

Isle of Man Veteran Athletes Club Newsletter - Sept 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

Website: iomvac.co.uk

Facebook page: [IOM Vaclub](https://www.facebook.com/IOMVaclub)

- **Autmn Handicap 5k Walk / 10k Run: Thurs 13th October, NSC Outdoor Perimeter Road.**
Entry form available for download & posting online from iomvac.co.uk. Entries close Sunday 9th Oct.
No entries accepted on the line. Free entry for IOMVAC members. If not taking part please come and help.
- **Syd Quirk Half Marathon Run/Walk: Sunday 20th November, Ronaldsway Industrial Estate.**
On-line entry now open via iomvac.co.uk & close 14th November.
8:30 start for Walkers. / **8:45** start for Runners expecting to take longer than 2hr 15m
9:30 start for Runners expecting to complete the run under 2hr 15m + Half Marathon Championship.
Race registration Manx Harriers Clubhouse, NSC Thurs 17th Nov 5:30-7:30
PLEASE NOTE: No registrations will be allowed on the day of the race
-  **CONGRATULATIONS to Sam Fletcher:**
WINNER of the 19.4 miles Guernsey Church-to-Church Walk in a time of 3:07:45. Sam is the second male Manx Winner of this walk. (Note: Marie Jackson won the Ladies race in 2010 & 2011).
-  **GOOD LUCK to Kevin Deakes:**
Kevin is taking part in the British Masters Competition at the end of October in Australia.
-  **PUB QUIZ (IOMVAC Teams): Weds 26th Oct , Prospect Hotel, Prospect Hill, Douglas .**
IOMVAC Members, families and friends all welcome. Contact Terry by email 4t8@manx.net
Meet at 7:30 to arrange teams of 4-6. Happy quizzing.....

• **IOMVAC 2016 awards – Up and Coming Qualifying Races:**

Month	Date	Race	Qualifies for IOMVAC Award
Oct	02 Oct	Western 10	Walking League
			Road Racing Shield
	06 Oct	Ramsey Fireman's Round 1 (3 laps)	Road Racing Shield
Nov	20 Nov	Syd Quirk Half Marathon	Road Racing Shield
			Walking League

Message from Sue:

There was an excellent turnout of members for the No Rest for the Wicked series of races in August. Lots of members did some / all of the planned runs and 11 hardy souls completed the whole challenge for the NRftW Half Marathon Series. Well Done to all.

A big Well Done goes to Jayne Farquhar who was the only IOMVAC member completing the NRftW Marathon Challenge.

So here we are at the twilight of 2016 with the wonderfully magical early morning mists and the coming of the famously known constellations in the night sky. These are the nights when our training group start to study the heavens again, as well as mile splits and planning routes. We all wear the hiz-viz stuff for running at this time of the year and make sure any new members to our group have something hi-viz to wear too. Many of us even take along spare bibs and tops so new folks coming along also feel safe. It makes them realise the importance of such clothing when they are checking for group members in the distance (ahead or behind them). Although we don't have a designated leader we all take turns to suggest a route, plus this year we are going to try and incorporate some fun-training sessions along the way.

Hopefully your training is still on track this year and if you haven't got a target to train towards at present then maybe now is the time to get a focus to all that leg-work you are doing.

At the time of finalising this Newsletter I successfully completed the Kielder Half Marathon in Northumberland on my 60th Birthday (what a great present that was). Report included in this Newsletter. I hope you feel inspired to give this Half a go yourself. I really missed seeing my family and friends on my Big-Birthday but they fully understand "She's a runner it's something she needs to do on her 60th to show she can.....!".


So here's to some great autumnal runs/walks in the October early morning mists, crunching along on the brightly coloured fallen leaves, and to the grey November fogs. I just love the autumn weather. So atmospheric don't you think? Don't open the curtains and think - Ugh it's horrid out there, I'll go back to bed instead. Just go outside. Breathe in the lovely air and look at the wonderfully magical world around you. Pull on your "trackies", jacket & trainers, get out and going on your run /walk. You'll be glad you did. Of course if it's raining.....now..... that's a different matter altogether. "There's no fun in getting soaked" to quote Dr David Young.

So see you on the streets and lanes before they've been aired for the rest of the population and don't forget your hi-viz clothing.


