

Isle of Man Veteran Athletes Club

Newsletter - Sept 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.	
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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)

JOHN HINNIGAN:

Very sad news of the death of one of our members; John Hinnigan. Our thoughts are with his family and friends at such a sad time. Colin Watterson has written his obituary, see page 3

Forthcoming CLUB RACES:

• **Vets Autumn Handicap – Thurs 15th Oct (NSC):**

All entries to be by post before midnight Sun 11th Oct. No entries accepted after that date.

Form available for print on IOMVAC website; iomvac.co.uk

Entry fee: **FREE for IOMVAC members.** Athletics Club members: £4 Unattached: £6

Registration 6 pm for 6:30 pm start. 5k Walk starts at 6:30 pm / 10k Run starts at 7:15 pm

• **Syd Quirk Half Marathon – Sun 22nd Nov (Ronaldsway):**

(Who was Syd Quirk? see page 2)

All entries online via website: my4.raceresult.com (or use direct link on IOMVAC site)

Registration is on Friday 20th Nov at the Manx Harriers Club House NSC between 5:30-7:30pm

No entries or Registration will be accepted on the day.

Note also that Headphones are not permitted. You will be running / walking on open roads.

Race Start times: 8:30am for Walkers.

8:45am for Runners who expect to complete the course in **more than** 2hrs 15mins

9:30am for Runners under 2hrs 15mins and IOM Half Marathon Championship Runners.

Presentation in Castletown Civic Hall at race finish. Hall opens for changing at 12 Noon (No showers).

• **IOMVAC AWARDS Qualifying races coming in Oct – Dec:**

IOM Veteran AC Road Running Shield Races	Ramsey Fireman's Round 1 (08 Oct), Syd Quirk Half Marathon (22 Nov)
IOM Veteran AC Walking League Races	Vets Autumn Handicap 5k (15 Oct), Syd Quirk Half Marathon (22 Nov)
IOM Veteran AC Fell Running League Championship Races	Manx Mountain Marathon (03 Oct)

The following is a letter from our outgoing Chairman, Colin Watterson:

Dear IOMVAC Members

As your past Chairman of thirty three years I would like to welcome Terry Bates as my successor. I know he has the right credentials to take the club forward and will do a great job. I would also like to thank all those dedicated super people who have served on the committee with me. I have admired their hard work to raise the club from nothing to where it is today.

When it was formed in 1980 there was no provision at all for competing as Veteran Athletes. Any Veteran who wanted to keep active had to compete with Senior Men/Women, with no age groups or prizes to give encouragement. Now there are incentives for all to enjoy through serious competition in running, walking, cross-country, fell running, track and field etc. I would also like to thank all the other clubs on the Island for their support for Veteran competition.

Over the years working for IOMVAC I have made many friends within our club, and my dealings with other Athletic/Sports clubs has also resulted in friendships being formed. I value these friendships very highly.

I feel we have come a long way since 1980 and created something well worth preserving.

May I also welcome Sue as editor of the Newsletter and say how much I enjoyed her first issue and what a great job she has done to make it informative and interesting.

Kindest Regards, Colin

(Thanks Colin. Sorry it arrived just a little too late to get into the June issue / Sue A)

Who was Syd Quirk?

Very often I hear people ask the question "Who was Syd Quirk?"

Syd lived in Ballasalla and fought hard to encourage athletic competition in the south of the island. He worked hard as an official of the Southern Athletic Club in the 1960s. The club had little money, and helpers for any events were hard to find. For several years there was insufficient money to pay affiliation fees so Syd dug deep into his own pocket and paid these dues so keeping the club "alive" when it was in danger of folding. He was much respected and it seems appropriate that he is remembered by calling the half-marathon, held in the area where he lived, after him.

Colin Watterson
September 2015

Colin Watterson's Obituary for John Hinnigan:

JOHN HINNIGAN

Those of us who were founder members of the club, which was then known as "The Association of Veteran Athletes", and his many friends will be saddened to learn of the passing in Blackburn of John Hinnigan who was a life member of our club and the island's Chief Fire Officer. John was a keen sprinter who took part in the Manx Vets Championship 100 metres run at the bowl.

