



# THE ISLE OF MAN VETERAN ATHLETES' CLUB



Affiliated to IOMAA, NEAA & BMAF

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Collator of the Racewalking League		Robbie Lambie

**So it's all over for another four years** – and didn't we do well! And wasn't it fun? Getting up at 2am and creeping downstairs like a naughty child. Finding yourself watching sports you wouldn't normally bother with, or didn't know existed, and really enjoying them. Did you see the slo-mo of the women's 20km walk winner? Talk about feet barely touching the ground! I know it's the naked eye that counts, but it's no wonder some people pour scorn on racewalking. And how about the 10km swims – how brutal were they, and so exiting to watch. Thank goodness 2012 will be in our timezone.

**New members** Russell Smith who ran the half marathon on Sunday, Jacqueline Kelly who is also a runner, Graham Davies who is well known for his involvement with the IOMAA, Kristina Twizell who has just started running, and John Swindlehurst who ran the half marathon on Sunday.

**Vets in action** Peter Kaneen took second place in the open men's 5km walk at Victoria Park, East London in 23.41 .

Paul Cubbon represented Great Britain in the Triathlon age group world championships in Vancouver and came 41<sup>st</sup> in 1:53.46

Ray Pitts won the Blackpool 50 mile walk in 8:58.44 with Simon Cox coming 5<sup>th</sup> . They were 1<sup>st</sup> and 2<sup>nd</sup> in their M55 age group.

Bethany Clague has been nominated for a "Pride in Mann" award after her amazing 170 mile walk twice around the Parish route, which caused such interest and switchboard jamming on the radio at the time. Her walk proved inspirational to many , and she has raised a great deal of money for the hyperbaric chamber.

Rob Sellors ran 60 miles along the Manx coastline to raise money for IOM Children's Centre.

**The "new look" South runs** are being held under the umbrella of our Club in order to raise money for the charity "Sport Erin", which has been set up to provide facilities for athletes in the South of the Island. For those of you who are concerned about how our funds are spent, it does not cost our Club anything. The next run is scheduled for Tuesday 26 August.

### Remaining Club fixtures

#### 31 August Union Mills Garage Open 20 km walk

This year we are introducing a 10 km walk as well as the 20 km one as a trial to see if it proves popular. Come along and support the walks. Entry form enclosed, or on the website. If you are not competing, why not do some pay back, come along and lapscore

**21 September Ramsey Bakery End to End walk** See website for entry forms or phone 822402  
**23 October Blackrock Vets Autumn handicap**  
**2 November Haldane Fisher Syd Quirk ½ marathon**

**Ron Hill's** 70<sup>th</sup> birthday 5km road race on Thursday 25 September at Littleborough. (A58 Halifax Road) Andems Runners assisted by Rochdale Harriers. Entry fee £5 club runners. Tel. 01706 750620 or email [andems.runners@btinternet.com](mailto:andems.runners@btinternet.com) for further info.

Want your own person running coach on line? Then go to [www.myrunningcoach.co.uk](http://www.myrunningcoach.co.uk)

There is a new athletics magazine called **SPIKES**.  
Available for free! Just go to their website [www.spikesmag.com](http://www.spikesmag.com)

**Veterans' Racewalking League** up to and including the Parish, included or online, supplied by Robbie Lambie.

**Veterans' Road Running Shield** up to and including the Northern 10 km and the Foxdale 6, included or online.

Richard Radcliffe plus Moira and Geoff Hall, by including an off-island result or two, are occupying the top three spots having actually done a correct combination of the different distance groups needed to fulfil the requirements of the competition. At this stage it is only possible to have six counting events if you have only run in Island races but the opportunity to complete the seven events remains open to a considerable number of members as there are still seven more on-island events to come. Alan Pilling, the winner of the Shield in 2007, is the only one to have competed in all of the ten on-island races which have taken place so far.

The three Great South Run 10k races have been added to the list of counting events plus the Northern 10k which is a re-incarnation of the old Ramsey Commissioners Road Race, the only difference being that it is now an accurately measured 10k rather than the old 10.166k.

Please feel free to contact me if you think that I have made a mistake with your results or if you are unsure about the combination of events required to complete the competition.

