

Isle of Man Veteran Athletes' Club

Affiliated to IOMAA, NEAA & BMAF

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President	Mr Dursley Stott OBE JP	Chairman	Colin Watterson
Hon. Sec.	Lesley Christian	Hon. Treasurer	Gill Churcher
Committee members:	Maureen Cox, Sarah Goldsmith, Mike Gellion, Robbie Lambie, Enid Watson, Jock Waddington, Marie Jackson Race Sec.		
Marathon organiser	Christine Bathgate		
Membership Sec.	Peter Cooper		

Annual Dinner provisional arrangements: Date: Saturday 17 November. We are hoping to have it at Douglas Golf Club, Pulrose, this year, and have a hot or cold buffet and some music. This Golf Club also has a second room for those who find the music too loud, or just want a little more conversation (and a little less action).

New members

Welcome to new members: James Bishop who ran the Bushy's 10 kms and the ½ marathon; Deborah Loader who has run 2 halfmarathons and is now looking for a training partner for the Dublin marathon; Mark Hemsall who is a walker and won the award for the most improved performance in this year's Parish; Paul Phillips who is also a walker; Sue Redmayne who has rejoined after recovering from injury and ran the ½ marathon; Peter Pierce a runner and Alan Cowin.

Vets in action

BMAF Track and Field Championships in Birmingham David Anderson competed in these in July and won the 400 m hurdles in the M50 age group in 63.46.

Dublin Racewalking Grand Prix In June several of our members competed in this: Dougie Corhill was 6th in the 3k mastermen's in 18.25; Bridget Kaneen won the 3k master women's in 17.16; Marie Jackson was 6th in the 20k senior women's in 1:57.27; Peter Kaneen was 6th in the 20k senior men's in 1:40.09.

AAA walking championships at Manchester Peter Kaneen won the bronze medal in the 5 km race in 22.55, a season's best time.

Island Games Gail Griffiths came 11th in the women's half marathon in 1:39.24 and 11th in the women's 10,000m in 43.25; Andy Fox was 8th in the men's half marathon in 1:18.03.

Marathon of Britain ultra run Bethany Clague competed in the 105 mile run, and her report will be in a future issue. Bethany also completed the Blackpool Marathon, see further on in this issue.

100 miles walking race. Andrew Titley completed the UK 100 mile race with a PB of 21:34, finishing in 7th overall and 2nd Briton. Andrew has now become a Centurian in 3 different countries, UK, the Netherlands and the Isle of Man.

Salford Triathlon Paul Cubbon was 2nd in his age group and 11th overall in 2:14.56.

Commonwealth Fencing Championships. Henry da Silva won the gold medal for his age group.

IML 4 days marches Nijmegen. I completed my age-distance again this year. The weather was reasonable, a great relief after last year's cancellations.

Future excursions

Marie Jackson will be taking part in the World Masters' Racewalking Championships at 20 km in Italy on 15 September.

Don't forget your off Island races can count towards the Vets Running Shield. Send your results to Alan Postlethwaite at the Swallows, Coburn Drive, Ramsey, or email him at alan.linda.pos@talk21.com. "Evergreen supervet" Alan has recently celebrated his 60th birthday. See Robbie Lambie's resume of his impressive athletics career further on.

Batteries We all have watches, stopwatches, heart rate monitors and other gadgets powered by tiny batteries. When you need a replacement, I have found the quickest and cheapest place to go is the fancy dress / joke shop in Nelson Street, Douglas. They cost less than £2, some jewellers will change you £10.

Salt The SMA is writing to marathon organisers urging them to ensure that every runner is given adequate advice about hyponatraemia, which is believed to have been responsible for the death of a male runner in the London marathon this April as well as a number of deaths in other marathons. Hyponatraemia - defined as a low concentration of sodium in the blood - arises amongst runners during long races when large volumes of water are consumed without adequate sodium intake. The condition has emerged as an important cause of race-related death and life-threatening illness among marathon runners. For more info: www.saltsense.co.uk www.coolrunning.co.nz/articles/2002a011.html www.englishhockey.co.uk/text

Midges and other nasty biting things I was sent this info by an ex-squaddie:
Instead of using mosquito repellent issued by their unit, soldiers and workers at the base are buying Avon body lotion to repel midges on the West Coast. The company traditionally associated with images of well-dressed women selling cosmetics door-to-door is experiencing an unexpected boom thanks to the pesky insect. Neil Smith, a Royal Navy spokesman at HMS Clyde, near Helensburgh, said: "It's not official kit but nothing works better and the Marines are buying it themselves because the midges are so bad up there." The wonder cure is a £5 bottle of dry oil body spray from Avon's Skin So Soft range. The midge problem at the base where Trident missiles and Vanguard submarines are stationed is so bad it recently installed a MidgeEater machine at the front gate. Workers at the camp can often be seen wearing midge nets on their heads.
No, I am not on commission, I think you can get Avon online these days.

Club kit We are currently designing a new high viz Club vest. Suggestions should be passed to a committee member.

Club Fixtures 2007

Enter now: 9 September *Open 20 km walk *Entry form enclosed and on website

23 September End to End Walk *25 Oct Vets Autumn handicap 4 Nov Sid Quirk ½ marathon

Fixture list for remainder of 2007

7 September Scott Physiotherapy Dave Phillips Peel runs round 6
9 September Union Mills Garage 20 km race walk
16 September James Coulson Laxey fell race
23 September End to End walk

7 October Western 10 run and 7 walk
11 October Ramsey Bakery runs round 1
14 October Manx Gas cross challenge round 1
14 October Welbeck Hotel one hour walking challenge
20 October Winter hill runs round 1
25 October Blackrock Vets' Autumn handicap
27 October NAC cross country
28 October FPI walks round 1

1 November Ramsey Bakery Firemans runs round 2
4 November Syd Quirk half marathon run and walk
11 November Manx Gas cross challenge round 2
17 November Winter hill runs round 2 and Junior fell running champs
18 November FPI walks round 2

2 December Empire Garage Peel to Douglas walk
6 December Ramsey Bakery Firemans runs round 3
9 December Manx Gas cross challenge round 3
15 December Winter hill runs round 3
16 December FPI walks round 3
26 December Millennium way relay

Remember to check in the local press nearer the time or go to www.iomathletics.co.uk

Thanks to BLACKROCK and Dave Nixon for photocopying free of charge and help with the posting.

A group of three runners from Italy came over for the marathon and have passed on details of their half marathon in Cremona on 21st October 2007. www.maratoninadicremona.it