

# IOMVAC NEWSLETTER AND RACE REVIEW JUNE 2010

NEWSLETTER AND RACE REVIEW JUNE 2010

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## Club fixtures for this year

SALCLEAR IOM Marathon and Half M, 8 August at Ballacloan, Ramsey ENTER NOW

IOMVAC Veterans' Autumn Handicap 16 September at NSC

RAMSEY BAKERY End to End Walk 26 September at Point of Ayre

HALDANE FISHER Syd Quirk Half Marathon 7 November at Ronaldsway Industrial Estate

## MEDALS AND SPECIAL PRIZES FOR CLUB MEMBERS

Henry de Silva of Andreas, who must be our oldest active race-walker, won a silver medal at the World Masters Indoor Athletics Championships in Canada for the 10 km racewalk in March. He also came fourth in the 3,000m.

Ian Callister received a special prize at the Manx Mountain Marathon presentation for competing in the event for each of the 40 years it has been running. Some feat!

Ron Ronan, who, although he is not a member of this Club, must be well known to many of you, received the Life Time Achievement in Sport Award at the IOM Sports Awards.

## Sports Massage

The IOM VAC committee have organised for discounted massages for our members with Steve Brearley commencing 1 April 2010.

The discounted charges are:

Injury consultations: members to pay £10.00 (normal cost £18.00)

Half-hour sports massages: members to pay £15.00 (normal cost £25.00)

Steve is based at 70 Derby Square, Douglas. Contact him on 611839 or 453072. Or at Living Well at the Hilton, Douglas.

## SPORTS DEVELOPMENT OFFICER

### Sometimes seeing the bigger picture is the way forward

Recently the Committee made a decision which has made ripples among the Club members. It decided to go along with the same decision made by Northern A.C and Manx Harriers which was to pay money for the next three years to cover half the salary of the Sports Development Officer, Stephen Christian, the Government paying the other half. We have agreed to pay the same as Western and Northern, i.e. £1,000, while Manx Harriers will pay twice as much. The Fell Runners have been exempted because of their smaller membership base and financial position.

*Continued on page 2*

*Sadly we lost three members of the Club during the last few months. Their Obituaries are on page 3.*

Articles sent in by members

Tadhg O'Mahony's London Marathon report  
Maureen Kelly's Reading Half marathon report  
Bethany Clague's JOGLE

## THE SALCLEAR ISLE OF MAN MARATHON & HALF MARATHON

races will be held on Sunday 8th August this year. Both the races are suitable for runners of all ages and abilities, and we welcome walkers in the Half Marathon too - in fact, for all you Parish walkers, it's an ideal distance to do in order to maintain your fitness levels, and good training for the End-to-End walk in September.

All information and entry forms are available on the club's marathon website

[www.marathon.iomvac.co.uk](http://www.marathon.iomvac.co.uk)  
or phone Christine Bathgate on 880483 or email to [iomvacclub@yahoo.co.uk](mailto:iomvacclub@yahoo.co.uk)

Please enter in good time to help the organisers, there are heavy penalties for entries on the day. If you are not going to participate in either race then please help on the day. We always need marshals and helpers on the water stations

## IOMVAC NEWSLETTER AND RACE REVIEW JUNE 2010

## SPORTS DEVELOPMENT OFFICER CONTINUED

He is in a position to do a great deal of good for the sport especially the younger people. A lot of our members have grand-children who could benefit and many of them may be encouraged, as they grow up, to become members of our Club. There are many other ways that he may be able to help us and we have requested that he report back to us through a newsletter on what he is doing, and has done, to help us and further the sport. At least we will have been seen to play our part. He could let us down, but we will not have let athletics down. Some might not wish to seek sponsorship for events if the sponsors feel that they are supporting his salary, but surely the two are quite separate issues. A sponsor of an event gets coverage for that event and can indicate what they require in the way of publicity, etc. for what they are prepared to put in.

