

ISLE OF MAN VETERAN ATHLETES' CLUB

NEWSLETTER JUNE 2013

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Remaining Club fixtures for the year

11 August MICROGAMING IOM MARATHON AND HALF-MARATHON

22 September RAMSEY BAKERY END TO END WALK

17 October VETERANS' AUTUMN HANDICAP RUN AND WALK

24 Nov HALDANE FISHER SYD QUIRK MEMORIAL HALF MARATHON

Dursley Stott sponsored Veterans' Spring Handicap Run, handicap and actual times given.

1	KEVIN DEAKES	49.4	37.4
2	LES BROWN	51.29	44.29
3	PETER COOPER	51.4	44.4
4	MORIA HALL	51.58	51.58
5	RUSSELL COLLISTER	52.24	38.24
6	GAIL GRIFFITHS	52.45	44.15
7	STEVEN BROWN	52.48	40.48
8	ANDY GOSNELL	52.56	40.56
9	MIKE GELLION	53.44	43.44
10	GEOFFREY RICE	55.22	41.22
11	JAMES MOFFETT	57.02	40.02
12	HELEN TAYLOR	57.33	46.03
13	BARRY MOORE	58.02	42.02
14	NICK WATTERSON	58.32	46.32
15	DAVID SMITH	59.47	45.47
16	JOHN SANSOM	61.08	44.08
17	KEITH GREEN	62.07	50.07
18	MICHAEL CROOK	62.14	48.14
19	JOANNE SCHADE	62.21	51.51
20	CHARLOTTE HEMENSLEY	63.23	62.03
21	LESLEY CHRISTIAN	65.3	59.3
22	STEVE WILLMOTT	69.33	57.33

Veterans' Spring Handicap Walk

1	STEWART JONES	37.44	28.41
2	RICHARD GERRARD	38.28	24.32
3	SARAH GOLDSMITH	38.56	38.56
4	VINNY LYNCH	39.03	26.45
5	ENID WATSON	39.06	35.08
6	BRIAN KELLY	39.24	29.06
7	MARIE JACKSON	39.38	28.55
8	ANGELA CORKISH	40.35	37.52

MICROGAMING IOM MARATHON AND HALF MARATHON

A reminder for all runners and walkers to get ready for the marathon and half marathon in August. Walkers are welcome in the half marathon. With a new title sponsor in place, preparations for the big day are proceeding well. With the now legendary buffet afterwards, an excellent goodie bag including a technical tee shirt and a race described by The Independent newspaper as being one of their top ten running events, this is one run you don't want to miss. Entries close on 1st August.

Marshalls and helpers are always needed for this event. If you can spare a few hours to support your Club, please contact Mandine Wilson at

iomvaclub@yahoo.co.uk

The marathon website contains all the information you require, and of course the entry form. Go to

www.isleofmanmarathon.com

VIRGIN LONDON MARATHON

Congratulations to all Club Members who completed the London Marathon.

Fastest Club member was Mike Garrett in 2: 50.06, then Paul Curphey in 3:12.39, Paul Cubbon in 3:14.56, Alan Sandford in 3:23.43, Barry Moore in 3:27.03, Dave Smith in 3:47.09, Moira Hall in 4:46.30, Ian Callister in 4:48.03, Jackie Moore in 4:51.49, and Neil Cushing in 5:40.31.

RACE WALKING

Sara Killey Memorial 50km Fire Fighters Walk

This took place in April on the same day as the London marathon. In a hotly contested race, Michael George took his third successive victory in 4 hours 40 minutes and 30 seconds, with Richard Gerard second, and Vinny Lynch third.

The womens' race was even more exciting, with Sue Biggart and Maureen Moffat fighting it out all the way, and eventually having to settle for a dead heat.

Members Top Twenty Results

1. Michael George	4:40.30	8. Chris Cale	5:25.23
2. Richard Gerrard	4:41.04	12. Brian Kelly	5:36.05
3. Vinny Lynch	4:54.53	13. Sue Biggart	5:40.25
4. Jock Waddington	4:54.53	17. Andrew Titley	5:52.02

Northern 10 mile walk

This was won by Alex Eaton in 1: 23.16

2. Jock Waddington	1:23.52	11. Colin Moore	1:52.41
5. Vinny Lynch	1:27.20	17. Angela Corkish	2:00.36
8. Brian Kelly	1:38.18		

RACE WALKING SNIPPETS

In the North of England Inter-area match on 18 May Jock Waddington was 1st in the Men's 10 km in 50 min 54 sec.

