

Isle of Man Veteran Athletes Club Newsletter - March 2015



IOMVAC Club Information: **Committee and Contact Details 2015**

The following committee members were elected / re-elected at the AGM on the 26th January 2015

		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
	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)

- **Isle of Man Marathon and Half Marathon – Ramsey Sunday 9th August 2015:**
You can now enter these races at isleofmanmarathon.com via the **SiEntries** button.
Entries are **on-line ONLY** this year to aid the administration of the race. Walkers are welcome in both races but please note there is a 6 hour cut-off.
- **2015 IOMVAC Membership:**
Reminder: Membership fees are **now due**. Please send payment ASAP to Mo Kelly.
- **Welcome to New Members:**
Louise Smith, Paul Sayle, Sarah Webster, Louise Hollings and Juan Corkish.
- **IOM Veteran AC Road Running Shield Races coming in April – June.**
Easter Festival Good Friday 10k (3rd April), Ramsey Park Run – 3 laps Round 1 (24th April), Dave Phillips Memorial Race Round 1 (1st May), Northern 10miles (17th May), Northern 10k (30th June).
- **IOM Veteran AC Walking League Races coming in April – June.**
Parish to Peel or Parish beyond Peel (20th June),
- **IOM Veteran AC Fell Running League Championship Races coming in April – June.**
Creg-ny-Baa (11th April), Snaefell (25th April), Carraghyn (12th May), James Coulson – Laxey (16th June).
- **Congratulations to all the IOMVAC 2014 Trophy Winners.**
The winners were announced at the AGM on 24th January 2015. Full listing page 2.

ISLE OF MAN VETERAN ATHLETES' CLUB - 2014 Trophy Presentation
Presented at AGM – Monday 26 January 2015

Race Walking League

Men	Winner	Brian Kelly
	2nd	Colin Moore
	3rd	Richard Gerrard

Ladies	Winner	Angela Corkish
--------	--------	----------------

Road Running League
(male and female combined)

Winner	Terry Bates
2nd	Kevin Deakes
3rd	Moira Hall

Ann Brough
Spring & Autumn Handicap – WALK

Men	Winner	Brian Kelly
Ladies	Winner	Sarah Goldsmith

Bob Skillicorn
Spring & Autumn Handicap - RUN

Men	Winner	Terry Bates & Peter Cooper
Ladies	Winner	Wendy Ross & Mandine Wilson

Track and Field

Men	Winner	Geoff Hall
Ladies	Winner	Moira Hall

Sam Robinson Memorial Trophy
First Club Members Northern 10 results

Men	Winner	Kevin Deakes
Ladies	Winner	Wendy Ross

Ned Kennaugh Parish Walk
1st male club member to reach and stop at Peel

Doug Allan

Henry de Silva – Parish Walk
1st female club member to reach and stop at Peel

Angela Corkish

Ian Callister - Club Fell Running League

Ian Callister

Veterans Mile

Mike Garrett

Fell Runner of the Year

Roger Moughtin

Syd Quirk Half Marathon Merit Award

Michael Crook

Brian Doughty Memorial Trophy
for services to the Club

Enid Watson

Marshal of the Year

Sean Hands

London Marathon Places:

Maggie Watkins
Rita Norrey

A message from your new IOMVAC Chairman Terry Bates (24th January 2015)

Thank you to those members who supported my nomination and voted for me to become the new Chairman of the IOMVAC. I feel truly honoured. It is worth noting that I am only the third person to take on this role as the Club Committee has been expertly led by Colin Watterson for the past 33 years. A somewhat daunting task to follow such a contribution but I am hopeful that with the support of the committee and you the members I will continue Colin's good work.

I have been a member of the club since 1994 but being off Island for 11 years means that I do not now know all the members or all of the various training groups that exist. I hope to rectify this over the year and look forward to meeting you all and hearing of any groups that run on a regular basis.

Unfortunately I will not be available to help with the Leinster Management Ltd. 20 Mile Race but hope to see as many of you as possible on the night of the Dursley Stott Spring Handicap races.

Thank you once more

Terry Bates
Email: 4t8@manx.net Mobile 07624 202009

Welcome to your revived Club Newsletter (from Sue Ackroyd)

Firstly I would like to say a big thank you to Sarah Goldsmith the last editor of our Club Newsletter. Sarah held the reins until 2013 and really did us proud with her production. During those years I felt it was good to have a means of gelling us individuals together, albeit just 4 times a year, and I for one looked forward to receiving her news and updates on the club members. I hope you felt the same as me and you now look forward to my period in the editorial hot seat.

