

# ISLE OF MAN VETERAN ATHLETES' CLUB NEWSLETTER DECEMBER 2012 / JANUARY 2013

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ANNUAL GENERAL MEETING and PRIZE GIVING  
MONDAY 28 JANUARY 2013 AT THE CREG NY BAA  
HOTEL    TIME 7.15 PM    Agenda either attached or enclosed.  
Please try to attend, your opinions and suggestions are important.



## YOUR CLUB NEEDS YOU

Nominations are needed  
for a new Membership  
Secretary, also a new  
Treasurer and new com-  
mittee members. A  
chance for some more of

you to get more involved in your Club. If you  
think you would like to give it a go, phone Mo  
Kelly on 834117 or email [mo.kelly@manx.net](mailto:mo.kelly@manx.net)

OBITUARY    DOREEN SMITH  
13 Dec 1950 — 21 Dec 2012  
Her many friends in the Club will feel  
much sadness to learn of her passing  
away in Hospice. Doreen served on  
our vets' committee for several years  
in the late 1990's and was a joy to  
work with, always cheerful and will-  
ing to take on any job even though  
she was very busy helping others less  
fortunate. She did a lot for The Blind  
Welfare Society and for the elderly  
and those who had learning difficul-  
ties. She was the sister of Colin Hal-  
sall who himself was such a talent in  
long distance races and who puts so  
much back into the sport through his  
timekeeping etc. Stamina runs in the  
family would be a good way to

express it as Doreen in her first race ran the Peel to Douglas. Then amongst many others she did the Lon-  
don Marathon and twice the T T 40 (round the Course and a bit more). As recently as 2006 she completed  
the Parish Walk. We send our deepest sympathy to her husband Bob and her two sons. She fought her can-  
cer with extreme courage and judging by the fine tributes paid to her by Colin in his excellent eulogy, and  
the couple of hundred people who attended her service, they can be very proud of her and her life's work.  
As befits her personality, she had chosen the music to be played as people left the church, and it was  
"always look on the bright side".  
*Supplied by Colin Watterson*

### Discovery Cape Times Big Walk In November at Cape Town

Several Club members made the trip to  
take part in this 80 km event, which was  
won last year by Robbie Callister. The  
winner this year was Richard Gerrard,  
with Vinny Lynch second and Robbie  
third. Sue Biggart came in fifth overall  
and second lady, with Andrew Titley  
seventh and the team's sponsor, Philip  
Vermeulen also completed the race.

### Final results of the various league and shield competitions:

Veterans' Road Running Shield: Winner Kevin Deakes  
Runner up Mike Carrett  
Veterans' Fell Running League: Winner Ian Callister  
Runner up Alan Sandford  
Veterans' Walking League: Winner and only qualifier Richard  
Gerrard.

Is it time to rethink the qualification requirements for the walking  
league, with such a disappointing result for the last few years?  
Let us know your opinion at the AGM, or phone or email if you  
cannot attend.

## Dursley Stott Veterans' Autumn Handicap Run and Walk

Report from Mo Kelly: New boys Dawson & Harmer take the honours in Dursleys' races!

In good conditions, the Dursley Stott Autumn Handicap races were held on Thursday 18th October 2012 on the NSC perimeter roadway. The 5K walk was won by the improving and promising walker Andrew Dawson in an excellent time of 33Minutes 09Seconds.

Jock Waddington set the fastest time of the night in 25Minutes 31seconds.

The 10K run was won by another newcomer – Raymond Harmer just getting under 44minutes.

The fastest on the night was Ed Gumbley in the impressive time of 34 Minutes 48 Seconds.

Thanks to the timekeeper, marshals, lap-counters and teamaker!