*Alan Postlethwaite*

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## **WHITE AND HEALTHY END TO END WALK**

*Preview by Robbie Lambie*

Congratulations to those walkers (and officials) who survived the atrocious weather conditions to finish this year's Parish Walk, everyone a hero.

For the many however, who entered the Parish but were injured shortly before the event and had to watch from the sidelines, then how about getting rid of your frustrations by looking forward to tackling another long distance classic, namely the End to End.

Organised by the IOM Veteran Athletics Club, the event this year, once again sponsored by Ramsey Bakery, takes place on Sunday 21st September at 8.00 a.m. starting at the Point of Ayre. The course is approximately 39.2 miles long and follows a route down the west of the island, finishing at the Sound cafe.

Entry forms and all other relevant information for the walk can be downloaded from [www.iomvac.co.uk](http://www.iomvac.co.uk) - forms are either available in Word or PDF format. Alternatively, if you wish to a form to be sent to you this can be arranged, more details will follow shortly.

The End to End site is excellent and gives interesting statistics of previous winners and times etc. The entry fee this year is £15. Transport is available if needed to the start of the race. Males and females under the age of 21 must stop at Peel (about 22.1 miles). Like last year there is a 20 km race as part of the event, which finishes just past Ballaugh Cronk. Last year saw Robbie Callister chalk up his 6th successive victory since the event started in 2002 using the western route. Robbie actually broke the record last year by recording 6 hours 56mins 26 secs. Can anyone stop him winning his 7th E2E this year?

I think this years race could be a cracker as there are possibly 7 walkers who could challenge for honours in the mens race this year. Robbie Callister, Sean Hands, Jock Waddington, Michael George, Ray Pitts, Mark Hemsall, plus possibly Peter Kaneen if he decides to it and who knows Steve Partington may decide to give it a go.

In the womens race, if she decides to enter, Sue Biggart probably would start favourite, but if she doesn't walk then we could see a new winner.

Janice Quirk must feel confident that she can win this year but she will have Alison Brand and Jane Mooney to contend with should they both start. And if Marie Jackson decides to enter then look out.

Either way it looks to be a great line up and I would venture to suggest that this year we will see a new winner in both male and female and possibly 2 new records.

The event grows in stature each year, and with enthusiasm for long distance walking in the Isle of Man at an all-time high, another record entry is anticipated. Get your entry in today! Further information will be posted on a regular basis both on this forum and in the local media during the 3 months leading up to the event.

Good luck with the training.

*Robbie Lambie*

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**The new vest is now available to order, see end of newsletter.**

***That Cliff Richard moment:-***

Last month I again completed the 4 days marches in Nijmegen. We now stay with a group of Dutch walkers, and the women in my age group don't have a lot of English, and I have only rudimentary Dutch, so the conversation between us is somewhat stilted. On the last day, one of them was trying to tell me something, but she didn't know the English word, and I couldn't understand the Dutch, so in the end she sang it ---"Con- la-la-la-la". Instant understanding! It's good to know that Cliff is still doing his bit for European harmony.

*Editor*

***5 May Peel to Douglas road race Manx Harriers***

54 runners contested the Bank Holiday race in perfect weather conditions.

7. Kevin Deakes	1:04.06	26. Barry Moore	1:12.35
8. Rob Sellors	1:04.19	27. Les Brown	1:13.20
9. Paul Cubbon	1:04.23	28. Dave Salter	1:13.55
10. Alan Postlethwaite	1:05.37	34. Ian Callister	1:18.02
11. Mike Gellion	1:05.44	43. Bethany Clague	1:22.04
13. Richard Radcliffe	1:07.28	45. Martin Bell	1:23.14
15. Dave Newton	1:08.06	46. Alan Pilling	1:24.27
16. Robb Webb	1:08.12	47. Geoff Hall	1:26.32
17. Stephen Brown	1:08.55	48. Steve Wilmott	1:26.52
25. Lewis Veale	1:12.00	54. Helen Cullen	1:46.20

***Thanks to BlackRock Fund Managers and Dave Nixon for photocopying free of charge and help with the posting.***

### **7 May Manx 20 km racewalking championships at Andreas**

There was a high quality line-up for this race and the title was hotly contested, with Michael George claiming victory from Steve Partington by 6 seconds, and Bethany Clague claiming the women's spot.

