

## **'THE NEVER GIVE UP' AUTUMN HANDICAP 5k WALK & 10k RUN**

The Autumn Handicap 5k walk and 10k run were held in better than expected conditions Thursday evening 11 October at the NSC perimeter race way. The event organised by Isle of Man Veteran Athletes' Club consisted of 2 separate races; 5k Walk and 10k Run.

The walkers were set off 1<sup>st</sup> on individual handicap times based on their declared recent best 5k walk times. Lalage Earnshaw-Cain led the 12 entrants away and Dale Farquhar was the last one away 9 mins 30 secs later. First over the line after 6+ laps of the course was Andy Baxendale in an actual time of 34mins 35secs. Ian Callister improved on his Spring Handicap time to come in second place 30secs behind Baxendale. Third place went to Jayne Farquhar, who continued her recent form by completing the 5k in 30mins 26sec. Fastest walk of the night was Dale Farquhar in 26:34 and fastest lady walker was Marie Jackson 28.51. Thanks to the Handicapper, Steve Taylor, who provided some close racing with the whole field covered by 2min 30sec.

The 23 runners were next and were again set off on times based on their declared recent best 10k times. Sue Ackroyd led the field away and managed to complete a lap before Colette McGrory set off in second place. The other runners were well into their race before last man away, Jamie Newton, set off some 27mins 45secs behind Ackroyd. Some excellent racing ensued with most of the field improving on their recent best on the unseasonably mild evening.

After covering 10k in a much improved actual time of 50mins 12secs, the winner Colette McGrory crossed the line just 15 seconds ahead of Caryl Anstead with Terry Bates third, just managing to hold off a strong finish from Helen Taylor who proved to be the fastest lady on the night in 43mins 17secs.

The fastest run time was recorded by Jamie Newton in 34.57, just 2 sec difference to his time in March.

The 5k walk formed the 2<sup>nd</sup> leg of the Ann Brough Trophy and the 10k run the 2<sup>nd</sup> leg of the Bob Skillicorn Trophy. The overall winners are decided by the placing in this race and the Spring Handicap held last March and will be announced at the IOMVAC's AGM and Presentation Evening to be held early 2019.

IOMVAC would like to thank all volunteer lap counters, marshals, kitchen staff and timekeeper who helped on the night and in the build up to the evening without whom there would not be an event.