Sue A / Oct 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

List of up and coming races Oct – Nov – Dec 2016:

OCTOBER			
Sunday 2 nd	Western AC 10 miles (Run / Walk)	westernac.org	
Thursday 6 th	Ramsey Bakery Fireman's Run – Round 1	naciom.org	
Sunday 9 th	One Hour Challenge Walk	manxharriers.com	
Thurs 13 th	Autumn Handicap10k Run / 5k Walk	iomvac.co.uk	
Saturday 22 nd	Winter Hill League – Round 1 (Sileau Whallian)	manxfellrunners.org	
Sunday 16 th	IOM Cross Country League – Round 1 (Castle Rushen High School, Castletown)	iomaa.info	
Sunday 22 nd	Kate's Race Fell Race (Sea to Summit)	manxfellrunners.org	
Saturday 29 th	Halloween Prom Run – Douglas (Fancy Dress preferred but optional) 	Online entries	
Sunday 30 th	Winter Walk League – Round 1 (NSC)	manxharriers.com	

Strikethrough = date passed before newsletter issue

NOVEMBER			
Thursday 2 nd	Ramsey Bakery Fireman's Run - Round 2	naciom.org	
Sunday 6 th	IOM Cross Country League – Round 2 (venue to be confirmed)	www.iomaa.info	
Saturday 12 th	Winter Hill League – Round 2 (Cringle)	manxfellrunners.org	
Sunday 20 th	Syd Quirk Half Marathon (Walk & Run)	iomvac.co.uk	
Sunday 27 th	Winter Walk League – Round 2 (Andreas)	manxharriers.com	

DECEMBER			
Thursday 1 st	Ramsey Bakery Fireman's Run - Round 3	naciom.org	
Saturday 3 rd	Winter Hill League – Round 2 (Glen Helen)	manxfellrunners.org	
Sunday 11 th	IOM Cross Country League – Round 3 (venue to be confirmed)	iomaa.info	
Sunday 18 th	Winter Walk League – Round 3 (venue to be confirmed)	manxharriers.com	

3. **Members Results** July, August & September 2016

Ramsey Park Run - Round 5 / Fri 8 th July 16			1 Lap	(No handicap – actual times)
No IOMVAC members				

Ramsey Park Run - Round 5 / Fri 8 th July 16			3 Laps (No handicap – actual times)		
5	Kevin Deakes	22:53	46	Steven Wilmott	33:14
31	Ian Callister	29:40	53	Alan Pilling	35:11
40	Les Brown	31:37			

Narradale Fell Race / Round 5 / Sun 10 th July 16 / (20k / 1080m climb)					
18	Maggie Watkins	2:56:17	=36	Moir Hall	
20	Janette Morgan	3:06:44	=36	Geoff Hall	5:04:21
			=36	Alison Corlett	

Summer 10k Walk / Thurs 14 th July 16 / Andreas (1km out & back route)					
6	Jayne Farquhar **	62:54	8	Louise Hollings **	64:51
7	Sharon Cain **	64:49	9	Colin Moore	66:38
** Jayne, Sharon & Louise won the sealed handicaps – Well Done All					

Dave Phillips Peel Headlands Run Round 4 / Fri 15 th July 16 / 1 Lap						Handicap Position - Actual Time
1	Doug Sandle	19:44	16	Alison Corlett		19:05
10	Geoff Hall	19:15	20	Vera Jones		21:52
11	Sharon Cain	19:15				

** Well Done Douglas**

2 Laps						Handicap Position - Actual Time
16	Terry Bates	30:29	20	Alan Pilling		39:09
18	Moir Hall	37:09	21	Ian Callister		35:36

Veterans Mile / Weds 20 th July / NSC Track					
1	Mike Garrett	4:49.9	10	Doug Sandle	8:54.7
5	Gail Griffiths	5:39.9	11	Sue Ackroyd	9:38.8
6	Robbie Callister	5:47.2	12	Mo Kelly	10:11.8
8	Terry Bates	6:23.5	14	Ingrid Sugden	10:56.9
9	Peter Cooper	6:30.2	15	Arnie Jacobs	11:10.2

** Well Done Mike**

Barrule Fell Race / Round 6 / Weds 20 th July 16 / (6k / 565m climb)					
=22	Ian Callister	51:41	29	Janette Morgan	53:58
=22	Maggie Watkins	51:41	45	Geoff Hall	69:35
27	Lewis Veale	53:14	46	Moir Hall	69:45

No Rest for the Wicked Series

14th – 19th August
Marathon / Sun 14th Aug 16 / Ramsey (Round 1)
This race also counted towards the British Masters (BMAF) & IOM Championships

				<u>BMAF Champs position</u>	<u>IOM Champs position</u>
6	Kevin Deakes	2:59:25	*****	Winner M 55-59 category	Winner
85	Jayne Farquhar	4:46:15	*****	Winner W 45-49 category	4 th place
94	Sharon Cain	5:21:37	*****	2 nd W 45-49 category	5 th place
95	Louise Hollings	5:21:37	*****	2 nd W 35-39 category	6 th place

***** **VERY WELL DONE to ALL** *****

Half Marathon / Sun 14th Aug 16 / Ramsey (Round 1)

