

Isle of Man Veteran Athletes Club Newsletter - June 2017



IOMVAC Club Information:

Committee and Contact Details 2017

The following committee members were elected / re-elected at the AGM on Mon 13th February 2017

		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	<i>Position Vacant (see Club Announcements section below)</i>			
	Colin Watterson	-	-	-
	Mandine Wilson	829104	452515	mandine@manx.net
	Enid Watson	801373	462716	enid@manx.net
Webmaster	Adrian Cowin	-	-	metmann@hotmail.com

1. Club Announcements

All available on the IOMVAC website iomvac.co.uk and Facebook page [Iom Vaclub](#)

- **Veteran's Mile (NSC Track): Set for Weds 19th July. 19:00**
- **Isle of Man Marathon and Half Marathon – Ramsey: Sunday 13th August 2017**
Remember the Marathon, Marathon Relay and Half Marathon are running on this day.
Act soon: Entries close: 06 Aug 17
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.
Remember too that the Full and Half Marathon organised by our club are the start on the week of No Rest For The Wicked series of runs (see later).

Our Marathon has again been listed in the top 5 events in the Summer edition of "Running" magazine this year. It was 5th in the article "Five of The Best Marathons".

What a fantastic advert for our beautiful Island and our marathon. Thanks must go to the race organisers past and present. Our marathon obviously left a lasting impression on whoever from the magazine came over to run it.

To quote "Nestled between England and Ireland, the Isle of Man Marathon takes you on a scenic two-lap loop around the northern part of the island. With stunning coastline views it's a challenging event with an uphill start (first five miles are undulating) and a few hills around mile 17, but the rest of the course is flat. Low key and a nice place to go for a visit !"

- **End to End Walk Point of Ayre to The Sound:** **Sunday 17th September 2017**

Of course those among us who would prefer a shorter distance can finish at Peel.

Enter race at endtoendwalk.org or via the link on our website.

Entries are on-line ONLY. **Entries now open & close on 02 Sept 17 BUT Note: The race fee increases on 1st Aug 17 to £30.....Enter before then to save £5 on your entry fee.**

- **Syd Quirk Half Marathon:** **Sunday 19th November 2017**

Enter race using link on our IOMVAC website iomvac.co.uk . Entries will be on-line ONLY.

Entries not yet open. Runners and walkers are both welcome.

Walkers start at 8:30 am

Runners who expect to take more than 2hrs 15mins start at 9:00 am,

Runners who expect to take under 2hrs 15mins start at 9:30 am.

- **Three Additional Prom Run 5k Races for the Summer:**

Port Erin 22 July 17,

Port St Mary 05 Aug 17

Castletown 02 Sept 17

These are great little races arranged by IOMVAC member Chris Cale of Up & Running and are good for assessing how well or otherwise your training is going for longer events. In the past they have attracted quite a number of participants of all abilities from walkers, run-walker to the well honed and seasoned fast sprinters. Please come along and have a go. Entries online only at my4.raceresult.com (will guide you to registration). You can either enter each race individually (must be done by the Thurs prior to race Saturday, or you can enter 2, all 3 at the beginning.

- **No Rest For the Wicked (NRFTW):** **Sunday 13 Aug 17 – to – Friday 18 Aug 17**

The NRFTW competition is running again this year thanks to the co-ordinators, IOMVAC members Barry and Jackie Moore and the various athletics clubs on the Island for organising the races. It follows the usual format starting with the Half or Full Marathon on Sunday*, followed by Peel Hill (Mon 14/8), Northern 10K (Tues 15/8), Killer Mile (Weds 16/8), Foxdale 6 (Thurs 17/8) & finally Peel Heritage Trail (Fri 18/8). You can of course just enter any/each of these races on the night but to count towards your final position & the coveted "No Rest For The Wicked" T-shirt you have to enter all 6 races online. Entries for all weekday NRFTW races (not including the Half / Full Marathon) can be accessed by google search of "no rest for the wicked series" and entering the suggested sientries.co.uk site supplied by google. Entry can then be made.

** Note: The Half & Full Marathon races are entered separately to the NRFTW series (see earlier note for entry details).*

- ****** Race Secretary IOMVAC **** :**

This position remains vacant and candidates are welcome to apply (Mo Kelly / Terry Bates).