I remember when Boundary Harriers was formed and some people worked very hard to raise funds to get an excellent club (mainly a walking and Badminton club) on its feet and financially sound. Similarly Manx A.C had people who raised money for their club through weekly whist drives etc. So much so that they were able to buy premises in Drinkwater Street for a Clubhouse with gym and where meetings were held. Now when forward looking people got together and the two clubs were joined to create Manx Harriers, many on both sides were against funds they had raised being used for their new club. The Drinkwater Street property was sold and what happened to the money and that of Boundary Harriers? Well, we have all been very grateful for having the Manx Harriers Clubhouse at the NSC. What an asset for us all and thanks to those who saw the bigger picture and brought the two clubs together and saw their funds used to benefit all.

Don't you think it's better for us to look at the bigger picture and see that a Sports Development Officer may also open many doors for us all? At least we will not be seen to be destroyers of progress and he has three years to show us what he can do for us and for all in our sport. If, at the end of that time we feel it's not been worth it, then we are not committed to continue with further payments.

Colin Watterson, Chairman IOMVAC

## Good Friday 10 km Road Race

## Men

55. Kevin Vondy	37.55
71. Richard Radcliffe	38.55
77. Paul Cubbon	39.30
94. Alan Postlethwaite	40.49
106. Barry Moore	41.22
109. Mike Gelliion	41.40
112. Stephen brown	42.10
115. Rob Gillanders	42.33
134. Les Brown	45.23

## Women

10. Gail Griffiths	39.48
54. Wendy Ross	51.45

## MANX MOUNTAIN MARATHON 3 April

The 40th running of this event saw Paul Thompson from Clayton le Moors take his sixth title in seven years to equal the record. He finished in 5:13.27. The first Manxman home was Ian Gale in third place in 5:29.20. Ian Callister has taken part in this event every year, (see front page.)

60. Chris Cale	7:53.13
65. Ian Callister	8:12.35
74. David Salter	8:33.36
81. Lewis Veale	8:50.53
85. Alan Kinvig	9:18.24
90. Lisa Motley	9:54.26
90. Phil Motley	9:54.26

## EASTER FESTIVAL RACES

## Peel Hill Race

## Men

81. Peter Cooper	30.38
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## Women

Gail Griffiths	19.58
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## Womens 5 km Road Race

Gail Griffiths	19.26
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## Overall results

## Women

11. Gail Griffiths	
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## HALF MOUNTAIN MARATHON

This was won by Lloyd Taggart setting a new record time of 1:37.24.

18. James Bishop	2:14.33
26. Dave Young	2:21.59
43. Les Brown	2:49.08
49. Paul Trees	3:06.02
50. Jackie Moore	3:07.09
50. Barry Moore	3:07.09
52. Andrew Lodge	3:07.49
59. Geoff Hall	3:22.04
60. Moira Hall	3:22.38
73. Mike Gellion	4:03.57
74. Roey Crellin	4:03.58

## Club Contacts

Secretary  
Maureen Kelly  
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Race Secretary  
Marie Jackson  
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for Running Shield  
alan.linda.pos@talk21.com  
Beth Clague for walking  
league  
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Adrian Cowin for website  
metmann@hotmail.com  
My own details are on the  
front page.

## VIRGIN LONDON

## MARATHON 2010

## times for Club members

Paul Cubbon	3:08.25
Richard Radcliffe	3:16.17
Debbie Loader	3:20.29
Stephen Brown	3:21.43
Alan Sandford	3:33.56
Tadhg O'Mahony	3:38.18
Martin Bell	3:43.09
Wendy Sandford	3:24.38
Moira Hall	4:33.31
Kevan Osborn	5:15.00
Geoff Hall	5:33.58
Dave Quine	5:46.17
Lynne Quine	5:46.17

## OFF ISLAND EVENTS

Gail Griffiths ran the Berlin Half Marathon in 85.07, a pb by more than 5 minutes. She was 20th in the women's race and 1st W45.

Pat Blackburn ran the Paris Marathon in 4 hours 15 minutes.

Mo Kelly ran the Reading Half Marathon in 2:28 (see further on)

Bethany Clague took part in JOGLE and ran 177 miles in 3 days to take the women's prize. (see website or further)

## IOMVAC NEWSLETTER AND RACE REVIEW JUNE 2010

### OBITUARIES

SUPPLIED BY COLIN WATTERSON

If the past few weeks the Club has lost three of its greatest supporters. It was with much sadness that I learned of the deaths of Bob Skillicorn, Dave Horne and Kevin Tasker in quick succession.

