

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 Subscriptions well overdue

Anyone who wishes to remain a member and has not yet paid their subscription should be aware that they are not covered by the Club insurance while competing. It is essential that you contact Peter Cooper asap with your remittance because the Club levies which are paid to various UK sporting bodies are also overdue. If you wish to resign please let Peter know also.

Great North Run – Urgent – Urgent – Urgent (30 September this year)

There are guaranteed places up for grabs again this year, but you must have a qualifying time in a half marathon during the last 12 months of 1:25 for men and 1:40 for women. Entries must be in before the end of the month, so get in touch with Lesley Christian immediately. Tel: 829164 home.

New members

Welcome to new members Rob Sellors, who ran the Mountain marathon at Easter, Michael George, well know walker, Parish Walk finisher and runner; Helen Lamming, who ran the Liverpool half marathon and various local races; Neil Wilson, who has returned to running and took part in the Bushy's 10 km and the Peel to Douglas road race; Steve Cain, who ran the 20 mile, the London Marathon and the Vets Spring Handicap; Miriam Kelly, who is new to running and is taking part in the Ramsey Park runs and the Dave Phillips series; and Judith Bowen.

Sportswoman of the Year

Congratulations to Sue Biggart for her well deserved award. And we will be keeping our fingers crossed on Parish Walk day for her to beat Sandra Brown's record this year. Also to Judy Morrey and Bernie Shimell who were presented with the Bagley trophies for services to athletics. All well deserved awards.

Vets in action

Peter Kaneen won the silver medal in the 20 km at the National Racewalking Championships at Coventry in 1:40.46. Andy Penn took the gold in 1:35.24

London Marathon – congratulations to all who took part. Steve Cain 3:40.30, Richard Radcliffe 3:44. Martin Bell 3:58.51, Debby Ashe 4:24.30. Ian Callister 4:39.24, Lynne Quine 5:13.38, Ingrid Sugden 5:20.05, Maureen Kelly 5:34.03, Catriona Farrant 5:48.33.

Liverpool Half marathon Paul Cubbon chip time was 1h26m03s, Bethany Clague chip time 2h13m05s, Catriona Farrant chip time 2h12m56s, Helen Lamming chip time 2h21m08s Gail Griffiths' chip malfunctioned, but her estimated time was 1hr 34min 02s. Gail is also running the half marathon and 10,000 metres in the Island Games.

Bethany Clague ran Tough Challenge 2, see her article further on.

Kevin Vondy ran the Belfast marathon again this year in 2:51.36, a pb by 7 minutes.

Sue Ackroyd ran the Shakespeare half marathon in 2:14.12.

Sue Furner and her five children aged 14-22, will be taking part in a trek up Kilimanjaro in October 2007. They are paying for the trip themselves but would like to raise some funds for a Tanzanian Children's Charity, by holding a Car Boot Sale. The charity SOS Children's Villages is a world wide charity and runs two children's villages in Tanzania looking after orphans.

If anybody has anything they could donate to them for a Car Boot they would be very grateful and willing to collect. Please email Sue on rich.furner@manx.net or phone on 420123. Sue has been suffering with a bad back recently, hopefully she will have recovered in time to make this trip.

Kilimanjaro is the place to go this year, Lesley Christian and Ray Pitts are also heading out to Tanzania to climb the mountain at the end of July.

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

Vets worldwide

I recently received the following email from Allen Quirk in New Zealand – some of you will know him.

Hello Sarah-Just found your web site for veteran athletics-great reading-I really enjoyed the times registered for all the races from marathon distance down. Though I don't know if any of the competitors are Manx I thought I would drop you a line to let you see how enjoyable vets running is and there is life after playing football.

My name is Allen Quirk, (known in Peel as Sploosh), born in Peel, played football for Peel and the Island, left IOM in 1964 to live in New Zealand, after football took up vet running aged 42 and loved it, got registered with a local club and ran competitive vets for 10 years-10 marathons, slowest 2h 54m, fastest 2h 39m, ran London 1988, 2h 50m, aged 50 years, 1/2 marathon 1h 13m, 10k 34 mins. I ran your Western Athletics 10 mile in 1982 in 59 mins. I loved relay running and hold many medals for NZ National Relays and I still run every day, now 68 years old, so I try to encourage others to enjoy it. I try to come home to Peel every year now and still have many great friends to mix with. Keep up the details on your site, best wishes
Allen Quirk.

No need to worry

According to the Journal of the American Osteopathic Association "moderate levels of running" apparently don't increase your risk of osteoarthritis of the knees, and may even help.

Road Safety

Hopefully you have all been aware of the road safety campaign for vulnerable road users – that's you and me when we are training or racing on the roads. Please remember to use your high viz tops, you soon get used to being conspicuous, and that's the whole point. There are still too many people out on the roads in dark or neutral colours, and as drivers, you must have noticed how hard it is to see them even in good visibility. The sports shop in Strand Street has several lightweight jackets, or try BikeStyle on Prospect Hill, some of the biking jackets are just as good for running. No doubt the Ramsey sports shop has some as well. There are also usually bargains to be had at jbsports.com, or sportshoes.com, tel 08700 434555.; or bournesports.com, tel 017782 410411 sweatshop.co.uk, tel 0208758 0044 etc. Just add www. And when you are driving please remember to make allowances for pedestrians, cyclists and horseriders. Many of us change to our alter-ego when we get behind the wheel.

Club kit

We still want your opinion on the Club vest – would you like a new design and better fit, or don't you care either way? Those of you who are concerned that you will have to buy a new vest, don't worry, we may have found a possible way round that. Please pass on your comments to any committee member.

Club Fixtures 2007

ENTER NOW: 12 August Marathon and ½ marathon – still time to get those extra miles in, and remember walkers are welcome in the half marathon. Entry form enclosed and on website.

18 July	Veterans' mile	25 October	Vets Autumn handicap
9 September	Open 20 km walk	4 November	Sid Quirk ½ marathon
23 September	End to End Walk		

BMAF Championship events 2007

24 June	5k	Horwich	26 August	Half Marathon	Leek
16 September	Marathon	New Forest	30 September	10k	Newtown, Powys
10 mile	TBA				

Fixture list for remainder of 2007

24 May HSBC Ramsey Park runs round 3
6 June 10k track running and walking championships
9 June Glen Mona fell race
12 June Bushy's Great South Run
13 June Steve Jacobs Mile
15 June HSBC Ramsey Commissioners Park run round 4
23/24 June Parish Walk
29 June Scott Physiotherapy Dave Phillips round 3
30 June Island Games

8 July Ellan Vannin fell race
18 July Veterans mile
13 July HSBC Ramsey Park runs round 4
17 July Bushy's Great South runs round 3 includes IOM 10km championships
19 July St Johns 10km walk
20 July Scott Physiotherapy Dave Philips Peel races round 4
24 July North Barrule fell race
28/29 July IOM track and field championships

7 August Scott Physiotherapy Dave Philips Peel races round 5
12 August IOM marathon and half marathon
13 Peel hill race and 5 km walking championships
16 August Anna Marie Cutillo Foxdale 6 mile road race and walk
26 August Creg-ny-baa fell race

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 championship
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

Off island races

BMAF marathon championships hosted by South West Vets included in the New Forest marathon Sunday 16 September, entries close 30 June. www.nfma.org.uk sorry they haven't given a phone number.
Veterans 10 mile road race St Annes 14 October – entry form enclosed or on our website.

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