

IOMVAC NEWSLETTER AND RACE REVIEW NOVEMBER 2010

NEWSLETTER AND RACE
REVIEW NOVEMBER 2010

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HAPPY BIRTHDAY TO US

30 years old! Yes, that's your club.

Last chance to get your tickets for the 30th Anniversary Hotpot Supper and Ceilidh. Yes, we are going to have a bit of fun, come along and dance your self dizzy or just laugh at the others going wrong! And of course the trophies will be given out. That's on Saturday 20th November at Ronaldsway Social club. There's free transport and complimentary wine as well, so no excuse not to come, but you need to be quick. Give Gill a ring on 861678 to arrange last minute tickets, or send in the application form sharpish.

LONDON MARATHON PLACES

The Club has 3 places to award this year. Applicants must have entered the normal way and been rejected. They must also have helped at a Club function during the previous year. Contact the Secretary, Mo Kelly tel. 834117 or mokelly@manx.net

END TO END TO END TO END TO END TO END TO END

JOCK does the double !
He's a race-walking record breaker. Both Jock Waddington and Michael George beat Sean Hands' 2008 record time to some in 1st and 2nd respectively.

Peter Kaneen set a blistering pace to reach Peel in first place, where he stopped. The weather was good, if a little warm. Judith Quane was the first lady home.

FINISHERS

1. Jock Waddington	6:37.29
2. Michael George	6:41.01
5. Andy Gosnell	7:11.14
9. Dave Mackey	7:34.59
15. Michael Bonney	7:48.11
26. Alan Kinvig	8:16.13
137. Christina Morgan	9:38.27
183. Alan Pilling	10:04.06
200. Bethany Clague	10:29.27

PEEL

Peter Kaneen	3:38.20
Doug Allan	4:26.19
Moira Hall	5:03.22
Ian Callister	5:08.22

There was a record number of entries again this year, with over 400 signing up and 356 actually taking part, 128 of those being finishers.

SYD QUIRK MEMORIAL HALF MARATHON RUN AND WALK

Michael George repeated his victory in the walk as did Lloyd Taggart in the run. Both were well ahead of any opposition. Gail Griffiths was first in the ladies' running race, and Judith Quane was first lady in the walk, as she was in the End to End. There were storms predicted for later that day, but the good weather held for the races, avoiding a repeat of last year's torrential rain. The races go from strength to strength with 81 finishers in the run and 56 completing the walk. This year an experimental chip timing system was in place for the run, alongside the normal manual timing system. This would certainly be useful for some of our races in the future, where the "dibber" system is not suitable, as long as the price is not prohibitive. I suppose the entry fees could go up to cover it. What is wrong with manual timing, you may ask. Well, nothing at all, but with competitor numbers growing it is increasingly onerous. And also, how many people do you know who are training to become official timekeepers? probably none at all! So looking to the future, when our present long suffering timekeepers wish to retire, what do we do then?

RUN RESULTS

5. Rob Sellors	1:21.44
7. Kevin Deakes	1:24.35
8. Russell Collister	1:25.07
10. Alan Sandford	1:26.53
11. Andy Gosnell	1:26.54
13. Gail Griffiths	1:28.41
14. Dave Newton	1:29.53
15. Barry Moore	1:30.01
17. Stephen Brown	1:30.47
22. Tadhg O'Mahony	1:32.46
26. Dave Corrin	1:40.09
38. Dave Salter	1:43.48
43. John Swindlehurst	1:46.52
47. Alan Kelly	1:48.58
51. Rob Gillanders	1:51.48
55. Wendy Ross	1:53.18
69. Kevan Orborn	2:07.08
71. Moira Hall	2:08.53

Run results continued

72. Sue Furner	2:09.15
76. Geoff Hall	2:18.04
78. Alan Pilling	2:20.01
79. Maureen Kelly	2:24.03

WALK RESULTS

1. Michael George	1:52.16
3. Andy Green	2:07.19
4. Michael Bonney	2:11.21
6. Simon Cox	2:14.33
14. Ian Callister	2:27.33
17. Maureen Cox	2:28.58
19. Colin S Moore	2:30.06
30. Alan Gault	2:39.26
47. Henry de Silva	2:52.05

Welcome back to race-walking, Maureen.