He helped athletics on the island in many ways, not least with the six mile series of Firemens runs which were handicapped and started at the Fire Station. The route was along Peel Road and down Station Hill along the Quay to the Sea Terminal then along the walkway as far as the bottom of Summerhill. The climb up to the corner in Onchan Village where you turn left and set off towards Governors was a real killer to many. Then down past the grandstand and back to the Fire Station via Bray Hill and the QuarterBridge. As Fire Chief, John provided shelter, changing facilities, loos and marshals for what proved to be a very popular event. One race per month for six months throughout the winter attracted very big fields. John also provided the Vets Committee with a warm comfortable room in which to hold our monthly meetings, upstairs at the Fire Station. This was to continue right up until the station ceased to be manned which was quite recent. Health and Safety would not allow anyone to have access so we had to find alternative places to meet.

Thank you John for all your help. We are very grateful and were very pleased to have you as a life member.

We send our sincere condolences to your family and friends.

Colin Watterson
Ex-Chairman

Notes from Sue

Well done to all who took part in the packed programme of the last 3 months especially those brave souls who tackled the daily races in the No-Rest-for-the-Wicked series in August.

Well done too, to our members who took part in the Masters challenges in Lyon. We are very proud of you indeed. Results are available to view on the British Masters website. Kevin Deakes has very kindly written a great report for this Newsletter.

We've also had another 100 miles Centurion Walk Challenge here on the Island in Castletown on 15th – 16th August, with many visiting athletes from Europe. I had the privilege of marshalling this race at the Saturday start and would just like to say what a lovely bunch of people they were. So friendly and had many thanks you's as they set off into the maze of tape that was Buchan school. A couple of my photos are printed below.

And finally, what a Fell Race the Bradda-Niarbyl was. Just looking at the photos of all the smiling faces at the top of the hill from the beach near the Cosy Nook in Port Erin made me realise what a great job the organisers do to produce something that makes runners smile. Even if it was at the very beginning of a very long and arduous run. Well done to everyone.

So now we've just passed the Autumn equinox, the time when the earth gets equal amounts of day and night, and we have now started our descent into the longer nights with high-viz clothing, muddy cross-country routes and freezing cold runs in the early mornings. If you can, take time on the clear nights as you run along the "safe" bits, to look up at the sky. We on the Island have magnificent clear skies away from the streetlights and are the envy of many in the UK and worldwide that we can actually see the Milky Way. Take a mental note of what objects you see and their relative position from the moon on your run. When home and showered look up online to see what it was you actually saw by inputting your actual run start time (try fourmilab.ch/yoursky) or use a FREE Night Sky AP on your phone for real-time observation. The Island is roughly positioned 54 degrees north of the Equator and 4 degrees west of the Greenwich Meridian.

So here's to some good and safe winter running / walking and no doubt some very muddy cross-country and fell runs.

Sue A

Email: greygoose@manx.net

Please note: The editor / committee reserve the right not to publish any comments or named parties if they have the potential to cause distress to others.

Errors/Omissions from the June Newsletter: None notified.

100mile Challenge photos at Buchan school site:




28 = Sandra de Graff / Netherlands
92 = Philip Vermeulen/ UK



82 = Julian Thomas / IOM
27 = Andrew Dawson / IOM

2. **Up and Coming Races** October – November - December 2015

 OCTOBER		
Saturday 3rd	Mountain Ultra	manxfellrunners.org
Thursday 8th	Ramsey Bakery Fireman's Run - Round 1	iomnac.co.uk
Saturday 10th	Junior Fell Running Champs	manxfellrunners.org
Sunday 11th	One Hour Challenge Walk - NSC	manxharriers.com
Sunday 11th	Sea to Summit – Laxey beach to Snaefell	katesrace.co.uk
Thursday 15th	Vets Autumn Handicap - NSC	iomvac.co.uk
Sunday 18th	IOM Cross Country League - Round 1 QEII Sch*	westernac.org
Saturday 24th	Hill League – Round 1 Cringle	manxfellrunners.org
Sunday 25th	Winter Walking League - Round 1 NSC*	manxharriers.com