51	Barry Moore	1:37:48	227	Jackie Moore	2:07:48
54	Nick Watterson	1:38:00	268	Jennifer Houghton	2:21:05
86	Peter Cooper	1:44:36	272	Sue Furner	2:22:09
91	Brian Butler	1:45:09	277	Geoff Hall	2:24:30
93	Ian Dunbar	1:45:24	280	Alison Corlett	2:25:07
96	Paul Curphey	1:46:22	296	Alan Pilling	2:35:48
115	Andrew Gosnell	1:47:42	297	Sue Ackroyd	2:35:52
126	Les Brown	1:50:39	298	Colin Moore	2:36:04
142	Roger Moughtin	1:52:21	300	Mo Kelly	2:37:50
145	Richard Gerrard	1:52:50	301	Nick Wallinger	2:39:24
148	Sam Fletcher	1:53:03	302	Andy Baxendale	2:39:25
183	Dave Lawrie	1:58:26	321	Vera Jones	2:52:04
191	Steve Willmott	2:00:17	339	Ingrid Sugden	3:14:20
220	Moir Hall	2:05:52	344	Henry de Silva	3:31:00

Peel Hill Race / Mon 15th Aug 16 / Peel (NRFTW Round 2)

26	Nick Watterson	23:53	76	Jayne Farquhar	29:15
32	Ian Callister	24:39	81	Moir Hall	31:02
35	Peter Cooper	24:50	86	Geoff Hall	32:08
42	Barry Moore	25:40	88	Wendy Ross	33:17
47	Maggie Watkins	26:17	89	Alan Pilling	33:40
54	Brian Butler	26:46	90	Jackie Moore	33:42
64	Les Brown	27:31	91	Alison Corlett	33:44
67	Dave Lawrie	28:05			

Northern 10k / Tues 16th Aug 16 / Ramsey Park (NRFTW Round 3)

12	Gail Griffiths	41:10	63	Jayne Farquhar	50:45
22	Barry Moore	44:21	66	Dave Lawrie	51:48
23	Nick Watterson	44:46	83	Jackie Moore	56:27
29	Peter Cooper	46:19	86	Moir Hall	58:40
31	Brian Butler	46:21	=89	Richard Gerrard	60:44
51	Les Brown	49:48	92	Alison Corlett	61:53
55	Dale Farquhar	50:00	94	Geoff Hall	63:28
58	Maggie Watkins	50:10	95	Alan Pilling	63:44

Killer Mile / Weds 17th Aug 16 / (NRFTW Round 4)

21	Gail Griffiths	10:35	85	Les Brown	14:54
31	Nick Watterson	11:23	88	Alan Pilling	15:07
=37	Barry Moore	11:54	89	Jackie Moore	15:12
48	Peter Cooper	12:31	91	Geoff Hall	15:37
60	Brian Butler	12:59	92	Maira Hall	15:43
66	Maggie Watkins	13:19	94	Alison Corlett	16:25
72	Dave Lawrie	13:44	95	Sharon Cain	16:35
74	Jayne Farquhar	13:59			

Foxdale 6 / Thurs 18th Aug 16 / Foxdale (NRFTW Round 5)

2	Mike Garrett	34:39	74	Maira Hall	56:54
16	Nick Watterson	43:36	77	Tony Mackintosh	59:45
23	Barry Moore	45:15	81	Alan Pilling	60:10
27	Brian Butler	47:06	82	Alison Corlett	60:20
29	Ian Callister	47:54	83	Marie Jackson	60:39
31	Peter Cooper	48:03	85	Geoff Hall	61:17
36	Les Brown	48:50	92	Karen Lawrie	66:17
42	Maggie Watkins	49:42	93	Sue Ackroyd	67:06
44	Jayne Farquhar	49:55	94	Louise Hollings	67:54
60	Dave Lawrie	52:48	95	Colin Moore	68:15
70	Sam Fletcher	56:17	96	Nick Wallinger	70:48
71	Jackie Moore	56:45	97	Andy Baxendale	70:48

Heritage Trail Run / Fri 19th Aug 16 / Peel (NRFTW Round 6)

12	Gail Griffiths (1 st Lady)	48:22	63	John Watterson	65:20
18	Nick Watterson	51:49	70	Maira Hall	67:54
22	Barry Moore	53:25	71	Wendy Ross	68:33
24	Brian Butler	53:40	74	Jackie Moore	69:08
32	Roger Moughtin	55:44	77	Alan Pilling	70:41
33	Tadhg O'Mahoney	55:52	78	Alison Corlett	70:52
34	Peter Cooper	56:03	80	Geoff Hall	73:41
40	Les Brown	57:16	82	Lynne Quine	74:25
42	Maggie Watkins	57:57	87	Sue Furner	75:57
45	Jayne Farquhar	58:25	88	Dave Quine	88:36
53	Dave Lawrie	62:23			