I plan to have a simple format but with a few new additions too. Early on in the Newsletter you will find the usual sections covering running / walking races coming up in the next 3 months. This will be followed by the equally important, details on how our members performed in races during the last 3 months. Please feel free to send any details you have on races you have taken part in off-Island for inclusion here too. Also tell me if you achieved any "PB"s in the races undertaken in the last 3 months. I will note these alongside your results.

As ever I welcome any comments/feedback and input from you for the various new sections and of course there is a permanent request for the usual race reports or member's general reports (for example if you were a race marshal or watching from the sidelines).

Please feel free to send me any details you wish for inclusion (providing they are legal, decent, honest and truthful of course) and especially if you have information others might like for the newer sections included. After all this is your Newsletter, I'm just the magician / clown who hopefully can put it all together for you.

This first revived issue is non-standard as it introduces the plans and includes copies of all members' league positions for 2014 and has the usual end-of-year club information.

So.....here we go folks Hope you enjoy coming along for the journey.....

Sue A Email: greygoose@manx.net

Outline plan of your revived IOMVAC Newsletters (front page & 6 sections).
Front Page: Logo / key Photos (if any), Committee and Contact Details, Sections:

1. Club Announcements and/or Editor's comments),
2. Races coming up in the next 3 months,
3. Members Race Results for the past months,
4. Recommended Run/Walk Routes,
5. Members Recommendations / Suggestions (websites, books, magazines, races, anything),
- 6: Members Reports

2. **Up and Coming Races** April – May - June 2015

Date	Race	Information from:
APRIL		
Friday 3rd – Southern 10k	Easter Festival of Running	www.easterfestival.info
Saturday 4th – Peel Hill		
Sunday 5th – Douglas Prom		
Friday 10th	Parks Runs	www.iomnac.co.uk
Saturday 11th	Creg Ny Baa FR	www.manxfellrunners.org
Wednesday 15th	IOMAA T&F Open Meeting	www.iomaa.info
Friday 24th	Park Runs	www.iomnac.co.uk
Saturday 25th	Snaefell FR	www.manxfellrunners.org
Sunday 26th	London Marathon ***	
Sunday 26th	Firemen's 50k	
Wednesday 29th	10k track run and walk	www.manxharriers.com

MAY		
Friday 1st	Dave Phillips Run 1	www.westernac.org
Friday 8th	Park Runs	www.iomnac.co.uk
Tuesday 12th	Carraghan FR	www.manxfellrunners.org
Friday 15th	IOM T&F Open - tbc	www.iomaa.info
Sunday 17th	Northern 10	www.iomnac.co.uk
Thursday 21st	5k walk	www.manxharriers.com
Friday 22nd	Dave Phillips Run 2	www.westernac.org
Saturday 23rd	Race The Sun	

JUNE		
Tuesday 16th June	Laxey FR - tbc	www.manxfellrunners.org
Friday 19th June	Park Runs	www.iomnac.co.uk
Saturday 20th June	Parish Walk	www.parishwalk.com
Wednesday 24th June	IOMAA Open T&F - tbc	www.iomaa.info
Friday 26th June	Dave Phillips Run 3	www.westernac.org
Tuesday 30th	NAC 5 & 10k	www.iomnac.co.uk

***** GOOD LUCK to all our IOMVAC members who have places in “The London”.**

Send details of your times/splits to Sue A atgreygoose@manx.net for inclusion in the next IOMVAC Newsletter

3. Members Results Jan – Mar 2015

NEW YEARS DAY FELL RUN / Thurs 1st Jan 2015 / Slieau Whallian

21	Richard Gerrard	30:40	94	Phil Motley	40:28
34	Robbie Callister	33:90	113	Lisa Motley	42:48
53	Ian Callister	35:06	119	Maggie Watkins	43:43
54	Lewis Veale	35:06	132	Terry Bates	46:22
58	Chris Cale	36:04	136	Ronnie Kelly	47:32
60	Peter Cooper	36:29	163	Alison Corlett	53:23
90	Janette Morgan	39:56			

