

Isle of Man Veteran Athletes Club

Newsletter - June 2015



IOMVAC Club Information:

Committee and Contact Details 2015

The following committee members were elected / re-elected at the AGM on the 26th January 2015

		Home No.	Mobile No.	
President	Dursley Stott			
Chairman	Terry Bates		202009	4t8@manx.net
Secretary	Maureen Kelly	834117	451869	mokelly@manx.net
Treasurer	Neil Cushing	845946	470948	neilcushing@me.com
Race Secretary	Carolyn Magee		496668	carolyn.magee@hotmail.co.uk
	Lesley Christian	829164	417773	lesley_christian@hotmail.com
	Mandine Wilson	829104	452515	mandine@manx.net
	Enid Watson	801373	462716	enid@manx.net
Webmaster	Adrian Cowin			metmann@hotmail.com

For Newsletter feedback or items for inclusion in the next issue contact: Sue Ackroyd greygoose@manx.net

1. Club Announcements (all available on the IOMVAC website iomvac.co.uk)

• **Isle of Man Marathon and Half Marathon – Ramsey Sunday 9th August 2015:**

You can now enter these races at isleofmanmarathon.com via the **SiEntries** button.

Entries are **on-line ONLY** this year to aid the administration of the race.

Walkers are welcome in both races but please note there is a 6 hour cut-off.

• **Vets Mile - Wednesday 22nd July (NSC):** Registration 6:30pm for 7pm start

Wonderful opportunity to get an official time for a mile

Entry fee: **FREE** for **IOMVAC members**, Non-IOMVAC members £3.00

First club member will be awarded the Arthur Currie & Fred Ward Memorial Cup.

• **Stephen Jacobs Memorial Mile (NSC) - Wednesday 9th July:** Approx. 7pm (registration from 6pm)

Handicapped race raising money for young athletes. Many awards.

• **Welcome to New Member:** Sam Fletcher

• **IOMVAC AWARDS Qualifying races coming in July-Sept** (for all in 2015 see last pages of Newsletter)

IOM Veteran AC Road Running Shield Races	IOM Marathon (09 Aug), Northern 10k (11 Aug), Foxdale 6 (13 Aug), Peel to Douglas Trail Run (30 Aug), Western 10 (13 Sept).
IOM Veteran AC Walking League Races	20k Championship (06 Sept), Western 10 (13 Sept), End to End (20 Sept).
IOM Veteran AC Fell Running League Championship Races	North Barrule Fell Race (19 Aug)

Notes from Sue

Firstly thanks to Mo Kelly for sending out the 'e' copies of the Newsletter. Her work saved me the really big job of BCC-ing all the members' eligible to receive a copy. She also arranged the posting of the paper copies too.

Thank you also, to all the members who took the time to contact me by email, phone and in person saying they were pleased with my first effort and offering words of encouragement. Each comment you made fuelled my desire and intention to continue.

My final thanks this June quarter go to all those who have sent reports, recommendations and little comments on events/happenings. These really are most welcome and turn the Newsletter into something you the members own, rather than a "SueA-Fest" imposed on poor IOMVAC members.

The format this quarter is the same as last time but with the added "Members Comments / Quotes" section added which I will endeavour to include in each Newsletter (please keep them clean).

Whenever something moves you please take a few minutes to send a short email to me for the comments section at greygoose@manx.net. It can relate to an event or anything associated with our chosen activity. It can be a rant or praise, a general comment or comical observation but please remember all must be legal, decent, honest, and truthful.

Remember to send in reports on events you have taken part in, especially off-Island, or any information others members might find useful. If you have information on recommended travel routes to and from events off-Island that can be incredibly useful to others whether going to a race or not, so please get writing.

The thanks and pleas for information are now complete.

Sue A

Email: greygoose@manx.net

Please note: The editor / committee reserve the right not to publish any comments or named parties if they have the potential to cause distress to others.

Errors/Omissions from the March Newsletter: Parkrun: is 5k (3.1 miles) not 3k as listed in the title. I didn't receive any other error/omissions notices.


For those of you who haven't had the time to read your spring copy of the Masters magazine – Here's our very own Colin & Dursley from page 4.



