

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, Marie Jackson Race Sec. Robbie Lambie, Enid Watson, Jock Waddington,		
Marathon organiser	Christine Bathgate		
Membership Sec.	Peter Cooper		

Annual Dinner and Presentation of Prizes: Date: Saturday 17 November. Why not join us at Douglas Golf Club, Groves Road, Pulrose, to find out who has won the various competitions and awards. There will be a hot buffet, complimentary wine and music by DJ. This Golf Club also has a second quieter room for those who are not keen on music. Please fill in the enclosed form, including choice of food, which includes a full range of side dishes and choice of dessert. The prize presentation will take place first, starting at 7.30 pm.

New members

Welcome to new members: Wendy Sandford, who runs with Colin Halsalls's group at the NSC and is a physiotherapist; Kevin Deakes who is a runner and won the last Scott Physio 2 lapper.

Vets in action

Marie Jackson recently achieved an individual silver medal and team gold (for the UK) in the 20 km walk at the World Masters Athletics Championships in Riccione, Italy, in a time of 1:57.20. There was a field of more than 180 walkers, hot conditions and very tough judges. Well done Marie!

Gareth Evans has achieved his ambition to run 50 marathons, several months ahead of his 50th birthday. These included the Marathon of Britain which is 175 miles in 6 days, runners carrying their own requirements and doing their own navigation. This is a terrific achievement! This is his own account of this year's races:

I have recently pushed my marathon total up to 50. I wanted to do 50 by 50 years of age. In the last year I have done quite a few marathons, mostly off island obviously. For the Calendar year 2007, I have run the following marathons and ultramarathons:

Thames Path Ultra 50 mile trail race, Reading to Shepperton, 17 February; Manx Mountain Marathon, 7 April; Blackpool Marathon, 3 June 3:59; IOM Marathon, 12 August; Marathon of Britain, 175 mile trail stage race, Great Malvern to Nottingham, 2-7 September, 56 hours odd.

In the last quarter of 2006, I also ran the Jersey Marathon and the Snowdon Marathon.

See article further on sent in by Beth Clague, and photos on website soon.

Beth Clague has also been active, she has run 52 miles of the South Devon Footpath, part of the Marathon of Britain Coast ultrarun. Her account of this is included further on. She also crewed on the Marathon of Britain, and she intends to run the Thames Path ultra 50 in January.

Rob Sellors has completed a 92 mile duathlon around the Island to raise money for Manx Cancer Help. Donations should be sent c/o Cronk-y-Berry School, Douglas.

Alan Kinvig, Centurian, has now raised more than £7,000 for various charities on his Parish walks.

Alan and Mo Kelly ran the Robin Hood half marathon, see Alan's article further on.

Dave Anderson became North of England M50 champion on 30th Sept. in the 800m and the 400m, running 1.25 and 55.8 respectively. I understand he has now taken up ballroom dancing. Well, it helps to be light on your feet in politics. In the next newsletter there will be a review of Dave Anderson's athletics career by Robbie Lambie.

Gail Griffiths ran the Great North Run in 93.33 giving her a place of 1026 out of 40,000, and 9th in the W40 category. Gail had an elite club entry (from IOMVAC) so she could rub shoulders with Paula Radcliffe at the pasta party and also had the advantage of an uncrowded start.

Paul Cubbon was 11th in his age group in the Northamptonshire Triathlon and 89th in the World Age Group Champs in Hamburg, the week before.

End to End Mountain bike race. Several members have been doing a spot of cross-training –

74. John Marchmont 4:11.48; 178. Ken Watterson 4:59.38; 210. David Doyle 5:18.00;
247. Adrian Cowin 5:33.10; 254. Richard Radcliffe 5:36.46; 333. Roey Crellin 6:48.06.

1995 Parish walk winner Brian Ashwell is still walking competitively and has set a new walking records for M75s, a British and European record for 1,500 m and a British record for the 10,000 m.

Michael George recently completed his first 50 km racewalk in Tilburg, NL, where he came 5th in a time of 5:15.05.

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

The running shield and racewalking league tables are included with this issue.

The running shield is kindly produced by Alan Postlethwaite (814298) and the walking league by Robbie Lambie (842043) . Any queries please contact them direct.

Vets shield results are up to and including the Western 10 . Just two local races left in the series for this year: the Ramsey Fire Services scratch run in Ramsey on this coming Friday and the Syd Quirk Half Marathon at the beginning of November. Bethany Clague is the only one to have completed seven events in accordance with the competition rules at the time of writing but there are still a few more who can come up with the requisite combination before the end of the series. There is also still the opportunity to include results from off-island events up to and including the Syd Quirk date.

The walking league similarly has 2 races left to complete, the Veteran's autumn handicap and the Sid Quirk half marathon.

Colin Halsall has a running group who meet at the NSC for training, everyone welcome.

“ We meet on a Monday and Wednesday night at the Manx Harriers club house at 6pm. We cater for all abilities from beginners up. Normally we tend to run for about 30mins up to 60-70mins for the more advanced. It is also very sociable as we will never let any one run on their own and most routes we take have various turn of points so if any one is not up to it on the night they can get back quite comfortably. Look forward to meeting any one who wants to join us.” *Colin Halsall*

Club kit The new high viz Club vest design is ongoing. Any helpful suggestions should be passed to a committee member. We hope to have it finalised by the AGM.

Flora London Marathon. I know it is a bit early to be thinking about rejection (sob, sob) but if you do receive a rejection, remember the Club has several places available for unsuccessful applicants. Preference is given to 1st claim members who have not yet had a Club place. Apply to Lesley Christian at 1 Chester Mews, The Paddocks, Ballasalla, with your details, **BUT ONLY AFTER RECEIVING YOUR REJECTION.**

Club Fixtures 2007 - Enter now:

25 Oct Vets Autumn handicap – entry form with previous newsletter and on website. Entries close 22/10/07

4 Nov Sid Quirk ½ marathon – entry form enclosed and on website

Fixture list for remainder of 2007

14 October Welbeck Hotel one hour walking challenge

25 October Blackrock Vets' Autumn handicap run and walk

27 October NAC cross country

27 October Winter hill runs round 1

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

1st November 2007 Gateshead International Cross Country Races closing date for entries 1 Nov. enter online at www.ukathletics.net, or phone 0191 433 6900 for entry form. (I have one form if anyone wants it.)

1st March 2008 Cyprus Marathon, half marathon and 10 km. www.cyprusmarathon.com, email run@cyprusmarathon.com. I have the full press release, anyone interested let me know and I will send it on to you.

Always check with the local press or the www.iomathletics.co.uk website.

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