

Isle of Man Veteran Athletes Club Newsletter - April 2016



IOMVAC Club Information:

Committee and Contact Details 2016

The following committee members were elected / re-elected at the AGM on the 1st February 2016

		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	Carolyn Magee	-	496668	carolyn.magee@hotmail.co.uk
	Colin Watterson	-	-	-
	Lesley Christian	829164	417773	lesley_christian@hotmail.com
	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)

• LONDON MARATHON 24th April 2016: Congratulations to all our Members who took part.

Richard Gerrard 2.57.31. **IOMVAC Club place - Excellent Time Richard**
Barry Moore 3.36.46 / Paul Curphey 4.00.23 / Jackie Moore 5.05.45
Well Done Everyone. We are really proud of you.

• Isle of Man Marathon and Half Marathon – Ramsey Sunday 14th August 2016:

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.

• Veteran's Mile: NSC Date set for race on 20 July 2016: Time & entry fee will be posted online ASAP

• 2016 IOMVAC Membership:

Reminder: Membership fees are now due. Please send payment ASAP to Mo Kelly.

• AGM 1st Feb 2016 –Chairman's Report:

Copy follows. Thanks to Terry for the challenge of getting your first Chairman's report on to 1 page.

• Congratulations to all the IOMVAC 2015 Trophy Winners.

The winners were announced at the AGM on 01Feb16. Full listing on page 4 and photographs at the end of this Newsletter

- **IOM Veteran Athlete's Club and Facebook:** Page [Iom Vaclub](#) launched 01 March 2016. IOMVAC is now keeping in touch in the 21st Century. Check up on events, social runs, news, advice, tips & updates.
- **Welcome to New and Returning Members:**
Werner Alberts, Andy Baxendale, Sharon Cain, Kathryn Clough, Dale Farquhar, Catriona Farrant, Derek Kelly, Philip Vermeulen and Nicholas Wallinger.
- **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 2016 counting towards the IOMVAC awards this year see table at the end of this Newsletter (copied from IOMVAC website) with planned dates added.
- **IOMVAC Road Running Shield Standard Times - adapted from RRC Scheme:**
Alan Postlethwaite has provided the Listing of Age-Graded Times for our Island-based Road Running Shield qualifying races. See how you compare. See if you are so nearly there that a little more or different training might just "do it". The list is at the end of this Newsletter. Check how you are performing right now by visiting our website iomvac.co.uk and checking Vets Road Running Shield (at time of writing last update was Northern 10 race 08May). Thanks to Alan Postlethwaite for updating this so regularly.
- **Sandy Goldsmith R.I.P.** Sandy, a friend of many in our club including Enid Watson and a former IOMVAC member, sadly passed away in January 2016 aged 66. She leaves a daughter Kate and son Robert. Her husband Brian died 6 years earlier. Enid tells me she and Sandy did hundreds of miles together when Enid first started walking about 20 years ago and that Sandy was great company to be in. They loved racing together. Sandy was also was a Parish Walk Finisher. Our thoughts are with her family and friends at this sad time but they must take consolation in the fact that Sandy and Brian are now back together again.
- **UK ATHLETICS IMPORTANT ANNOUNCEMENT: HEADPHONE WEARING**

New UK Athletics ruling regarding wearing of headphones in road races

From 1 April 2016 a new rule regarding the wearing of head phones in road races was introduced into the 2016-2018 edition of the UKA Rules of Competition.

"The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic.

This restriction does not apply to races held on dual carriageways provided that there are clear, structured separations between the separate carriageways. Competition Providers of races held entirely on roads closed to traffic may apply this condition where appropriate to local circumstances."

Race Directors may apply the condition to any race where they consider the wearing of headphones to be a hazard - including, for example, where runners must be able to hear marshals' instructions or on a lap course, and UKA will support the race director where that local condition is applied.

Enforcement of this rule is a matter for the race director and referee and disqualification of runners who choose to ignore it is an option.

Race Directors should state at the point of entry and in all pre-race publicity whether or not headphones are banned because failure to do so could result in many runners appearing on the day expecting to run with them.