1. Michael George	1:43.18		
3. Sean Hands	1:46.33		
4. Robbie Callister	1:56.02	5 km	
5. Vinny Lynch	2:01.09	2. Brian Brough	41.32
9. Bethany Clague	2:13.26		
10. Alan Kinvig	2:17.18		

### **13 May Carraghyn fell race sponsored by Buchanan and Pitts**

7. Dave Young	23.51	24. Paul Trees	29.44
8. Rob Sellors	24.12	28. Alan Bagley	31.15
14. Robb Webb	25.23	30. Stan Sille	32.06
16. Lewis Veale	26.21	33. Loraine Stigant	34.24
17. Ian Callister	26.25	34. Gareth Evans	35.03
21. Roger Moughtin	28.23	35. Dave Quine	36.11

### **15 May Manx Harriers 5k track racewalk**

This was hotly contested by Jock Waddington and Michael George, with Jock being the eventual winner. It obviously got him into a winning mood for the Parish.

1. Jock Waddington	23.39
2. Michael George	23.51
3. Vinny Lynch	28.21
8. Brian Brough	39.51

### **16 May Scott Physiotherapy Dave Philips road race round 2 at St Johns**

4 laps	Actual times	2 laps	
2. Martin Bell	36.54	8. Lynne Quine	22.39
3. Mike Gellion	30.43	9. Pat Blackburn	21.19
4. Dave Griffiths	32.05	11. Dave Quine	20.16
5. David Doyle	33.49	15. Miriam Kelly	20.40
6. Peter Cooper	34.00	16. Ingrid Sugden	22.24
9. Bethany Clague	36.22	17. Maureen Kelly	22.05
12. Alan Pilling	38.25	24. Arnie Jacobs	25.18
13. Ian Callister	34.07	27. Dave Tasker	21.32
14. Steve Wilmott	39.13	28. Kevan Osborn	22.14
15. Dave Corrin	34.16		
17. Debbie Ashe	39.02		
18. Debbie Loader	33.47		
19. Moira Hall	39.35		
23. Richard Radcliffe	30.57		

### **18 May Peel Triathlon**

We had 2 members in this sprint distance event, which consists of 30 lengths of the Peel pool, a 20km cycle and a 5km run.

6. Graham Stigant	(10.42, 42.07, 22.40) 1:15.29
8. Paul Cubbon	(13.12, 43.28, 21.50) 1:18.30

### **18 May Mannlink Travel Northern 10**

44 starters contested this race in sunny conditions. Gail Griffiths was first lady with a lifetime best.

3. Rob Sellors	62.30	24. Les Brown	74.45
5. Kevin Deakes	63.46	27. Garry Ross	76.26
8. Alan Postlethwaite	65.50	29. Martin Bell	79.15
10. Richard Radcliffe	66.18	31. Alan Pilling	80.50
11. Mike Gellion	66.57	32. Bethany Clague	81.11
12. Stephen Brown	68.16	33. Geoff Hall	83.21
14. James Bishop	68.36	35. Moira Hall	88.25
15. Gail Griffiths	68.39	36. Lynne Quine	88.59

17. Barry Moore	69.21	38. Peter Pierce	97.35
21. Dave Salter	73.09	39=Miriam Kelly	97.48
22. Debbie Loader	73.56	39=Pat Blackburn	97.48

### **23 May HSBC Ramsey Commissioners Park runs round 3 NAC Mooragh**

90 competitors turned out for this round, no doubt prompted by the good weather.

<i>3 laps</i>		<i>Actual times</i>	
5. Moira Hall	32.24	25. James Bishop	24.48
8. Martin Bell	29.19	28. Dave Corrin	27.35
9. Alan Bagley	28.51	32. Barry Moore	26.24
11. Bethany Clague	29.20	34. Neil Wilson	25.45
14. Ian Callister	26.50	37. Graham Stigant	26.39
15. Dave Griffiths	26.13		
17. Stephen Brown	24.42	<i>1 lap</i>	
18. Alan Pilling	30.25	2. Lynne Quine	15.06
20. Kevin Deakes	23.54	6. Arnie Jacobs	18.55
22. Stan Hall	28.29	7. Miriam Kelly	15.38
23. Mike Gellion	24.54	16. Sue Ackroyd	16.55
24. Kevin Vondy	22.20	30. Dave Quine	15.40

### **4 June 10k track walking and running championships MH**

The run was won by Martin Malone of Manx Tri Club, with the evergreen Murry Lambden third.

