

Isle of Man Veteran Athletes Club Newsletter - Sept 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 (contact Terry Bates or Mo Kelly for information if interested)</i>			
	Colin Watterson	-	-	-
	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 12th October, NSC Outdoor Perimeter Road.**
Entry form available for download & posting online from iomvac.co.uk. Entries close Sunday 8th Oct.
Times: 6:30 for 5k walk. 7:15 for 10k run. Open to all senior athletes.
Free entry for IOMVAC members. **NOTE: No entries accepted on the line.**
Cost: £4 members of affiliated clubs, £6 unattached.
If not taking part please come and help.
- **Syd Quirk Half Marathon Run/Walk: Sunday 19th November, Ronaldsway Industrial Estate.**
On-line entry now open via iomvac.co.uk & close Mon 13th November.
PLEASE NOTE: No registrations will be allowed on the day of the race
Cost: £10 affiliated club members, £15 unaffiliated
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 (collect No./tag) at Manx Harriers Clubhouse, NSC Fri 17th Nov 5:30-7:30
See IOMVAC website for details of route, parking, toilets, changing & after race presentation & buffet.
Note: Headphones **NOT** permitted & all participants must where Hi-viz or light colours.

• **Up and Coming Races Oct – Dec 2017 & Qualifying Races:**

OCTOBER		Race Qualifies for IOMVAC award:	
Sun 1 st	Western AC 10 miles (Run / Walk) *	Road Running Shield & Walking League	westernac.org
Thur 5 th	Ramsey Bakery Fireman's Run / Rnd 1	3 laps - Road Running Shield	naciom.org
Sun 8 th	IOM Cross-Country League / Rnd 1 (Castle Rushen School – Western AC)	-	westernac.org
Thur 12 th	Vets Autumn Handicap 10k Run / 5k Walk	-	lomvac.co.uk
Sat 14 th	Kate's Fell Race – Sea to Summit (Laxey beach start)	-	katesrace.co.uk
Sun 15 th	1 hr Challenge walk - NSC	-	manxharriers.com
Sat 21 st	Winter Hill League / Rnd 1 / 3k (Sileau Whallian Plantation)	-	manxfellrunners.org
Sun 29 th	Winter Walking League – Rnd 1 (NSC)	-	manxharriers.com

* Western 10 Race completed before Newsletter issued.

NOVEMBER		Race Qualifies for IOMVAC award:	
Thur 2 nd	Ramsey Bakery Fireman's Run / Rnd 2	-	naciom.org
Sun 5 th	IOM Cross Country League / Rnd 2 (venue to be announced)	-	iomaa.info
Sat 11 th	Winter Hill League / Rnd 2 / 5k (Cringle Plantation)	-	manxfellrunners.org
Sun 19 th	Syd Quirk Half Marathon (Walk & Run)	Vets Road Running Shield & Walking League	iomvac.co.uk
Sunday 27 th	Winter Walk League – Rnd 2 (venue to be announced)	-	manxharriers.com

DECEMBER		Race Qualifies for IOMVAC award:	
Sun 3 rd	IOM Cross Country League / Rnd 3 (venue to be announced)	-	iomaa.info
Thur 7 th	Ramsey Bakery Fireman's Run / Rnd 3	-	naciom.org
Sat 9 th	Winter Hill League / Rnd 3 / 4.5k (Glen Helen – Eairy Beg)	-	manxfellrunners.org
Sunday 18 th	Winter Walk League / Rnd 3 (venue to be announced)	-	manxharriersss.com

Message from Sue:

We've just passed through the Autumn Equinox and now it becomes rapidly obvious that the nights are getting longer. For some it is a time of sadness as the days shorten and daylight quality changes but for those of us who love kicking through the autumn leaves as we run, or walking through the not-so-early misty sunrises of October and November, it's just a different season to get out there and enjoy doing what we do in the outdoors. December brings the dark night runs/walks and wonderful sparking constellations high above to observe before and after we've completed our training sessions. I never tire of watching the phases of the moon and the rapidly changing moons of Jupiter as the winter weeks and months progress.

So next time you are heading out for a training session in the clear crisp early morning or evening take a few minutes to stand look skyward (as your run/walk "Gismo" finds its satellites) and just drink in the dark skies and magical heavens. One deep breath later you are off at the start of that day's training journey.