The rule book is available for reference at <http://www.britishathletics.org.uk/competitions/rules/> or to buy from Harry Hitchcock Ltd, Lyon House, 16 Lyon Road, Walton on Thames, Surrey, KT12 3PU; 01932 225591 hhld@btconnect.com

Chairman's Report for 2015

This is my first Chairman's Report and I need to thank you the members for endorsing my appointment at last year's AGM. I also need to say a big thank you to the committee for putting up with me.

We have several things to celebrate.

We need to celebrate individual members who continue to compete at a high level giving the younger athletes a run for their money and setting new Age Category records both on the road and on the track.

We need to celebrate and thank Sue Ackroyd for producing such an informative and well laid out newsletter. She initially took on the role of editor for a year but I am hoping to persuade her to carry on a little longer. Any suggestions how would be gratefully received!

We also need to celebrate that given our relative small membership we do continue to put on quality events that impact not only on the local athletic scene but wider afield. The Ramsey Half Marathon was recently placed in the top 50 races by Runners World and quite rightly so and the Marathon has been designated as the BMAF 2016 Marathon Championship. These events don't just happen so we do indeed need to celebrate our small but dedicated team of organisers and helpers.

This brings me on to the several challenges we face.

Firstly we need to build on our success by looking to increase the participation in our events. For this to happen we will need to increase the number of people involved in the organisation of our events and I hope to encourage more members to help in any small way they can to relieve the burden on the few members involved now.

We need to grow as a club, not only in member numbers but in our range of activities. We award an annual Track and Field trophy but aren't active in promoting track and field events. I would like to see the club organise a track and field meeting for members so that we can increase participation. I envisage this as initially a low key, come and try event encouraging friendly competition.

Obviously such a new venture will need careful planning and this brings me on to another challenge for 2016. After a 12 month hiatus it now seems more likely that a new Athletic Development Officer will be appointed during 2016. This will involve the IOMAA becoming the employer and as such will be in a position to dictate the role, job description and hours worked. We, along with all the other clubs, have been asked to go back to the committee in March with proposals of how we would want an ADO to help develop our club. We will discuss this later in the meeting under Any Other Business.

Other developments are challenges I am taking on in that I would like to see a more social atmosphere in the club with members meeting regularly for 'pack runs' as they used to be called. The challenge is finding a time and place for such events but I will hope to circulate members to get suggestions and gauge interest.

I would also like to see our website continue to change and be more 'user friendly' for promoting the club and finding important information. I wonder if we as a club are ready to be dragged into the 21st Century and get ourselves a Facebook page? Again I will be asking for opinions over the coming year.

Although not over flushed with money the club does have a healthy bank balance which is supplemented each year by our successful events. This counteracts the subscription fee which is kept to such a minimum that by the time the various associations have been paid their fees we are left with around £1 per member. This success should be shared amongst our members. We already give members free entry into the Spring and Autumn handicap races and perhaps this can be extended into subsidising entry into the Easter Festival of running especially for the 5k relay and ladies race. It has also been suggested that we could look to 'target' a UK race as a club and again subsidise the entry fee for this. More things to consider.

So I hope you will accept this report as a useful beginning with perhaps the rider 'could do better' and I will see what I and the committee can achieve over the coming 12 months. Thank you

Terry Bates
Chairman

ISLE OF MAN VETERAN ATHLETES' CLUB - 2015 Trophy Presentation

Presented at AGM – 1st February 2016 by Colin Watterson

Race Walking League	Men	Winner 2 nd 3 rd	Brian Kelly Samuel Fletcher Colin Stephen Moore
	Ladies	Winner 2 nd 3 rd	Angela Corkish Jayne Farquhar Louise Hollings
Road Running League <i>(male and female combined)</i>		Winner 2nd 3rd	Kevin Deakes Moira Hall Dave Lawrie
Ann Brough Spring & Autumn Handicap – WALK	Men Ladies	Winner Winner	Brian Kelly & Sam Fletcher Jayne Farquhar
Bob Skillicorn Spring & Autumn Handicap - RUN	Men Ladies	Winner Winner	Kevin Deakes & Mike Gellion Mandine Wilson & Moira Hall
Track and Field	Men Ladies	Winner Winner	Geoff Hall Moira Hall
Sam Robinson Memorial Trophy <i>First Club Members - Western 10 results</i>	Men Ladies	Winner Winner	Kevin Deakes Sarah Webster
Ned Kennaugh Parish Walk <i>1st male club member to reach and stop at Peel</i>	Les Brown		
Henry de Silva – Parish Walk <i>1st female club member to reach and stop at Peel</i>	Angela Corkish		
Ian Callister - Club Fell Running League	Ian Callister		
Fell Runner of the Year	Lisa Motley		
Syd Quirk Half Marathon Merit Award	Moira Hall		
Brian Doughty Memorial Trophy for services to the Club	Neil Cushing		
Marshal of the Year	Geoff Hall		
London Marathon Place 2016 went to: <i>(we were only granted 1 place this year)</i>	Richard Gerrard		