There's not a great deal of work involved with this, just the Spring & Autumn handicaps and the 20mile race in Spring. The Syd Quirk Half Marathon takes a little more organising but it is never left to one person alone to do this and is done by an organising committee. Anyone thinking of doing the Race Secretary job would never be left alone to carry out the work but would be alongside others. They could even spend a year or two learning the ropes before taking over. The Syd Quirk Half organising for 2017 is well underway at present so now would be a perfect time to start the learning process. Please consider helping your club to continue putting on these wonderful races.

Help Request for 2017:

Without any commitment to the above job at all, if any member is willing to help with the Syd Quirk Half organising this year please contact Mo Kelly. It would be most appreciated.

Message from Sue A:

So here we are and half a year has already gone, marked for me by the Parish Walk. Of course this year we didn't have our friend Murray with us on the walk to give words of encouragement or see him standing on hedges/hills taking those special Parish photos of us. He really was missed especially to those of us "Parisher ever-presents". Murray and I were born in the same month and year; he arrived 12 days after me, so his recent passing has brought home to me even more than before the need to live and enjoy each and every day to its full capacity.

A tribute to Murray follows this message.

So what are your plans for the rest of 2017 then? Still awaiting that PB? You've still got 5½ months to hit it. I've enrolled on a #run1000miles in 2017 site (Trail Running Magazine).

Well now - in all honesty that is Not going to happen but it's a target I think I can achieve with a "slight" amendment; so mine now is Runandwalk 1000 miles in 2017. That simple adjustment means I'm now on target with 500 miles already logged on my gismo by Weds June 21st.

Yes - I can feel a 2017 achievement coming on here (serious weather, viruses & injuries permitting).

Recently I've been reading a great book (details later) about how to run as you get older. What an eye-opener. I will no longer curse myself for taking walk breaks during a run. The book does indicate the walk breaks need to be planned though, rather than my sporadic "I'll take a little rest for a few steps now" ...! ☺

So here's to a good second half of 2017 for you and your running / walking. Hope it all goes well for you. For me the cooler days/nights of spring and autumn are preferred for training and races. I'm more of a sun-avoider than worshiper in the height of summer. Enjoy and make sure you have fun along the way.....

..and finally:

Apologies: In the last newsletter I had the final Dave Phillips Peel Headlands and the final Ramsey Park races in the wrong order. Sorry if that caused confusion....I believed it was correct at the time of preparing at the beginning of 2017. In my defence having looked back at the IOMAA information downloaded in late Dec 2016 they were listed on the dates I gave, but I failed to follow my own advice and check for recent changes....!!!

So do take my advice and check the local press, facebook / social media well before race day to ensure the data supplied here is correct. If you went to the wrong race on the listed dates, then I'm sorry.

Sue A / 15 July 2017

MURRAY LAMBDEN: 14 October 1956 – 17 April 2017 R.I.P.

We all learned of the very sad loss of our friend, athlete, photographer, rival competitor and Manx athletics archivist /data gatherer in various ways in April this year. Some through the athletics grapevine, some from local radio or social media and others from Murray's close family and friends. I believe every single one of us was at first disbelieving and then shocked to receive the news. None of us could really comprehend what we were being told; after all he was only 60 years old. Immediately our thoughts turned to Murray's family; wife Marie and sons Ben and Robbie, Ben's wife Jenny, Murray's brother and family, along with their extended family and friends.

Many condolences were offered to them verbally or by letter but on social media it became rapidly obvious that a very large number of the Island's population knew and loved Murray. These ranged from those who competed in races against him or went to school with him, to those who simply knew him as the friendly, smiley, very encouraging man who took their photograph while they were taking part in the Parish Walk. We in the athletics community of course knew him very well and continue to miss him greatly.

Lots of great stories of Murray's achievements, exploits and tales from long ago to days just gone by came to the fore and it was lovely to hear them being recalled, lovingly relayed alongside humour. This was especially obvious at his memorial gathering at the NSC after his funeral. What a great tribute to Murray that evening was.

Our Island 2017 London Marathoners wore red ribbons with a picture of Murray on their shirts in his memory and a lovely touch was the mention of Murray on the BBC's coverage of this year's London Marathon. Brendan Foster said "All the runners from the Isle of Man today are wearing ribbons in memory of Murray Lambden who has passed away a few days ago. He was Mr Athletics on the Isle of Man.....". How wonderful to inform the nation and indeed the whole world of "our" Murray and how much Respect and Love we Islanders had for him.

