	34:52
48	Terry Bates	22:34	175	Robbie Lambie	34:57
51	Nicola Kennedy	22:44	176	Ingrid Sugden	34:59
117	Mike Norrey	28:31	177	Mo Kelly	35:02
131	Sharon Cain	29:58			

WINTER WALKING League Round 5 / Sun 12th Feb 17 / NSC**10k (Handicap position / actual time)**

4	Andy Green	58:52	15	Jayne Farquhar	61:51
11	Colin Moore	67:03	17	Louise Hollings	64:39
13	Ian Callister	61:37	18	Chris Cale	57:08
14	Sharon Cain	64:15			

5k (Handicap position / actual time)

1	Nick Wallinger	35:44	4	Sarah Goldsmith	41:31
	*** WELL DONE NICK ***		11	Enid Watson	35:54

MANX HARRIERS - Open Race Walk & Run Events/ Sat 25th Feb 17 / NSC**20km Race Walk**

4	Dale Farquhar	1:55:54	10	Sharon Cain	2:13:39
9	Jayne Farquhar	2:11:48	11	Louise Hollings	2:16:28

10km Run

6	Mike Garrett	34:50
---	--------------	-------

No IOMVAC entrants for the open 10km or 5km walks.

MANX FELL League / Sat 26th Feb 17 / Glen Mona**Distance 13k / 8.1 miles Climb 650m / 2133 ft**

10	Alan Sandford	2:01:48	29	Ian Callister	2:22:11
23	Lewis Veale	2:15:08	45	Lisa Motley	2:44:06
26	Maggie Watkins	2:18:37			

RAMSEY FIREMAN'S Round 6 (Final) / Thurs 2nd Mar 17**1 Lap**

3	Neil Vondy	10:39	52	Catriona Farrant	19:19
44	Sue Ackroyd	17:14	53	Bryan Masterson	19:21
48	Geoff Hall	17:57	54	Arnold Jacobs	21:15

3 Laps

29	Nick Watterson	36:32	53	Ian Callister	40:39
31	Stephen Brown	36:56	73	Steve Willmott	46:33
39	Maureen Oddie	38:18	75	Alan Pilling	47:35

20 MILE RUN - NSC / Sun 5th Mar 17

7	Richard Kennedy	2:36:07			
12	Paul Curphey	2:39:46			
13	Nicola Kennedy	2:40:16		2nd Lady – Well Done	

PROM RUN 5k Series / Round 3 Douglas / Sat 11th Mar 17

14	Caroline Mayers **	19:39	115	Kathryn Clough	27:40
20	Richard Kennedy	20:14	137	Sue Ackroyd	30:20
42	Nicola Kennedy	21:50	153	Mo Kelly	33:25
45	Andy Gosnell	22:09	159	Catriona Farrant	34:34
52	Terry Bates	22:34	162	Ingrid Sugden	34:56
58	Jayne Farquhar	23:23	184	Peter Lockett	40:48
112	Robbie Lambie	27:31			

**** First Lady – Well Done****IOMVAC SPRING HANDICAP - NSC / Thurs 16th April 17****5k WALK (Handicap position / actual time)**

2	Andy Green	28:19	9	Sam Fletcher	27:06
3	Sharon Cain	31:30	10	Kathryn Clough	31:10
5	Colin Moore	32:27	11	Sarah Goldsmith	41:41
6	Ian Callister	30:14	12	Brian Kelly	30:06
7	Louise Hollings	32:01	14	Nick Wallinger	36:18
8	Jayne Farquhar	30:36	15	Angela Corkish	37:42

10k RUN (Handicap position / actual time)

1	Robbie Callister **	41:02	11	Alan Postlethwaite	49:14
2	Maureen Oddie	48:20	13	Stephen Brown	45:01
3	Mike Garrett	34:41	20	Les Brown	51:54
4	Sarah Webster	38:20	22	Ian Dunbar	47:11
5	Moir Hall	54:16	23	Geoff Hall	1:01:29
7	Terry Bates	47:40	24	Vera Jones	1:09:37
9	Richard Gerrard	39:23			

**** WELL DONE Robbie****Excellent Turn out of IOMVAC Members – Well done to all.**

10k Race Walk Championships/ Sat 20th Mar 17 / NSC

5	Andy Green	57:36
7	Sharon Cain	64:38
8	Louise Hollings	65:09

MANX FELL League / Sun 26th Mar 17 / Ellan Vannin, Ballaugh Plantation
Distance 20k / 12.4 miles Climb 1002m / 3287ft

7	Alan Sandford	2:50:13	37	Maggie Watkins	3:35:44
26	Ian Callister	3:28:52	38	Lewis Veale	3:35:54
28	Janette Morgan	3:29:57	43	Roger Moughtin	3:46:11

4. **Recommended Run/Walk:** Due to space limits the planned recommended run/walk will be included in the end of June 2017 Newsletter.

5. **Members Suggestions.**

Websites: **Contours Trail Running Holidays at contourstrailrunningholidays.co.uk**

Not tried them myself (Sue) but sure look good and I enjoy just looking at the photos & checking the routes.