Marie Jackson was 6th in the women's 5 km in 28.45

In the IOM 10,000m track walking championships Michael George was second in 48.25.6, beaten by young blood Alex Eaton.

Vinny Lynch was 5th in 55.32 and Chris Cale 6th in 57.36

In the National Championships in May Jock Waddington finished 3rd in the mens' 20 km with Richard Wild 5th and Vinny Lynch 7th. Marie Jackson was 7th in the womens' event.

2012 Race walking rankings:

Men

Michael George was ranked 8th over 10 km and 9th over 20 km, Jock Waddington ranked 21st over 20km, Peter Kneen was ranked 27th in the 50-54 age group over 20 km.

Women

Marie Jackson was ranked 24th in the 50-54 age group at 10 km, and 5th in the 20 km.

Club Contacts

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Running

I hope Gail Griffiths has got her Bermuda shorts sorted out . Gail has been selected for the Island Games team travelling to Bermuda in July. She was also the only local athlete to feature in the overall results of the Easter Festival, when she came 3rd in the women's section.

BUPA Great Manchester 10K Run

The end of May Bank Holiday saw a group of us head of to Manchester to participate in the Manchester 10K Run. The group included Alan & Mo Kelly, Sue Ackroyd, Vera Jones, Geoff Hall and me.

I went over on the Saturday morning with Vera & Derek on the boat, with the others making their way over at various other times. We arrived in Liverpool and were picked up by my sister (Julie), who then dropped Vera & Derek off in Manchester, as we carried on to my sister. Vera & Derek then spent the afternoon watching some of the professionals racing in Deansgate, which by all accounts was very good, and a nice way to relax before race day.

On race day I caught the train from Bolton with Julie which was packed with other runners all making their way to the city centre. We made our way over to Vera's hotel just in time to wish Geoff and Sue good luck as they went off to warm up. As the race was split into various coloured waves I didn't get to see Mo or Alan before the race. They did however have the best hotel location as it was just opposite the start line so not far to go!

Vera and I made our way to the warm up area, whilst Derek and Julie went to watch the race and take in the sun. It was a warm day and we were told before the start it was not a day for doing PB's. However as this was my first 10K I would get a PB no matter what the weather was like! We started off well and were taking in the experience whilst chatting for the first 4k (not as much chatting after this mark). There wasn't much shaded area on the course, so the showers at the 6k mark were refreshing. The course is fairly flat and there was music at various places to keep you going. It was also nice to hear your name being called out and this kept us going especially near the end.

When we finished we collected our goodie bag and made our way to meet the others. Geoff was already waiting with Julie & Derek, who had also seen Mo come in. Those staying in Manchester went out that evening for a well deserved drink or two!

Everyone finished the race and all seem to have enjoyed the experience. With our times as follows:- Mo 1.10.58, Alan 0.52.36, Geoff 1.02.56, Sue 1.06.03 Vera & Myself 1.19.49 a PB for me!

The race was well organised and I would definitely recommend the race as one to do. Maybe I will go back next year to see if I can get another PB!

On a personal note I'd just like to take the opportunity to thank Vera for running with me. Along with those people that have encouraged me to keep going with the running. Especially the NSC Group and Coach Arnie Jacobs – who always seems to find me new challenges to do!!!! Roll on the next challenge Arnie!

Wendy Sharkey

Northern 10 Run (10 miles)

1. Mike Garrett	57.40	19. Dave Newton	67.54
3. Kevin Deakes	61.27	20. Caroline Mayers	68.03
4. Gail Griffiths	62.48	32. Mark Peberdy	77.17
9. Paul Curphey	64.09	34. Les Brown	78.44
13. Richard Radcliffe	65.14	42. Steve Wilmott	85.36
15. Stephen Brown	66.14	44. Moira Hall	85.52

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