As ever, time is now passing since that initial very sad period but memories of Murray will never fade and indeed we 2017 Parish Walkers carried his memory on our blue shirts as a little reminder of what he meant to the "Parish-ers" community.

At many recent Island races Marie and Robbie, Ben and Jenny and Murray's brother have all been around and about and it is really wonderful to see them. Marie bravely started us Parish Walkers off on that hot and sunny Saturday morning in June.


I don't doubt that if and when we do meet up again, as I hope we will, Murray will have compiled some pretty impressive and significant statistics because after all, once a statistician always a statistician.

Goodnight Murray.




3rd place in IOM Marathon 22 July 2012 with the time 3:03:08


2. Up and Coming Races Quarter 3 - July to Sept: (Note: these dates may be subject to change – check websites & Manx Independent newspaper calendar section for confirmation.)

Month	Date	Race	IOMVAC Award Qualification
JULY 	Fri 7th	Dave Phillips Peel Headlands Run Rnd4**	-
	Sat 8th	Manx Mountain Marathon & Half **	Fell Running League (Full = double points)
	Thur 13th	Summer 10k Walk **	-
	Fri 14th	Ramsey Park Run – Rnd 5 **	-
	Wed 19th	Vets Mile (NSC)	-
	Sat 22nd	Prom Run 5k - Port Erin	-
	Wed 26th	Snaefell Fell Run	Fell Running League

** Date passed before Newsletter release

AUG 	Sat 5th	Prom Run 5k – Port St.Mary	-
	Sun 13th	IOM Marathon* & Half Marathon *	Road Running League (Full & Half)
	Mon 14th	Peel Hill Race *NRFTW	-
	Tue 15th	NAC 10k * NRFTW	Road Running League
	Wed 16th	Killer Mile * NRFTW	-
	Thur 17th	Foxdale 6 * NRFTW	Road Running League
	Fri 18th	Heritage Trail Run * NRFTW	-

* Races count towards - No Rest For The Wicked Series, if pre-registered/paid & Marathon or Half also completed. You can enter individual Mon-Fri races on the night but these do not count towards a NRFTW award.

SEPT 	Sat 2nd	Prom Run 5k - Castletown	-
	Sun 3rd	20k Walk Championship	Walking League
	Sun 10th	Peel to Douglas Trail Run	Road Running League
	Sun 17th	End to End Walk	Walking League (Peel finish & Full)

Unfortunately the usual **Section 3 - Members Results - April - June 2017** has been removed from this issue to a separate issue containing results only.

This has been due to delays in obtaining full run / walk results from some of the local Athletics Club websites. Hopefully the missing / inaccessible race results will be available very shortly and the race results section can be released as soon as possible.

Sue A

3. **Recommended Run/Walk:** Sue Ackroyd

This one is not Island based I'm afraid but worth a visit if you are in the area with all the usual fell walking wet weather gear and relevant OS maps available to hand.

Please do not under any circumstances attempt this walk/climb in trainers or without any sturdy walking boots and waterproof and high hi-viz clothing. It involves steep climbs and descents and the Lake District weather always has the potential for the weather to suddenly turn from brilliant sunshine to fog, rain and mist. This walk is often very busy at weekends and holiday times with lots of other walkers, some quite young. For the physically fit it is a great and brilliant climb with magnificent views and well worth the effort. We haven't done this walk for many years now but friends tell us it hasn't changed much at all. Sue Ackroyd

Place: Stickle Ghyll to StickleTarn in Great Langdale. Lake District

OS Map: NY 294065

Route Description:

Take the A593 road from Ambleside at the north end of Windermere to Skelwith Bridge. From this road turn right onto the B5343 to Great Langdale (signed). Carry on along the B5343 until you reach the New Dungeon Ghyll Hotel / Sticklebarn. On the opposite side of the road to the hotel is the National Trust car park for this and other close by walks. You can access the climb from paths marked alongside the New Dungeon Ghyll Hotel/ Sticklebarn.

This is a seriously uphill climb along established paths running alongside the fast-falling mountain river, Stickle Ghyll, until you reach Stickle Tarn. Once there you can if you wish just sit and enjoy the view with your flask & picnic or you can walk around some of the tarn, avoiding the scree slopes at one side. If you do have plenty of energy left you can climb further directly from the tarn up Pavey Ark (693M).