 NOVEMBER		
Sunday 8th	IOM Cross Country League -Round 2 Ballanette*	manxharriers.com
Thursday 12th	Ramsey Bakery Fireman's Run – Round 2	iomnac.co.uk
Saturday 14th	Hill League - Round 2 Eairy Beg	manxfellrunners.org
Sunday 15th	Winter Walking League - Round 2 (tbc)*	manxharriers.com
Sunday 22nd	Syd Quirk Half Marathon - Ronaldsway	iomvac.co.uk
Sunday 29th	Peel to Douglas Trail Run	manxharriers.com

 DECEMBER		
Thursday 3rd	Ramsey Bakery Fireman's Run – Round 3	iomnac.co.uk
Sunday 6th	IOM Cross Country League -Round 3 Crossags*	iomnac.co.uk
Saturday 12th	Hill League – Round 3 Sileau Whallian	manxfellrunners.org
Sunday 13th	Winter Walking League - Round 3 St Johns*	manxharriers.com
Sunday 27th	SCS Relay (Ballanette, Baldrine, Lonan)	manxharriers.com

* Venues to be confirmed – check websites

Advertisement:

SPECIAL OFFER for IOMVAC Members from Physio STEVE BREARLEY

Injury Treatment £10 per session (normal price £20)
Sports Massage £15 per session (normal price £25)

Steve is based at Living Well, Palace Hotel, Douglas
 Tel: 453072 to make arrangements

3. **Members Results July - Sept 2015****Northern 5k / 30th June 15 / Ramsey**

1	Mike Garrett	17:07	5	Andy Fox	18:56
			20	Alan Postlethwaite	23:02

Northern 10k / 30th June 15 / Ramsey

9	Kevin Deakes	40:55	31	Roger Moughtin	47:29
13	Barry Moore	41:34	43	Steve Wilmott	53:32
23	Stephen Brown	44:31			

Steven Jacobs Memorial Mile / 8th July 15 / NSC Track*(position by handicap – actual times listed)*

6	Mo Kelly	9:29	22	Tadgh O'Mahoney	6:18
10	Sue Ackroyd	9:31	23	Steve Wilmott	7:20
15	Geoff Hall	8:29	25	Moirra Hall	7:51
18	Alison Corlett	8:15	34	Arnie Jacobs	13:02
19	Stephen Brown	6:31	35	Bryan Masterson	13:58

RAMSEY PARK RUN - Round 5 / Fri 10th July 15**1 Lap** *(position by handicap – actual times listed)**No IOMVAC members***RAMSEY PARK RUN - Round 5 / Fri 10th July 15****3 Laps** *(position by handicap – actual times listed)*

9	Steven Wilmott	32:05	32	Kevin Deakes	24:49
21	Alan Postlethwaite	28:45	35	Stephen Brown	26:37
23	Paul Cubbon	24:57			

Bradda - Niarbyl Fell Race & English Championships / 11th July 15 / (15.5 miles / 6000 ft climb)

188	Ian Callister	3:38:47	206	Maggie Watkins	3:57:01
189	Roget Moughtin	3:40:47	214	Lisa Motley	4:22:45
194	Lewis Veale	3:45:28			

Veterans Mile / 22nd July / NSC Track

2	Mike Garrett **	V45	4:48.5	14	Roger Moughtin	V60	6:47.2
5	Andy Fox	V55	5:33.2	16	Moirra Hall	V60W	7:57.7
6	Robbie Callister	V60	5:40.8	17	Alison Corlett	V50W	8:04.6
8	Barry Moore	V40	5:44.9	18	Mandine Wilson	V60W	8:06.5
9	Kevin Deakes	V50	5:45.5	19	Mo Kelly	V60W	9:07.1
11	Mike Gellion	V60	6:20.2	21	Arnie Jacobs	V75	10:54.0
12	Nick Watterson	V50	6:23.4	22	Bryan Masterson	V55	10:55.6
13	Peter Cooper	V60	6:29.7	DNF	Geoff Hall – Hope the hamstring is feeling better		