Bob was a committee member for several years around the late eighties to early nineties. He was a very useful runner and supported our races but was troubled with a difficult-to-get-rid-of injury which he eventually decided not to continue to fight with. He was a quiet man, a gentleman and a pleasure to work with as a committee member. He donated the Bob Skillicorn trophy to the Club which is presented annually at the dinner. His first love was motor cycles and he competed in trials and scrambles with success.

Dave Horne was a hard worker on behalf of athletics, mainly through Manx AC of which he was chairman. He was a tireless worker for the Easter festival and was a regular traveller to the Northern mens' League with the Manx team, offering encouragement and help. He was a great friend of Bryan Doughty and helped Bryan to form and run our veterans' club.

When our marathon was run in the south of the island, he was always there to help, not pushing himself forward, but solid and reliable. Later for several years he ran the youth club in Port St Mary and was a keen table tennis player and fisherman.

Last but not least, was Kevin Tasker.

Kevin was an inspiration, fighting his cancer with courage and dignity. He didn't complain and was always keen to help. For nine years he was a vital part of the End to End team of helpers. He was there at the Syd Quirk half marathon with his friend and neighbour, Mike Kneale, putting out the signs early in the morning and collecting the later. He was there on Marathon day, always pleasant and always useful at any of our events.

In his younger days he was a very good cross country runner and later a keen walker, who completed the Parish Walk on, I think, at least four occasions.

He was a tough competitor in our handicap walking events, never knowing when he was beaten.

He was a good family man, encouraging his wife Margaret with her walking and including her and his close friends on the golf course and at the bowling club where he was keen and popular. He earned the respect shown by a full and overflowing congregation at Arbory Church where his funeral service was held. It was good to see many of our club members paying their respects. Much sympathy is felt for Margaret and their family in their loss of such a likeable character, who will be missed by many. Our sincere sympathy also to the families and friends of Bob and Dave as well as Kevin. The Club owes each of them a great debt for playing their part in its history.

### RACE WALKING - RACE WALKING

Manx Harriers HSBC  
Open Meet 6 March

10km walk

- |                 |       |
|-----------------|-------|
| 3. Peter Kaneen | 52.24 |
| 4. Simon Cox    | 58.33 |

20km walk

- |                   |         |
|-------------------|---------|
| 3. Michael George | 1:41.46 |
| 4. Vinny Lynch    | 1:54.21 |
| 6. Andy Green     | 1:59.44 |

Sarah Killey Memorial Walk  
IOM Fire and Rescue Service  
50 km walk. 25 April.

- |                    |         |
|--------------------|---------|
| 1. Jock Waddington | 5:02.32 |
| 2. Michael George  | 5:12.44 |
| 3. Vinny Lynch     | 5:17.08 |
| 9. Andy Green      | 5:34.52 |
| 14. Chris Cale     | 5:51.34 |
| 21. Michael Bonney | 6:00.19 |
| 45. Alan Kinvig    | 6:30.52 |
| 79. Colin S Moore  | 6:56.43 |
| 135. Sue Jewell    | 7:40.22 |
| 157. Helen Lamming | 7:57.49 |

Vet's Spring Handicap 5km  
Walk. Actual times are given.

- |                     |       |
|---------------------|-------|
| 1. Jock Waddington  | 25.01 |
| 2. Colin Moore      | 32.47 |
| 3. Dave Mackey      | 29.40 |
| 4. Vinny Lynch      | 27.47 |
| 5. Sean Hands       | 25.55 |
| 6. Michael George   | 24.24 |
| 7. Christina Twizle | 35.18 |
| 8. Terri Salmon     | 31.22 |
| 9. Henry de Silva   | 37.03 |
| 10. Ian Callister   | 33.33 |

Manx Harriers 5 km race on  
TT Access Road 20 May

- |                  |       |
|------------------|-------|
| 1. Peter Kaneen  | 24.41 |
| 6. John Robinson | 30.06 |