2. Up and Coming Races June – July 2016: (Note these dates may be subject to change – check websites & Manx Independent newspaper calendar section for confirmation.)

June:	17Jun Ramsey Park Run Rnd 4 / 18Jun Parish Walk / 22Jun Snaefell FR / 24Jun Western AC Dave Phillips Headland Run Rnd 3 / 28Jun Northern AC 5k +10k races
July:	8Jul Ramsey Park Run Rnd 5 / 10Jul Narradale FR / 14Jul Summer 10 walks / 15Jul Western AC Dave Phillips Headland Run Rnd 4 / 20Jul North Barrule FR

Message from Sue:

OK, the plan for the IOMVAC Newsletter compilation goes like this; each week I will take the Manx Independent Newspaper reports and scan them in, plus I'll locate all event results on their various websites and save copies to my system. That way I have the photos, comments and results in print and in cases of races with bigger fields, when newspaper space is limited to the top 20 or 30 finishers, I will also have a full listing of all competitors/times etc. Seems reasonable enough you would think ?

Well the "Best laid plans of mice and men".....as Robert Burns so succinctly put it.

Cue illness and general malaise....It'll be ok to start the first 2016 Newsletter next weekend or the weekend after, and yes you've guessed, it doesn't always work out as originally planned.

So when mid-March came thundering towards me, I searched for the data needed to complete the Newsletter section covering IOMVAC Members excellent efforts for January to mid-March 2016.....and I searched..... and I searched..... not found anywhere. Ok no problem I'll just

have to go to the various websites and download all the results.....When you have to go to the many websites to get this historical (meaning in most cases older than last month) data, it is amazing how hidden it all is and how time-consuming it is to get 3 months data presented on the website into an easy readable / searchable format. Thanks go to Kevin Deakes for his help.

So anyway, my excuse for the late delivery of the IOMVAC March Newsletter now over and as it is so late, you will see it covers April too, just this once. We should be back on track for the end of June as I'm now faithfully scanning & downloading May's results like a demented eejit.

I hope you have seen on page 2 the very important announcement from UK Athletics made in April 2016 regarding the wearing of headphones in road races. Prior to this some clubs permitted headphone wearing, some didn't and some ignored them. Being a headphone wearer for many years while out training alone, I have to admit I now only ever have one earphone in. This came from bitter experience on the Ramsey Road out of Laxey, when while wearing both earphones a van lightly clipped my elbow while I was running on the road because of a blocked pavement. I might have been able to react sooner had I heard it approaching behind me. I also might have saved myself from some bruising and the poor terrified driver of a near heart-attack. He was in a much worse state than I over the incident, poor soul.

Weather-wise we didn't get the best of starts to the New Year training and it all seemed to centre around yet more strong winds and heavy rain, giving us even more excuses to "leave it 'till the weather improves just a little". Although from the comfort of my dry car, I did see the usual hardy souls out there training in all conditions. You know who you are.... and yes your street-cred continued to increase. The loss of the NSC facility at this same time was also felt greatly by many on the Island and indeed still continues, despite the commendable actions of NSC staff to be fully up-and-running again soon. I have seen the inside of more church halls this winter than ever before as these excellent facilities stepped in to our rescue and allowed very sweaty folks to take over their floor space several days a week. Thanks to all the churches and other organisations on the Island who have welcomed us in.