This is also the time of year where you start to think about your training completed so far and how successful it has been, or not as the case may be.

Have you achieved what you wanted to so far or are you behind/starting over again?

Has it been fun / enjoyable? If yes why was it, if not why not?

With only 3 months of 2017 left, if life outside of running/walking has taken over and as a result you're not on target to achieve your run/walk goals this year don't panic. The general advice is DON'T try to catch up and risk injury but to simply change your plans/ambitions for 2017.

Alternatively take up a new challenge for the remainder of 2017. Try a return to swimming or cycling. I changed my plans mid-year when it became obvious I wasn't going to achieve anywhere near my planned "Run 1000 miles in 2017" so it became "Run+Walk 1000miles in 2017" an annual distance I had never achieved and right now I'm probably just about on target with 3 months to go (Fingers crossed...!!!!).

So I hope you are ready for the colder, wetter, muddier and darker months of training with a great big smile on your face. Aim to stay warm, safe and injury free.

Always, Always wear your high-viz stuff at night, never ever wear black. You just can't be seen at all in dark colours. Wearing high-viz in the daytime makes sense too - other road, path users can see you for longer before closing in on you. Remember too that wearing Headphones means you can't hear what is going on around you very well no matter how low the volume and you put yourself at risk as a result.

Best wishes for successful training and races in the coming months.

Sue A / Sept 2017

Don't forget as well as sending details of running races you have participated in across or around the world to Alan Postlethwaite for inclusion in the running league, or Mo Kelly in the walking league, or Ian Callister for UK fell races.....Also copy your email to me for inclusion in the Newsletter results section at greygoose@manx.net

3. Members Results July, August & September 2016

These were included in a separate Sheet covering members results for April to Sept 2017

4. Recommended Run/Walk: Glen Roy, Laxey & Lonan from Axnfel plantation

This circular route is at its most beautiful during autumn and is full of lovely reds, greens and gold hues. It starts in the car park at Axnfell plantation in Lonan and is good for a walk, cycle or run. It is road based but has a rough surface in parts and doesn't carry a great deal of traffic. It is quite hilly but although steep, most are of short duration so soon over.

Axnfell plantation is found by driving up the main road from Onchan to Laxey through Baldrine and out the other side up the steep hill. After the next tram crossing on this road you will see a road fork off to the left with a bus shelter at the bottom. Take this road, it is Church Road. On Church Rd take the next left which leads you to Ballacannel estate on the left, the new Church View estate and on to Lonan Church on your right. Stay with this road around its many blind bends until you come to a sharp left turn with a road off to the right and a view of Snaefell directly opposite across the fields. Take the road to the right. This brings you to Axnfel plantation and the car park is the first on the left off this road.

Route Description: Circular route starting at Axnfell car park that goes over the many tributaries & streams that feed in to Glen Roy River then on into Laxey			
Total Distance:	Approx. 5mi	Total climb:	n/k but steep in parts
		Parking:	Axnfell car park, Lonan

Directions:

1. Leaving Axnfell car park on the tarmac road turn right and walk to the road junction. Carry straight on and down the hill. You start to climb again after passing the cottage on the left.
2. About halfway up this hill there is a downhill road off to the right signposted to Glen Roy. Take this road and stay with it all the way back into Laxey.
3. You will pass Ballaheannagh Gardens crossing a little a river at this point and some small hamlets and old chapels. You then fall and rise a few times while crossing other Glen Roy tributaries. The final one has a ford and a wooden footbridge over the slightly wider river.
4. You climb away from this last river into the Baldhoon district of Lonan and are now on the other side of Glen Roy River valley. From here you can see how steep Axnfell plantation falls to the river on the other side of the valley.
5. There is a pathway signposted from the Baldhoon Rd down to the Glen Roy river, crossing it and then heading up through Axnfell forest to the car park but the last time I looked at this it was in very, very poor repair and not at all suitable to attempt. So stay with this road and it will take you into the centre of Laxey. Here you can have a cuppa at the Nostre Café or Browns on Ham & Egg Terrace or a different kind of refreshment in The Mines Tavern.
6. To return to the car park at Axnfell, leave Laxey village by walking over the main road bridge in the Douglas direction with the Flour mill visible from the bridge on your right and the tram bridge on your left. Stay with this main road until you come to the Queen's Hotel and then take the steep road off to the right almost opposite "The Queen's. This is Rencell Hill.
7. Walk all the way up to the top of Rencell Hill and you will reach a "hilly" road junction. Turn right. Beware of oncoming traffic just after turning right – this is a blind bend with a single, very small passing place perched on the side of the cliff. This road is at first level but then continues to climb quite steeply past two houses on the right. Carry on climbing. From here you can see across lower Laxey valley to the Coast Rd and out to sea.
8. Stay with this road passing Axnfell plantation on the right and climbing, once the road starts going downhill you will eventually be back at the car park where you can stand and see the route you have walked.
9. As an alternative route on this road just after the steep climb and a left hand bend along side Axnfell on your right, you can leave this road through a wooden gate on the right into Axnfell plantation. Head slightly downwards on the path a small way. At the pathway junction turn left and head through the trees. The pathway is clearly defined and lower down has been widened in the last few years. Stay with the path until the trees start to thin out (many have been felled) and you will see another clearly defined path on the left leading you uphill and back up to the road. Take this and climb over the stile immediately onto the road. You are now at the road junction you passed at the very beginning. Turn left to get back to the car park.