<i>10km Running championships</i>		<i>10km racewalking championships</i>	
2. Andy Fox	35.15.5	1. Peter Kaneen	48.47.2
4. Kevin Vondy	36.09.5	2. Michael George	49.41.9
7. Kevin Deakes	37.53.8	4. Vinny Lynch	57.29.7
11. Dave Newton	37.57.7		
13. James Bishop	40.36.0		
14. Gail Griffiths	40.37.4		
15. Dave Griffiths	42.24.6		
16. Bethany Clague	49.34.6		

### **13 June HSBC Ramsey Commissioners Park runs rd 4 NAC Mooragh**

<i>3 laps</i>		<i>Actual times</i>	
3. Alan Pilling	29.27	<i>1 lap</i>	
8. Ian Callister	26.22	9. Miriam Kelly	15.24
9. Martin Bell	28.48	11. Maureen Kelly	16.51
10. James Bishop	24.10	12. Dave Quine	15.34
11. Geoff Hall	30.52	13. Arnie Jacobs	18.56
12. Alan Bagley	28.33	15. Ingrid Sugden	17.08
20. Dave Corrin	27.33		
24. Kevin Vondy	22.25		
27. Stephen Brown	25.00		
28. Kevin Deakes	24.35		
29. Barry Moore	26.58		
30. Bethany Clague	30.08		
32. Moira Hall	33.53		

### **18 June Steve Jacobs memorial mile**

There were 38 entries in this handicapped mile, and it was won by Club member Rob Gillanders. Quickest on the night was Ryan Fairclough in 4.40. Actual times are given.

1. Rob Gillanders	6.21	21. Ingrid Sugden	9.02
4. Miriam Kelly	8.11	22. Kevin Vondy	5.23
5. Wendy Sandford	7.13	25. Barry Moore	6.04
8. Dave Griffiths	5.48	28. Dave Quine	7.40
9. Sue Ackroyd	8.34	29. Debby Ashe	7.25
11. Maureen Kelly	8.51	31. Moira Hall	7.41
12. Stephen Brown	5.55	34. Dave Newton	5.58
13. Gail Griffiths	5.56	36. Steve Wilmott	7.25
19. Geoff Hall	7.17	38. Arnie Jacobs	12.12

### **21- 22 June Clerical Medical Parish Walk**

What weather! Monsoon style rain, gale force winds, making the Sloc even more of a misery than it usually is. The rain continuing through-out and turning to fog for the latter stages. And as always the Parish amazed us with unexpected turns of event. Sean Hands flying along until he suffered an injury and dropped out at Andreas, Robbie as impressive as ever, still the lean, mean walking machine, and Jock pulling away from them all in the end. Not to mention Bethany Clague's achievement of finishing two parish walks within 48 hours. Sue Biggart retained her title of first lady. Dave Griffiths did an excellent time to Rushen, and Mark Hemsall to Peel.

#### **Finishers**

1. Jock Waddington	15:44.43		
2. Robbie Callister	16:09.12	20= Chris Cale	18:32.30
4. Michael George	16:40.53	26. Mike Gellion	18:47.24
5. Sue Biggart	16:42.09	42. Alan Kinvig	19:50.32
9. Andrew Titley	17:25.03	55. Bethany Clague	20:56.26
15. Gordon Corran	18:16.10	106. Wendy Ross	23:34.05
16. Marie Jackson	18:20.22	110. Margy Killey	23:37.55
20= Roey Crellin	18:32.30	116. Lesley Christian	23:42.24

#### **Andreas**

Sean Hands	9:46.05
Lisa Motley	12:54.16

#### **Bride**

Jane Mooney	11:00.34
Vinny Lynch	11:06.56
Moira Hall	13:53.11
Geoff Hall	13:53.40

#### **Jurby**

Stan Sille	9:37.12
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#### **Ballaugh**

