

# ISLE OF MAN VETERAN ATHLETES' CLUB NEWSLETTER JUNE 2012

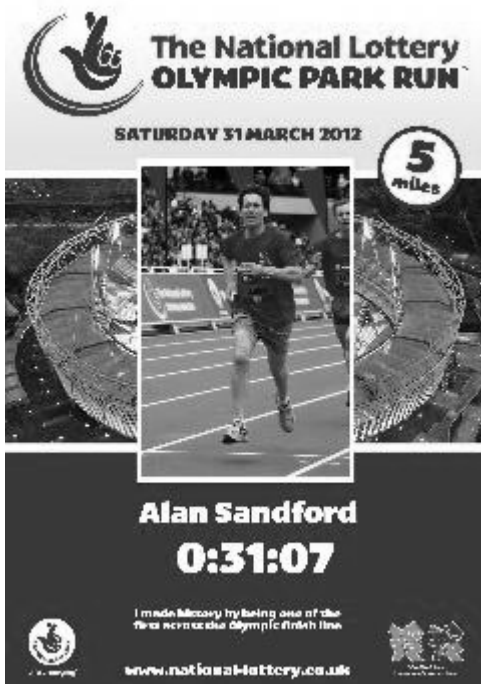
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IOMVAC SALCLEAR MARATHON AND HALF MARATHON  
SUNDAY 22 JULY 2012

Have you entered yet? All information and entry forms are available on the dedicated marathon site [www.isleofmanmarathon.com](http://www.isleofmanmarathon.com)  
Organiser Christine Bathgate [iomvacclub@yahoo.co.uk](mailto:iomvacclub@yahoo.co.uk) or phone for entry forms if you have no computer access 880483

## CLUB MEMBERS MAKING THEIR MARK



### Virgin London Marathon

Well done to all our members who completed the marathon,  
Mike Garrett 2:54.55  
Paul Curphey 3:00.12  
Paul Cubbon 3:06.26,  
Alan Sandford 3:12.59  
Richard Radcliffe 3:20.14  
Barry Moore 3:26.51  
Tadhg O'Mahoney 3:40.38  
Elizabeth McGowan 3:43.15  
Mark Peberdy 3:58.43  
Rob Gillanders, 4:20.16  
Neil Cushing 4:59.42  
Ian Callister 5:35.40  
Henry de Silva 6:26.22

Alan Sandford and Kevan Osborn ran in the Olympic Park Run finishing in the Olympic Stadium. See photos left and Alan's report overleaf.

Michael George has been collecting trophies again! He was 1st in the 50 km Sarah Killey Walk, also 1st in the inaugural Northern 10 Walk, won the IOM 20km Championship and a recent 5km Club walk.

Marie Jackson has been breaking records again, she has set a new W50 UK record in the 20km walk of 119:54 and was also the 1st lady in the new Northern 10 Walk.

Kevin Deakes ran a new M 50 UK record in the Brass Monkey Half Marathon of 1:18.15, and was also part of the GB team which won the bronze medal in the half marathon at the World Masters Indoor Championships in Finland.

Mike Garrett was second fastest Manx person in the Virgin London Marathon, after Jess Peterson, he won the Leinster Management IOMVAC 20 mile race and also the Northern 10.

Gail Griffiths was 2nd W45 in the Brass Monkey half marathon in her 2nd best time for that distance.

Jock Waddington recently took part in the 20km Olympic Trial Racewalk at Redbridge. Read his report overleaf. Rob Gillanders' report on his London Marathon experiences is also overleaf.

Bethany de Legh Runciman, Stuart Lambie and Henry de Silva were all torch bearers in the Olympic Torch Relay. Henry also organised an alternative torch relay for those who hadn't the chance to see it the first time.

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### Compliments heaped on our Half Marathon:

Manx half marathon is named in top 10 running events.

The Isle of Man half marathon is one of the top ten running events in the British Isles according to a UK newspaper. The Independent has compiled a list of ten shorter alternatives to the London Marathon.

The paper says the half marathon provides plenty for the semi-serious runner as well as lovely views.