3km

- |                |       |
|----------------|-------|
| 1. Vinny Lynch | 16.35 |
|----------------|-------|

10km racewalking Championship sponsored by HSBC

IOM 10km Championship

- |                     |       |
|---------------------|-------|
| 1. Steve Partington | 49.29 |
| 2. Sean Hands       | 51.58 |
| 3. Jock Waddington  | 52.47 |
| 5. Vinny Lynch      | 56.16 |
| 8. Marie Jackson    | 58.42 |
| 10. Simon Cox       | 59.52 |
| 13. Ian Callister   | 63.49 |
| 14. John Robinson   | 63.54 |
| 15. Terri Salmon    | 64.18 |
| 17. Dave Corrin     | 64.29 |
| 24. Colin Moore     | 67.28 |

Michael George now holds both the 5km and 20km men's walking championship titles and Marie Jackson holds the ladies 10km and 5km titles.

IOM 5km Racewalking  
Championship 18 April

- |                   |       |
|-------------------|-------|
| 1. Michael George | 24.14 |
| 2. Andy Green     | 27.01 |
| 3. Vinny Lynch    | 27.07 |
| 6. Marie Jackson  | 28.24 |
| 9. Dave Mackey    | 29.53 |
| 11. Terri Salmon  | 30.47 |

IOM 20km Racewalking  
Championship 9 May

- |                   |         |
|-------------------|---------|
| 1. Michael George | 1:44.21 |
| 2. Peter Kaneen   | 1:49.53 |
| 6. Ian Callister  | 2:19.06 |

### SEA TO SUMMIT CHALLENGE

This is a Manx event and will be held on 10th July this year. It is 38 miles long with 12,000 feet of ascent. All entrants are required to raise £100 (not £250 as was the case last year) each for IOM Children's Centre.

Last year there were 16 entries and only 6 finished within the 24 hour limit. For details on how to enter, contact Ian Callister, 842137 or email him at craigmount@manx.net

## FELL RUNNING

### IOMVAC FELL RUNNING LEAGUE CHAMPIONSHIP

#### SNAEFELL 13 March

13. Alan Sandford	54.44
16. Dave Young	58.35
20. Chris Cale	59.54
21. Peter Cooper	60.05
22. Ian Callister	60.51
26. Barry Moore	64.39
27. Lewis Veale	66.03
29. Les Brown	66.42
39. Geoff Hall	75.01
40. Lisa Motley	75.05
41. Roger Moughtin	75.35
43. Lorraine Stigant	77.31
44. Dave Quine	79.08

#### CARRAGHYN 23 April

12. Rob Webb	26.25
14. Dave Young	26.57
19. Ian Callister	28.22
21. Lewis Veale	28.48
24. Peter Cooper	29.35
26. Barry Moore	29.56
29. Paul Trees	31.00
31. Christine O'Shea	31.42
33. Jan Gledhill	32.46
37. Lorraine Stigant	35.50

Lloyd Taggart continues to dominate and has won every race so far.

#### After 6 events.

Ladies	
1. Lisa Motley	159 points 3 races
2. Lorraine Stigant	102 points 2 races

#### CREG-NY-BAA 16 May

10. Rob Sellors	1:30.23
15. Rob Webb	1:33.52
19. Alan Sandford	1:40.14
24. Ian Callister	1:48.06
26. Barry Moore	1:51.01
28. Paul Trees	1:52.19
33. Les Brown	1:55.53
39. Christine O'Shea	2:01.14
41. Lorraine Stigant	2:11.54

Lloyd Taggart set a new course record of 1:18.15.