The Chairman of the Isle of Man Veteran Athletes' Club Colin Watterson has recently stood down after serving as Chairman of the club for more than 32 years. The attached photo shows Colin (on the left) being presented with an award by Dursley Stott who is in his 24th year as President of the Club.

2. Up and Coming Races July - Sept 2015

 JULY		
Friday 10th	Ramsey Park Run Round 5	iomnac.co.uk
Saturday 11th	Cronk Ny Arrey Fell Run & English Champs	manxfellrunners.org
Wednesday 15th	IOMAA Track & Field Open	iomaa.info
Thursday 16th	10k walk	manxharriers.com
Saturday 18th	Millennium Way Relay	thechildrenscentre.org.im / the-millennium-way-relay-2015
Weds 22nd	Vets Mile	iomvac.co.uk
Thursday 23rd	Summer 10k walks	manxharriers.com
Saturday 25th & Sunday 26th	IOM Track & Field Champs	iomaa.info

 AUGUST		
Sunday 9th	IOM Marathon <i>(No Rest for the Wicked series)</i>	iomvac.co.uk
Monday 10th	Peel Hill Race <i>(No Rest for the Wicked series)</i>	
Tuesday 11th	NAC 5 & 10k <i>(No Rest for the Wicked series)</i>	iomnac.co.uk
Wednesday 12th	Killer Mile <i>(No Rest for the Wicked series)</i>	manxfellrunners.org
Thursday 13th	Foxdale 6 <i>(No Rest for the Wicked series)</i>	manxharriers.com
Friday 14th	Heritage Trail Run <i>(No Rest for the Wicked series)</i>	
Saturday 15th & Sunday 16th	Tower Insurance IOM Open 100 Mile Race Walk	isleofman100milewalk.co.uk
Wednesday 19th	North Barrule Fell Run	manxfellrunners.org
Sunday 30th	Peel to Douglas Trail Run	manxharriers.com

 SEPTEMBER		
Sunday 6th	20k Walk Champs	manxharriers.com
Sunday 13th	WAC 10 miles Run or Walk	westernac.org
Sunday 20th	End to End Walk	iomnac.co.uk

Advertisement:

SPECIAL OFFER for IOMVAC Members from Physio STEVE BREARLEY

Injury Treatment £10 per session (normal price £20)
Sports Massage £15 per session (normal price £25)

Steve is based at Living Well, Palace Hotel, Douglas
 Tel: 453072 to make arrangements

3. **Members Results** Mar - Jun 2015**10k WALK & YOUNG AGE CHAMPIONSHIPS / Sat 29th Mar 2015 / NSC**

2	Richard Gerrard	50:59	11	Louise Smith (1st Lady)	65:11
7	Brian Kelly	59:54	12	Louise Hollings (2nd Lady)	67:57
10	Ian Callister	64:30			

LIVERPOOL HALF MARATHON / Sun 30th Mar 15 *(chip positions and times)*

654	Mark Peberdy	1:36:38	1991	Andrew Lodge	1:51:12
1332	Janette Morgan	1:44:51	4274	Sue Furner	2:18:29
1360	Les Brown	1:45:10	4615	Mo Kelly	2:28:14



Easter Festival of Running

**GOOD FRIDAY 10k / Fri 3rd Apr 2015 / Port Erin****Mens Race**

57	Kevin Deakes	38:03	119	Nick Watterson	43:55
59	Richard Gerrard	38:06	124	Mark Peberdy	44:16
101	Stephen Brown	42:40	176	Ian Callister	49:11
110	Tadhg O'Mahony	43:29	187	Les Brown	51:38
115	Lewis Veale	43:46			