One of the comments I received about the December 2015 Newsletter involved one of our visiting race walkers, Norbert Will. Unfortunately a slip of my fingers resulted in me calling him Will Norbert, so I'm very sorry to Norbert and his friends. Norbert was in action in our Spring Handicap Walk on 14th April 2016 (finished 6th) and we thank him for supporting our races.

London Marathon: Well done to all our Members who took part – some excellent results.

So now with weather and temperatures improved hopefully for the foreseeable, let's enjoy doing what we do best, and run/walk as many races arranged by the various Athletics Clubs on the Island as we can. Here's to a brilliant, healthy, happy and injury-free 2016 summer.

Sue A / May 2016

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

3. **Members Results Jan – Apr 2016****NEW YEARS DAY FELL RUN / Thurs 1st Jan 2016 / Slieau Whallian****Distance 5k / 3.1 miles Climb 275m / 902 ft**

54	Robbie Callister	35:29	149	Lisa Motley	46:42
56	Lewis Veale	35:39	173	Moir Hall	50:46
103	Ian Callister	40:32	177	Geoff Hall	51:02
108	Maggie Watkins	41:11	184	Andrew Titley	51:57
115	Les Brown	41:42	192	Alison Corlett	57:46
116	Mike Gellion	41:59	197	Alan Pilling	57:04
123	Jeanette Morgan	42:35			

WINTER WALKING League Round 4 / Sun 4th Jan 16 / Andreas**Handicapped 10k**

7	Sam Fletcher	56:29	22	Ian Callister	1:01:43
9	Sharon Cain	1:08:10	24	Jayne Farquhar	1:07:01
10	Richard Gerrard	49:48	26	Louise Hollings	1:09:07
16	Paul Sayle	1:11:36	27	Chris Cale	57:21
17	Janette Morgan	57:00	34	Colin Moore	1:06:54
19	Karen Lawrie	1:00:22	37	Les Brown	1:05:56
20	Tony Mackintosh	54:52			

Handicapped 5k

1	Henry de Silva	40:42	*** WELL DONE HENRY ***
10	Angela Corkish	35:51	

RAMSEY FIREMAN'S Round 3 / Thurs 7th Jan 16**1 Lap**

29	Alan Pilling	15:26	35	Bryan Masterson	16:54
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3 Laps

5	Sarah Webster	32:00	31	Mike Gellion	36:19
10	Kevin Deakes	33:09	44	Les Brown	38:24
17	Stephen Brown	34:18	61	Steve Wilmott	43:36

**** NEW RACE* PROM RUN 5k Series / Round 1 Douglas / Sat 16th Jan 16 (10am) 471 Finishers**

38	Andy Gosnell	21:35	244	Sharon Cain	29:14
49	Robbie Lambie	22:09	258	Mike Norrey	29:31
50	David Anderson	22:14	260	Rita Norrey	29:32
52	Jayne Farquhar	22:21	291	Sue Ackroyd	30:44
171	Louise Hollings	23:34	333	Lewis Veale	32:57
235	Pat Blackburn	28:58	340	Sue Furner	33:04
239	Kathryn Clough	29:01	397	Mo Kelly	37:57

MANX FELL League / 30th Jan 16 / Ard Whallin, West Baldwin**Distance 12k / 7.5 miles Climb 750m / 2461 feet**

19	Richard Gerrard	1:30:18	61	Maggie Watkins	1:52:58
43	Lewis Veale	1:39:59	84	Les Brown	2:15:16
45	Nick Watterson	1:42:22	89	Moir Hall	2:27:58
53	Ian Callister	1:47:18	91	Geoff Hall	2:31:57
56	Janette Morgan	1:48:12	94	Alison Corlett	2:37:11

CROSS-COUNTRY Series Round 4 / Sun 31st Jan 16 / Crossags, Ramsey
Senior / Vet Men (8030m)

2	Mike Garrett	35:53	22	Stephen Brown	51:14
12	Andy Fox	41:08	23	David Smith	52:00
14	Vinny Lynch	41:48			

Senior / Vet Women (6130m)

3	Gail Griffiths	30:57	10	Jayne Farquhar	37:36
4	Sarah Webster	31:18	13	Maggie Watkins	38:45
5	Caroline Mayers	32:20			

Short Course (distance n/k)