Final 2016 Positions in No Rest for the Wicked Series (Marathoners) *Combined time for all races*

6	Jayne Farquhar	8:18:34
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*** WELL DONE JAYNE ***

Final 2016 Positions in No Rest for the Wicked Series (Half Marathoners)*Combined time for all races*

11	Nick Watterson	4:33:27	38	Maira Hall	5:56:06
12	Barry Moore	4:38:23	39	Jackie Moore	5:59:02
16	Brian Butler	4:52:01	42	Alison Corlett	6:28:21
17	Peter Cooper	4:52:22	43	Geoff Hall	6:30:41
24	Les Brown	5:08:52	45	Alan Pilling	6:39:10
31	Dave Lawrie	5:27:14			

*** WELL DONE EVERYONE ***

20k Race Walk Championships / Sun 4th Sept 16 / NSC Perimeter Roadway

6	Jayne Farquhar	133:30	8	Ian Callister	144:55
7	Louise Hollings	140:16			

10k Race Walk Championships / Sun 4th Sept 16 / NSC Perimeter Roadway

3	Sharon Cain	67:39	4	Nick Wallinger	73:05
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Peel to Douglas Trail Run / Sun 11th Sept 16

=18	Gail Griffiths	1:14:57	41	Geoff Hall	1:49:11
29	Andrew Lodge	1:24:20	42	Sue Ackroyd	1:51:04

End to End Walk / Sun 18th Sept 16 / Point of Ayre Start –Calf Sound Finish (39.22 miles)

1	Richard Gerrard	6:52:54	20	Marie Jackson	7:56:06
2	Sam Fletcher	7:09:36	25	Courtenay Heading	8:18:24
10	Brian Kelly	7:29:31	26	Sharon Cain	8:18:57
11	Tony Mackintosh	7:36:00	65	Angela Corkish	9:25:50
14	Karen Lawrie	7:41:23	79	Colin S Moore	9:45:14
17	Jayne Farquhar	7:48:02			

***** WELL DONE RICHARD & ALL TOP FINISHERS *** Very Well Done to all our Members *****

End to End Walk / Sun 18th Sept 16 / Point of Ayre Start – Peel Finish (22.16 miles)

101	Vinny Lynch	3:59:21	1st Finisher at Peel – Well done Vinny
131	Alan Pilling	5:31:14	

Manx Mountain Ultra / Sun 24th Sept 16

Abandoned due to Adverse weather conditions

4. Recommended Run/Walk: Peel – Patrick circular route

This is a lovely walk at any time of the year but in the autumn with its lovely colours it is really beautiful. It's partly on Patrick Road and on the old railway line Heritage trail. Beware though because the trail route can be very muddy even after a little rain. The kids probably hope it is muddy as most love the mud anyway. I hope you go try this one and enjoy the setting. Parking is easier at the weekends for this route due to the industrial site at Mill road.

Route Description: Circular route from Peel out to St Johns and back		
Total Distance: Approx. 7 miles	Total climb: minimal	Parking: Mill Road , Peel

Directions:

1. Park in car parks at Mill Road just near to the junction of the harbour bridge (Kipper factory)
2. Turn away from the harbour and head down Mill Road passing the industrial units until you reach a field gate. On the other side of this gate you should see a clearly defined path with grassy sides along what was the old railway line.
3. Carry on along this path keeping to the left of any tracks separating from it.
4. Go under Glenfaba Road bridge (near the Raggatt) and keep left, making sure the River Neb is always on your right. Stay with this clearly defined pathway for approximately 2.5 miles.
5. You will reach St Johns at Station Road and passing through the gate you will be on the road. Turn right.
6. Head down the road towards Patrick Corner. Here the Patrick Road goes off to the right at a T-junction and heads up over a small stone humpback bridge with the plantation on your left. Take this undulating road and continue along for approximately 2.5 miles.
7. At the end of this road you will pass Patrick Church on your right and then around a small bend a T-junction marks the very end of this road. Turn right here and head along this road (Glenfaba Rd). This will bring you back into Peel.
8. You will pass The Raggatt and up the hill will see Peel Power station on your left. Once into Peel itself take a left turn down Station Road. This leads you down to the House of Manannan and then on to Mill Road where you started.....or head for a café/pub for a nice warming drink.

5. Members Suggestions.

Websites: runrocknroll.com - Nashville races including Half and Full Marathon.

Next date April 2017

Nashville aka Music City. Home of Country Music. Music on every street corner they say. What's there not to like about running around Nashville ? Even the website is entertaining.