1 Dave Young	224 pts
2 Ian Callister	214
3 Alan Sandford	204
4 Les Brown	196
5 Louis Veale	179
6 Barry Moore	176
7 Peter Cooper	155
8 Phil Motley	151
9 Dave Salter	147
10 Roger Moughtin	137
11 Liza Motley	132
12 Geoff Hall	131
13 Andrew Lodge	130
14 Paul Trees	129
15 Dave Quine	118
16 Gareth Evans	115
17 Rob Sellors	106
18 James Bishop	96
19 Lorraine Stigant	78
20 Rob Webb	54

See previous newsletter or website for the rules, or contact Ian on (842137) or craigmount@manx.net

## ROAD RUNNING

### TEN MILE RACES—Peel to Douglas and Northern 10

#### HSBC Manx Harriers Open

##### 10km run 6 March

10. Kevin Vondy	37.28
11. Kevin Deakes	38.42
12. Richard Radcliffe	39.27
14. Neil Wilson	40.08
15. Alan Sandford	40.15
16. Mike Gellion	40.20
17. Barry Moore	40.43
17. Alan Postlethwaite	40.43
19. Peter Cooper	41.20
23. Martin Bell	46.28
24. Alan Pilling	50.12

The winner was Kevin Loundes in 30.55

#### PEEL TO DOUGLAS 2 May

5. Kevin Deakes	66.04
6. Paul Cubbon	66.37
7. Barry Moore	67.29
9. Alan Postlethwaite	67.59
11. Mike Gellion	68.33
23. Dave Salter	74.49
28. Lewis Veale	77.07
29. Les Brown	77.25
35. John Swindlehurst	79.33
37. Geoff Chatwood	79.58
41. Jackie Moore	83.01
42. Ian Callister	86.50
43. Moira Hall	86.57
45. Eric Lee	92.01
46. Geoff Hall	93.35

49=Sue Ackroyd 1:58.39  
= Ingrid Sugden  
= Maureen Kelly

The winner was Mike Garrett in 57.32

#### Ramsey Park Run round one continued—3 laps

40. Ian Callister	31.15
41. Steve Willmott	31.51
42. Jackie Moore	31.53
43. Moira Hall	33.45
44. Geoff Hall	34.30

#### NORTHERN 10

5. Richard Radcliffe	64.39
7. Kevin Deakes	66.43
8. Paul Cubbon	66.50
11. Alan Loader	67.42
14. Mike Gellion	69.18
17. Rob Gillanders	70.16
18. Barry Moore	71.02
22. Stephen Brown	72.38
23. Debbie Loader	72.46
24. Phil Motley	74.19
30. Dave Corrin	77.23
32. Geoff Chatwood	78.42
37. Wendy Ross	85.14
39. Eric Lee	97.01

The race was won by Ben Scott in 58.45

#### Ramsey Park Runs

##### Round one—1 lap

6 Dave Mackey	12.01
17. Marie Jackson	13.26
30. Sue Ackroyd	16.57
29. Maureen Kelly	17.09

##### Round two—1 lap

6. Maureen Kelly	16.37
16. Sue Ackroyd	16.23

Round 2 was handicapped

### LEINSTER MANAGEMENT IOMVAC 20 MILE

3. Kevin Vondy	2:10.46
6. Mike Gellion	2:22.04
7. Richard Radcliffe	2:24.25
8. Stephen Brown	2:26.39
10. Alan Sandford	2:29.40
12. Rob Gillanders	2:33.29
13. Barry Moore	2:37.01
15. Martin Bell	2:45.37
16. David Young	2:47.38
22. Steve Willmott	3:16.47
24. Geoff Hall	3:32.00

The winner was Ed Gumbley in 2:02.10  
Rob Gillanders ran a pb

### RAMSEY PARK RUNS

#### Round two 14 May

3 laps handicapped race  
Actual times given  
Well done Dave!

1. Dave Corrin	28.11
5. David Doyle	27.15
7. Kevin Deakes	24.32
15. Stephen Brown	25.51
17. Rob Gillanders	25.56
24. Richard Radcliffe	24.01
26. Mike Gellion	25.55

### RAMSEY PARK RUNS

#### Round one 16 April

##### 3 laps

8. Richard Radcliffe	23.39
9. Kevin Vondy	23.56
11. Michael George	24.17
16. Mike Gellion	25.06
17. A Postlethwaite	25.19
18. Barry Moore	25.24
20. Kevin Deakes	25.58
21. Stephen Brown	26.08
23. Phil Motley	26.27
30. Les Brown	27.17
33. Martin bell	28.23
35. David Doyle	28.45
38. Alan Pilling	30.23

JUNE 2010

**Reading Half-Marathon – 21 March 2010 10.05am**

WOW, what a race!! Good course, enthusiastic crowds, superb organisation, good weather and fantastic setting for a finish line.