5	Alan Pilling	17:05
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WINTER WALKING League Round 5 / Sun 1st Feb 16 / NSC (Final Round)
Handicapped 10k

3	Andy Baxendale ***	72:13	*** WELL DONE Andy 2nd position in 10k Series 15 - 16		
6	Andy Green	58:24	11	Marie Jackson	59:07
7	Angela Corkish	72:27	13	Louise Hollings	66:05
10	Jayne Farquhar	63:16	17	Colin Moore	66:56

Handicapped 5k

4	Sharon Cain ***	32:15	*** WELL DONE Sharon WINNER of 5k Series 15-16		
6	Henry de Silva	42:53			
9	Dale Farquhar	32:00			

RAMSEY FIREMAN'S Round 4 / Thurs 4th Feb 16
1 Lap

36	Bryan Masterson	16:38
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3 Laps

3	Kevin Deakes	30:43	38	Alan Postlethwaite	41:07
22	Mike Gellion	35:38	54	Steve Wilmott	44:47
36	Les Brown	39:19	55	Alan Pilling	48:16

CROSS-COUNTRY series Round 5 (Final) / Sun 14th Feb 16 / QEII School Peel
Senior / Vet Men

2	Mike Garrett	29:59	19	Alan Pilling	51:30
11	Vinny Lynch	35:16			

Senior / Vet Women

2	Sarah Webster	20:25
6	Jayne Farquhar	24:17
10	Louise Hollings	29:44

Short Course (2 miles)

10	Sharon Cain	21:57
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MANX FELL League / Sat 20th Feb 16 / Baldwin Valleys
Distance 14k / 8.7 miles Climb 750m / 2461 ft

15	Richard Gerrard	1:34:38	68	Brian Butler	2:26:26
40	Janette Morgan	1:57:02	69	Dave Lawrie	2:26:27
54	Maggie Watkins	2:09:05	77	Alison Corlett	2:55:17
67	Les Brown	2:24:39			

MANX HARRIERS - Open Race Walk & Run Events/ Sat 20th Feb 16 / NSC

20k Race Walk	2	Sam Fletcher	1:53:39
5k Race Walk	4	Tony Mackintosh	27:04
10k Run	13	Gail Griffiths	44:52

10k Race Walk

11	Jayne Farquhar	64:27	13	Louise Hollings	65:48
12	Kathryn Clough	65:29	14	Sharon Cain	66:00

PROM RUN 5k Series / Round 2 Douglas / Sat 27th Feb 16 (10am) 450 Finishers

25	Andy Gosnell	20:15	226	Sharon Cain	28:28
45	Robbie Lambie	21:35	246	Rita Norrey	29:13
46	Jayne Farquhar	21:35	295	Lewis Veale	31:27
153	Louise Hollings	26:27	344	Mo Kelly	34:33
161	Kathryn Clough	26:42	385	Sue Ackroyd	37:44
203	Mike Norrey	27:55	407	Sarah Goldsmith	41:29
206	Pat Blackburn	28:05			

RAMSEY FIREMAN'S Round 5 (Final) / Thurs 3rd Mar 16**1 Lap (Scratch)***No IOMVAC members***3 Laps (Scratch)**

7	Kevin Deakes	32:50	31	Alan Postlethwaite	40:05
21	Mike Gellion	36:59	35	Maureen Oddie	40:37
27	Les Brown	39:01	44	Alan Pilling	46:44

20 MILE RUN - NSC / Sun 1st Mar 16

3	Richard Gerrard	2:13:32	Kevin Deakes DNF
7	Paul Curphey	2:46:34	
12	Terry Bates	2:53:38	
16	Sam Fletcher	3:12:54	

MANX FELL League / Sun 13th Mar 16 / Bradda**Distance 25k / 15.5 miles Climb 1789m / 5869ft**

26	Lewis Veale	3:13:46	37	Ian Callister	3:27:36
27	Janette Morgan	3:17:57	38	Roger Moughtin	3:28:01
29	Maggie Watkins	3:19:43			