EXCELLENT TURN OUT of IOMVAC Members – WELL DONE

***** **Several New IOM Veterans' Records** ********* Mike Garrett awarded The Veterans Cup 2015 – Well Done Mike**

Summer 10k Walk / 23rd July / Andreas

3	Sam Fletcher	55:32	9	Louise Hollings	66:47
5	Marie Jackson	58:16	10	Colin Moore	69:05
8	Jayne Farquhar	66:12	12	Henry de Silva	90:09

Liverpool Triathlon**British Standard Distance Triathlon Age Group Championships**

Pos/n*	Name	Age Gp	Age Pos/n	Overall Time	1500m Swim	40km Bike	10km Run
92	Graham Stigant	50-54	6 th	2:15:30	21:16	1:03:37	44:35
132	Paul Cubbon	50-54	12 th	2:18:16	25:11	1:06:29	40:37

* 624 Finishers. Note: See later in this Newsletter for Triathlon distances details.

No Rest for the Wicked Series

9th – 14th August

Marathon / Sun 9th Aug 15 / Ramsey (Round 1)

No IOMVAC members

Half Marathon / Sun 9th Aug 15 / Ramsey (Round 1)

17	Kevin Deakes (1 st in 50-59)	1:26:16	196	Jackie Moore	2:04:18
31	Barry Moore	1:31:41	248	Moir Hall	2:16:20
52	Paul Curphey	1:37:01	254	Brian Kelly	2:19:23
69	Brian Butler	1:41:04	255	Rita Norrey	2:19:28
74	Nick Watterson	1:42:34	260	Jennifer Houghton	2:22:37
78	Alan Cowin	1:43:22	261	Alison Corlett	2:22:51
112	David Smith	1:48:13	281	Mo Kelly	2:30:08
119	Roger Moughtin	1:49:24	291	Sue Ackroyd	2:35:57
127	Andrew Lodge	1:51:05	292	Colin S Moore	2:36:18
164	Steve Willmott	1:57:58	320	Geoff Hall	2:52:26
166	Dave Lawrie	1:58:25	329	Ingrid Sugden	3:15:44
168	Terry Bates	1:58:39			

Peel Hill Race / Mon 10th Aug 15 / Peel (Round 2)

28	Barry Moore	25:53	51	Dave Lawrie	30:10
29	Ian Callister	25:59	64	Jackie Moore	33:34
30	Peter Cooper	26:07	65	Moir Hall	34:21
32	Nick Watterson	26:40	69	Alison Corlett	36:04
36	Roger Moughtin	27:27	72	Geoff Hall	39:51
40	Brian Butler	28:16			

Northern 10k / Tues 11th Aug 15 / Ramsey Park (Round 3)

23	Barry Moore	41:59	36	Nick Watterson	45:35
26	Paul Curphey	42:36	49	Dave Lawrie	49:04
27	Stephen Brown	42:43	64	Jackie Moore	54:14
34	Brian Butler	44:42	70	Moir Hall	58:41

Killer Mile / Weds 12th Aug / Marine Drive to Upper Howe (Round 4)

39	Barry Moore	8:37	65	Maggie Watkins	11:00
44	Nick Watterson	9:18	73	Jackie Moore	11:51
48	Brian Butler	9:37	77	Moir Hall	12:50
62	Dave Lawrie	10:48			

Foxdale 6 / Thurs 13th Aug 15 / Foxdale (Round 5)

18	Alan Sandford	40:24	50	Ian Callister	52:27
26	Barry Moore	42:44	54	Jackie Moore	54:49
30	Nick Watterson	44:58	57	Sam Fletcher	WALK 57:48
33	Brian Butler	46:23	58	Moir Hall	58:08
47	Dave Lawrie	52:18	59	Marie Jackson	WALK 58:21

Heritage Trail Run / Fri 14th Aug / Peel (Round 6)

34	Paul Curphey	50:46	47	Tadhg O'Mahony	53:17
38	Barry Moore	51:15	54	Mike Gellion	55:14
43	Peter Cooper	51:57	67	Roger Moughtin	59:17
44	Brian Butler	52:02	80	Jackie Moore	65:39
46	Nick Watterson	53:00	85	Moir Hall	69:55

Final 2015 Positions in No Rest for the Wicked Series (Marathoners)

