

**ISLE OF MAN VETERAN ATHLETES' CLUB
COMPETITIONS and AWARDS 2019**

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 scores if you produce a time slower than set by the scheme.

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

A run from both Group 0 and Group 4 is compulsory, with a further 4 runs from Groups 1,2 or 3 with no more than two from the same group. This means that at least one of the six counting results must come from the 20 miles race or a marathon distance. The events for **2019** are:

Group	Distance	Event
Group 0	3 to 3.99 miles	Easter Festival 5K Best result from any Ramsey Park Run Northern Athletics 5K
Group 1	4 to 9.99 Miles	Easter Festival Good Friday 10K Best result from any round of Dave Phillips Memorial Races Northern 10K (both races) Manx Harriers 10K–February Open Meeting Foxdale 6 Best result from October, November or December Ramsey Fireman's
Group 2	10 to 12.49 Miles	Northern 10 Western 10 Peel to Douglas Trail Run
Group 3	12.5 to 17.49 Miles	IOM Half Marathon – Ramsey Syd Quirk Half Marathon
Group 4	17.5 to Marathon	IOMVAC 20 Mile IOM Marathon

A maximum of two results from off-Island events, from any Group, can also be included.

To ensure you are included in the league please email your race results, especially from off-island events, to Mo Kelly: mokelly@manx.net

THE TRACK AND FIELD LEAGUE

Shields are presented annually to the Man and Lady with the highest scores.

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.

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.

Veteran 65s only have to run 1 long race for which they receive 2 sets of long points.

Short races:

St. Johns, Slooby Dhoo, Slieu Ruy, Carraghyn, North Barrule.

Medium Races:

Ardwhallin, Creg-ny-Baa, The 'James Coulson' Laxey, Glen Mona.

Long races:

- Manx Mountain Marathon (double points - competitors can consider this as 2 long races).
- Bradda.
- Any UK category 'A' long fell race before end of September.
- Narradale
- Manx Mountain Half Marathon.

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 50points, 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. 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 MFR 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

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 (Races 1 or 6), and a long race (Races 4,5,7 or 8) **must** be included.

- Race 1 – Spring Handicap 5K
- Race 2 – 10K Championship
- Race 3 – 20K Championship
- Race 4 – Parish to Peel
- Race 5 - Parish Beyond Peel
- Race 6 – Autumn Handicap 5K
- Race 7 – End to End to Peel
- Race 8 – Full End to End
- Race 9 – Western 10
- Race 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 0 points, with every five year age group accruing additional points, ie 40 year olds get 2, 60 year olds get 10, and so on. There are separate leagues for men and women.

Only walkers with three or more results will be included in the final league results
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

THE ARTHUR CURRIE AND 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 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 (2019) it will be the **Western 10**.

THE SKILLICORN TROPHIES

Awarded to the highest finishing male and female runners from the combined results of the IOMVAC 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 IOMVAC Spring and Autumn Handicap 5K walks.

SYD QUIRK HALF MARATHON MERIT AWARD

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

Perpetual trophies are awarded to winning Man and Lady

SYD QUIRK HALF-MARATHON

Perpetual Trophies are awarded to winning Man and Lady in both the run and walk

ISLE OF MAN MARATHON

Perpetual Trophies are awarded to winning Man and Lady

RAMSEY HALF-MARATHON

Perpetual Trophies are awarded to winning Man and Lady