RAMSEY FIREMAN'S Round 4 / Thurs 8th Jan 15

1 Lap

21	Bryan Masterson	17:48			
----	-----------------	-------	--	--	--

3 Laps

13	Dave Corrin	39:04	42	Maggie Watkins	40:08
39	Steve Wilmott	40:31	44	Steven Brown	32:38

CROSS-COUNTRY Series Round 4 / Sun 18th Jan 15 / Ballanette

Senior / Vet Men (10.39km)

4	Mike Garrett	36:43	30	Peter Cooper	48:24
12	Richard Gerrard	40:05	34	Mark Peberdy	50:04
25	Chris Cale	45:51	38	Dave Corrin	55:34

Senior / Vet Women (6km)

2	Sarah Webster	23:04			
13	Jayne Farquhar	29:34			
15	Maggie Watkins	30:41			

Short Course (3.22km)

8	Louise Smith	18:15			
13	Louise Hollins	19:51			

MANX FELL League Round 3 / Sat 24th Feb 15 / Ard Whallin, West Baldwin

13k

13	Alan Sandford	1:25:25	63	Maggie Watkins	1:57:56
42	Lewis Veale	1:45:22	71	Lisa Motley	2:02:04
52	Roger Moughtin	1:48:39	78	Geoff Hall	2:24:31
54	Phil Motley	1:50:50	81	Alison Corlett	2:35:55

Short Course (New)

1	Nick Watterson	51:59			
----------	-----------------------	--------------	--	--	--

WINTER WALKING League Round 5 (Final) / Sun 1st Feb 15 / National Sports Centre

Open 10k

3	Louise Smith	1:04:10	26	Colin Moore	1:06:32
6	Dudley Butt	1:06:31	28	Paul Sayle	1:12:06
12	Louise Hollins	1:08:21	29	Les Brown	1:04:37
15	Michael George	51:34	30	Chris Cale	58:00
19	Richard Gerrard	49:46	34	Robbie Lambie	1:02:42

Open 5k

6	Angela Corkish	35:38			
---	----------------	-------	--	--	--

Congratulations Angela: 2nd Overall Winter Walking League position for 5k
--

RAMSEY FIREMAN'S Round 5 / Thurs 5th Feb 15

1 Lap (Straight Race Positions & Times)+

30 Bryan Masterson 17:58

3 Laps (Straight Race Positions & Times)

8	Kevin Deakes	29:33	48	Dave Corrin	38:22
11	Andy Fox	30:11	51	Les Brown	39:10
20	Stephen Brown	32:35	53	Steve Wilmott	41:29
22	Nick Watterson	32:51			

CROSS-COUNTRY series Round 5 (Final) / Sun 8th Feb 15 / QEII School Peel

Senior / Vet Men (6 miles)

6	Richard Gerrard	39:21	17	Peter Cooper	46:36
15	Stephen Brown	45:15	18	Dave Corrin	51:59

Senior / Vet Women (4 miles)

10 Jayne Farquhar 33:14

Short Course (2 miles)

6	Louise Smith	17:04
11	Louise Hollings	18:24

CROSS-COUNTRY series – Final League Positions

Senior / Vet Men

10	Richard Gerrard	41	Vinny Lynch
20	Stephen Brown	61	Mark Peberdy
21	Peter Cooper	81	Mike Gellion
26	Dave Corrin		

Senior / Vet Women

10 Jayne Farquhar

Short Course

6	Louise Smith
11	Louise Hollings

MANX FELL League Round 3 / Sat 21st Feb 15 / Glen Mona Fell Race

8	Richard Gerrard	1:41:05	55	Phil Motley	2:27:48
13	Alan Sandford	1:45:51	62	Lisa Motley	2:41:09
38	Ian Callister	2:08:23	63	Terri Salmon	2:42:32
40	Roger Moughtin	2:09:42	69	Moir Hall	3:16:48
41	Lewis Veale	2:09:55	70	Geoff Hall	3:16:49
44	Nick Watterson	2:11:28	71	Alison Corlett	3:16:49
51	Maggie Watkins	2:25:48			

20 MILE RUN - NSC / Sun 1st Mar 15

1	Kevin Deakes	2:09:04	15	Maggie Watkins	2:59:16
7	Alan Sandford	2:28:41	16	Michael George	2:59:29
9	Paul Curphey	2:34:22			