### Members' results for the 10km run Actual times are given

1	Raymond Harmer	00:43:59
3	Phil Motley	00:44:13
4	Mark Peberdy	00:45:33
6	Barry Moore	00:41:52
10	Peter Cooper	00:44:03
16	Stephen Brown	00:40:07
18	Wendy Sandford	00:53:53
21	Moira Hall	00:56:08
22	Lesley Christian	00:58:02
24	Joanna Hall	00:48:03
26	Geoff Hall	01:02:59
27	Les Brown	00:48:37

### Members' results for the 5km walk Actual times are given

1	Andrew Dawson	00:33:09
2	Henry de Silva	00:38:28
3	Peter Lockett	00:34:44
5	Colin Stephen Moore	00:32:53
6	Jock Waddington	00:25:31
9	Sue Ackroyd	00:39:21
10	Sarah Goldsmith	00:39:42
11	Alan Pilling	00:41:43

## Syd Quirk Memorial Half Marathon Run and Walk

Mike Garrett, representing the sponsor, took first place for the second year running, with Ben Scott second. The first lady was Jackie Lee in 15th place, who was also first last year.

In the walk the young contender Alex Eaton beat all the veterans to take first place in 1 hour 54.13 sec, with Richard Gerrard second. The first lady was Stephanie Quayle in 19th place.

Members' results	Run
1.	Mike Garrett 1:18.31
3.	Kevin Deakes 1:21.30
13.	Paul Cubbon 1:27.28
16.	Stephen Brown 1:28.33
19.	Alan Sandford 1:29.45
22.	Barry Moore 1:31.40
23.	Paul Curphey 1:32.56
31.	Lewis Veale 1:38.45
32.	Tadhg O'Mahoney 1:39.22
35.	Alan Cowin 1:40.15
51.	David Smith 1:45.34
57.	Joanna Hall 1:48.25

### Run results cont.

79.	Andrew Lodge 1:57.44
86.	Jackie Moore 2:03.57
91.	Moira Hall 2:11.25
94.	Alan Pilling 2:15.37
95.	Sue Furner 2:15.56
97.	Jennifer Houghton 2:16.44
106.	Bernard Masterson 2:34.24

Members' results	Walk
2.	Richard Gerrard 1:54.27
3.	Jock Waddington 1:55.18
5.	Vinny Lynch 1:58.56
10.	Brian Kelly 2:11.32
20.	Ian Callister 2:26.38
25.	Colin Moore 2:27.42
29.	Peter Lockett 2:32.11
36.	Alan Gault 2:39.28
50.	Sue Akroyd 2:58.46
52.	Sarah Goldsmith 3:02.04

## WALKING TALLER IN 2013

by *Brenda Charlton*

I recently spent one and a half hours on Thursday afternoon in Poulson Park, Castletown, learning the skill of NORDIC WALKING from our IOMVAC committee member, Lesley Christian. I came away feeling straighter, fitter, taller, very enlivened and very happy. It was an eye opener!

I thought I knew all there is to know about WALKING having ploughed over the 85 miles of the Parish Walk on four occasions and done numerous shorter walks both before and since. This type of walking was completely different. I learned to walk with my head held high and using, I think, every muscle in my body. It was literally uplifting!

Lesley made an excellent tutor and gauged each "walker" to their own pace and skill. She was most professional in her approach—medical histories were discussed before we started, and our different abilities were instantly observed. I feel I must pass this great experience on to you all.

Lesley has recently completed a Nordic Walking Training Course and has purchased the Nordic poles for her participants to use (each pole is adjusted to the height of the user). As I say, my class is held on a Thursday afternoon, but Lesley is willing to organise sessions to suit people in the afternoons or early evenings when the light days come. In the event of rain, (yes, I am sure we will have more rain yet!) the Thursday sessions will be held in an indoor venue at Ballasalla. She also runs sessions in the West of the Island (wet days, indoors, at St Johns Football Club) and she also hopes to start sessions in Douglas.

(I hadn't realised that Lesley can also provide personal training in the form of strengthening and conditioning programmes for marathon running and for building up muscles for Parish and End to End walkers, etc.)