No IOMVAC members

Final 2015 Positions in No Rest for the Wicked Series (Half Marathoners)

Combined time for all races

10	Barry Moore	4:22:16	21	Dave Lawrie	5:18:48
14	Brian Butler	4:42:04	27	Jackie Moore	5:44:25
15	Nick Watterson	4:42:05	30	Moir Hall	6:10:15

Tower Insurance 100 mile Race Walk / Sat 15th & Sun 16th Aug / Castletown

1	Vinny Lynch	19:14.2	20	Chris Cale	22:28.51
= 3	Jeanette Morgan	20:23.10	33	Louise Smith	23:05.37
= 3	Andrew Titley	20:23.10	= 36	Karen Lawrie	23:20.47
18	Jayne Farquhar	22:25.36	= 36	Tony Mackintosh	23:20.47

Tower Insurance 20 mile Race Walk / Sun 16th Aug / Castletown

= 2	Sam Fletcher	3:27.25
4	Brian Kelly	3:33.22
6	Colin S Moore	4:07.38

North Barrule Fell Run / Weds 19th Aug / 6km

18	Alan Sandford	V40	46:41	32	Ian Callister	V60	55:42
28	Lewis Veale	V40	53:38		(Fastest V60)		

20k Race Walk Championships / Sun 6th Sept 15 / NSC

7	Brian Kelly	2:06:55
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10k Race Walk Championships / Sun 6th Sept 15 / NSC

1	Jayne Farquhar	65:01
2	Louise Hollings	67:17

Western 10 Road Race (10 miles) / Sun 13th Sept 15 / Peel

8	Kevin Deakes	64:51	42	Les Brown	83:29
12	Sarah Webster	66:30	43	Dave Corrin	84:00
17	Barry Moore	70:24	50	Dave Lawrie	88:18
21	Stephen Brown	72:30	=55	Jackie Moore	94:45
34	Brian Butler	79:27	59	Sue Furner	104:36
37	Terry Bates	82:19	63	Moir Hall	120:01

Julie Brew Memorial 10 miles walk / Sun 13th Sept 15 / Peel

3	Richard Gerrard	1:29:37	24	Paul Sayle	2:01:51
4	Sam Fletcher	1:29:39	48	Alan Pilling	2:22:26
8	Brian Kelly	1:42:50	49	Colin Moore	2:22:35
15	Robbie Lambie	1:53:15	=75	Vera Jones	2:33:26
16	Dougie Allan	1:53:41	=75	Mo Kelly	2:33:26
=17	Louise Hollings	1:53:53	=75	Sue Ackroyd	2:33:26

End to End Walk / Sun 20th Sept 15 / Point of Ayre start –Calf Sound Finish

1	Richard Gerrard	6:43:49	14	Jayne Farquhar	7:49:26
2	Sam Fletcher	6:55:52	19	Andy Gosnell	7:57:51
8	Brian Kelly	7:22:40	32	Louise Hollings	8:26:02
11	Karen Lawrie	7:40:21	73	Angela Corkish	9:08:25
12	Tony Mackintosh	7:40:21	100	Colin Moore	9:42:11

End to End Walk / Sun 20th Sept 15 / Point of Ayre start – Peel Finish

125	David Anderson	4:25:34	190	Sue Ackroyd	6:11:25
136	Paul Sayle	5:10:41	191	Ingrid Sugden	6:11:25
138	Les Brown	5:14:26			

4. Recommended Run/Walk.

This run/walk has an unremarkable start considering all the beautiful places and sites we have on the Island but believe me it is well worth the effort. Timed correctly, depending on your interests, it can hit several buttons. For a peaceful walk to hear the birds, time it when few flights are coming & leaving the Island, for those with airport interests, time it so you are there when flights are due. For all walks it is easier if you time it out outside of normal office hours as Balthane can be a pretty noisy, busy and traffic mad place with few parking spaces available. Outside these hours you can hear the birds...!

Route Description: An undulating walk passing the airport and sea taking in the new area reclaimed from the sea by the airport.