Races: **Kielder Half or Full Marathon. Next date: Sat 7th & Sun 8th October 2017**

Bike-Run & 10k run on Saturday / Half & Full Marathons run on Sunday
kielder-marathon.com (site covers all events)

Others: **History of the Peel to Dougald Road Race (Karran Cup) by John Wright**

Peter Cooper has secured John Wright's approval for a copy of his History of the Peel to Douglas run to be included in this Newsletter. It makes really interesting reading. Thank you Peter for arranging this. Article follows (retyped for clarity).

The Story of the Karran Cup

The oldest event in the athletic calendar takes place shortly. This is the Peel to Douglas Road race and has been going on since 1909. Here is the story of how it began and what it was like to run the famous course in those days.

Athletic meetings had been affected by the demise of the Belle View, The Falconcliff and The Olympia which had attracted top sportsmen in cycling as well as running. These three stadiums all closed in the 1980's and left the Island with little in the way of facilities to carry on the tradition of athletics that had produced a British four miles Champion in 1872. Across in England in 1908 athletics was creating a lot of interest for a number of reasons. The Olympic Games had been held in London and the climax had been the marathon in which the American Joseph Hayes scored an unpopular victory when the leader Dorando Pietri a pastry cook from Capri collapsed within site of the finishing tape, was helped over the line and disqualified. It is highly likely that both competitors were on performance enhancing drugs, but there were no drugs tests in those days.

The British sense of fair play to say nothing at getting back at the Yanks was boosted however by a victory in a 'marathon' race in Madison Square Garden when Alf Shrubbs who was a professional and therefore banned from the Olympics, beat the American Tom Longboat. Like most races in those days a lot of money was riding on the athletes.

The Isle of Man Weekly Times came up with the idea of promoting a marathon of their own running from west to east along Peel to Douglas road from the Peel Football Ground to the Palace with a lap round reputedly the largest ballroom in Europe. The route was almost exactly the same as today's course in distance and there are many other similarities that would surprise those who like the author thought athletics in those days was rather haphazard. The first competitors were required to produce a medical certificate and proof that they had run at least 4 races previously. They were allowed a trainer who could follow on a bicycle and offer refreshments when required. More of that later.

The roads were not tarmaced and the small amount of cars meant that most people walked in the road. There was a real hazard of tripping or falling off a bicycle as a result of the road surface. The event caused an amazing amount of interest with trains taking supporters to the start and back to Douglas to see them come down Railway Hill. Although the Times does not specifically state it, there was a lot of betting on the runners.

The Race:

The event was hailed by The Times as being "the greatest event in the annals of Manx sport" and attracted thirty two competitors who passed the entry regulations. They set off from Peel Football Ground amid "hundreds of supporters" on April Fools Day 1909. These then caught the train for Douglas stopping at all the stations on the way, with a man from the telephone company providing an up-to-date bulletin for the Place officials as to the race positions.

There was only one man in it after the first quarter mile Joseph Stanley Karran of Belmont Cottages in Douglas who with a "clock work style" went out ahead.

Karran's splits were as follows:

St Johns 12 minutes
Greeba Bridge 22.30 sec
No.6 milestone from Douglas 25.45 sec
Corlett's Halfway House (Waggon and Horses) 31 min
Crosby Post Office 33.45 sec
Union Mills Post Office 45.45 sec
Braddan Bridge 51.40 sec
Quarter Bridge 54.29 sec
Royal Hotel (probably The Railway) 62.25 sec
Finish (Palace Ballroom) 70.52 sec

At Lazy Hill next to the Brown Bobby his mother came out to see him and he responded "It's alright mother I'm going through". Going down Bank Hill (Railway Hill) a dog came at him but was quickly driven off. He came into the ballroom looking fresh to win by 3 minutes 48 seconds from the second man Daniel Lawson of Hope Street, Douglas with 17 year old George Shimmin in third place 51 seconds adrift of Lawson. Out of the 32 starters only half finished with the final finisher Joseph Cogley of the Fort Anne Hotel having to thread his way through the side show of a race between runners and roller skaters over a quarter of a mile.

One interesting point is the age of the competitors. Karran was 21 and the average age of the competitors "was about 20 years of age". Indeed in 1913 a competitor with the unlikely name of Bertie Boulter finished well up the field aged 12 ! Down in 8th place was John Crellin of Head Road, Douglas, grandfather of our fell runner, T.T. competitor and intrepid mountain climber. He was the first president of Manx.A.C. The prizes were present by James B. Edgar, the former British 4 mile champion. Another distinguished runner named Tom Lewin was also there. Edgar's career is another fascinating excursion into the history of Manx athletics.