The route up Pavey Ark is very steep but doable to the fit and able but it has some steep scree slopes and large blocks of rock, so on your way back down to the tarn pick your route carefully.

From Stickle tarn you return to the valley floor and car park using the same riverside route you used on the way up. Note: this route can be very busy at times but is worth the effort.

Check the website listed below for the magnificent views of this trail.

Note: It can be very wet underfoot if the river is in full-flow.

Total Distance: To tarn approx 1 mile UPHILL

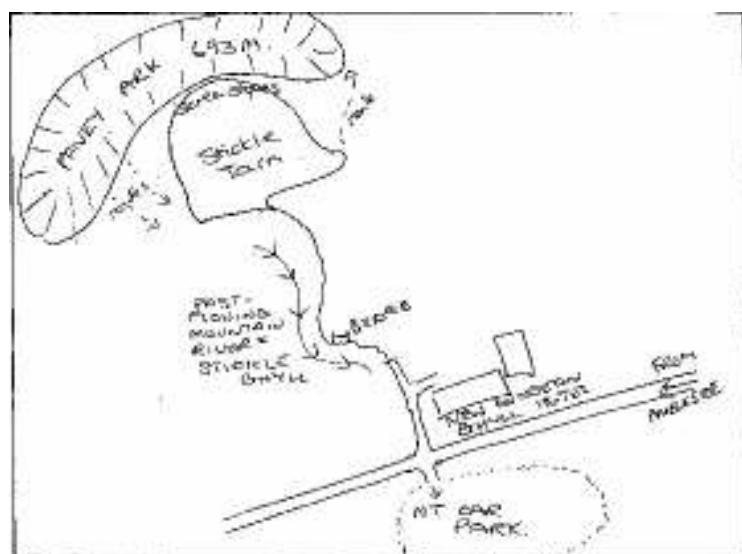
Total climb: 1,500 ft (approx)

Website: Nationaltrust.org.uk/sticklebarn-and-the-langdales/trails/sticklebarn-stickle-tarn-trail

Parking: National Trust Car park opposite the Old Dungeon Ghyll Hotel / Sticklebarn on the B5343 road through the Langdale valley

Hand drawn map:

(not to scale)



5. Members Suggestions.

Websites: See previous page for details of website for Stickle Tarn trail

Races: **Baxters Loch Ness Marathon** Next one: Sunday 24 Sept 2017
I enrolled for his many years ago but didn't get to the start line due to injury. They now also run a 5k & 10k and "WeeNessie" for the kids on the Saturday. The Marathoners are bussed to the start I believe and run back to the finish line at Inverness. The first 3 miles or so are downhill so a great way to feel good at the start, then it is undulating and reaches the Loch side at about 7 miles. According to their website approx. 2500 took part in 2016 with the 1st runner finishing in 2:20:52 and last in 8:40:25 so a good mix . See website for details: lochnessmarathon.com

Magazine: "Running" published Kelsey media in Kent (not to be confused with Runners World). It carries information on Training & conditioning, Ultra and specialist articles & lists races coming up. See Kelsey.co.uk. Also available in Island shops.

Book:



Running Until You're 100 by Jeff Galloway

Paperback -221 pages / ISBN: 978 1841 263 090, e-reader copy available

This book provides everything you need know now as a 40, 50, 60 or 70 year old runner to be able to continue running & competing well into your 90s and older, male or female. Importantly it also explains what you need to do and how to adjust your run-training to enjoy continuing running in your later years.

As expected of such a book it advises on training, nutrition, health, run-form and rest periods but also gives very detailed suggestions of how, what and when to make training adjustments.

It is well worth a read, even if you're still a youngster. It may possibly help you return to running sooner after a prolonged period off due to illness or injury.

Club Congratulations to:

Dave Quine: Dave completed his first Triathlon on 24th June 17

Ian Callister: Ian completed his 35th Manx Mountain marathon on 8th July 17.

Members Comments:

Peter Cooper (facebook 25June 17)

"Well Done to **Dave Corrin** who has been running the Dave Phillips races again this year. He turned 73 a couple of days before the 3rd race on Friday and is still putting in some decent times".

6. Members Reports: by Mo Kelly

Great Manchester Run – Half Marathon – Sunday 28 May 2017

I have taken part in the Great Manchester 10K Run twice, in 2013 and 2014. I was looking for a race to give me something to aim for following an operation at Christmas to have my gall bladder removed. As I knew some friends were considering doing the Manchester 10K again I checked out the website and discovered that for the first time, a half-marathon was included in the timetable. That seemed the ideal race for me, so put my entry in, booked flights and a hotel.