Barry Moore	10:34.38
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#### **Kirk Michael**

Simon Cox	8:15.53
Steve Willmott	10:14.03
Colin S Moore	10:23.52

#### **Peel**

Mark Hemsall	5:59.29	Alan Pilling	8:00.59
Doug Allan	6:24.25	Michael Killey	8:06.12
Ali Brand	6:26.36	Henry de Silva	8:29.55
Debby Ashe	6:45.07	Neil Cushing	8:34.38
Eammon Harkin	6:48.30	Maureen Kelly	8:44.59
Wendy Sandford	7:01.42	Ingrid Sugden	8:45.02
Alan Gault	7:12.25	Arnie Jacobs	8:45.04
Dave Tasker	7:39.19	Sue Furner	9:15.10

#### **Rushen**

Dave Griffiths	3:14.04	Dave Anderson	4:13.14
John Stubbs	3:44.58	Brenda Charlton	4:43.36
Brian Cowley	4:06.48	Sue Ackroyd	5:05.33

### **27 June Scott Physiotherapy Dave Philips Road race round 3**

The races were handicapped, actual times are given.

#### **Long course**

3. Kevin Deakes	30.15
4. Martin Bell	36.48
5. Dave Griffiths	32.00
8. David Doyle	33.57
10. Steve Willmott	39.47
14. Alan Kelly	35.18
15. James Bishop	32.02

#### **Short course**

13. Kevin Vondy	13.29
14. Miriam Kelly	20.51

### **11 July HSBC Ramsey Commissioners Park runs organised by Northern Athletics Club**

This was the final round of the series, and 84 runners took part.

#### **Three laps**

#### **Actual times**

2. Steve Wilmott	31.01	21. Mike Gellion	25.13
5. Dave Griffiths	25.26	22. Dave Corrin	28.03
8. Stephen Brown	24.18	23. Alan Bagley	29.22
12. Ian Callister	26.16	25. Geoff Hall	31.53
15. Kevin Vondy	22.18	27. Michael George	25.49

18. Kevin Deakes	24.06	28. James Bishop	25.30
20. Martin Bell	29.02	30. Moira Hall	34.14

*One lap actual times*

2. Arnie Jacobs	17.34	16. Maureen Kelly	16.41
3. Dave Quine	14.41	28. Barry Moore	11.48
6. Sue Ackroyd	16.45		

**16 July Veteran's mile**

1. Andy Fox	5.03.5	10 Geoff Hall	7.06.1
3. Kevin Vondy	5.13.4	11. Steve Wilmott	7.06.2
4. Kevin Deakes	5.23.9	12. Robbie Lambie	7.17.2
5. James Bishop	5.31.1	13. Moira Hall	7.41.3
6. Dave Griffiths	5.41.1	14. Kyrstina Twizell	8.47.6
7. Mike Gellion	5.50.1	15. Arnie Jacobs	9.09.0
8. Barry Moore	6.03.9	16. Sylvia Podmore	10.00.7

**17 July Manx Harriers 10k walk at St Johns**

A good turnout of competitors on a dull evening, weatherwise.

*Main race results*

1. Peter Kaneen	50.15
2. Michael George	52.51
4. Vinny Lynch	57.30
5. Simon Cox	58.21
12. Alan Kinvig	66.37
14. Henry de Silva	74.01

*Sealed handicap results*

2. Henry de Silva
3. Alan Kinvig
4. Vinny Lynch

**18 July Scott Physiotherapy Dave Philips Road race round 4**

*Long course*

*Actual times*

2. James Bishop	30.20	15. Dave Griffiths	31.45
4. Kevin Deakes	29.21	16. Alan Pilling	38.16
6. Steve Wilmott	38.47	17. Dave Corrin	34.25
8. Martin Bell	35.49	19. Richard Radcliffe	31.33
10. David Doyle	33.17	20. Debbie Loader	34.23
11. Peter Cooper	33.22	21. Barry Moore	33.34
12. Geoff Hall	38.12		

*Short course*

1. Kevan Osborn	20.35	11. Ingrid Sugden	22.28
8. Dave Tasker	21.21	12. Maureen Kelly	22.09

**22 July North Barrule fell race**

This was held on a new 4.5 mile course from just below the Ballure reservoir.