"How I won the race"

Karran's story explaining his preparations and problems during the race is interesting as he shows he was well prepared, employed a trainer and had problems as well. He ran the distance three times with fortnightly intervals, otherwise running two, four and six miles every other day. At Union Mills he felt a nail coming through his shoe "and it kept piercing my foot at every stride". Referring to the incident on Bank Hill, he said "if my pace had been any slower the dog would have got my leg". He thanked his personal trainer James Dunlop and then came an endorsement for the wonder drink Oxo which he drank at 3:30 pm prior to the race which began at 6pm. "I had partaken of the beverage right through my training and have found it invigorating and stimulating" stated Karran. The vote of thanks included one to Mr Blythe, representative of Oxo who supplied his energy boosting beverage at the beginning and end of the race to the competitors.

While Karran won the cup, three medals were awarded to the second, third and fourth finishers. The fourth finisher Gordon Hull's medal turned up in Canada some years ago although the lady who wrote into the papers had no idea how. I replied explaining the race but never received an answer.

The second Peel to Douglas - bigger and better than the first.

The second race in the series was held in late May in conjunction with the Auro-Cycle Races as the T.T. was then styled. Athletics wise things had moved on and the aim of reviving interest in the sport had been achieved. Karran was no longer invincible having been beaten in the Ramsey to Andreas miniature marathon sponsored by the Ramsey Courier, and in the Laxey Good Friday race by Thomas Evans of Ramsey. The northsiders were down in force to support their favourite who must have fancied his chances as Karran has sprained his leg in the Ramsey race. In addition a national walking champion working at Cunningham's camp named Robert Wilkinson had entered amid controversy that he was not a permanent resident. The officials stuck strictly to the entry rules barring one runner for not producing a medical certificate.

On a hot sultry night twenty six runners started from the football ground with hundreds of cyclists including a large contingent from Ramsey hoping for a northern victory following them. Karran, Wilkinson and Evans tracked the race leader Alfred Kennish as they headed for Ballaleece Bridge. At St Johns Evans stumbled on a loose stone twisting his ankle and was dispatched back to Ramsey on the train.

At Ballacrairie Karran and Wilkinson overtook Kennish and raced with each other with Walter Teare of Castletown and Kennish not far behind. The dusty roads and inconsiderate motorists made things difficult for the runners. Wilkinson took a slight lead at the Quarter Bridge and Karran began to feel the effects of his sprained leg. However he stayed in close proximity until at the Railway Station a dog gripped Karran in the leg (got him this time !) and slowed him up. Despite this Karran was gaining slightly on his opponent at the Jubilee Clock but at Broadway Wilkinson accelerated away to win in 68 minutes 45 seconds. Karran finished fifty seconds adrift with Teare and Kennish eight and ten seconds behind him respectively.

A glance at the names on the Karran Cup show there are remarkably few different names on it. Karran himself never won it again. There are serial winners like Abba Taylor in the twenties and thirties, Peter Mc Elroy (of Chit Chat fame) in the fifties and sixties, Peter Harraghy in the late sixties and the incredible Steve Kelly in the seventies and eighties. For instance Dave Newton and Graham Clarke, two of the fastest man over the course only have their names on the trophy once and twice respectively. Karran would have been amazed to see runners breaking the hour for the distance. But then the roads are better surfaced now aren't they ?

The Peel to Douglas is truly a Blue Riband of Manx road running.

Mr Karran a remarkably spry 117 year old kindly gave this interview to the author at the Graham Davies Home for Retired Athletes at Kitterland, Isle of Man.

By Skeealaght.

THE "TIMES" MARATHON RACE.
PEEL TO DOUGLAS—RUN 1st APRIL 1909.



Winner, JOSEPH STANLEY KARRAN, and his Trainer, JAMES DUNLOP.
Distance—11½ miles. Time—1 h. 10 m. 52 secs.

One of the Times early forays into sporting photography showing Karran and his trainer James Dunlop.

6. Members Reports: Kielder Half Marathon on 2nd Oct 2016 / Sue Ackroyd

It's always a problem choosing a Birthday present for someone even when you know them really well, so when Ken suggested a trip across I jumped at the chance to include a "Half" somewhere. Because it was my 60th Birthday this year it had to be something special and preferably running on the actual day. Searching the various sites for races one shouted at me from the screen. What could be more special than a 13.1 mile run around Kielder Dam in Northumberland on the day of my 60th? It's an officially designated Dark Skies site too. Sheer Heaven.....Run in the morning and study the Milky Way at night.

This year was only the 2nd year of running the Half but the Kielder Marathon had been running 8 years or so. The marathon goes all the way around the shore of Kielder Water but the new Half was point to point from the dam head to the same finishing point as the marathon at the Leapish centre. It was duly booked and some tough long-run training on the Laxey hills commenced.