PROM RUN 5k Series / Round 3 Port Erin / Sat 19th Mar 16**248 Finishers**

42	Jayne Farquhar	22:24	145	Rita Norrey	29:24
86	Kathryn Clough	26:12	176	Sue Ackroyd	31:26
123	Mike Norrey	28:40	187	Lewis Veale	32:35
142	Pat Blackburn	29:21	216	Mo Kelly	36:55

10k Race Walk & Young Age Championships/ Sat 20th Mar 16 / NSC

3	Sam Fletcher	54:58	9	Brian Kelly	61:35
7	Marie Jackson	59:31	11	Ian Callister	62:21



Easter Festival of Running



GOOD FRIDAY 10k / Fri 3rd Apr 2015 / Port Erin				Mens Race
110	Richard Gerrard	38:47	223	Peter Cooper 47:54
173	Lewis Veale	43:53	224	Les Brown 48:06
213	Mike Gellion	46:51	238	Ian Callister 49:30
217	Terry Bates	47:11		

				Ladies Race
58	Maggie Watkins	48:25	136	Mandine Wilson 58:48

EASTER SATURDAY PEEL HILL RUN / Sat 4th Apr 2015 / Peel				Mens Race
108	Richard Gerrard	28:03	177	Peter Cooper 33:55
172	Ian Callister	33:21	188	Les Brown 35:08

				Ladies Race
43	Maggie Watkins	24:10	95	Sharon Cain 31:47
49	Jayne Farquhar	24:25		

EASTER SUNDAY DOUGLAS PROM 5k RUN / Sun 5th Apr 2015 / Douglas				Mens Race
162	Terry Bates	23:00	175	Peter Cooper 24:04
171	Les Brown	23:45	179	Alan Postlethwaite 24:43
IOMVAC MEN's TEAM POSITION 44 / 47				WELL DONE GENTLEMEN.
<i>Thank you for representing IOMVAC</i>				

				Ladies Race
12	Caroline Mayers	20:04	51	Maggie Watkins 23:32
13	Gail Griffiths	20:08		

PROM RUN 5k Series / Round 4 Ramsey / Sat 2nd Apr 16				220 Finishers
8	Caroline Mayers	17:47	128	Pat Blackburn 26:19
31	Andy Gosnell	19:45	143	Sharon Cain 26:44
37	Jayne Farquhar	20:09	157	Sue Ackroyd 27:45
114	Mike Norrey	25:42	205	Angela Corkish 37:11

RAMSEY PARK RUN Round 1 / Fri 8th Apr 16			1 Lap (1.75 miles)
76	Sharon Cain	17:02	

				3 Laps (3.75 miles)
11	Paul Cubbon	27:40	37	Ian Callister 31:20
16	Terry Bates	28:25	56	Steven Wilmott 35:09
27	Alan Postlethwaite	30:06	67	Alan Pilling 38:45
34	Maggie Watkins	30:41		

IOMVAC HANDICAP RACES - NSC / Thurs 14th April 16**5k WALK** (Handicap position / actual time)

2	Ian Callister	31:50	10	Andy Baxendale	36:23
4	Jayne Farquhar	30:57	12	Sam Fletcher	27:30
7	Bryan Kelly	29:29	13	Angela Corkish	37:34
8	Sharon Cain	32:35	14	Louise Hollings	33:44

10k RUN (Handicap position / actual time)

1	Alan Postlethwaite	46:35	9	Moir Hall	56:14
3	Terry Bates	44:00	15	Steve Wilmott	55:24
4	Maggie Watkins	47:24	16	Geoff Hall	64:35
5	Richard Gerrard	37:53			

**** WELL DONE ALAN ****

RAMSEY PARK RUN Round 2 / Fri 22nd Apr 16**(Scratch) SHORT Course (1.75 miles)**

28	Sue Ackroyd	18:11
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(Scratch) LONG Course (3.75 miles)

15	Terry Bates	27:19	35	Ian Callister	30:47
16	Stephen Brown	27:45	36	Dave Corrin	30:57
22	Alan Postlethwaite	28:37	52	Steven Wilmott	34:09
30	Les Brown	29:25	61	Alan Pilling	36:36