5. Members Suggestions.

Websites: walkjogrun.net

Great site for areas you are not too sure you know. You put into the info bar on the first page an address or post code or just a city, village and see what routes other runners/walkers have uploaded. Gives an idea of climb/fall, general profile etc and route. Give it a try.

Races: **Man vs Lake** 26.2 miles & 3037ft climb...! **Next date:** 21st July 2018

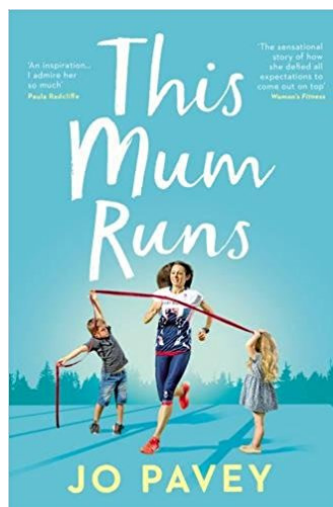
Ok so this is not your "elites" marathon with PBs but what an Adventure.....

Info from the Web (search man vs lake): (DO YOU DARE WATCH THE VIDEO...!.....!)

This 26.2 is like nothing you will have experienced. You will enter the Lake District by striking out with an audacious and surreal crossing of the quicksands of Morecambe Bay, before heading north through mountainous country on a rollercoaster running route that brings you to the foot of England's most famous Lake. You then proceed higher into the hills and forests of the area and immerse yourself into the Lake itself, tackling short wades, swims,* slides, jumps and an amazingly bold floating assault course. A trademark Man Vs "Vertical Kilometre" will push those quads to breaking point and help to rack up a whopping 3000ft of ascent before you psych yourself up for a "Swallows and Amazons" rope swing suspended from a crane.

*This is a running event, not a swimming event. You will certainly get wet. When there is full immersion we will issue buoyancy aids and have water safety staff on standby. In order to complete the event fully, you must be able to swim. But all of the swim sections are short and can be bypassed if you wish

Reading: Every Mum and Dad who does any kind of regular exercise should read this...!



This Mum Runs. Author: Jo Pavey

Jo Pavey was forty years old when she won the 10,000m at the European Championships. It was the first gold medal of her career and, astonishingly, it came within months of having her second child.

"Come-back races? I've had more than a few, the night of 10 May 2014 was the ultimate long shot. I was a forty-year-old mother of two who had given birth eight months before. I trained on a treadmill in a cupboard by the back door and I was wearing a running vest older than most of the girls I was competing against. Was I crazy?"

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

7. **Members Comments:**

Peter Cooper – Facebook 24 Aug 2017

"BBC 2 this evening, 24/8, at 8pm is showing a documentary about 90 year olds trying to become world champion veteran athletes. There is hope for us yet."

Some IOMVAC photos follow:



Top three in the IOMVAC Marathon, Ramsey, August 13th 2017

L-R
3rd Mike Garrett
1st Christian Varley
2nd Tim Alexander

Mike was also the Winner of the IOMVAC Members Arthur Currie & Fred Ward Memorial cup



Participants in the Veterans Mile, NSC, July 19th 2017



Trophy Winners Veterans Mile, NSC, July 19th 2017