My days of race walking are over, I think, but I feel a renewed energy to enjoy the sport I love in a new way, with my head held up high, my shoulders back and with a good stride forward.

With best wishes to everyone for enjoyable walking (and running) in the year ahead. *Brenda Charlton*

(Lesley can be contacted on 829164, mobile 417773 or by email [lesleychristian@hotmail.com](mailto:lesleychristian@hotmail.com).)

## BOLTON 10 KM

by *Moira Hall*

Earlier in this year Geoff and myself had a weekend organised with our two friends Lynn and Dave Quine. We were going to stay with them and take part in the Bolton 10km run which took place on the 22nd April. We arrived in Liverpool on the Friday afternoon and Dave picked us up. Once Lynne had finished work and we had caught up on our news we went for a run round to see part of the course for the Sunday morning. We covered about half of the run, taking in Leverhulme Park and the surrounding village, we were fine with what we had done. We settled down in the house for the night to have a nice meal and crack open a couple of bottles of wine.

Saturday was going to be a relaxing day. We went in the car for a run and ended up doing a lovely walk up near Winter Hill. It was surprising how many people were out walking.

We met up with Dave's sister after we had a lovely lunch in a local pub. Geoff and I got a huge surprise—they had arranged for us to go and see Bolton play Swansea FA Cup. I have never been to a live match before so it was a fantastic experience. Geoff and Dave were in the lower stands nearer the pitch and I was sitting in Lynn and Dave's normal seats higher up in the stand. We all enjoyed the match, it was great soaking up the atmosphere. Some of the language was a bit choice when Bolton were being slack with the ball, but their tactics paid off with a 2 to 1 win. We went home after the match for a quiet evening in preparation for the run on Sunday.

### Bolton 10 km continued

We were up early for breakfast ready for the run. Shaun, Dave's son, was running with us, so once he arrived we set off for Bolton Harriers track. It was a wet morning but the 620 runners did not seem to mind, everyone was in good spirits.

It was 2 lap race, through Leverhulme Park and surrounding villages. The race started on time, 1 lap of the track then out through the park, then back out and round the main shopping area and village. There was one tight squeeze, if you were in a pack of runners going over a narrow bridge before tackling one of the two hills in the race.

Everyone was very friendly and chatted on the way round the route. We finished on the track and enjoyed some refreshments and a goodie bag with a luminous green T-shirt which we have worn many times going out running in the Isle of Man.

We all finished with no injuries and were pleased with our times which were—Geoff 1:05.35, Me 58.42, Dave 1:06.40, Lynn 1:02.08, and Shaun 1:01.47. Lynn, Dave and Shaun had not had much time to train for the run with work commitments and like us, were glad to get round and enjoy it.

Geoff and I will go back again next year and maybe we will encourage some other runners to have a try. It was a good course and very friendly.

Moira Hall.

### SPORTS MASSAGES

Injury consultations and half hour massages available from Steve Brearley on 453072, members get a concessionary rate

Sports massage treatment given to club members and friends at reasonable prices. Home visits if preferred. Contact Robbie Lambie on 453954.

### LONDON MARATHON 2013

Club places this year go to lucky members David Smith, Neil Cushing and Mark Peberdy

Full results of the Walking League, Fell Running League and the Running Shield can be found on the website

### THE OLD ONES ARE THE BEST!

Ray Shooter, a long time member of this Club, is still running marathons at 70 years old, indeed by the beginning of November he had completed his 184th race, and may well have done a few more since then.

Henry de Silva, 79 last month, has been awarded a gold medal for his services to fencing at the British Olympic Association Headquarters in London. Henry still competes in racewalking and fencing competitions and last year completed the London marathon. He was also one of the Olympic torch bearers, and I believe he could be seen in the background during the Queen's speech on Christmas Day!

### Club Contacts

*Secretary*

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Thank you to those who have supplied articles for this newsletter. Please keep sending in your news items, make sure to use my new address. Holmcroft, Main Road, Colby, ISLE OF MAN IM9 4NF.

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