Races: **Humber Bridge Half Marathon.** Next one: 25 June 2017. Cross this magnificent bridge twice on the out & back route. 2000+ take part. Deadline for entries this year is 17th June. See website for details: humber-half.org.uk.

6. **Members Reports:** None submitted this quarter.

4. **Members Comments / Quotes:** To be included in June 2017 Newsletter

Reminders:

- Send any comments short or long for the 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.
- Send details of any "Across" races you are taking part in / have taken part in for inclusion in the results pages.
- Send reports again short or long on races completed off-Island or just send photos & a sentence. Don't worry about layout or design – just send the information and I'll do the rest.
- Don't forget to visit the club website (iomvac.co.uk) to check how well you are faring on the league Road Running table. Thank you to Alan Postlethwaite who updates these regularly.
- 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.

Final Photo Thought from Sue: "Manx Shoe Selfie" ?

If any of you read Trail Running Magazine you will be well aware of their very popular #Trailshoeselfie. I spend ages trying to identify where the picture is taken before reading the caption. For those of you who don't read this magazine; you sit down & photograph your trainers (most are pretty mucky and dangling over the edge of some high rocks / sea / lake) with a picturesque view in the background and state where you were (fell) running / walking. If anyone fancies taking a similar picture & sending them to me I'll include them in the next Newsletter. Just a bit of fun. "Mucky" shoes not essential can be beautifully clean but must have a view. (*Achieving a "view" is not such a tough assignment here on the Island*) Send to greygoose@manx.net

Next issue due end of June 2017

To follow:

Details of IOMVAC CLUB COMPETITIONS and AWARDS for 2017 (Island qualifying races)
AGM Photos of award recipients and 1st three in 20miles Ladies & Men's races and in the Spring handicap walk and run. Thanks to the photographers for sharing these.

Details of ISLE OF MAN VETERAN ATHLETES' CLUB COMPETITIONS and AWARDS 2017

THE VETERAN'S ROAD RUNNING SHIELD

An age/sex graded road running league where your times are compared to a system based on the Road Running Club age/sex standards. Points are awarded for each event, positive points if your time is better than the standard one for your age/sex but negative points if you produce a time slower than set by the scheme.

The final results are based on each competitor's best **seven** scores.

Final results **must** include at least one score from each of the five groups with no more than two scores being from the same group.

The events for 2017 are:

Group	Distance	Qualifying Event	Dates
Group 0	3 to 3.99 miles	Easter Festival 5K Round 1 Ramsey Park Run Northern Athletics 5K	Sun 16 Apr Fri 07 Apr Tue 27 Jun
Group 1	4 to 9.99 Miles	Easter Festival Good Friday 10K Round 1 Dave Phillips Memorial Races Northern 10K (both races 27 June / 15 Aug) Manx Harriers 10K–February Open Meeting Foxdale 6 Ramsey Fireman's Round 1	Fri 14 Apr Fri 05 May - Sat 25 Feb Thurs 17 Aug Thurs 05 Oct
Group 2	10 to 12.49 Miles	Northern 10 Western 10 Peel to Douglas Trail Run	Sun 07 May Sun 01 Oct Sun 10 Sept
Group 3	12.5 to 17.49 Miles	IOM Half Marathon – Ramsey Syd Quirk Half Marathon	Sun 13 Aug Sun 19 Nov
Group 4	17.5 to Marathon	IOMVAC 20 Mile IOM Marathon	Sun 05 Mar Sun 13 Aug

A maximum of two results from off-Island events, from any Group, can also be included. If there are any changes to the above list these will be announced in future newsletters or the club website and facebook page.

To ensure your results from off-island events are included, please contact Alan Postlethwaite, alan.linda.pos@gmail.com.

THE TRACK AND FIELD LEAGUE

The events to count are based on the Heptathlon for women and the Decathlon for the men. The seven events for women are: 200m, 800m, 100m hurdles, long jump, high jump, shot and javelin. For men: 100m, 400m, 1500m, 110m hurdles, long jump, high jump, pole vault, shot, discus and javelin. Points are awarded according to the age graded international scoring tables produced by the IAAF and there is no minimum / maximum number of events to qualify. All published / authenticated results included, either on or off-island.

Competitors are required to send their results in to the Club Secretary at the end of the Track season for inclusion in the League.

VETERANS' WALKING LEAGUE

Trophies are presented annually to the first three Ladies and first three Men

To qualify for the Walking League Trophies members must complete 5 of the following races.

A short race (Race 1 or Race 6) must be included.

Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10
16 th Mar	19 th Mar	3 rd Sept	17 th June	17 th June	12 th Oct	17 th Sept	17 th Sep	1 st Oct	19 th Nov
Spring Handicap 5K	10K Championship	20K Championship	Parish to Peel	Parish Beyond Peel	Autumn Handicap 5K	End2End to Peel	Full End2End	Western 10	Syd Quirk Half Marathon

The points are awarded for places (only other veteran members counting) and a second column awards points for age. The 35 age group get nothing, but every five year age group accrues another 2 points, i.e. 40 year olds get 2, 60 year olds get 10, and so on.

There are separate leagues for men and women.

