

ISLE OF MAN VETERAN ATHLETES' CLUB NEWSLETTER FEBRUARY 2012

Website

www.iomvac.co.uk



Club fixtures for 2012

Sunday 4th March Leinster Management 20 mile run at NSC

Thursday 15th March Dursley Stott Veterans' Spring Handicap walk and run

Sunday 22 July Salclear IOM Marathon and half marathon

Sunday 23 September End to End walk

Thursday 18 October Veterans' Autumn Handicap walk and run

Sunday 25 November Syd Quirk Memorial half marathon run and walk

Entry forms are attached for the 20 mile race and for the Vets Spring Handicap

Anyone with an entry for the London marathon or any other Spring marathon would benefit greatly by competing in the 20 mile race on 4th March.

And please support the Club by taking part in the Spring handicap races, or turning out to marshal or lapscore. These events can't take place without your help.

Subscriptions for the year ahead are remaining at the same as last year, i.e. £15 for 1st claim members, £8 for 2nd claim members and £3 for social members. Please fill in both pages of the attached form and send them with your cheque to Mike Gellion as soon as is convenient.

Your committee as it now stands:

President Dursley Stott

Chairman Colin Watterson 833655

Treasurer Gill Churcher

Membership Mike Gellion 834822

New members—a warm welcome:

Carolyn Magee

Secretary

Marathon

IOMAA

Maureen Kelly 834117

Christine Bathgate 880483

Lesley Christian

Mandine Wilson

We are still one member short, so if anyone would like to volunteer their services, please get in touch with Maureen Kelly.

Webiste: Adrian Cowin metmann@hotmail.com

Newsletter: Sarah Goldsmith 844343 sarah.goldsmith@manx.net

RAMSEY MARATHON AND HALF-MARATHON

A sub-committee is being set up to organise this very popular event in future years. As these races take a lot of organisation, and a lot of hours over the weekend of the event, it is important that some members of the new sub-committee are available to assist on race day this year to understand how the day unfolds. This will help ensure that race days continue in the same efficient smooth manner that we have all come to expect and appreciate. Any club members, or non-club members, who are interested in volunteering for this role please contact the Secretary, Mo Kelly – mokelly@manx.net.

2012

THE VETERAN'S ROAD RUNNING SHIELD an age/sex graded road running league where your times are compared to a system based on the Road Running Club age/sex standards. Points are awarded for each event, positive points if your time is better than the standard one for your age/sex but negative scores if you produce a time slower than set by the scheme. The final results are based on each competitor's best seven points scores, with no more than two of these scores being from the same distance group. The distance groups are as follows:

Group 0 : 4 to 9.99 miles

Group 1 : 10 to 12.49 miles

Group 2 : 12.5 to 17.49 miles

Group 3 : 17.5 to 23 miles

Group 4 : Marathon

This means that at least one of the seven counting results must come from a 20 miles or marathon distance. At the time of writing the events are: the IOM 20 Mile, Round 1 Scratch race of the Dave Phillips Memorial Races, Northern 10, Western 10, IOM Marathon at Ramsey, Ramsey Half Marathon, Bushys Great South Runs (all), A-M Cutillo 6, Northern 10k, Peel to Douglas Trail Run, Ramsey Fireman's Round 1 Scratch race and the Syd Quirk Half Marathon. A maximum of two results from off Island events, from any Group, can also be included. If there are any changes to the above list these will be announced in future newsletters and or local press.

CHAIRMAN'S REPORT

This year I am pleased to tell you that club membership has kept up the past trend of steady increase. We now have close to 150 full members plus 8 social and 5 life members. 109 of the full members are first claim.

Our main events this year were a great success thanks to hard work from all the committee and many members who turned out to assist as marshals, tent erectors or water station attendants etc...a splendid effort as usual. The full marathon was sponsored once again by Salclear through club member Dave Salter. It was a very good close contest with club member Rob Sellors coming through steadily to secure his first marathon victory and the Manx Championship. A total of 103 took part in the marathon and a record 298 in the half where Gail Griffiths took the ladies title while knocking six minutes off the ladies over 45 record for the course and outsprinting Preston's Gemma Adams by just 2 seconds. Our Spring and Autumn handicap runs and walks could have been much better supported but, as usual, as the handicaps unfolded the excitement rose and the finishes usually very close. It costs the club a substantial sum to hire the NSC for these events and the trophies well worth winning so come on you members and support the spring one due fairly soon. The Syd Quirk was run a bit later this year to avoid any problem with the trains at Ballasalla crossing. Haldane Fisher were again the sponsors and it was so appropriate that, at the 9th attempt, victory came in the run for Mike Garrett. This first came after a 3rd in 2009 and a second in 2010. 84 runners completed the run and 49 walkers completed their event which was a great battle between Michael George and Jock Waddington with Michael edging ahead to win by 47 seconds. Last but by no means least the September Ramsey Bakery sponsored End-to-End walk was all set for a record number of starters with an entry of 454 but on the day there were more non starters than usual. Club member, Richard Gerrard was the fifth different winner in 5 years. Our grateful thanks to those club members and non-club members who worked so well together to make it such a great event. Entries open on 1st February for the 2012 End-to-End so plenty of time to train.

