

# ISLE OF MAN VETERAN ATHLETES' CLUB NEWSLETTER JANUARY 2012

Website      www.iomvac.co.uk



Happy New Year to all Members, let's hope it's a good one, full of useful training and good results! Some of you have already started out in traditional fashion at the Slieau Whallian fell run on New Year's Day, many in fancy dress! I have just discovered my hula girl outfit in the cupboard, surely I can be fit enough in time for next year's run . . .

**The Club's Annual General Meeting will be held on Wednesday 25 January 2012 at the Creg-ny-Baa Hotel commencing at 7.15pm. The official business of the meeting will be followed by chip butties and the Annual Prize Presentation.**

All members are invited and encouraged to attend as there will be discussions on important topics for which the Executive Committee require members' feedback and opinions before commitments are made by the club on your behalf. Please see the Agenda and come to the meeting to express your views.

Trophies due to be presented are:

Race Walking League      Road Running Shield  
Anne Brough - Spring & Autumn Handicap - Walk      Bob Skillicorn - Spring & Autumn Handicap - Run  
Sam Robinson Memorial Trophy for first Club Member in the Western 10 race  
Brian Doughty Memorial Trophy      Veterans' Mile      Fell Running League  
Parish Walk      Track & Field      Syd Quirk Merit Award

Two members of the Executive Committee are standing down so if you feel you would like to stand for Committee please let the Club Secretary (Mo Kelly) know by email: [mokelly@manx.net](mailto:mokelly@manx.net) or telephone 834117.

The Committee look forward to seeing all members at the Meeting for an interesting and enjoyable evening.

## **SYD QUIRK MEMORIAL HALF MARATHON RUN AND WALK SPONSORED BY HALDANE FISHER (IOM) LTD**

This was held on the usual two lap course around Ronaldsway, Ballasalla, Ballabeg and Castletown. The event having moved from the beginning of November to the end meant it was train-free. However there was another problem, the lovely Manx breeze, which was strong during the first lap, and even stronger during the second. Much appreciation to all the marshals and officials who had to stand out in that for so long. There were still several pbs, a tribute to hard training.

The run was won by the sponsor's representative, Mike Garrett, who has been working his way up to it for the last few years, coming 3rd in 2009 and 2nd in 2010. Well done Mike, who is now one of our members. Jackie Lee was the first lady home. 84 runners completed the event.

The walk was won by Michael George (also one of our members) for the 3rd year in succession. Michelle Turner was the first lady home. There were 49 walkers in total. The prize giving was in the Ronaldsway Social Club, with a super buffet, as always.

### WALK Results

1. Michael George	1:57.24
2. Jock Waddington	1:58.11
6. Andy Green	2:15.01
10. Andrew Titley	2:20.30
13. Brian Kelly	2:23.48
17. Colin Moore	2:29.08
26. Peter Lockett	2:38.00
36. Tony Ball	2:46.04
42. Sarah Goldsmith	3:00.03
48. Sue Jewell	3:25.42

### RUN Results

1. Mike Garrett	1:16.08
7. Paul Curphey	1:23.18
8. Kevin Deakes	1:25.15
15. Alan Sandford	1:31.00
21. Chris Cale	1:31.58
22. Barry Moore	1:32.49
24. Caroline Mayers	1:36.10
27. Ian Crawford	1:38.42
31. Tadhg O'Mahoney	1:41.46
48. Rob Gillanders	1:51.20
52. Alan Pilling	1:54.46
55. Andrew Lodge	1:55.11
59. Pat Blackburn	1:56.38
60. Steve Willmott	1:57.55
61. Jackie Moore	1:59.35
68. Kevan Osborn	2:05.31
70. Dawn Sissons	2:09.49
77. Juan Callow	2:14.32
78. Sue Furner	2:14.53
79. Alison Corlett	2:15.47
81. Maureen Kelly	2:33.29
83. Ingrid Sugden	2:35.19

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Please make every effort to attend the AGM at the Creg ny Baa, it should be an enjoyable social evening and the chip butties are legendary! Why do you think they chose that venue! It gives everyone a chance to find out who won what and when. Also, we need your input on various matters that affect the Club.

If you have any thing you would like to raise at the meeting, you will be most welcome to make suggestions.

It's got to be better than staying in and watching some hideous TV programme.

### CROSS TRAINING

Latest suggestion for cross training, for those of you who swim to improve your lung function and loosen up those stiff muscles.

The Western Swimming Pool is holding "Swim the TT Course". Yes I know we haven't had quite enough rain for that yet, and it would be a bit scratchy anyway. The idea is to swim that distance over 12 weeks. So go along and get an entry form if you are looking for an incentive to dive in more often. You can have a team if you think the distance is too much for one person. It starts on 16th January.

Virgin London Marathon places this year go to Rob Gillanders, Alan Sandford and Mark Peberdy.

### FAVOURITE CHRISTMAS JOKE

As told by Geoff Corkish.

A woman's prayer for 2012

Please Lord,

This year, could I have a nice fat bank balance, and a nice thin figure.

And please don't muddle them up like you did last year...

### Club Contacts

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### CLUB KIT

Have you got your new lime green Club polo shirt (as modelled on the website) yet? If you want one, phone Mo Kelly on 834117, there are mens' and ladies' fittings. £10 each.

For all other kit, order from myself, contact details left. There are 2 vests to choose from, the high viz fluo green one (also £10) and the original black and white.

There are also cotton T shirts in black with the club logos in white. These come in short and long sleeve options, and also as sweatshirts. You can have other colours in the cotton items, but the logos will always be white. These items have to be ordered from the manufacturers. Prices on application.

The embroidered Club logo is now available at Promenade T Shirts if you want to go along and get something else, they had some nice lime green hoodies, which would look good with the logo, when I was last in. Or if you have a favourite jacket or other clothing on which you would like to have the logo, go along and ask for a price.

Obviously you would order and pay for those yourself

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