RAMSEY FIREMAN'S Round 6 (Final) / Thurs 5th Mar 15

1 Lap *(Straight Race Positions & Times)*

34	Bryan Masterson	17:32	37	Barry Moore	17:46
----	-----------------	-------	----	-------------	-------

3 Lap3 *(Straight Race Positions & Times)*

7	Andy Fox	30:33	26	Mark Peberdy	35:09
13	Nick Watterson	32:49	44	Les Brown	38:46
18	Stephen Brown	33:18	51	Steve Wilmott	42:20

MANX HARRIERS - ASCOT HOTEL Race Walk & Run Events/ Sat 7th Mar 15 / NSC

10k Race Walk

21	Louise Hollings	69:59
----	-----------------	-------

20k Race Walk

3	Richard Gerrard	1:45:11
4	Michael George	1:46:20

10k Run

3	Mike Garrett	34:53
---	--------------	-------

MANX FELL League Round 4 / Sat 15th Mar 15 / Ellan Vannin, Ballaugh Fell Race

13	Alan Sandford	3:01:20	30	Maggie Watkins	3:58:29
20	Roger Moughtin	3:25:04	35	Lisa Motley	4:12:25
24	Ian Callister	3:36:41			

SPRING HANDICAP Walk & Run / Thurs 19th Mar 15 / NSC

5k Race Walk (Actual Time)

1	Jayne Farquhar	32:27	2 nd Fastest Lady
2	Louise Hollings	33:46	3 rd Fastest Lady
5	Louise Smith	31:52	1st Fastest Lady
7	Brian Kelly	29:42	3 rd Fastest Man
8	Ian Callister	33:21	

10k Run

1	Kevin Deakes	37:24	
5	Mike Gellion	44:43	
6	Michael Garrett	34:15	2 nd Fastest Man
8	Paul Cubbon	40:35	
9	Peter Cooper	45:43	
14	Les Brown	46:48	
18	Nick Watterson	42:49	
26	Mandine Wilson	55:56	

4. Recommended Run/Walk.

The recommended run/walk this quarter is one Mo Kelly and I particularly enjoy. Ideally we love to do this route on a calm Spring-like morning but have completed it on many occasions when the weather has been anything but...! In fact on one occasion the sea was so rough “clumps” of sea-foam were blowing up the cliff face and landing on us and the road. It is one of those runs (or walks) you do where you can really appreciate what magnificent views we have here on the Island and how lucky we are to be here and fit-and-able to enjoy. Please have a go and take in the views and fresh air.

Route Description: Circular to and from the NSC in Douglas taking in Marine Drive.

Total Distance: 8 miles Total climb: Approx. 800 feet Parking: Near to NSC

Route:

1. Leave the NSC via Groves Road and head along towards Pulrose Golf Course.
2. Pass behind the Club House and go around the building as through approaching the greens.
3. Join the public footpath on the golf course heading off to the left of the clubhouse. It goes towards and runs alongside Middle River but when using this footpath please be aware and respect the golfers out on the greens and be prepared to allow them to take a shot.
4. Follow the path over the little bridge and keep with it alongside the river eventually climbing until you reach the gates on Castletown Road in Kewaigue. Please note this footpath can be very waterlogged at times so choose the day you decide to do this one with care. Pass through the gate on the main road and turn left.
5. Head down under the “Snotty” railway and towards the Brewery then up the hill until you reach the junction with the Old Castletown Road.
6. Cross the road at this point and head off down the undulating Old Castletown Road keeping to the right and being aware that some of the traffic may be hidden in the dips and that fact that you will certainly be hidden to the drivers at times too. Continue until you reach the left turn for Marine Drive where the railway crosses the Old Castletown Road. Turn left and head off down Marine Drive.
7. At Keristal hamlet turn left again and head onto the Marine Drive Cost Road. This road remains closed to traffic at a mid-point along the coastal drive it but vehicles can use it. Continue along this coastal road soaking up the sun, sea views and magnificent folded rock strata formations of the cliffs until you reach Douglas Bay near Manx Radio’s building. Continue on down Head Road towards the harbour.
8. At the harbour take any reasonable route back to the NSC but the recommended one we use is to turn left at South Quay roundabout and head up river towards Bridge Road, cross at the junction and stay with the river along Castletown Road until you reach the Nunnery path.
9. At this point turn right and head along the Nunnery path for about half mile until you reach the MEA buildings. Turn right at the first path you come to a path off to the right with what appears to be a “wire cage” corridor. This brings you out on Middle River Industrial Estate. Head straight on towards the MEA main building and return to the NSC either by turning right at Pulrose Road and going in via the Bowl (cross the road and turn left just after you pass over the river) continue alongside the river to the NSC, or by turning left at Pulrose Road, crossing over it stay with this road until you reach Groves Road, turn right into Groves Road and back to the NSC.