This race had appealed to me for years and I had finally got around to entering it. On race day the weather was good – mild with sunny periods. 34 free of charge double-decker buses ran a shuttle service for 3 hours before the start of the race to take all runners & spectators from Reading railway station to the Race Village. After an early breakfast I walked the half-mile from my hotel in the centre of Reading to the station. The bus took 15 minutes to get to the Race Village situated beside the Madejski Football stadium. On arrival at the stadium (7.45am) we were encouraged to go inside the stadium to watch the finish of the Green Park Challenge - a 2.8K run for all ages and abilities. There were over 1000 runners in this event, the winning time being 9mins06secs and the final competitor finishing in 38mins.

There were announcements advising runners to allow time to get to the start line, so after the usual long loo queue, I joined the throng winding its way to the start – turned out to be at least a mile walk. Runners lined up beside the marker showing the time they expected to take - I was right at the back. By the time I reached the 2hours10mins marker the announcer stated that the leaders had done 2miles. It took approx 15 minutes to reach the start line.

The course went through a housing estate, with some small hills near the start, followed by a more arduous hill at 3 miles. But after that, the course was fairly flat, making its way through the town centre amongst the Sunday shoppers and then back out towards the stadium. Water stations were provided every 3 miles and bottles of Lucozade at regular intervals. Crowds lined the course throughout.

The finish line was inside the Madejski Football Stadium where the noise from the crowd was deafening. After getting my timing chip removed by an army cadet and collecting my goody bag, it was time to join the queue for the free bus back to the Railway Station.

I finished 11,014th out of 12,300 in a time of 2hrs28mins. The winning time was 1Hr3mins and the leading lady finished in 27<sup>th</sup> place in 1hr12mins. Results and official photos were quickly posted on the website.

If you're looking for a mass participation event at this time of year, I recommend this race. I also recommend my hotel (Premier Travel Inn) as it is next door to the Oracle shopping centre – very handy!!  
Mo Kelly

**SCOTT PHYSIOTHERAPY  
DAVE PHILLIPS SERIES**

Round one 7 May —2 laps  
10. Marie Jackson 18.22  
21. Sue Ackroyd 21.38  
22. Maureen Kelly 22.03  
23. Dave Tasker 22.17

Round two 4 June—2 laps  
Handicapped—actual times  
18. Sue Ackroyd 21.35  
19. Dave Quine 21.02  
22. Maureen Kelly 22.21  
24. Kevin Vondy 14.47  
26. Claire Hulme 25.28

**Round 1 - Four laps**

3. Richard Radcliffe	29.26
5. Kevin Deakes	30.37
7. Alan Loader	31.00
8. Barry Moore	31.01
9. Alan Postlethwaite	31.02
10. Mike Gellion	31.27
11. Rob Gillanders	31.38
16. Peter Cooper	33.21
17. Debbie Loader	33.34
19. Les Brown	34.20
22. David Doyle	35.01
25. Dave Corrin	35.46
28. Geoff Chatwood	37.05
30. Jackie Moore	38.30
31. Roger Moughtin	39.16
32. Eric Lee	39.41
33. Alan Kelly	40.50
34. Steve Willmott	41.13

Round one—4 laps	Cont.
35. Geoff Hall	41.18
37. Alison Corlett	44.57

**ROUND TWO 4 JUNE  
4 LAPS**

Handicapped race	
Actual times given	
4. Eric Lee	38.51
8. Alan Kelly	39.23
13. Kevin Deakes	29.50
15. Rob Gillanders	30.56
19. Les Brown	32.53
20. Moira Hall	39.37
21. Geoff Hall	41.08
24. Ian Callister	38.40
25. James Bishop	31.45
26. Barry Moore	31.09
27. Mike Gellion	31.39