Total Distance: Approx. 6 miles Total climb: Approx.300-400 feet Parking: See below

Route:

1. Park your vehicle on the main road of Balthane Industrial Estate just beyond the car dealer garage (on left as entering Balthane), or catch the steam train to Ballasalla and from the station turn left on the main road and veer left again into Balthane Industrial Estate as the main road turns right.
 2. Walk along the main road of Balthane away from Ballasalla towards the sea. You will pass all the industrial units and the Colas rock grading site. Keep walking along this road and you will eventually be alongside the airport grounds on your right. Carry on until the road takes a sharp left and appears to deteriorate in condition. Stay with the road (climbing at this point)
 3. The road will eventually peter out and become a path at the site of the quarry near the sea inlet. At this point take the designated pathway immediately right and keeping the airport on your right and the quarry / sea inlet on your left walk down towards the sea. Stay with the path.
 4. The path skirts the airport perimeter fence and eventually reaches the sea at the point where the airport runway was lengthened a few years ago. It continues around the land reclaimed, with on the sea side (left) the large rocks deposited during that reclamation.
 5. The path eventually emerges at Derbyhaven near the Flying Club (The Crescent). Stay with this road walking around Derbyhaven Bay until you reach the sharp right hand turn into Derbyhaven Road.
 6. Walk along Derbyhaven Road passing the Airport and King William's School on your right and Hango Hill on your left. At this point the road becomes The Promenade. Carry on until you reach Shore Road and turn right.
 7. Walk along Shore Road until you reach the main Douglas Road at the mini roundabout at Janet's Cornet and turn right. Carry on along the main road, passing the airport and two of the big roundabouts until the road veers to the left and you take the right into Balthane Industrial Estate. If travelling by train keep with the road until you reach Ballasalla station.
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5. Members Suggestions.

Websites: therunningbug.co.uk

Love this site. Lots to read, learn and plan with their events listing.

Reading: **The London Marathon: The History of the Greatest Race on Earth.**

Author: John Bryant

Publisher: Hutchinson

ISBN No: 978-009179140

First issue 07 Apr 2005 now out of print but copies are available online.

Races: **Brass Monkey Half Marathon, York** organised by Knavesmire Harriers.

Many of us have been over to do this Half Marathon in the past and it comes highly recommended. It is a great weekend away with time in York itself for shopping, great eateries, fantastic pubs and The Minster. Be aware that the best laid plans... etc can go wrong and if the weather is bad the race can be cancelled. We've run it with sleet coming down and ice on parts of the road but if conditions are really bad they can cancel. Recommended places to stay are Travelodge Piccadilly with its Wetherspoons restaurant attached or other hotels in town, but and this is a BIG BUT.....You must apply very quickly for a place in the race as places are often filled by midday on the day of release.....! If you are lucky and get a place confirmed, book your hotel immediately. They too book up very quickly and you may find yourself having to stay out of town.

Website: yorkknavesmireharriers.co.uk

Next race: Provisionally 17 January 2016. Entries open very soon – actual date not yet set. Check facebook page & website regularly for updates. On day entries open try from 8am.

Others: Has anyone got a good flapjack recipe they'd care to share?

One using full fat butter and sugar and all manner of good ingredients.

I recently tried a low fat one (YUK) Nuts and grains embedded in Candle Wax.....!

Thanks.

5. Members Reports

Kevin Deakes

**World Master's Athletics Championships – Lyon France
Marathon Distance**

Right up until a week before the World Master's Athletics Championships marathon was due to start I was unsure whether I would be taking part.

Three months previously the Northern 10 road race took place in Ramsey and as usual I had entered. Conditions for the race weren't ideal but still fairly good, a head-on breeze for the first few miles to Sulby being the biggest obstacle.

Having successfully negotiated that part of the course I picked up my speed and made up enough time to threaten my best ever time for the race. Then somewhere between 7 and 8 miles without any warning I suffered a calf injury and came to an abrupt halt. Unable to walk, let alone run, I had to be driven back to race HQ in Ramsey.

At the first opportunity I visited the physiotherapist Cath Davies to find out the extent of the damage and whether Running in a marathon in August was still a realistic option. I was informed that I had a grade 1 tear of the calf muscle and it would take about 3 weeks to recover and I should be OK to take part in the marathon.