6. Peter Kaneen
1 <sup>st</sup> M50 Dave Young
1 <sup>st</sup> M60 Stan Sille

**5 August Scott Physiotherapy Dave Philips road run round 5**

*Long course*

*Actual times*

1. Neil Wilson	32.01	18. Alan Kelly	35.25
3. Barry Moore	32.31	19. Moira Hall	40.07
4. Richard Radcliffe	30.37	20. Stan Hall	35.54
7. Peter Cooper	32.27	22. Kevin Deakes	29.57
10. Alan Pilling	37.58	24. Mike Gellion	31.37
14. Dave Corrin	34.21	26. Martin Bell	37.14
15. Geoff Hall	38.23		

*Short course*

4. Jackie Moore	23.44	9. Miriam Kelly	21.10
6. Arnie Jacobs	25.05	12. Sue Ackroyd	22.22
7. Kevin Vondy	13.27	13. Maureen Kelly	22.23

## **10 August Salclear IOM Marathon and Half Marathon.**

Some sudden showers and blustery winds made the running harder than it might have been, but the weather was not too bad, considering what we have had lately.

Murray Lambden was a worthy winner in the marathon coming in at 2:47.49 and winning the Manx Championship as well as setting a new age group record and becoming the oldest marathon winner.

The women's winner also set a new course record. Triathlete Paul Cubbon was the first Club member home, in 3:11.40 to claim 8<sup>th</sup> place, followed closely by Headmaster Rob Sellors in 9<sup>th</sup> place in 3:11.51. Both Paul and Rob were being filmed during the race by Fox TV for a short documentary in a series they are making. Unfortunately not likely to be shown in the UK. The race sponsor, David Salter was the 3<sup>rd</sup> member home in 49<sup>th</sup> place. 98 runners completed the marathon. There were 2 notable multimarathon runners, Steve Edwards completing his 454<sup>th</sup> event and Peter Ferris his 312<sup>th</sup>. (More about Peter Ferris below). This is the first year we have used electronic timing.

There were 210 finishers in the half marathon which was won by Wesham RR member Charlie Pass in 1:16.48. First lady home was Gail Griffiths in 1:31.06.

### **Marathon**

8. Paul Cubbon	3:11.40	2 <sup>nd</sup> M45
9. Rob Sellors	3:11.51	1 <sup>st</sup> M40
49. Dave Salter	4:03.56	
61. Michael George	4:18.57	
76. Tony Lever	4:33.33	
79. Dave Tasker	4:36.49	

### **Half marathon**

12. Kevin Deakes	1:27.18	109. Rob Gillanders	2:00.17
18. Dave Young	1:30.51	111. Pat Blackburn	2:00.55
19. Gail Griffiths	1:31.06	116. Moira Hall	2:02.47
20. James Bishop	1:31.16	121. Simon Cox	2:04.05
23. Richard Radcliffe	1:31.27	124. Chris Cale	2:07.02
25. Stephen Brown	1:32.30	132. Neil Cushing	2:10.32
32. Debbie Loader	1:37.51	140. Sue Furner	2:14.08
33. Barry Moore	1:37.56	142. Ray Pitts	2:14.54
35. Alan Postlethwaite	1:39.16	151. Peter Pierce	2:16.49
36. Les Brown	1:39.16	153. Miriam Kelly	2:17.35
65. Alan Kelly	1:49.02	159. Maureen Kelly	2:21.45
72. Alan Pilling	1:51.04	162. Sue Ackroyd	2:22.51
81. Dave Anderson	1:53.18	165. Gordon Corran	2:28.31
82. David Swindlehurst	1:53.34	170. Helen Cullen	2:29.50
83. Alan Bagley	1:53.36	170. Ingrid Sugden	2:29.50
92. Wendy Sandford	1:55.55	177. Maureen Cox	2:37.06
93. Wendy Ross	1:55.56	178. Colin Moore	2:41.34
95. Eddie Teare	1:56.15	182. Henry de Silva	2:47.25
107. Debby Ashe	1:59.27	191. Russell Smith	3:00.56