Ladies Race

62	Maggie Watkins	52:58	107	Sue Ackroyd	67:38
97	Sue Furner	62:17	108	Mo Kelly	67:38

EASTER SATURDAY PEEL HILL RUN / Sat 4th Apr 2015 / Peel**Mens Race**

95	Richard Gerrard	27:16	169	Ian Callister	32:30
155	Peter Cooper	31:25	184	Les Brown	35:36

Ladies Race

85	Maggie Watkins	25:49
----	----------------	-------

EASTER SUNDAY DOUGLAS PROM 5k RUN / Sun 5th Apr 2015 / Douglas**Mens Race**

69	Kevin Deakes	18:09
----	--------------	-------

Ladies Race

82	Maggie Watkins	24:57	117	Mandine Wilson	31:20
----	----------------	-------	-----	----------------	-------

RAMSEY PARK RUN - Round 1 / Fri 10th Apr 15**1 Lap (scratch run)**

58	Jackie Moore	15:55	77	Sue Ackroyd	18:27
----	--------------	-------	----	-------------	-------

3 Laps (scratch run)

6	Kevin Deakes	25:13	50	Dave Corrin	32:36
15	Paul Cubbon	26:55	58	Les Brown	33:04
26	Mark Peberdy	28:39	64	Moir Hall	37:00
38	Terry Bates	30:08	68	Geoff Hall	38:11
49	Alan Postlethwaite	32:29			

MANX FELL RACE LEAGUE (Round 5) / Sat 11th Apr 15 / Creg-Ny-Baa

30	Lewis Veale	1:46:01	36	Roger Moughtin	1:52:30
32	Ian Callister	1:47:14			

MANCHESTER MARATHON / Sun 19th Apr 15

6155	Dave Lawrie	4:29:46
------	-------------	---------

SARAH KILLEY FIREMAN'S 50k WALK / Sun 22nd Apr 15 / Peel to Ramsey

1	Richard Gerrard	4:46:16	21	Jayne Farquhar	5:51:17
4	Vinny Lynch	5:17:41	43	Louise Hollings	6:23:06
8	Robbie Callister	5:29:02	63	Angela Corkish	6:43:51
11	Brian Kelly	5:32:54	67	Colin Stephen Moore	6:47:43
19	Louise Smith	5:49:10	167	Henry De Silva	8:52:12

RAMSEY PARK RUN - Round 2 / Fri 24th Apr 15**1 Lap** (position by handicap – actual times listed)

32	Barry Moore	11:39	90	Jackie Moore	15:32
----	-------------	-------	----	--------------	-------

3 Laps (position by handicap – actual times listed)

9	Paul Cubbon	25:01	28	Kevin Deakes	24:07
10	Alan Postlethwaite	30:41	43	Steve Willmott	33:47
27	Les Brown	32:07	52	Stephen Brown	26:40

MANX FELL RACE LEAGUE (Round 6) / Sat 25th Apr 15 / Snaefell (8k)

31	Lewis Veale	1:02:40	42	Phil Motley	1:06:30
34	Nick Watterson	1:03:32	55	Lisa Motley	1:20:16
38	Roger Moughtin	1:04:23			

LONDON MARATHON / Sun 26th Mar 15

4312	Alan Sandford (3,878 th M)	3:19:40	29,380	Maggie Watkins (9,660 th W)	5:03:47
6140	Paul Curphey (5,244 th M)	3:29:37	30,621	Rita Norrey (10,316 th W)	5:12:05
18,144	Terry Bates (13,530 th M)	4:16:36	34,319	Moir Hall (12,352 th W)	5:45:18

MADRID MARATHON / Sun 26th Mar 15

n/k	Sue Furner	5:39:17
-----	------------	---------

10k TRACK RUN & WALK / Weds 29th Apr 2015 / NSC**10k Walk**

No IOMVAC members

10k Run

3	Mike Garrett	34:00.4	10	Caroline Mayers	40:08.5
9	Gail Griffiths	38:34.0			

DAVE PHILLIPS RUN - Round 1 / Fri 1st May 15**1 Lap (scratch race)**

15	Jackie Moore	17:20	19	Sue Ackroyd	19:53
			20	Mo Kelly	19:55

3 Laps (scratch race)

12	Barry Moore	27:20	23	Les Brown	31:02
13	Peter Cooper	27:38	24	Dave Corrin	31:37
17	Ian Callister	29:13	27	Steve Willmott	33:58
18	Roger Moughtin	29:15	30	Geoff Hall	37:06
19	Terry Bates	29:57			