Those next 3 weeks were quite frustrating, I had hoped to be increasing the intensity of my training during this time and when they were up I was just about able to walk properly but running was still not possible. Cycling came to the rescue and that allowed me to maintain some level of fitness as I watched the start date of the Championships draw closer.

Finally, some 5 weeks after the Northern 10 I was able to run but still with some discomfort. Just a few miles at a time at first but this quickly improved. I was entered for a charity relay race on Douglas promenade in the final week of June and decided not to pull out and give it a go. It wasn't pretty – or fast – but I finished in one piece. That gave me the encouragement to draw up a greatly modified training program for the few weeks that remained. It included a *lot* of miles but I felt that unless I did them there would be little point in going to run a marathon.

Combined with frequent visits for massage, chiro, physio and Pilates I was able to get through the hardest part of the training. I decided to introduce one more test before heading off to Lyon, France, where the Championships were to be held.

I put my name down for the IOM half marathon, due to take place one day before I was due to leave. There was a bit of a scare when the day before the half I ran a gentle 5K. Just 200m from the end I felt a bit of a twinge in the calf. I walked that last bit. The following morning it felt a little sore but not so bad that I couldn't at least start the race. The plan was to take it steady anyway and I could always stop at any sign of trouble. In the event there was none, I finished in a reasonable time but more than that I now had much more confidence to tackle the marathon, now only a week away.

I arrived in Lyon to be greeted by very sunny, very hot weather with the mercury reaching some 38°C. I'd tried to prepare for this by doing several training runs indoors on a treadmill. The temperature had become a concern for the Local Organising Committee and a few weeks previously had announced a new route for the marathon and half marathon. Instead of the course taking us around the city streets it would now take place in a large park in the suburbs. Here it would be more comfortable for the athletes with a tree lined and, in places, a tree covered route. This had been something of a disappointment for me since I had booked a room at a hotel right next to where the original start/finish line was going to be. It turned out not to be a problem at all as I found out when I got to learn my way around the city. My first trip was to the Championship HQ to be registered. That involved a trip north across the city on the Metro, an underground railway running driverless trains. It was a very efficient, very clean, way to get around the city and it ran past the hotel where I was staying. On registering it got even better when I was given a 7 day ticket for unlimited travel around the city.

I took advantage of this the following day by taking the Metro in the opposite direction to the park where the marathon was to be held and where I planned to do a recce. It turned out to be a 10 minute train journey followed by a 5 minute walk to the park's stadium, the Stade du Rhône. Equipped with a map of the course, a GPS watch and some water I set off from the stadium to run check out the 10K route, which would be repeated four times in the race. I had hardly started when I was flagged down by someone crossing my path. It turned out to be an athlete from Guatemala looking to register for the marathon. Between his basic grasp of English and my smartphone loaded with Google Translate I explained (I think) that he needed to get back across the city on the Metro to where registration was taking place.

With that done I continued on my run around the park. It was late morning and now very warm and my water supply only just held out. Even so I got round without any undue distress, those treadmill sessions looked to be paying off.

There were two other IOM Vet's club athletes at the championships which comprised some 8000 competitors overall. They were Gail Griffiths and Caroline Mayers. Gail left on the same day that I arrived having completed her events. Caroline however was entered for the 1500m. That was held at the main stadium, the Stade De La Duchère-Balmont, the same place that registration took place. That was fortunate for me because the race was held on the same afternoon that I had arrived to register. So with accreditation in hand I made my way into the stands and met up with her husband Ross and cheered Caroline on in her heat.

She qualified for the final as a fastest loser, a great achievement especially after having already competed in the 5000m and 1000m over the previous week in the unforgiving heat. I returned on the Friday to see her compete in the final where she just missed out on a new PB. It was great to watch, as indeed was the whole afternoon of athletics with some excellent performances in the various age group 1500m finals.