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WESTERN 10 RUN AND JULIE BREW MEMORIAL WALK

This took place on 3rd October 2010. There was a good turnout for both events, hosted by the Western Athletics Club.

Nigel Armstrong was first home in the run, with Nikki Boyde the first lady.

In the walk, Michael George excelled again as he does at middle distances, beating the current record holder Peter Kaneen. Janice Quirk was the first lady, returning to fitness. Nice to see Doug Allen back in action in this, where he obviously wasn't racing, and in the End to End where he was.

Run results

3. Kevin Deakes	63.19
9. Richard Radcliffe	67.13
11. Alan Sandford	68.15
13. Barry Moore	69.57
14. Robb Webb	70.42
16. Neil Wilson	71.32
17. Peter Cooper	72.28
19. Debbie Loader	74.00
21. Dave Corrin	76.38
34. Martin Bell	89.44
35. Moira Hall	93.50
38. Eric Lee	97.52
39. Alan Pilling	98.45
40. Bethany Clague	99.05
41. Geoff Hall	102.40

Walk results

1. Michael George	86.11
2. Peter Kaneen	87.07
3. Vinny Lynch	92.01
6. Michael Bonney	103.38
9. Simon Cox	109.24
28. Ian Callister	129.30
46. Doug Allen	137.40

News Snippets

Good Luck to the newly opened Sports Shop on Bucks Road, Douglas. "Up & Running" is well known to those of you who travel on the mainland, but we now have our own store here, run by Lisa Motley and Chris Cale.

Kevin Vondy ran the Dublin Marathon this year in 3 hours 4 min 41 secs.

Henry de Silva completed the BMA 30 km walk in Coventry in 4 hrs 14 min to come 2nd in his age group to Norbert Will. Henry also won 2 gold medals in Australia at the Commonwealth Fencing Championships.

VETERANS' AUTUMN HANDICAPS, WALK AND RUN

Isle of Man Veteran Athletes' Club Autumn Handicap Run and Walk NSC Thursday 16th September 2010

The Isle of Man Veteran Athletes' Club Autumn Handicap 5Km walk and 6 mile run was held at the

NSC on Thursday in ideal conditions. There was a disappointing entry for the walk with only seven club members supporting the event which was won by scratch walker Krystina Twizell in an actual race time of 34m 23s. Fastest walker on the night was Jock Waddington who walked a very relaxed race and looks to be in good shape for next weekend's End to End Walk. The run entry was also poorly supported with Stephen Brown taking the honours completing the 12 laps in an actual race time of 39m 33s, and 40s clear of second placed Kevin Vondy who recorded the fastest time on the night. Alison Corlett was the only lady to sign up for this year's run recording 56m 11s over the 6 mile course. Thanks to all the marshals and helpers who far outnumbered competitors on the night and to Manx Harriers for use of their clubhouse.

Report by Marie Jackson, Race Secretary.

6 MILE RUN

Actual times are given

1. Stephen Brown	39.33
2. Kevin Vondy	35.43
3. Andy Gosnell	38.19
4. Kevin Deakes	36.50
5. Neil Wilson	40.29
6. Paul Cubbon	37.36
7. Barry Moore	39.33
8. Les Brown	45.09
9. Steve Wilmott	54.20
10. Rob Gillanders	40.52
11. Alison Corlett	56.11

These results are included with the Spring Handicap results for the winner of the Bob Skillicorn Trophy.

5 KM WALK

Actual times are given.

1. Krystina Twizell	34.23
2. Jock Waddington	24.29
3. Vinny Lynch	26.52
4. Lilsa Motley	31.18
5. Colin S Moore	33.00
6. Michael George	24.42
7. Ian Callister	32.50

These results are included with the Spring Handicap to determine the winner of the Ann Brough Trophy.

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: Lisa Motley

Collator of the Fell Running

League: Ian Callister

Webmaster: Adrian Cowin

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From Dave Salter, Marathon Sponsor.