Now, I don't have such a good record of making it to booked races in the N.E. of England. My place in the Great North Run in Sept 2009 was scuppered when I became the 30th person on the Island to be formally diagnosed with Swine Flu (gowned nurses with swabs in hand at my front door scared the neighbours somewhat – that's no fib). I was too unwell to even make it to the boat. Then in Sept 2010 my deferred place in the Great North Run was also plagued by illness but this time I made as far as the hotel in Morpeth, only to feel so ill with a disgusting, flowing, 'orrid head cold that I couldn't even think of getting out of bed to get to the start. So hopefully this year and my 60th Birthday Celebratory Half run would be 3rd time lucky?

Cut to Sat 24th Sept: a few hours after my final long run (Laxey Hills) it started..... the sore, scratchy throat, swollen glands, croaky voice, runny nose & eyes and aching ears..... Dear Lord this can't possibly be happening again ? For several days I swallowed more over the counter "cures" than you can shake a stick at. When they didn't help I resorted to my sacrosanct Jura whisky with honey and hot water. That didn't cure it either, but at least I cared less. This time I was determined I would run in my Northumberland Birthday Half. The symptoms did get easier as the week came to an end but never went away completely.

So come Friday 30th Sept we and our recently serviced little car arrived in Douglas for the evening ferry to Heysham. We hoped with crossed fingers and toes we would arrive in Heysham port on time, unlike the previous night when "The Ben" came all the way back to Douglas due to storms. All was fine with a nice smooth crossing and after a late overnight in Morecambe accommodation (that's another story for another time...!) we had a lovely morning drive up to Northumberland, arriving in Wark on Sat 1st Oct.

The road to Wark village crosses Hadrian's Wall and passes through the village of Wall, while Wark itself is a little village with a great pub and a lovely hotel. It was chosen because it was approximately 15 miles from Kielder Water and was in the Dark Skies designated area. After checking into the hotel and still with a scratchy throat and gravelly voice, we drove to the dam head for a recce. The road travels around the lake but the race itself was on footpaths along the land at the side of the lake and I was aware it was a hilly route. I had been training for 5 weeks on the hills of Laxey to be able to feel comfortable in this race but nothing would prepare me for what I saw nextVery Hilly footpaths at the side of the lake followed by more and more hilly footpaths ahead and behind. It was a switchback of footpaths ! In fact the only level bit was along the dam head....but what a magnificent sight. The lake/reservoir was so majestic and serene, so incredibly scenic and heart-stoppingly beautiful (see photos), a massive expanse of peaceful water with lots of birds and forest everywhere along its shores. In fact the race instructions advised against venturing too far into the forest away from the main road as it grew dark very quickly and there was little if any mobile phone signal (none in fact when we were there)....and so it was that I realised this was going to be a very beautiful but tougher than I expected run tomorrow morning.

With the early morning came a magical mist sitting in the valleys and a big orange ball of sun trying very hard to burn the damn thing off but not succeeding very well at all. We drove the 15 miles from the hotel to the dam head car park along winding and narrow country roads with lots of other cars all heading in the same direction. Their purpose obviously the same as ours as shown by all

the hi-viz in each car. Signs to the car parks were a bit bewildering at first because they were obviously geared up for the annual marathon but we noticed some kind soul had written “& Half” underneath, so we headed to the designated car parks – free for all competitors showing their race number.

The autumnal mist cleared at last and the sun shone brightly on the cold morning. Perfect. The car parks were simply wet fields but the rough pathways on them were less gooey. Walking past the burger and bacon butties van, then the car park’s 2 toilets and queue, we joined the queue for the shuttle bus to the starts (Half and Marathon). I’ve no idea how many buses they had but there seemed to be lots of them coming and going in regular succession up and down the very rough road to the dam head. We didn’t have to wait long but as ever in such situations, strangers were chatting to strangers discussing a common interest and this chatter was plentiful all through the shuttle bus queue. The bus was free for competitors showing their number but £3 for spectators – but that did allow spectators to travel on and off them for the duration of the whole race including to & from the car park and the finish line. The bus took just 5 minutes to get the “Half” people up the hill to their start line on the dam head but the marathoners start was another 6 miles further along the main road at the Leaplish centre (which was also the finish for both races). No parking was allowed at Leaplish with the exception of disabled drivers.

And so at the Half start on the dam head, the toilet queue commenced.....but it didn’t take that long to get to the front of the queue and toilet facilities were more than adequate for the 700+ Half runners there. The only problem the organisers had was the sheer numbers of runners being transported from the car parks to their various start places and this caused a 15 minute delay to the start of the races which should have been at 10:15 (a very civilised time to start a race).

At 10:30 in brilliant but cold sunshine and after much discussion on satellite radios, the Start countdown commenced and with a blow of the horn both the Half and the Full Marathons started at exactly the same time even though we were 6 miles apart.