RAMSEY PARK RUN - Round 3 / Fri 8th May 15**1 Lap (position by handicap – actual times listed)***No IOMVAC members***3 Laps (position by handicap – actual times listed)**

6	Les Brown	30:12	22	Steven Willmott	33:29
12	Terry Bates	29:13	27	Stephen Brown	27:09
17	Alan Postlethwaite	30:03	31	Kevin Deakes	25:09

MANX FELL RACE LEAGUE (Round 7) / Tues 12th May 15 / Carraghan (4k & 300M ascent)

16	Alan Sandford	25:08	56	Lisa Motley	36:26
36	Lewis Veale	28:47	64	Geoff Hall	40:27
42	Ian Callister (1 st V60)	29:08	65	Alison Corlett	43:42
46	Peter Cooper	29:56			

NORTHERN 10 / Sun 17th May 15**10 mile Run**

3	Mike Garrett	56:57	38	Les Brown	77:08
22	Alan Sandford	67:28	44	Terry Bates	79:13
26	Barry Moore	69:34	52	Dave Lawrie	83:09
29	Stephen Brown	70:15	59	Steve Willmott	89:53
31	Brian Butler	73:11	60	Ian Callister	91:29
34	Mark Peberdy	74:30	62	Moir Hall	92:06
36	Peter Cooper	76:22	DNF	Kevin Deakes (Hope the calf muscle is better)	

10 mile Walk

2	Richard Gerrard	82:54	19	Louise Hollings	112:10
9	Marie Jackson	97:13	22	Angela Corkish	117:49
14	Louise Smith	104:48	=43	Ingrid Sugden	152:59
16	Jayne Farquhar	106:26	=43	Sue Ackroyd	152:59

MANX HARRIERS OPEN 5k WALK / Thurs 21st May 15 / TT Access Road

3	Sam Fletcher	26:03
---	--------------	-------

COPENHAGEN MARATHON / Sun 24th May 15

2534	David Smith	3:39:54
------	-------------	---------

DAVE PHILLIPS RUN - Round 2 / Fri 22nd May 15**1 Lap** (position by handicap = actual times listed)

3	Sue Ackroyd	19:29	4	Jackie Moore	17:02
---	-------------	-------	---	--------------	-------

3 Laps (position by handicap = actual times listed)

3	Barry Moore	26:23	14	Alan Postlethwaite	30:29
6	Terry Bates	29:43	17	Dave Corrin	31:58
11	Paul Curphey	28:10	22	Ian Callister	34:47

MANX FELL RACE LEAGUE (Round 8) / Tues 16th June 15 / James Coulson - Laxey (13k)

17	Lewis Veale	1:31:21	39	Les Brown	1:56:08
23	Ian Callister	1:35:40	44	Moir Hall	2:24:42
25	Roger Moughtin	1:38:51	45	Geoff Hall	2:25:54
36	Maggie Watkins	1:54:19			

RAMSEY PARK RUN - Round 4 / Fri 19th June 15**1 Lap** (position by handicap – actual times listed)

No IOMVAC members

3 Laps (position by handicap – actual times listed)

7	Alan Postlethwaite	28:49	28	Steve Wilmott	32:45
10	Dave Corrin	31:28	30	Paul Cubbon	24:53
11	Stephen Brown	26:00			

PARISH WALK / Sat 20th – Sun 21st June 2015

* Very Well Done to All Members who took part in the Parish Walk. *

* Just look how many of our members completed the full 85 miles and achieved top placings *

** Special Congratulations go to the **2015 Winner - Richard Gerrard** + new record ***** FINISHERS 85 Miles ***

1	Richard Gerrard	14:40:08	29	Andrew Titley	18:51:42
4	Vinny Lynch	15:47:25	43	Andrew Gosnell	19:40:46
9	Janette Morgan	16:38:14	66	Mike Gellion	20:30:34
12	Brian Kelly	17:01:41	90	Robbie Callister	21:44:55
16	Chris Cale	17:38:15	160	Lesley Christian	23:35:39
23	Alan Cowin	18:17:31			