In between training sessions and spectating there was some time to do a bit of sightseeing. I would recommend Lyon to anyone who likes city breaks. There are lots to entertain the visitor and the restaurants are said to be the best France has to offer. The local Côtes du Rhône wine is of course in plentiful supply. I particularly enjoyed visiting the old town, Vieux Lyon. An area dominated by its cathedral and restaurants but in amongst them is a small museum dedicated to cinema special effects with an emphasis on miniatures used in films. Even so I managed to get up close and personal with a 10ft animatronic alien, in the dark. Not the friendly ET type but the sort that gave John Hurt a bad case of indigestion.

Eventually the day of reckoning finally arrived, scheduled at 7am on the last day of competition. It began very early, at 3:30am when I had my breakfast in the hotel kitchen. I'd had to arrange this the night before, since no-one else was going to be around at such an hour. I was on the first Metro train of the day and arrived at the stadium, still in darkness at that time. The temperature had fallen somewhat over the weekend and it was quite comfortable as we lined up for the start of the race.

Marathon runners, half marathon runners, all age groups, male and female all prepared to set off together. This made for a difficult start as there was no segregation of any kind. This time I was prepared for what might lie ahead after two years ago in Brazil I'd tripped over an another athlete and narrowly avoided falling. The gun went and we all set off and I managed to stay out of trouble as the runners spread out. After that I could get into a rhythm, making sure of course not to go off too fast. Concern for my calf and knowing full well what the consequences would be if I didn't meant that I paced those early stages about right.

After 2 laps at the halfway mark I was already starting to reel in a few runners who'd been too impatient at the start. With 3 laps gone I began to wonder where that dreaded wall might be lurking. My training had included practice taking gels and so far I'd stuck to the plan of when I should take them. The result was that the wall never materialised. It wasn't all plain sailing by any means and my calf did start to tighten up over that last lap. But it held out and I was even able to push on for the last couple of miles. I was spurred on further at the end on the approach to the stadium where Caroline and Ross had come along to give me some support.

I crossed the line in 3hrs 8mins 28secs. I was happy with that. I soon learnt that I was the 2nd GB runner home in the V50 category, and 21st overall. The first 3 runners to finish make up the team so when our 3rd runner crossed the line, we were eager to find out how we'd fared. We had come 3rd and had won the bronze medal.

That meant a return to the stadium that afternoon for the medal ceremony. We had our moment in the spotlight alongside the teams from France (2nd) and Spain (1st). We stood in front of the spectators and their cameras as we were presented with medals and diplomas. We then listened to the Spanish national anthem. Hobbling around on Jurby Road back in May was forgotten.

Kevin's photos follow:-

Kevin's photos from World Masters Championships:



Finish Line



Medal Ceremony



Lyon City

6. Members Comments / Quotes.

“Aghh there goes me ‘at?’

Sue Ackroyd, approx. 21 miles into the End2End walk Sunday 20th Sept.

I managed to keep my bright orange cap on my head despite the increasingly stronger head wind as the morning progressed, until we passed Reayrt Aalin, Peel when the wind won.

It took the cap off my head and threw it in the middle of Ramsey Road. Passing traffic stopped to allow me to pick it up..... but as many of you know it's not the walking or the running.....

it's the bending in the middle that causes the problems...!

I dread to think what the drivers thought of me attempting to get down to road surface level to retrieve my cap but it wasn't a pretty sight.....☺

Reminders:

Send me any comments short or long for the new 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.

Don't forget to visit the club website (iomvac.co.uk) to check how well you are faring on the league tables. 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 Dec 2015

For those interested or like me just curious, here's a list of triathlon distances from the British Triathlon website.

Triathlon Distances:

Just in case you fancy having a go or are simply interested in the athletics of Triathlon here's a breakdown of the official distances for adults (juniors have their own distances). Other distances can be used for a triathlon, for example when taking part in a charity race or taster programme. The bits where you switch from one discipline to another is transition and I'm told by a reliable source that races are won and lost in transition.

Race Title:	SUPER SPRINT	NOVICE	SPRINT	STANDARD (Olympic)	HALF IRONMAN (Middle)	IRONMAN (Long Distance)
Swim (m)	400	400	750	1500	1.9km	3.8km
Bike (km)	10	20	20	40	90	180
Run (km)	2.5	5	5	10	21	42

There are also races in-between Half Ironman and Ironman, and 2x or 3x the Standard distance.