We “Half” folks set off in the opposite direction to the finish line across the dam head, while 6 miles away the Marathoners set off in the other direction to us to head off all the way around the lake. Once we Half folks were across the dam head and through a deserted car park we started our first climb through the forest (160ft in 1.3mi) and then in a big loop came back down to the dam head again by the end of mile 3. Mile 4 was back across the dam head again but we were now heading in the direction of the finish line at the Leaplish centre. Miles 5 to 13 were on well defined paths through the forest at the side of the water but included so many uphills and downhills that it seemed at times that there were no flat surfaces at all in this run. Some downhills were so steep that vibrant yellow signs said “Beware very steep downhill ahead”. You knew it would be immediately followed with a steep uphill very soon after from looking at the terrain ahead – it looked sheer and skywards as you set off going down. The climbs were worth it for the magnificent views of the lake from on high but I had to remind myself of that when at one point the uphill through the forest was so steep that it had a minimum of 6 zig-jag climbs in it. I lost count after 6. I was just concentrating on breathing and rhythmically putting one foot in front of the other. The total climb there was approximately 290ft in 0.7mi.....!

There were lots of marshals on the footpaths in the forested areas. Marshals were standing at every pathway direction change or every rise / fall of the path gradient. You couldn’t put a foot wrong. They were all so cheerful, helpful, friendly, calling your name (printed on your number) and telling you the distance covered or still to come. There were plenty of drinks stations and even an isotonic station around half way.

Towards the end of the race the route is close the lake edge and the announcer at the finish line could be heard from over a mile away across the water as each runner was being cheered in to the finish. Nearer to the finish but still within the forest the announcer could be heard calling out finisher names, times and early veterans positions. The finish line itself appeared like magic as you came out of the forest and turned into the Leaplish Centre (aqua-sports centre).

At some point the Marathoners who had circumnavigated the whole lake started to arrive and meet the back-end of the Half runners but to be honest the latter were pretty much well strung out by

then and I don't think they offered any problems to the Marathoners. The majority of Half runners were in & finished by the time the main body of Marathoners arrived. By 2hrs 30mins after the races started there were only 90+ Half runners still out on the forest paths.

The finish line was very well supported indeed and all gave a big cheer to every runner arriving at the line no matter what race they were completing or speed / time they came in at. There were lots of cow bells ringing, folks clapping, shouting and waving hats (bright striped knitted big-bobble hats on sale in a tent nearby). I imagined it was like when you've just come down from Everest.

As with many, many races around the British Isles this one had such a lovely warm and friendly atmosphere. The accents were predominantly Geordie, Yorkshire and Cumbrian with a smattering of Scottish but almost all knew of the Isle of Man and a couple even asked me to say hello to their relatives here once I got back home..!

The beverage tent was full of sandwiches, cakes, home made chocolate muffins and other lovely food and as ever the tea was spectacular, but the icing on the cake was view over the lake at the picnic tables by the waters edge as you ate your post-run recovery food. This was by far the best ever view for a post-run recovery picnic I have ever experienced.

After refuelling and spending time cheering and clapping quite a number of the Marathoners and slower Half runners over the finish line it was time to queue up again for the shuttle bus back to the car parks near the dam head. Again we didn't wait that long and nearly everyone in the queue used that time as an opportunity to chat to complete strangers about why they think they missed their PB by a few seconds, or to congratulate first timers, or to generally discuss this race and experiences of other races. I think I got a few Cumbrian recruits for our Ramsey Half in 2017.

I really do recommend you try this Half (or the Marathon). It is a really good trail race and normal training shoes suffice because it is run on forest pathways. It was well organised and running 13.1 miles on the forest paths was so wonderfully easy on the legs, knees and hips, while the views were spectacular. The camaraderie before, during and after the race was really good and very friendly. The baggage transport worked well with runner numbered pens at the start and finish and transport of pens being carried out one at a time over several sessions.

The main thing to be aware of is that this race definitely requires you to have access to a car. Getting to and from the site of the race is not possible by public transport but I believe a few buses do run from Newcastle. That would be a longish pre-run journey and a very early start as a result. The other thing to be aware of is the extreme lack of mobile phone coverage. In one sense though, that is very much "like it used to be" in races gone by. You had to arrange a clearly defined meeting place at the finish before you set off because you have almost zero chance of making a call to check where your friends and family are at the end. We managed enough in the past didn't we? It's not that hard to do.

Texts arrived declaring the official race time once in range of mobile phone coverage. Online all official photographs were free & ready for facebook posting or tweeting etc. Go on give it a go. I don't think you will be disappointed.

The gradient profile, route and photos of the Kielder Half Marathon /Marathon are available at kieldermarathon.com



Yours truly at 4 miles on the dam head



Finish

Next issue due end of Dec 2016

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 race reports, short or long or just photos, of races completed off-Island. 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 in the league tables (run/walk/fell). Thanks to Alan Postlethwaite/Mo Kelly & Fell folks update 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.