MAUGHOLD 67 Miles

204	Colin Stephen Moore	19:28:32
-----	---------------------	----------

JURBY 45 Miles

16	Sam Fletcher	8:56:05	387	Carolyn Magee	12:46:52
----	--------------	---------	-----	---------------	----------

PEEL 32.5 Miles

96	Angela Corkish	7:08:22	340	Paul Sayle	7:55:42
251	Jackie Moore	7:40:58	778	Mo Kelly	8:50:45
335	Barry Moore	7:55:25	812	Jennifer Houghton	8:58:59

RUSHEN 19.5 Miles

970	Sue Ackroyd	5:05:42	1091	Ingrid Sugden	5:20:54
1076	Henry de Silva	5:17:06			

4. Recommended Run/Walk.

This run/walk recommendation comes from many members and is the route used by Western Athletics Club IOM for their **Western 10** run and walking races in September/October each year. It does migrate onto the busy Peel-Douglas Road between the Tynwald Inn and Ballacraire crossroads but is on the pavement at this point. It then moves onto the equally busy A3 from Ballacraire to Ballig Bridge and the Poortown Road. Exercise caution when doing this part of the route and **ALWAYS WEAR HI-VIZ** clothing. It is a lovely route however and offers some really magnificent views.

Route Description: 10 Hilly miles but with spectacular views of Peel from the Switchback Road

Total Distance: 10 miles

Total climb: Approx. 1700 feet

Parking: Peel

Route:

1. Park in Peel as near to The House of Manannan as possible but if elsewhere in Peel you will automatically return to the same point at the end so it doesn't really matter where. From your parking point, go towards the House of Manannan and up Station Road to Market Street / Patrick Street junction.
2. At the top of Station Road turn right with Patrick Street and head off towards Patrick village on the Glenfaba Road. Go past the Raggatt and Bungalows of Patrick until you reach the next road junction (Patrick village).
3. Turn left into Patrick Road and passing Patrick Church on your left, travel all the way along this lovely undulating tree-lined road until you reach the end of this road at a T-junction in St Johns just over the little stone bridge.
4. At this point turn left and head through St Johns towards Peel Road passing St John's Post Office on the way. At Peel Road junction turn right and head towards Douglas. To stay on the pavement cross over the road travelling on the side nearest Tynwald Hill. Carry on along here until you reach the traffic lights at Ballacraire crossroads.
5. At the traffic lights turn left onto the main A3 road and head north until you reach a stone bridge over a river (Ballig Bridge) and an immediate very wide left hand turn road (Poortown Road) signposted to Peel. This section of the run/walk from Ballacraire to Ballig Bridge does not have any pavement – take care and ensure the passing traffic can see you -wear High-Viz.
6. Carry on along the Poortown rd until you reach a large sweeping right hand bend in this road that is also a steep climb. At the top of this climb is a road junction and the Knock Sharry Road (Switchback) goes off to the right. Take this Road.
7. Climb the Switchback Road and continue along this high undulating road until you reach the end at a T junction. As you go along take time to look left over the fields to Peel in the distance. This road has passing places so be traffic-aware as you progress along it.
8. At the T junction turn left onto the Ramsey Road and head towards Peel. Once in the Peel boundary turn right down Walpole Ave. and onto the prom and return to your parking place.

Remember: Wearing something Hi-viz gets you seen from a greater distance in the daytime too:



NOTE:

Both photos taken from the same distance, 2 minutes apart in daylight conditions.

5. Members Suggestions.

Websites: mountainsafety.co.uk/weather-wind-chill.

Speaks for itself and can be used as a source of increasing your 'Streetcred'.... I went out and ran 5 miles in -7°C temps" or as an excuse "I not going out to run in -7°C..."

Active.com A general sports site covering running but has some interesting takes on topics.