Enjoy the views, the climbs, the lovely downhill stretches, the off road trail at the Nunnery...and just in case you need it, here’s a little reminder of some of the Marine Drive views (cormorants optional)



5. Members Suggestions.

Websites: runnersworld.com/tools/age-graded-calculator

For runners:- just put a recent time achieved for a set race distance and ask it to calculate.....and WALLOP.... it tells you exactly where you sit in the grand scheme of achievement of folks your age for that distance.

(In my case it just confirms how slow I am ☺Sue A)

Reading: **Just a Little Run Around the World by Rosie Swale Pope.**

Harper Collins publishers, 2009. ISBN: 978-0-00-730620-6

Rosie summarises the story as; 5 years, 3 packs of wolves and 53 pairs of shoes.

(I enjoyed the book but have to admit it was a bit like deep sea diving for me, I wouldn't ever dream of doing it but I'm happy to share someone else's experiences 2nd hand. Sue A)

Races: **PARKRUN** (UK wide 3k races taking place every Saturday morning)

Website: parkrun.org.uk

If you haven't done so already, go to the website and read what they are all about.

The races are free for all and take place all over the country at 9am every Saturday morning apart from if it is Christmas Day. All types of folks take part from elites and club runners to get-fit folks and Mums, Dads, Grandmas and Grandpas with dogs and kids. They are great timed 5k races with the results for the whole country being available by approximately 2pm the same day.

Go to the maps page and find a race near where you plan to be on Saturday morning.

Register on the site for free then print off your unique barcode. Don't forget to take it with you when packing your bag for the journey. Remember to take it to the race.

You don't register for a specific race just register with Parkrun and then turn up to any of their races and JUST RUN the 5k. As you cross the finish line you will be funnelled in finish position and will be given a second barcode that gives your position in that race, on that day. Hand this one in for scanning and they will also scan your own unique barcode to link it. All the runner / run times / run places data gets crunched and published on the Parkrun website. GO ON – give it a go next time you are across. I guarantee you'll be hooked....!

4. Members Reports.

As this is a restart of the IOMVAC quarterly Newsletter I do not have any reports to include at this point for this first revival. Please feel free to email your reports in to me. It doesn't matter if it's a large report or just a small summary of a recent experience; it is still good to share.

It doesn't have to be a "Marathon" or even a "Half", it can just be a small race you took part in anywhere in the World. Please share your experiences with your fellow club members.

Reminder:

Don't forget to also send me details of your favourite run/walk routes (no copies of maps unless hand drawn please) and recommended websites, recipes, reading, races etc in fact anything you think other members may enjoy or benefit from.

Next issue due end of June 2015

2014 IOMVAC Final Race positions follow:

Vets Road Running Shield 2014 - After Thirteen On-Island Events - Final Positions