The club was as usual very well represented in the Parish Walk. There were some fine performances and none better than Jock Waddington who claimed his 4th consecutive victory. He was pushed all the way by a much improved Vinny Lynch for a club one two. There were many fine performances and efforts worthy of mention. While we have many performing well at the younger end of our members it was good to see a few of our long time members keeping themselves fit and active. Robbie Lambie broke the old over 55 800m record with a run of 2.25.9. Juan Callow turned out and completed the Mountain Marathon, as well as a fine walk in the End-to-End, where there were 68 finishing behind him.

Michael George won the IOM 20K race walking championship but for my money one of the very best results was when 5 times parish walk winner and 5 times marathon winner Robbie Callister became the first foreigner for 20 years to win South Africa's oldest and Cape Town's biggest annual sporting event. He completed the 80K course in a new record time of 8Hrs 54Mins. He said afterwards that the heavy rain and strong winds made him feel at home. Perhaps that's why half the GB cycling squad is made up of racers that the island has trained to perfection with its green hills by the sea and climate that breeds them as hard as nails. It makes you think when today we have a track, lots of machines and help with diet but twenty to thirty years ago the island had four or five runners who were turning out to run marathons between 2hrs 23mins and 2hrs 35mins consistency. One of our earlier club members won the London-Brighton race as well as the army championship.

Turning now as I must to the business side. The committee decided to take out insurance cover which is better cover, for our marshals and helpers at events which are run by the club, than that provided by UK athletics through our affiliation. Steps were also taken to protect the personal assets of committee members through another smaller policy. This is I believe in line with other clubs but as with all things there is a price to pay but it's in the best interest of all that we provide this protection.

This past year I have found all the committee members a pleasure to work with and I couldn't fault any one of them for their efforts on your behalf. I am sorry to lose Marie and Lisa this year but they have both done more than their share and I will wish Lisa good luck with her business interests and Marie with her training to get back to peak fitness for competition at the highest veteran level where we all know she is capable of yet more medals. Thanks also to all club members and partners who have helped out as marshals or in other ways during the past year.

Every club has its problems and we have done our best to deal with ours. I close with this thought about a problem: a clever person solves it, a wise person avoids it and a stupid person makes it!

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2011 TROPHIES PRESENTED AT AGM OM 25—01—12

Race Walking League Men 1. Michael George 2. Colin Moore 3. Jock Waddington
No ladies qualified.

Road Running Shield 1. Kevin Deakes 2. Paul Curphey 3. Alan Pilling

Anne Brough Spring and Autumn Handicap Walks
Men: Colin Moore Women: Kistina Twizell

Bob Skillicorn Spring and Autumn Handicaps Runs
Men: Kevin Deakes Women: Gail Griffiths

Track and Field: Men Kevin Deakes Women Moira Hall

Sam Robinson Memorial Trophy (10 mile run) Men Kevin Deakes Women Gail Griffiths

Brian Doughty Memorial Trophy for services to the Club Colin Watterson

Ned Kennaugh Parish Walk trophy for 1st male club member to finish at Peel Geoff Chatwood

Henry de Silva Parish Walk Trophy for 1st female club member to finish at Peel Sue Furner

Ian Callister Trophy for Club Fell Running League Rob Webb

Veterans' Mile Andy Fox

Fell Runner of the Year Barry Moore

Syd Quirk Half Marathon Merit Award Judith Quane

To those of you who turn out come rain or shine to help at our events, thank you, we couldn't do it without you and you are much appreciated. For those who are reluctant, the second page of the subscription form lists the Club fixtures and asks you to let us know which ones you can help at. Although we have had a better response the last few years, marshals and lap-scorers are always needed. If each member turned out for the Club only once a year, we would be inundated with helpers. How hard is it, to make that effort?

Thanks to Blackrock Fund Managers (Isle of Man) Ltd for photocopying free of charge.

Club Contacts

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