Reading: **The Looniness of the Long Distance Runner** by Russell Taylor
ISBN: 978-0-233-05081-7 *Recommended by Sue Furner.*

Races: **The Rotary Shakespeare Marathon / Half Marathon - April 2016** (exact date to be set)
Stratford-Upon-Avon (Marathon is 2 laps) shakespearemarathon.org.uk
Both start in Stratford-on-Avon town centre, go around town then travel out into the surrounding area / countryside then back into Stratford-on-Avon and finish with a run along the River Avon pathway opposite "The Theatre" with the finish line in the playing fields of Stratford Sports Centre. It usually takes place on or near a Shakespeare Anniversary and the whole weekend is a Shakespearean celebration with street performers, pageants plus Royal Theatre tours & shows. Many traditional narrow boats moor in the town's Avon basin for the weekend and it has a really good family orientated atmosphere. Take a look at the promotional video. *Recommended by Sue A*

Others: **Wind Chill Factor Table** – copied on last page of this newsletter.
Recommended by Peter Cooper (this inspired me to look for online tables too - thanks Peter).

5. Members Reports

Madrid Marathon 26th April 2015 Report by Sue Furner

I ran? The Madrid Marathon on 26th April 2015 so I thought of all those taking part in London at the same time.

I had been ill the week before and then I went down with food poisoning two days before, so I probably shouldn't have run! I ran a slow 5.39.17 in the rain, (at least it wasn't too hot).

I had been hoping for a 4.48ish. It was my 33rd marathon. I chatted to a couple of runners by having the Isle of Man flag on the back of my T-shirt.

On every junction instead of volunteers marshalling there were policemen. I don't know how the race organisers found so many policemen, were there any left in the rest of Spain! It was not the most organised of marathons, we runners found ourselves dodging around pedestrians, cars, Segways, even police motorbikes, all on closed roads. Still I got to the finish in one piece and can look forward to the next one in October 2015-the Bristol2Bath. I grew up in this area and my youngest son is off to Bristol University in September for a post grad course, so I came across this inaugural marathon while googling info for the Bristol and Bath Half Marathons.

Copenhagen Marathon 24th May 2015 **Report by David Smith**



I competed in the Copenhagen Marathon last Sunday and achieved a personal best of 3 hours, 39 minutes and 54 seconds. My previous best was 3 hours 47 minutes, so I was very pleased.

It was a hot day and I managed to stay at an even 5.00min/km for the first 30km then gradually tailed off in the last 10km. I forgot one of my running socks so that cost me at least 10 minutes :-). Anyway I placed 2534 out of 9754 starters.

I'd recommend the Copenhagen Marathon to anyone. It's a very flat course that stays close to the city centre. Good support on the way and very good organisation all round. At roughly 10,000 entrants, it's neither too large nor too small and the Danes are very welcoming; definitely a great city to spend a long weekend and have a jog round followed by a few Carlsbergs.

6. Members Comments / Quotes.

"I concur with the comments about the Park Runs. I have done three or four when visiting family in Hampshire and being 5km they have been just about manageable for me. They are extremely friendly events with plenty of encouragement from spectators, fellow runners and the marshals. Imagine my surprise when turning up for my first Park Run, the Eastleigh 5km and meeting Karen Rushton who many will remember from her running days on the Island. Then when I ran the Southampton Park Run, on our next visit to Hampshire, I was jogging along and a voice said 'Hello Alan' and it was another ex IOM runner in the shape of Karen's other half, Peter Costley ! Peter ran alongside for a while chatting and then disappeared into the distance. Apparently he was using the run as a gentle jog after his early morning long run and at the same time supporting his two sons who were also competing but at the sharp end of the field. Karen and Peter both send their best wishes to those who remember them from 15/20 years ago."

Alan Postlethwaite

"Just been looking through the Dave Phillips Results (*Round 1*) and noticed there were 7 over 60's and 1 over 70 competing. Amazing !!"

Peter Cooper

Reminders:

Send me any comments short or long for the new comments section. These are lovely little snippets that can sometimes keep us sane while out training or on a long run/walk or just living life in general.

Send details of any "Across" races you are taking part in / have taken part in for inclusion in the results pages.

Don't forget to visit the club website (iomvac.co.uk) to check how well you are faring on the league tables. Thank you to Alan Postlethwaite who updates these regularly.

And finally, don't forget to also send me details of your favourite run/walk routes (no copies of maps unless hand drawn please), recommended websites, recipes, reading, races etc in fact anything you think other members may enjoy or benefit from.