Pos/n	Name	Category	Points	Island Events	Off Island	Scoring Events
1	Terry Bates	M60	35.49	6	3	7
2	Kevin Deakes	M50	70.82	6	2	6
3	Moira Hall	W60	-42.31	7	1	6
4	Barry Moore	M40	-69.37	8	0	6
5	Stephen Brown	M50	-24.53	7	0	5
6	Nick Watterson	M50	-30.16	9	0	5
7	Brian Butler	M45	-60.75	7	0	5
8	Jackie Moore	W45	-128.77	5	0	5
9	Steve Willmott	M50	-130.65	7	0	5
10	Dave Lawrie	M45	-134.52	5	0	5
11	Geoff Hall	M60	158.56	6	1	5
12	Gail Griffiths	W45	40.76	3	1	4
13	Paul Curphy	M50	16.17	3	1	4
14	Peter Cooper	M60	10.91	4	0	4
15	Roger Moughtin	M60	-2.41	4	0	4
16	Richard Gerrard	M40	-9.61	4	0	4
17	No data					
18	Sue Furner	W55	-74.65	4	0	4
19	Maureen Kelly	W60	-116.13	3	1	4
20	Mike Garrett	M45	42.78	3	0	3
21	Maggie Watkins	W50	-18.01	3	0	3
22	Ian Callister	M60	-32.24	4	0	3
23	Alison Corlett	W50	-84.98	2	1	3
24	Sue Ackroyd	W55	-113.8	3	0	3
25	Mike Gellion	M60	10.8	2	0	2
26	Vinny Lynch	M50	9.99	2	0	2
27	Dave Corrin	M65	1.62	2	0	2
28	Wendy Ross	W50	-11.41	2	0	2
29	Pat Blackburn	W55	-24.02	1	1	2
30	Lesley Christian	W55	-36.49	1	1	2
31	Paul Cubbon	M50	-39.01	2	0	2
32	Jennifer Houghton	W50	-54	2	0	2
33	Robbie Callister	M55	13.14	1	0	1
34	Richard Radcliffe	M55	5.03	1	0	1
35	Les Brown	M60	0.17	1	0	1
36	Phil Motley	M60	-1.42	1	0	1
37	Andrew Gosnell	M50	-1.98	1	0	1
38	Alan Sandford	M40	-2.35	1	0	1
39	Alan Cowin	M50	-3.84	1	0	1
40	Tadhg O'Mahony	M50	-5.34	0	1	1
41	Terri Salmon	W50	-11.2	1	0	1
42	Andrew Lodge	M55	-14.23	1	0	1
43	Mark Peberdy	M40	-14.74	0	1	1
44	Chris Cale	M40	-16.89	1	0	1
45	Jackie Campbell	W45	-17.33	1	0	1
46	Rita Norrey	W55	-23.78	0	1	1
47	Lynne Quine	W50	-32.6	0	1	1
48	Martin Bell	M65	-34.33	1	0	1
49	Vera Jones	W60	-34.78	0	1	1
50	Mike Norrey	M55	-44.97	0	1	1
51	Dawn Peat	W45	-59.96	0	1	1
52	Dave Quine	M55	-60.95	0	1	1

2014 IOMVAC Fell Running Championship

Final positions after 14 races, best 7 races counting.

1	Ian	Callister	V60	415pts
2	Roger	Moughtin	V60	395
3	Geoff	Hall	V60	369
4	Maggie	Watkins	LV50	364
5	Jan	Gledhill	LV50	351
6	Rob	Webb	V60	360 [6 races]
7	Moir	Hall	LV60	309
8	Alison	Corlett	LV50	181
9	Andy	Gosnell	V50	168
10	Alan	Sandford	V40	159
11	Les	Brown	V60	152
12	Terri	Salmon	LV50	147
13	Barry	Moore	V40	131
14	Lewis	Veale	V40	96
15	Jackie	Moore	LV45	90
16	Peter	Cooper	V60	55
17	Andrew	Lodge	V55	52
18	Debby	Ash	LV50	46

IOMVAC Walking League Positions 2014

Men

Name	R1		R2		R3		R4		R5		R6		R7		R8		R9		R10		Final	Position	
Brian Kelly	100	4	110	4			100	4			105	4	99	4	100	4	100	4	105	4	851	1	
Colin Moore	110	4	105	4	105	4							96	4	98	4			97	4	635	2	
Richard Gerrard	105	2					110	2	110	2			105	2	110	2					550	3	
Robbie Lambie											110	10	97	10			105	10	99	10	451	4	
Robbie Callister							105	4	105	4			100	4	105	4					431	5	
Tony Macintosh							98	2	98	2							110	2	100	2	414	6	
Andrew Titley							99	4	99	4			98	4	99	4					411	7	
Michael George					110	4							110	4						110	4	342	8
Ronnie Kelly							95	4	97	4										96	4	300	9

Women

Name	R1		R2		R3		R4		R5		R6		R7		R8		R9		R10		Final	Position
Angela Corkish											110	10	105	10	110	10	110	10	110	10	595	1

Race 1 - Spring Handicap 5K

Race 2 - 10K Championship

Race 3 - 20K Championship

Race 4 - Parish to Peel

Race 5 - Parish to Finish

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

NOTE: Only walkers with three or more results are included
A Short Race (R1 or R6) and a long race must be included