**Club Officers**

President: Dursley Stott OBE JP  
Chairman: Colin Watterson  
Hon. Sec. Maureen Kelly  
Hon. Treasurer Gill Churcher  
Race Sec. Marie Jackson  
Membership Sec. Mike Gellion  
Marathon Organiser: Christine Bathgate  
Committee Members: Christine Bathgate, Lesley Christian, Bethany Clague, Mike Gellion, Rob Gillanders, Marie Jackson, Vinny Lynch, Lisa Motley.  
Official Course Measurer and Collator of the Running Shield: Alan Postlethwaite  
Collator of the Walking League: Bethany Clague  
Collator of the Fell Running League: Ian Callister  
Webmaster: Adrian Cowin

**REMINDERS AND NEWS**

The latest Veteran's Road Running Shield is included with this, (or on the website) If you have off-island races you want included, please send you results to Alan Postlethwaite, The Swallows, Coburn Drive, Ramsey

Annual Presentation Dinner for this our 30th year will be held on Saturday 20 November and will include a ceilidh. Why not give it a try? You'll need to be fit!

## IOMVAC NEWSLETTER AND RACE REVIEW JUNE 2010

A REPORT FROM TADHG O'MAHONY ON THE 2010  
VIRGIN LONDON MARATHON

### London Marathon 2010

Having been fortunate enough to be given one of the Club places in the London Marathon, my training had gone reasonably well. I was therefore in a confident mood when I pitched up at Ronaldsway at lunchtime on the Friday.

Veteran's Spring Handicap  
6 Mile Run on 8th April

Actual times are given.

1. Kevin Vondy	36.32
2. Mike Gellion	40.37
3. Moira Hall	47.42
4. Paul Cubbon	37.30
5. Martin Bell	44.07

6. Rob Gillanders	39.18
7. Stephen Brown	41.00
8. Alan Pilling	48.47
9. Barry Moore	39.22
10. Jackie Moore	48.22
11. Roger Moughtin	49.43
12. Geoff Hall	52.26
13. Steve Willmott	55.00

Several other runners were there and as usually happens on such occasions, the discussion revolved not around all the long training runs we had completed but the few we missed and the minor twinges we were suffering.

Flight and trip into west Kensington were uneventful and that night I enjoyed a magnificent Indian meal - not generally recommended before a marathon but far more tempting than pasta.

Saturday morning and took the tube over to the Excel Centre to collect my race number and go to the Expo. For a runner this is heaven; a huge exhibition hall filled with seemingly hundreds of running shops, holiday ideas, latest products, free samples, marathon advice etc.

Four hours later I headed back to the hotel to rest the legs and listen anxiously to the weather forecast. Good news - not as hot and sunny as previously threatened. Later that evening I managed to locate a good vegetarian restaurant close to the hotel and enjoyed dispatching yet more tasty carbohydrates.

Another litre or two of water and early to bed - sleep disrupted unsurprisingly by several trips to the loo.

Down to breakfast on the big day at 07:00 with the muesli I'd brought with me, to discover so many runners that we had to share tables. Weather was bright and sunny but not as warm as the Saturday. Prefer cool and cloudy with a hint of rain but never mind, it will be a great day.

Arrived at Blackheath about an hour before the start - arrival coincided with a cloud burst - blimey I only wanted cloudy. Despite the crowds I managed to bump into a few Manx runners all pumped up and dripping wet. Organisers announced that the downpour would stop before the start and it duly did. Splitting runners into the correct pens seemed non-existent, last time I ran they were far stricter. Fancying a good start I pushed as far forward as possible, and with a minute to go I switched on my GPS watch to lock it onto a satellite signal. Given that it was an open park this should have taken seconds - but as the gun went off, no signal - come on, come on! Nothing doing, curses. We begin to jog toward the start - no signal, 10m short, still nothing. Nothing for it but step to the side and wait (impatiently). About a minute - a very, very long minute later, it finally locked onto a signal. Right, away we go.

I can only assume that all the faster runners had gone during that minute, because my first three miles were undertaken at a very stately pace. I was nearly three minutes behind schedule for a PB before things gradually speeded up by mile four. Still not running as fast as I would have liked, I slowly made up the three minutes lost over the next 14 miles.