At the end of the year your best 5 races, which will include the compulsory races, will determine your total. To ensure you are included in the league, please email your race results to Mo Kelly:

mokelly@manx.net

IOMVAC FELL RUNNING LEAGUE CHAMPIONSHIP

Competitors best 2 short races, best 2 medium races, best 2 long races & best 1 other race establishes their final position.

Race Distance	Event (date planned)	<i>Check Manx fell Runners website for final details / confirmation</i>
Short	St. Johns (01Jan), Snaefell (26July), Carraghyn (24May) and North Barrule**.	
Medium	Greeba**, Baldwin**, the 'James Coulson' Laxey (14June) and Creg-ny-Baa**	
Long	<ol style="list-style-type: none"> 1. Manx Mountain Marathon (08July), <u>double points</u>; competitors can consider this as 2 long races. 2. Ellan Vannin (26Mar). 3. Any UK category 'A' long fell race before end of September. 4. Bradda fell race - original route** 5. 1st leg Mountain Marathon Relay, 6. 2nd leg Mountain Marathon Relay (both 08 July) 	

** Dates not identified. Check Manx Fell Runners Website and/or press for details throughout the year.

Competitors who complete UK fell races are required to produce race result sheets to be forwarded to Ian Callister. Their times will be worked out as a percentage of the winner's time. The competitor with the best percentage will get the points for 1st position. The competitor with the worst percentage will get the points for last position etc. This is similar to IOM Veterans' Road Running Shield.

Points are awarded as follows:-

- 1st 53 points, 2nd 50 points, 3rd 48, 4th 47, etc...
- Veterans over 45, 2 bonus points for each race
- Veterans over 50, 4 bonus points for each race
- Veterans over 55, 6 bonus points for each race
- Veterans over 60, 8 bonus points for each race

The runner with the highest points score from their 7 races will win the Annual Cup.

Result sheets to be forwarded to Ian Callister, who will be working out the points. Ian has agreed to donate a trophy. Any further questions to Ian (842137) or craigmount@manx.net

IOMVAC FELL RUNNER OF THE YEAR TROPHY

This is separate to the above league. The conditions of competition are as follows:

1. The league used will be the MMMO Fell Running League.
2. To qualify the runner must be a member of the IOMVAC at the start of the year of competition.
3. The trophy will be awarded to the highest eligible finisher in the league.
4. The trophy will be held for one year but each person can only win the trophy once so that in time it should filter down to the club members who are not normally able to gain major awards but who would be encouraged to compete by having a chance to win this one.
5. It will carry the title of - The IOMVAC Fell Runner of the Year. The trophy will also be accompanied by a medal or plaque for the recipient to keep

List of Other Awards:

The Arthur Currie & Fred Ward Memorial Cup	Awarded to the winner of the veteran's mile. Held in conjunction with a Manx Harriers track meeting at the NSC.
The Sam Robinson Memorial Trophies	The first Veteran Club members, male and female, to finish in the Island 10 mile Road Running Championships. This alternates between the Northern 10 and the Western 10. This year (2017) it will be the Western 10
The Skillicorn Trophies	Awarded to the highest finishing male and female runners from the combined results of the Vets Spring and Autumn Handicap 10K runs.
The Ann Brough Trophies	Awarded to the highest finishing male and female walkers from the combined results of the Vets Spring and Autumn Handicap 5K walks.
Syd Quirk Half Marathon Merit Award	Usually awarded to a competitor judged to have made a special effort.
Ned Kennaugh Parish Walk Trophy	Awarded to the first male Club member to reach Peel and stop in the Parish Walk
Henry de Silva Parish Walk Trophy	Awarded to the first female Club member to reach Peel and stop in the Parish Walk
Brian Doughty Memorial Trophy	Awarded for services to the Club
Twenty Mile Road Race	A perpetual trophy is awarded
Marshal of the Year	A perpetual trophy is awarded

Club Photos:



Trophy Winners 2017 Awarded at the AGM

LtoR : Neil Vondy, Maggie Watkins, Ian Callister,
Terry Bates, Jayne Farquhar, Sharon Cain.



2017 AGM: A table full of trophies.

Just waiting to be awarded for 2016 efforts
and

earned in 2017 races and events.

Get your racing shoes on to
be in with a chance.

Photos:



AGM: Special Award to Kath & Charlie Quirk

In recognition of their tireless support to IOMVAC races, marshalling the End2End walk & manning a Drinks station on Castletown Bypass in the Syd Quirk Half Marathon for many years.



Catriona Farrant

Receiving the Syd Quirk Half Marathon Merit Award after a long-run training session for "The London"



20 Mile race 2017 – 1st Three Ladies

Anja Hav Thomsen(3), Helen Taylor(1), Nicola Kennedy (2)



20 mile race 2017 – 1st Three Men

Tom Williams(3), Ian Goatman(1), Richard Highfield(2)



Spring Handicap 2017 – 10k Run -1st Three

Maureen Oddie(2), Robbie Callister(1), Mike Garrett(3)



Spring Handicap – 5k Walk - 1st Three

Andy Green(2), Maura Kelly(1), Sharon Cain(3)