### **Age group winners**

W40	1. Gail Griffiths	2. Debbie Loader
W45	2. Wendy Ross	
W50	2. Pat Blackburn	
W55	1. Moira Hall	
M50	1. Richard Radcliffe	
M55	1. Les Brown	
M60	1. Dave Young	2. Alan Postlethwaite
M70	1. Henry de Silva	

As usual, we received many emails thanking us for an enjoyable event, I am not going to print them this year. Here is the event organiser's summary –



## SALCLEAR MARATHON AND HALF MARATHON 2008

Many, many thanks to each and everyone who helped to ensure that Marathon Day 2008 was another success. The event simply could not be held without so many kind people generously giving up most of the day to help – whether it be acting as a marshall or time-keeping somewhere out on the course; or handing out cups of water to passing runners; or doing one of the dozens of jobs at ‘base camp’ in the football stadium.

And special thanks also to Margy and Juan who start work before 6am putting out the huge number of signs, and then collect them all as soon as the last runner has passed by. And Mike and Ken who organise and deliver all the drinks around the route, And to Enid and Jock who were both helping to build the marquee before 7am as I needed it for race registration at 7.30. I cannot thank everyone personally, but I really do mean it when I say “we couldn’t do it without all of you”. Thank you.

The day which started damp and cold turned out to be warm and sunny (well relatively!) The introduction of the new electronic timing system went very smoothly and the runners seemed delighted to be given an individual timing slip within seconds of crossing the finish line. Thank you to Manx Timing Solutions, for reducing our workload and stress levels at the finish line and on the computer.

We were being filmed by Red Shoes Ltd, which is part of Colin Jackson’s media company. They have been commissioned by IAAF to produce a series of short films about running events around the world – and they decided to include our marathon. The films will be broadcast on Fox Sport in America and hopefully also Sky TV around Europe.

Apart from plenty of general shots during the event, the producer focussed on three of our runners. One man from Texas who was here for his 90<sup>th</sup> marathon and two local runners – Rob Sellors and Paul Cubbon – who quite coincidentally happen to be members of IOMVAC, so I trust that they said nice things about our race!

I should have a copy of the finished film late this year or early in 2009 and then it can go on our website. Hopefully it will be a great promotion for our event and also the island in general.

One last very important thank you to Dave Salter who is one of our club members and also our generous sponsor for the event through his company Salclear. And the best piece of news I have received this week is that Dave has agreed to sponsor the event again for 2009.

That’s the most difficult bit of marathon planning 2009 out of the way then!

Once again, sincere thanks to everyone who was involved in Marathon Day 2008, and please put Sunday 9<sup>th</sup> August 2009 in your diaries.

*Christine Bathgate.*

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**Peter Ferris** is one of our regular marathon runners – he has been coming here from Belfast for over 20 years now. He has run over 300 marathons, including Sahara and Antarctica, and has raised huge amounts of money for various cancer charities over the years. He was awarded the MBE several years ago for his fund raising efforts.

This year’s (self-imposed) challenge is to run the North Pole Marathon, South Pole Marathon and South Pole Ultra 100km all in the same year. He did the North Pole event in April and the two events at the South Pole are scheduled for 12<sup>th</sup> and 15<sup>th</sup> December (not a lot of rest planned between those two runs!) If he achieves this it will be a world record for him.

He has set himself a fun-raising target of £100,000. If anyone would like to contribute towards this target I am sure he will be delighted. He has his own website

<http://uk.geocities.com/run4peter/home.htm>

Which makes exhausting reading.

Or anyone wishing to donate can go to any one of 3 websites

[www.mycharity.ie/event/northsouthpolemarathons](http://www.mycharity.ie/event/northsouthpolemarathons)

Marie Keating Foundation

[www.justgiving.com/northsouthhpolemarathonsmacmillancancer](http://www.justgiving.com/northsouthhpolemarathonsmacmillancancer)

Macmillan Cancer

Support

[www.justgiving.com/northsouthpolemarathonscancerresearch](http://www.justgiving.com/northsouthpolemarathonscancerresearch)

Cancer Research UK

Is anyone would like to donate to one of these charities with a cheque rather an online, Peter’s home address is available from Christine Bathgate.

All the following races, including the marathon and half marathon, form part of the "No Rest for the Wicked" series, which replaces the Road Running Grand Prix, and is now organised by Ben Scott.