The race started in Portland Street at 9.00am. Our hotel was right on the start line – fantastic. As it was only one week after the murders at Manchester Arena, the start was very emotional. There was a hand-clap for all the emergency services who dealt with the aftermath of the bomb, then a gentle warm-up, then a minute silence for all the victims, then the Oasis song “Don’t look back in anger” was played. Then we were off. There were many armed police along the course especially wherever there were big crowds.

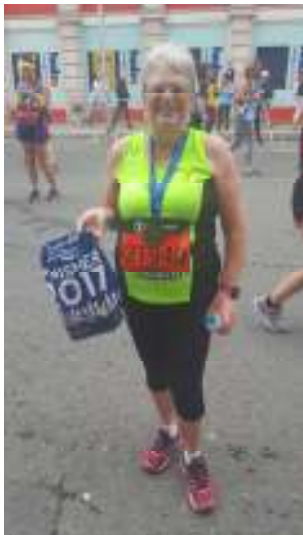
The route headed towards Manchester City Etihad Stadium, where we turned around and ran back on the same road. The road had a tape on the centre line to separate runners going in different directions but that was ignored and the road filled as we headed to Etihad. The flyover at Etihad Stadium was narrow, especially with runners going in both directions, which meant we all had to walk for a few minutes. But as there was a lovely cool breeze the walk was quite welcome. After Etihad we ran back towards the start and then continued on the 10K course heading out towards Manchester United Old Trafford and passing the Imperial War Museum before finishing on Deansgate where we received our medal and t-shirt. Some runners were in fancy dress and although I was disappointed to get beaten by a large dinosaur I was thrilled to beat Superman! There were approx. 5,800 runners – I finished in 2 hours, 31 minutes in 5046 position overall (13th position for my age group/gender). The winner finished in 1 hour, 12mins.

My friends and fellow IOMVAC members (Vera Jones, Miriam Kelly, Geoff & Moira Hall, Lynne & Dave Quine) all ran the 10K later in the day. As there were approx. 30,000 taking part in the 10K, the runners were set off in 6 separate waves. Each wave was quite a sight to watch. There was a fantastic atmosphere throughout the day with perfect weather – if anything, a bit too hot in the afternoon for the 10K runners. Meeting the IOMVAC members in Wetherspoons later that day to celebrate our achievements also added to the enjoyment of the weekend. As did visiting Primark!

Although not exactly a pretty park route, it is practically flat and it is interesting to see the two Manchester football stadiums. I hope more IOMVAC members decide to take part next year, in either the 10K or half-marathon. I know they will have a great time.

Mo Kelly.

Photos of Mo at the finish & IOMVAC members Lynne & Dave Quine, Geoff & Moira Hall & Vera Jones



Well done Mo and everyone who took part from the Island athletics clubs. Thank you Mo for your report.

IOMVAC FELL RUNNING LEAGUE – Current Positions after 7 races (20 June 17)

Supplied by Ian Callister (Thank you Ian).

After 7 races best 4 counting. At the end of the season it is best 2 short, best 2 medium, best 2 long and 1 other from 14 races.

Pos/n	Name	Age Cat	Points	Age Bonus	total	
1	Ian Callister	V60	194	32	226	
2	Alan Sandford	V45	212	8	220	
3	Lewis Veale	V45	204	4	212	
4	Maggie Watkins	LV50	193	16	209	
5	Janette Morgan	LV50	192	16	208	
6	Lisa Motley	LV50	180	16	196	
7	Les Brown	V60	137	24	161	3 races
8	Roger Moughtin	V65	89	20	109	2 races
9	Phil Motley	V60	92	16	108	2 races
10	Moir Hall	LV65	84	20	104	2 races

IOMVAC WALKING League – Current Positions up to & including The Parish Walk

Supplied by Mo Kelly (Thank You)

Isle of Man Veteran Athletes' Club - WOMENS Walking League Results 2017 so far												
Name	R1		R2		R3		R4		R5		Pts so far incl Parish Walk	# Races Done
Sharon Cain	110	4	110	4			100	4			332	3
Jayne Farquhar	100	4					110	4	105	4	327	3
Louise Hollings	105	1	105	1			100	1			313	3
Sarah Goldsmith	98	14					98	14			224	2
Karen Lawrie							105	2	110	2	219	2
Kathryn Clough	99	2					99	2			202	2
Angela Corkish	97	14									111	1