The link to their website is <http://www.independent.co.uk/life-style/health-and-families/features/the-10-best-running-events-7631211.html>

This year's half marathon and marathon take place on July 22nd.

**MARSHALS ARE URGENTLY NEEDED, IF YOU ARE NOT RUNNING PLEASE COME AND HELP.** Phone Mo Kelly on 834117 or email [mokelly@manx.net](mailto:mokelly@manx.net)

### LEINSTER MANAGEMENT IOMVAC 20 MILE RACE

Fifteen runners completed this pre-London race. Mike Garrett won by more than a minute from former Club member Rob Sellors.

1. Mike Garrett	2:01.24
4. Paul Curphy	2:09.26
8. Alan Sandford	2:24.23
10. Barry Moore	2:28.30
13. Elizabeth McGowan	2:49.28
15. Neil Cushing	3:20.28

### ISLE OF MAN MARATHON AND HALF-MARATHON RACES

A sub-committee needs to be set up to organise this very popular event in future years.

As these races take a lot of organisation and work leading up the event, and, specifically, a lot of hours over the weekend of the races, it is vital that some members of the new sub-committee are available to assist on race day this year in order 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.

Please give this appeal for volunteers your serious consideration.

Any club members who are interested in volunteering for this role please contact the Secretary, Mo Kelly – [mokelly@manx.net](mailto:mokelly@manx.net).

**A NEW ORGANISING TEAM MUST BE FOUND IF THESE RACES ARE TO CONTINUE.  
THE EVENT HAS BEEN ESTABLISHED FOR OVER 30 YEARS, BUT IF NO VOLUNTEERS COME FORWARD THEN 2012 WILL BE THE FINAL ISLE OF MAN MARATHON / HALF-MARATHON.**

Regards

Mo Kelly

Hon. Secretary Isle of Man Veteran Athletes' Club

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[www.iomvac.co.uk](http://www.iomvac.co.uk)

Tel: 01624 834117 Mobile: 07624 451869

### Remembrance

There was a good turnout of veteran athletes at the Sefton Hotel in May at a gathering to remember Carol Bates. I didn't know Carol well, but it is obvious that she was a person who made a difference where ever she went.

A plaque has been placed at the top of Clagh Ouyr in honour of Doc Dave Young, who loved his fell running. See the slate plaque and the Doc Young Trophy on our website.

**THE STEVE JACOB'S MEMORIAL MILE** was run recently and the highest placed member in this handicapped mile was Michael Bonney in 3rd place. Lesley Christian was our first lady in 5th.

#### VETERANS' MILE

IOMVAC are holding the annual Veterans Mile Race on the NSC track at 7pm on Wednesday 4th July.

The race is open to all veterans with signing on from 6-30pm. Entry £3-00 Further details from Carolyn 496668 or [carolyn.magee@hotmail.co.uk](mailto:carolyn.magee@hotmail.co.uk)

### SPORTS MASSAGES

Massages and treatments are still available from Steve Brearley at reduced prices for Club members.

Injury consultations £10 (full price £18)  
Half hour sports massage £15 (full price £25)

Contact Steve at Living Well, The Hilton Hotel, 453072.

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**ISLE OF MAN VETERAN ATHLETES' CLUB NEWSLETTER JUNE 2012**
**DURSLEY STOTT VETERANS' SPRING HANDICAP RUN AND WALK**

This year the events were open to all competitors which produced an excellent turnout of 45 runners and 14 walkers. The fastest walker on the night was End to End winner Richard Gerrard, while the most senior entrant, Henry de Silva reduced his person best by 31 seconds. The handicap was won by Alexandra Valentine and the fastest woman was Michelle Turner, who has since set a national 20 km senior record.

The run was won by Richard Radcliffe, the fastest time going to Ed Gumbley, with the fastest woman being new member Caroline Mayers.

Only Club members will be eligible for the Bob Skillicorn and Ann Brough Trophies.