### **11 August Peel Hill Race**

9. Robbie Callister	26.25	34. Simon Cox	33.38
20. Alan Postlethwaite	30.05	38. Alan Bagley	35.14
21. Ian Callister	30.35	39. Alan Pilling	35.26
29. Barry Moore	31.12	47. Moira Hall	39.25
27. Les Brown	32.23		

### **13 August Northern 10km**

This is a new version of the Northern race, consisting of three laps. Debbie Loader was the fastest lady.

6. Kevin Vondy	37.09	30. Les Brown	44.16
9. Kevin Deakes	39.15	35. Alan Pilling	47.34
16. Richard Radcliffe	40.26	42. Wendy Ross	49.29
18. Stephen Brown	40.57	43. Alan Bagley	50.00
20. Neil Wilson	41.08	46. Geoff Hall	51.15
23. Mike Gellion	41.26	48. Moira Hall	55.07
24. Alan Postlethwaite	41.40	49. Miriam Kelly	59.35
28. Debbie Loader	43.40	50. Sue Ackroyd	63.57
29. Barry Moore	43.49	51. Maureen Kelly	63.57

### **14 August Anna Marie Cutillo Foxdale 10km**

#### *Run*

5. Kevin Vondy	36.48	29. Les Brown	45.45
12. James Bishop	39.58	33. Ian Callister	48.28
15. Dave Newton	40.13	36. Alan Pilling	48.42
19. John Holden	41.23	37. Alan Bagley	49.27
21. Mike Gellion	41.43	39. Geoff Hall	50.11
22. Richard Radcliffe	49.23	43. Moira Hall	55.21
25. Alan Postlethwaite	43.10	45. Dave Tasker	57.20
26. Barry Moore	43.44		

#### *Walk*

1. Peter Kaneen	48.45	5. Simon Cox	54.56
2. Michael George	50.42	12. Bethany Clague	68.32
3. Jock Waddington	52.40	13. Sarah Goldsmith	75.58

### **15 August Peel Heritage Trail Run**

This is a new route using the old railway tracks around Peel and St Johns

10. Kevin Vondy	43.42	47. Bridget Kaneen	57.07
11. Robbie Callister	44.01	48. Gary Ross	57.18
19. Kevin Deakes	46.37	50. Alan Pilling	57.23
22. John Holden	47.25	51. Alan Bagley	58.00
24. Richard Radcliffe	48.25	53. Geoff Hall	59.19
26. Mike Gellion	49.00	54. Wendy Ross	59.55
27. Alan Postlethwaite	49.03	55. Debby Ashe	59.59
29. Peter Cooper	49.42	59. Moira Hall	65.41
31. Barry Moore	50.27	60. Dave Quine	66.38
35. Debbie Loader	52.37	61=Lynne Quine	72.37
38. Les Brown	53.15	61= Miriam Kelly	72.37

### **Overall placing in No Rest for the Wicked**

(half marathon class)

9. Alan Postlethwaite	15. Alan Bagley
10. Barry Moore	16. Geoff Hall
11. Les Brown	18. Moira Hall
13. Alan Pilling	

***New High-Visibility Club Vest***

This does not replace your black and white vest, it is a second option.

Description: Main body panel Fluorescent lime green

Curved side panels Black

Logos to front and back as before

More flattering style than the black and white

Made by Ron Hill Specials, which many of you already know as being a good fit and fabric, as they supply both Manx Harriers and Northern Athletics Club.

Available in men's and women's styles, the Club is offering a special one-of price of £10 per vest for a limited time, to encourage road safety. I have ordered a selection of sizes so that members can try them on to ensure a good fit. Hopefully we will have them in a few weeks time.

To order, please send your name and address, together with a cheque for £10 per vest, made out to IOMVAC, and the size you require, Men's or Women's.

Sizes: Ladies	S 10/34,	M 12/36	L 14/38	XL 16/40
Mens	S 36",	M 38"	L 40"	XL 42"

Send to S. Goldsmith, 5 Hillside Terrace, Glen Maye, Isle of Man IM5 3BB

It will be a few weeks before we receive the first vests, and you may prefer to wait to see them and try them on. I will let you know on the website as soon as they are available.