FIRE & SERVICES RESCUE WALK / Sun 24th Apr 16

= 1	Sam Fletcher	5:02:47	50	Andy Baxendale	6:58:52
9	Robbie Callister	5:35:47	52	Nick Wallinger	7:02:45
18	Kathryn Clough	5:57:24	63	Colin S Moore	7:09:52
38	Angela Corkish	6:45:44			

*** WELL DONE SAM ***

LONDON MARATHON / Sun 24th April 16

1,610	Richard Gerrard	2:57:31	14,391	Paul Curphey	4:00:23
7,864	Barry Moore	3:36:46	30,097	Jackie Moore	5:05:45

***** WELL DONE ALL *****

Dave Phillips Headlands Run Round 1 / Fri 29th Apr**(Scratch) 1 Lap (Approx 1.9 miles)**

26	Sharon Cain	19:24	29	Vera Jones	21:48
28	Geoff Hall	19:55	30	Sue Ackroyd	21:50

(Scratch) 2 laps (Approx. 3.8 miles)

13	Terry Bates	30:33	28	Steve Wilmott	35:40
15	Alan Postlethwaite	31:01	30	Moir Hall	38:11
24	Les Brown	33:38	31	Alan Pilling	39:41

PROM RUN 5k Series / Round 5 Castletown / Sat 30 th Apr 16				overall position	196 Finishers
5	Caroline Mayers	19:56	132	Kathryn Clough	30:10
34	Jayne Farquhar	23:01	138	Rita Norrey	30:32
73	Dale Farquhar	27:01	147	Sue Ackroyd	31:42
92	Mike Norrey	28:09	150	Jennifer Houghton	31:53
99	Louise Hollings	28:33	155	Lewis Veale	33:15
114	Pat Blackburn	29:19	169	Mo Kelly	36:18

MANX FELL League / Sun 13th Mar 16 / Laxey - James Coulson
Distance 13k / 8.1 miles Climb 650m / 2133ft

18	Ian Callister	1:34:51	33	Maggie Watkins	1:43:38
24	Lewis Veale	1:37:12	43	Brian Butler	1:55:20
28	Janette Morgan	1:38:08	46	Dave Lawrie	1:59:21
29	Nick Watterson	1:38:27	50	Les Brown	2:09:29

4. **Recommended Run/Walk:** Due to time & space restraints the planned recommended run/walk will be included in the end of June 2016 Newsletter.

5. **Members Suggestions. Websites & Races:** Will be covered in the end of June Newsletter

Reading:

Stretching for Running

Author: Christopher M Norris / Printer: A&C Black London

ISBN: 978-1-4081-0694-5 / Price: £7.99 / Paperback & full colour

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

5. **Members Comments / Quotes:**

Extracted from IOMVAC Facebook page [Iom Vaclub](#) on 9th May16:

“There is still hope for the rest of us then! Marvellous woman.....” Peter Cooper

On discovering, 4'6" tall, 100 year old Ida Keeling had set a 95-100 age range 100 metre record.

Note: Washington Post 15May16 states Ida is showing no signs of stopping running – she completed a certified 100m run in April 2016 in a time of 1 minute 17.33s. I'm sure everyone agrees - what an inspiration she is. Sue A

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.

Next issue due end of June 2016

To follow:

Details of IOMVAC CLUB COMPETITIONS and AWARDS for 2016 (Island races needed)
IOMVAC Road Running Shield Standard Times - adapted from RRC Scheme.
AGM Photos from Mo Kelly of Trophies lined up for Presentation and the worthy Recipients.

Details of ISLE OF MAN VETERAN ATHLETES’ CLUB COMPETITIONS and AWARDS 2016

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 seven points scores, with no more than two of these scores being from the same distance group. This means that at least one of the seven counting results must come from a 20 miles or marathon distance. Currently the events are:

Group	Distance (miles)	Date Planned	Event
Group 0	4 to 9.99	3rd April 29th April 18th August 6th October	Easter Festival Good Friday 10K, Round 1 Dave Phillips Memorial Races (2 laps) Northern 10K (both races), Foxdale 6, Ramsey Fireman’s Round 1
Group 1	10 to 12.49	Northern 8th May 2nd October 11th September	Northern 10 (to count in 2016) Western 10 (doesn’t count in 2016) Peel to Douglas Trail Run
Group 2	12.5 to 17.49	14th August 20th November	IOM Half Marathon – Ramsey, Syd Quirk Half Marathon
Group 3	17.5 to 23	6th March	IOM 20 Mile
Group 4	Marathon	14th August	IOM Marathon

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 and or local press.