On the day we were sponsoring the IOM marathon (Salclear), I was on vacation with my family in Southern Africa.

I decided to run in a local marathon/half marathon in Verulam, which is a town in Kwazulu Natal, not far from Durban, South Africa.

It was a very hilly, but dramatically beautiful course, running through shanty towns and cane fields. Otherwise much like the IOM Marathon... starting and finishing in a local football stadium.

The leading runners, not surprisingly were barefoot. When the race started, 6am, it was dark. When it finished the sun was up and it was scorching hot. The race was sponsored by a local supermarket, my goody bag contained rice, soap, pot noodle, a deodorant spray and an orange.

I came 50th out of 350 in a time of 1hr 40

New slimline newsletter

Some of you may have noticed that not every race has been reported this time. In the past it was customary to include all the Island races in this newsletter, but I feel it is time to simplify things. There are an awful lot of athletics events held on the Island every year. All races are reported in detail in the Manx Independant with full results and photos. In addition to this, each organising Club has the results on their respective websites within hours of the event, complete with legions of photos. And the results remain on the website for anyone wishing to look them up at a later date.

For these reasons I don't feel it is necessary for me to repeat them all in this newsletter. I will include all our Club events, plus the other Clubs' "flagship" events i.e. The Parish, the Western 10 and the Northern 10, and probably the final results of the various series', i.e. Dave Phillips, Ramsey Firemans, the Winter Walking League, etc.

And of course, all the news and information items and any articles sent in by members.

If you wish to comment on this, please do, by email, text or phone.

One or two of the postal copies of the September newsletter went astray. It contained Robbie Lambie's "Reflections on the Parish" and Trevor Christian's report as Sports Development Officer. If you would like a copy, and you are unable to access it on the website, please let me know and I will put one in the post to you.

Cardiff Half Marathon – Sunday 17 October 2010

from Maureen and Alan Kelly

As part of our half-marathon weekends away our latest run was in Cardiff. When Alan & I entered the race, in March, we booked a hotel quite close to the start, but about a month before the race a new course was announced. But as we arrived in Cardiff on the Saturday lunch-time we had plenty of time to work out how to get to the start line, which luckily turned out to be only a 20 minute walk.

The weather on Race day was ideal – cool, bright and with no wind. We joined the other 15,000 runners queuing for the loo and then lined up on Lloyd George Avenue ready for the mass warm-up and start. The race was due to start at 9.00am but as there was a car accident on the course there was bit of a hold-up. With so many entrants the whole width of the road was taken up with runners and as the course went through the city centre I found myself running through the middle of the outdoor tables at Cafe Nero!! After going through the city centre, the course went past the Castle, through Bute Park and then down to Cardiff Bay – fantastic views across the bay. Once back onto Lloyd George Avenue you ran down the left-hand side, which seemed to go on forever and ever, then turned at the bottom and finished about 400 yards further on. There were goods crowds along the whole course but the crowds for the last couple of miles were very large and vocal.

The race was well organised, especially dealing with the baggage. We looked forward to receiving our goody bag as it was advertised as including a towel. The towel turned out to be about the size of a flannel – not quite what we expected, but a bit different from the usual T-shirt. After receiving our medal, drinks etc we treated ourselves to a burger from one of the stands at the Race Village. Went down a treat!

The following day we spotted in the local paper that there had been a problem with the course distance. The day before the race the course had to be amended as scaffolding was blocking the route. It meant that the course was only 12.98 miles! Quite a few runners were very upset but it didn't make much difference to us – I'm still claiming my time as 2hours20minutes. Alan finished in 1hour49minutes.

We really enjoyed this race but we were very lucky with the weather. My only criticism would be that you had to thread your timing chip through your laces which meant you had to untie your laces to hand the chip back – didn't really want to bend down and do that at the end of a race. Cardiff is a grand spot with fantastic shops!

The race was broadcast live on TV and once home we watched the recording. We didn't spot ourselves and didn't understand much of it as it was all in Welsh!

Half-marathons now done in York, Leicester, Nottingham, Bath, Reading as well as the Great North Run. So where to next?