Race 1 - Spring Handicap 5K - 16 March 17

Race 2 - 10K Championship - 19 March 17

Race 3 - 20K Championship - 3 September 17

Race 4 - Parish to Peel - 17 June 17

Race 5 - Parish to Finish - 17 June 17

Race 6 - Autumn Handicap 5K - 12 October 17

Race 7 - End to End to Peel - 17 September 2017

Race 8 - Full End to End - 17 September 17

Race 9 - Western 10 - 1 October 17

Race 10 - Syd Quirk Half-Marathon - 19 November 17

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

A Short Race (10r6) and a long race must be included

Men's Walking league follows:-

Isle of Man Veteran Athletes' Club - MENS Walking League Results 2017												
Name	R1		R2		R3		R4		R5		Pts so far incl Parish Walk	# Races Done
Andy Green	110	11	110	10			99	10			349	3
Courtenay Heading							98	8	105	8	219	2
Chris Cale							100	4	110	4	218	2
Brian Kelly	98	6					105	6			215	2
Colin S Moore	105	8					93	8			214	2
Andrew Titley							95	6	100	6	207	2
Richard Gerrard							110	4			114	1
Ian Callister	100	10									110	1
Robbie Callister							97	10			107	1
Eammon Harkin							94	10			104	1
Nick Wallinger	97	4									101	1
Sam Fletcher	99	1									100	1
Ian Dunbar							96	4			100	1
Tadhg O'Mahony							92	6			98	1

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Race 4 - Parish to Peel - 17 June 2017

Race 5 - Parish to Finish - 17 June 2017

Race 6 - Autumn Handicap 5K - 12 October 2017

Race 7 - End to End to Peel - 17 September 2017

Race 8 - Full End to End - 17 September 2017

Race 9 - Western 10 - 1 October 2017

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

A Short Race (10r6) and a long race must be included

Road Running League current positions follow:

Vets Road Running Shield 2017 - After Eight On-Island Events

		Category	Points	Island Events	Off Island	Scoring Events
1	Terry Bates	M65	35.34	5	1	6
2	Mike Garrett	M45	74.41	4	1	5
3	Alan Pilling	M65	-115.21	5	0	5
4	Stephen Brown	M55	4.5	4	0	4
5	Moir Hall	W65	2.02	4	0	4
6	Mark Peberdy	M45	-21.55	3	1	4
7	Les Brown	M60	-26.07	4	0	4
8	Nicola Kennedy	W35	-31.52	3	2	4
9	Richard Kennedy	M35	-49.96	3	2	4
10	Maureen Kelly	W60	-106.85	4	0	4
11	Catriona Farrant	W50	-220.23	3	1	4
12	Kevin Deakes	M55	0.64	3	0	3
13	Jayne Farquhar	W45	-17.75	3	0	3
14	Ian Callister	M60	-37.38	3	1	3
15	Miriam Kelly	W50	-84.31	3	0	3
16	Ingrid Sugden	W60	-123.61	3	0	3
17	Peter Cooper	M65	14.82	2	0	2
18	Richard Gerrard	M45	5.7	1	1	2
19	Alan Postlethwaite	M65	-3.38	3	0	2
20	Maggie Watkins	W50	-5.95	2	0	2
21	Nick Watterson	M55	-8.68	2	0	2
22	Paul Curphey	M55	-8.95	1	1	2
23	Robbie Lambie	M60	-16.62	2	0	2
24	Sue Ackroyd	W60	-42.84	2	0	2
25	Steve Willmott	M55	-66.44	2	0	2
26	Gail Griffiths	W50	21.47	1	0	1
27	Caroline Mayers	W45	13.96	1	0	1
28	Sarah Webster	W35	12.08	1	0	1
29	Dave Corrin	M70	0.53	1	0	1
30	Andrew Lodge	M55	-12.1	0	1	1
31	Louise Hollings	W35	-26.9	1	0	1
32	Clive Dugdale	M50	-30.07	0	1	1
33	Geoff Hall	M65	-31.58	1	0	1
34	Sharon Cain	W45	-37.91	0	1	1
35	Mike Norrey	M60	-40.9	0	1	1