**Run Actual times**

1. Richard Radcliffe	38.09
2. Kevin Deakes	36.27
3. Alan Postlethwaite	42.37
4. Paul Curphey	37.12
5. Peter Cooper	44.31
7. Caroline Mayers	41.12
10. Andy Gosnell	39.44
11. Stephen Brown	39.47
14. Graham Stigant	41.26
15. Paul Cubbon	39.39
16. Moira Hall	54.10
17. Mike Gellion	44.22
20. Les Brown	45.08
22. Joanna Hall	45.38
23. Wendy Ross	51.00
26. Rob Gillanders	44.42

*Run continued*

27. Alan Pilling	52.31
28. Roger Moughtin	53.28
33. Roy Crellin	43.38
35. Rita Norrey	58.20
37. Lesley Christian	56.17
41. Mike Norrey	54.12
43. Geoff Hall	61.19

**Walk**
**Actual times**

7. Henry de Silva	36.42
8. Sarah Goldsmith	37.57
9. Richard Gerrard	25.03
12. Marie Jackson	28.52
13. Peter Lockett	35.18

**JOCK WADDINGTON'S OLYMPIC TRIAL WALK.**

Here is the report on the walk in Redbridge I took part in on the 14<sup>th</sup> April.

It was an Olympic trial so the front of the field was extremely fast and it was good to see how it should be done! I was lapped four times on the 1k course by the eventual winner Ben Wears.

I finished 6<sup>th</sup> in a time of 1:50:58 and managed to get round without picking up any cards which is a bonus.

I wish to express my gratitude to the IOMVAC committee for their generous financial support to go towards my travel costs – it was greatly appreciated.

A link to the results of the various races is [here](#) with a race report [here](#) thanks to Bridget Kaneen.

Please convey my thanks to the Vets committee.

**Club Contacts**

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**FACEBOOK**

Thanks to anyone who has been kind enough to ask me to be their friend on Facebook, but I must confess I don't actually have a Facebook page, I only registered in order to see pictures of my grand daughter. My sons say it is very rude not to reply, so I must apologise profusely and hope I have not offended anyone !

## ISLE OF MAN VETERAN ATHLETES' CLUB NEWSLETTER JUNE 2012

LONDON MARATHON—by Rob Gillanders

Wow well I have finally run—and I use that term loosely—the London Marathon . I was lucky enough to be given this opportunity by the club and I was not disappointed by the experience .

I visited the marathon Expo like all other running anoraks!!! on the Friday before the race and was given so many free things , I thought it was my birthday and Christmas rolled into one ! ( not that I am Scottish and carefull !!) At the Expo I thought that I would be the only one there from the island but how untrue and refreshingly surprised I was to see a stand from the island and staffed with knowledgeable people from the island who were very enthusiastic about their product.

Saturday was not so good , I had to endure a day shopping and for everyone that knows my lovely wife that was very hard work but I have been told that I enjoyed it . Sunday came at last and after a night not sleeping well due to the excitement of the approaching race I met some very good friends from the island and we travelled to the Blue start by train . The train was way overcrowded but the chatter of everyone with the same goal of finishing the marathon was fantastic to hear . Once we got to the start things took on another dimension for me I realised that this is where things get serious and hopefully I had done enough training and was I wearing the right shoes , socks and clothes for the day as it was surprisingly very warm .

I was allocated pen 4 this meant everyone in my pen was hoping to run around 3 hours 45 minutes to about 4 hours . The race was off and I passed the start line after about 5 minutes which I was surprised how efficient and quick it was to get going . After 1 mile I had to stop for a Paula Radcliffe refreshment break as I had drank that much water before the start of the race. Around 3 -4miles the other mass start joined with us and there was some good natured booing between the two different starts . I got to 6 miles and saw the Cutty Sark ,wow what a sight, and the volume of people there was amazing . I reached half way in about 1 hour 53 minutes and was happy with this and was running really comfortably and things were going to plan. Then about 14 miles I came across a Manx flag in the crowd and that felt good knowing that there were people out on the course supporting all of us from the island .