Information supplied by Alan Postlethwaite, tel. 814298 or email 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
14th Apr	19th Mar	4th Sept	18th June	18th June	<i>Date tbc</i>	18th Sept	18th Sep	2nd Oct	20th 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 the their final position.

Race Distance	Event (date planned)
Short	St. Johns (01Jan), Snaefell (22 June), Carraghyn (12 May) and North Barrule (20 July).
Medium	Greeba**, Baldwin (20 Feb), the 'James Coulson' Laxey (30 Apr) and Creg-ny-Baa ** (<i>** Not certain of dates for these races – check website & press for details</i>)
Long	<ol style="list-style-type: none"> 1. Manx Mountain Marathon (24 Sept), <u>double points</u>; competitors can consider this as 2 long races. 2. Ellan Vannin. 3. Any UK category 'A' long fell race before end of September. 4. Bradda fell race - original route (13 Mar) 5. 1st leg Mountain Marathon Relay. 6. 2nd leg Mountain Marathon Relay (both 24 Sept)

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 MIMO 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 (2016) it will be the Northern 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

AGM Photos: Trophies lined up for Presentation and the Winners *(photographs by Mo Kelly)*



WELL DONE EVERYONE

IOMVAC Road Running Shield Standard Times - adapted from RRC Scheme

M	M35	M40	M45	M50	M55	M60	M65	M70	M75
F	W35	W40	W45	W50	W55	W60	W65	W70	W75

GROUP 0

Peel '4' (Headland)	M	23.30	24.30	25.30	27.00	28.30	30.00	32.00	34.00	36.00
	F	27.00	28.00	29.00	30.45	32.15	34.15	36.30	38.30	40.30

Ramsey Fireman's '5m'	M	29.15	30.15	31.45	33.15	35.15	37.15	39.30	41.45	44.45
	F	33.30	34.45	36.15	38.15	40.15	43.15	46.30	49.45	53.00

Foxdale '6'	M	36.30	38.00	39.30	41.00	43.30	46.00	48.30	51.00	54.00
	F	42.00	43.00	45.00	47.00	50.00	53.00	56.30	60.00	64.00

10k	M	37.00	38.00	40.00	41.30	44.00	47.00	49.30	52.00	55.30
	F	42.30	43.30	45.30	48.00	51.00	54.00	58.00	62.00	67.00

GROUP 1

10 Miles (Western 10 + 1)	M	61.00	63.00	66.30	70.00	73.00	77.00	81.00	86.00	92.00
	F	71.00	73.00	77.00	80.30	84.00	88.30	94.30	-	-

Peel – Douglas (Trail)	M	64.00	66.30	70.00	73.30	77.00	81.00	85.00	90.00	97.00
	F	74.30	77.00	81.00	84.30	88.00	92.30	97.00	102.00	108.00

GROUP 2

Half Marathon (Ramsey + 1 min)	M	1.23	1.26	1.30	1.34	1.38	1.43	1.48	1.55	2.03
	F	1.35	1.39	1.44	1.48	1.53	1.58	2.06	2.15	2.26

GROUP 3

20 Miles	M	2.16	2.20	2.25	2.30	2.37	2.45	2.53	3.05	3.17
	F	2.36	2.41	2.47	2.53	3.01	3.10	3.22	-	-

GROUP 4

Marathon (Ramsey + 2 mins)	M	3.05	3.10	3.17	3.25	3.35	3.45	3.56	4.10	4.26
	F	3.33	3.39	3.47	3.56	4.07	4.19	4.35	-	-

Explanation:

If your time exactly equals the Standard Time shown for your age and sex (very rare) then you would receive a score of 0.00.

If you are faster than your standard time you would receive a positive score eg 4.63 but if you were slower than the standard score then it would be a minus score eg -4.63.

Thanks to Alan Postlethwaite for supplying these and the explanation