GOOD LUCK WISHES to:-

Gail Griffiths and **Caroline Mayers** who are competing in the Masters 5k and 10k in Lyon, France in August. Caroline is also going to attack the 1500m on the last day.
Good Luck girls

Next issue due end of Sept 2015

To follow: IOM Veteran Athletes Club Competitions and Awards 2015 and Wind Chill Table

Wind Chill Chart

Wind Chill Equivalent Temperature Guide (STEADMAN)								
Air Temp °C	Wind Speed (Knots)							
	5	10	15	20	25	30	35	40
20	19.1	17.4	15.9	14.9	14.0	13.3	12.8	12.3
16	14.9	13.0	11.4	10.1	9.0	8.2	7.6	7.0
12	10.8	8.6	6.7	5.2	4.0	3.0	2.1	1.4
10	8.7	6.4	4.4	2.7	1.4	0.2	-0.6	-1.4
8	6.7	4.2	2.0	0.2	-1.2	-2.5	-3.4	-4.2
6	4.6	2.0	-0.4	-2.3	-3.9	-5.2	-6.3	-7.0
4	2.5	-0.3	-2.8	-4.8	-6.5	-7.9	-9.1	-10.0
2	0.4	-2.5	-5.2	-7.3	-9.1	-10.7	-11.9	-12.9
0	-1.7	-4.8	-7.5	-9.9	-11.8	-13.3	-14.6	-15.8
-2	-3.7	-7.1	-9.9	-12.3	-14.4	-16.1	-17.4	-18.6
-4	-5.8	-9.3	-12.3	-14.8	-17.0	-18.8	-20.2	-21.4
-6	-7.9	-11.6	-14.6	-17.3	-19.6	-21.3	-22.9	-24.2
-8	-10.0	-13.9	-17.0	-19.9	-22.2	-24.0	-25.6	-27.0
-10	-12.1	-16.1	-19.4	-22.4	-24.7	-26.6	-28.3	-29.8

Peter Cooper

ISLE OF MAN VETERAN ATHLETES' CLUB COMPETITIONS and AWARDS 2015

Veterans' Walking League:

Trophies are presented annually to the first three Ladies and first three Men

To qualify for the Walking League Trophies members must complete 5 of the following races. A short race (Race 1 or Race 6) must be included.

Race 1 – Spring Handicap 5K
Race 2 – 10K Championship
Race 3 – 20K Championship
Race 4 – Parish to Peel
Race 5 - Parish Beyond Peel
Race 6 – Autumn Handicap 5K
Race 7 – End to End to Peel
Race 8 – Full End to End
Race 9 – Western 10
Race 10 – Syd Quirk Half Marathon

The points are awarded for places (only other veteran members counting) and a second column awards points for age. The 35 age group get nothing, but every five year age group accrues another 2 points, i.e. 40 year olds get 2, 60 year olds get 10, and so on.

There are separate leagues for men and women.

At the end of the year your best 5 races, which will include the compulsory races, will determine your total. To ensure you are included in the league, please email your race results to Mo Kelly:

mokelly@manx.net

The Veterans Road Running Shield

An age/sex graded road running league where your times are compared to a system based on the Road Running Club age/sex standards. Points are awarded for each event, positive points if your time is better than the standard one for your age/sex but negative scores if you produce a time slower than set by the scheme. The final results are based on each competitor's best seven points scores, with no more than two of these scores being from the same distance group. This means that at least one of the seven counting results must come from a 20 miles or marathon distance. Currently the events are:

Group	Distance (Miles)	Event
Group 0	4 to 9.99	Easter Festival Good Friday 10K, Round 1 Dave Phillips Memorial Races, Northern 10K (both races), Foxdale 6, Ramsey Fireman's Round 1
Group 1	10 to 12.49	Northern 10, Western 10, Peel to Douglas Trail Run
Group 2	12.5 to 17.49	IOM Half Marathon – Ramsey, Syd Quirk Half Marathon
Group 3	17.5 to 23	IOM 20 Miles
Group 4	Marathon	IOM Marathon

A maximum of two results from off-Island events, from any Group, can also be included. If there are any changes to the above list these will be announced in future newsletters and or local press.