I was running well up to about 17 miles then disaster struck—no I had not dropped any money!! my knee started to hurt and became very swollen. I then had to walk and jog until about 2 miles from the end when I got to the embankment where I managed to just about jog all the way to the finish, the support I and all the other runners were given from the crowd which was huge was overwhelming and genuinely given from total strangers was inspiring . However when I reached Bird Cage walk the volume of noise went up ten fold . I was surprised at the friendliness of all the runners with each other encouraging me to keep going . I finally got to the end in a very disappointing time , in fact I had ran faster in training but that did not count I summoned up the strength to raise my arms above my head as I went over the finishing line .

I quickly got my finishers medal which I have to say made me feel rather proud that I had done my first and last London marathon !!! I even managed to get a tan on the top of my head courtesy of me having cut my hair short especially for the day so I could run faster !!! I was lucky enough to meet up with another local runner after I had finished and it was so nice to chat and see a friendly face amongst all the thousands of people at the end of a fantastic day . I would recommend to anyone who has never ran the London marathon to give it a go just to experience the atmosphere on the day is enough to keep you going till the finish line . I would like to thank the group of runners that I regularly am lucky enough to train with for all their help and encouragement, you all know who you are and thanks to the Club for giving me the opportunity to run London, wow it was fantastic.

## Olympic Park Run – Alan Sandford

History was made on Saturday 31<sup>st</sup> March when London's brand new Olympic Park hosted its first public event namely the Olympic Park run. Over forty thousand people applied [via an online National Lottery ballot] to take part in the 5 mile event. Fellow IOM Vet Kevan Osborn and myself joined up with 5,000 runners who were randomly selected from across the country.

The crowds arriving at the Stratford gates were intense and I suspect the event was a pilot to test the infrastructure before the Games. Despite the congestion in the snaking security queue everyone was in good spirits but when the spectator numbers swell during the Olympics the crowd management will be very challenging.

Once inside the Park you could sense the atmosphere and the buzz of seeing sites like the Orbit tower. After taking a few photos we crossed the river to the Park's centre piece Stadium and found our allocated seats near the 100 metre finish line. Although a few seating areas are still "under construction" its an impressive arena and it will be interesting to see how the stadium is utilised after the Olympics. TV presenter Holly Willoughby and ex-400m sprinter Iwan Thomas entertained 15,000 spectators, family and friends whilst the runners headed outside to the starting pens. An array of acts performed on stage including dance troupe Flawless and Killer Queen.

The runners were sardined into 4 pens based on predicted times. I managed to get in the 1<sup>st</sup> wave and as the clock ticked down the sense of occasion built. Princess Beatrice officially started the race before taking part in the run herself. When I reached the official start line I spent a frustrating half mile weaving through runners who had been "optimistic" with their predicted time. Eventually I settled into a steady pace and eased past numerous celebrities including Katie Price and Mel-C and former Olympians such as Steve Backley and Sally Gunnell. I had no chance of catching Nell McAndrew the first lady home in an impressive 29 minutes.

The early stages of the 5 mile journey snaked around the Basketball arena, BMX circuit and Velodrome. The race thinned out as it meandered past the next landmarks of the Media centre, the Riverbank hockey stadium and the Copperbox arena for handball and fencing. Although the main venues are almost complete the Park still has to be transformed into a green landscaped site and the only on-lookers on route were snaggers wearing hard hats and high-vis jackets. Next up was the Water polo arena and the distinctive Aquatics centre. The race passed quickly and the final mile followed the marathon route to the stadium running then under the Olympic seating to the blasting sounds of Chariots of Fire. The final 300 metres took the runners into the main arena and onto the back straight. Spectators cheered as runners hit the home straight and I took time out to wave at Wendy before crossing the line in 31:07 just outside the first 100 finishers.

In August the athletes crossing the Olympic stadium finishing line will be watched by a global audience of millions. The numbers in the Park Run were more modest but the sense of occasion enabled everyone to take away their own personal memories of the day. I was amazed by the number of fantastic sporting facilities in the Stratford site and by the spectator noise generated in the stadium. The atmosphere will be electric in August; let the games commence.

Thank you to all who contributed to the newsletter especially Alan Sandford, Rob Gillanders and Jock Waddington. Please continue to send in your news, long or short.

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