Conditions were hot and humid although fortunately not too much strong sun. Traffic was still a problem but no use wasting energy dodging in and out more than absolutely necessary (well that's the theory anyway).

Finally by mile 18, the roads began to clear and as "Alice's Restaurant" started on my iPod, I finally got to run at the pace I wanted.

Looking back at the split times I didn't actually speed up but maintained the pace I had been going since the 5km mark. However it felt quicker, I was motoring and passing others at a gratifying rate. Finally I was ahead of schedule for the PB.

## IOMVAC NEWSLETTER AND RACE REVIEW JUNE 2010

Usually I struggle after the 20 mile mark, losing about five minutes against my required pace, but not today. Not that I had five minutes to lose being only just ahead of schedule. But I was firing on all cylinders and nothing was going to stop me now. Well, on reviewing the last sentence memories of Lucozade Sport come flooding back, it might be good stuff and full of carbohydrates but by the drinks station at the 19 mile mark, the thought of even smelling a bottle was doing nasty things to my tummy. Had to hope I had sufficient on board because if I tried to squeeze any more in, we may well have parted company spectacularly.

Miles 21 - 22 and my watch says that my pace is now well up on what I require. However, according to the usually reliable Garmin I've also run about 0.5 miles more than the mile markers suggest. Suspect that Canary Wharf has played havoc with it, as I didn't do that much weaving in and out – honest! Does this mean I'm really ahead of schedule? Brain too tired to work out whether 8:08/mile for a displayed 22.5miles is quicker than the required 8:14/mile over an actual 22 miles. Let's ignore the Garmin and revert to the ever popular plan of running the last 4.2 miles as fast as possible.

Still going well however, along the Embankment and past Big Ben – the 25 mile mark. About 1.2 miles to the finish and I could now calculate that anything inside 11 ½ minutes for this would beat my PB. Just keep going at this pace and you're there. 800m – 600m going well, Buck House at 400m. If the Queen was in the crowd I missed her. Around the last corner and the finishing post is within sight. Big finish then bliss!!!! New PB!!! Relax, change into something fresher, sip water, ignore the Lucozade in the goody bag, stretch, met another Manx runner or two and head happily back to the hotel.

Lying in bed later I tried to decide whether the slow start had helped with the PB. I certainly ran my first ever negative split, yet I was left wondering if I could have run more freely for the first 13 miles, would it have affected my pace for the second 13. Maybe I could have run 3 minutes faster ... maybe ... next year ... maybe ... hopefully ...

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### Fixtures to December

Always check the websites or local press nearer the time for confirmation.

18 June	Ramsey Park Runs
26/27 June	Scottish Widows Parish Walk
2 July	Dave Phillips Road Races
4 July	Narradale Fell Run
9 July	Ramsey Park Runs
15 July	Summer 10k Walk
16 July	Dave Phillips Road Races
17 July	Laxey Fell Run
23 July	Ramsey Park Runs
24 & 25 July	Isle of Man Track & Field Championships
27 July	Great South Run
31 July	North Barrule Fell Race
8 August	Salclear Isle of Man Marathon & Half Marathon
9 August	Peel Hill Race
12 August	Foxdale 6 Miles
13 August	Heritage trail Race
10 Sept	Dave Phillips Road Races
16 Sept	IOMVAC Autumn handicaps
26 Sept	End to End Walk
1 Oct	Great South Run
3 Oct	Western 10 run and walk
7 Oct	Ramsey Bakery Fireman's Runs
9 Oct	Winter hill run
10 Oct	Novice 1 hour walk
31 Oct	Winter Walking league
7 Nov	Syd Quirk half marathon run and walk
11 Nov	Ramsey Bakery Fireman's runs
13 Nov	Winter hill run
21 Nov	Winter walking league
2 Dec	Ramsey Bakery Fireman's runs
5 Dec	Peel to Douglas walk
12 Dec	Winter hill run
27 Dec	Millennium Way relay

Thanks to everyone who sent in articles and news items. Please remember to keep sending them to me.

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