Information supplied by Alan Postlethwaite, tel. 814298 or email alan.linda.pos@gmail.com

The Track & Field League

The events to count are based on the Heptathlon for women and the Decathlon for the men.

7 events for women	200m, 800m, 100m hurdles, long jump, high jump, shot & javelin.
10 events for men	100m, 400m, 1500m, 110m hurdles, long jump, high jump, pole vault, shot, discus & javelin

Points are awarded according to the age graded international scoring tables produced by the IAAF and there is no minimum / maximum number of events to qualify.

All published/authenticated results included, either on or off-island.

Competitors are required to send their results in to the Club Secretary at the end of the Track season for inclusion in the League.

IOMVAC Fell Running League Championship

Competitors best 2 short races, best 2 medium races, best 2 long races & best 1 other race establishes their final position.

Short races: St. Johns, Snaefell, Carraghyn & North Barrule.

Medium Races: Greeba, Baldwin, the 'James Coulson' Laxey & Creg-ny-Baa.

Long races: 1. Manx Mountain Marathon, double points (considered as 2 long races).
2. Ellan Vannin
3. Any UK category 'A' long fell race before end of September
4. Bradda fell race (original route).
5. 1st leg Mountain Marathon Relay.
6. 2nd leg Mountain Marathon Relay

Competitors who complete UK fell races are required to produce race result sheets to be forwarded to Ian Callister. Their times will be worked out as a percentage of the winner's time. The competitor with the best percentage will get the points for 1st position. The competitor with the worst percentage will get the points for last position etc. This is similar to IOM Veterans' Road

Running Shield.

Points are awarded as follows:- 1st 53 points, 2nd 50 points, 3rd 48, 4th 47, etc...
Veterans over 45, 2 bonus points for each race
Veterans over 50, 4 bonus points for each race
Veterans over 55, 6 bonus points for each race
Veterans over 60, 8 bonus points for each race

The runner with the highest points score from their 7 races will win the annual cup. Result sheets to be forwarded to Ian Callister, who will be working out the points. Ian has agreed to donate a trophy. Any further questions to Ian (842137) or craigmount@manx.net

IOMVAC Fell Runner of the Year Trophy

This is separate to the above league. The conditions of competition are as follows:

1. The league used will be the MIMO Fell Running League.
2. To qualify the runner must be a member of the IOMVAC at the start of the year of competition.
3. The trophy will be awarded to the highest eligible finisher in the league.
4. The trophy will be held for one year but each person can only win the trophy once so that in time it should filter down to the club members who are not normally able to gain major awards but who would be encouraged to compete by having a chance to win this one.
5. It will carry the title of - The IOMVAC Fell Runner of the Year. The trophy will also be accompanied by a medal or plaque for the recipient to keep

List of Other Awards:

The Arthur Currie & Fred Ward Memorial Cup	Awarded to the winner of the veteran's mile. Held in conjunction with a Manx Harriers track meeting at the NSC.
The Sam Robinson Memorial Trophies	The first Veteran Club members, male and female, to finish in the Island 10 mile Road Running Championships. This alternates between the Northern 10 and the Western 10. This year (2015) it will be the Western 10
The Skillicorn Trophies	Awarded to the highest finishing male and female runners from the combined results of the Vets Spring and Autumn Handicap 10K runs.
The Ann Brough Trophies	Awarded to the highest finishing male and female walkers from the combined results of the Vets Spring and Autumn Handicap 5K walks.
Syd Quirk Half Marathon Merit Award	Usually awarded to a competitor judged to have made a special effort.
Ned Kennaugh Parish Walk Trophy	Awarded to the first male Club member to reach Peel and stop in the Parish Walk
Henry de Silva Parish Walk Trophy	Awarded to the first female Club member to reach Peel and stop in the Parish Walk
Brian Doughty Memorial Trophy	Awarded for services to the Club
Twenty Mile Road Race	A perpetual trophy is awarded
Marshal of the Year	A perpetual trophy is awarded