

ISLE OF MAN VETERAN ATHLETES' CLUB NEWSLETTER NOVEMBER 2011

Website

www.iomvac.co.uk



VIRGIN LONDON MARATHON

Please send in your applications for a Club place to the secretary Mo Kelly, 844117 or mokelly@manx.net. You must have applied through the official channels and been rejected, preference is given to 1st claim members who have not previously had a place, various other conditions with regard to assisting the Club also apply. Applications must be received by the end of November.

End to End Walk sponsored by Ramsey Bakery

Well done Richard Gerrard, one of our newer members, who had a well deserved win. This was the 50th anniversary for this walk, although the route has changed, the start and finish are still the same! There were 349 actual starters. There was a change to the expected order of things this year as several of the usual suspects retired at Peel, namely Jock Waddington, Vinny Lynch and Sue Biggart. Other highly placed Club members were Michael George in third place and Chris Cale in fifth. The first lady was Sally Walker in 6th place in 7:29.24.

Finishers

1. Richard Gerrard	6:48.54
3. Michael George	7:16.29
5. Chris Cale	7:27.50
16. Andy Green	7:58.29
75. Martin Bell	9:01.24
97. Doug Allan	9:12.42
116. Juan Callow	9:24.05
151. Colin Moore	9:44.29

Peel

Jock Waddington	3:48.55
Vinny Lynch	3:50.31
Sue Biggart	4:28.18
Ray Pitts	4:28.20
Alan Gault	4:52.36
Sue Ackroyd	5:25.27
Geoff Hall	5:37.56
Sue Furner	5:59.41

Scottish Widows Parish Walk

I know it seems a long time since the Parish but it is only right to congratulate Jock Waddington on his fourth consecutive win. The most notable Club performances were:

1. Jock Waddington	15:01.48
2. Vinny Lynch	15:15.44
5. Robbie Callister	16:13.46
11. Chris Cale	17:35.59

Well done to Ian Callister for completing the gruelling challenge of climbing 70 Manx peaks of over 1,000 ft in 19 hours 14 minutes.

Bethany de Legh Runciman (nee Clague) has recently completed an ultra marathon running the length of Ireland. Followed a few weeks later by competing in the Superstar Sportsday competition. See the full articles over the page.

ENTER NOW— entry form included or on website.

Syd Quirk half marathon run and walk sponsored by Haldane Fisher

There are separate classes for runners and race walkers which means the walk judges will be out. The event is being held a bit later this year, 27th November, to avoid conflict with the train.

Veterans' Autumn Handicap sponsored by Dursley Stott.

A poor turnout for both events, what do we have to do to tempt you, offer pie and chips afterwards? Fastest runners on the night were Gail Griffiths and Kevin Deakes, while the fastest walker was Dave Walker.

Run	Actual times
6. Kevin Deakes	36.48
7. Stephen Brown	59.08
8. Lesley Christian	55.47
10. Chris Cale	41.05
12. Mike Gellion	43.04
15. Barry Moore	44.07
16. Phil Motley	44.07
17. Gail Griffiths	42.00

CLUB KIT

Have you got your new lime green Club polo shirt (as modelled on the website) yet? If you want one, phone Mo Kelly on 834117, there are mens' and ladies' fittings. £10 each.

For all other kit, order from myself, contact details overleaf. There are 2 vests to choose from, the high viz fluo green one (also £10) and the original black and white, also cotton T shirts in black with the club logos in white. These come in short and long sleeve options, and also as sweatshirts. You can have other colours in the cotton items, but the logos will always be white. These items have to be ordered from the manufacturers. Prices on application.

The embroidered Club logo is now available at Promenade T Shirts if you want to go along and get something else, they had some nice lime green hoodies, which would look good with the logo, when I was last in. Or if you have a favourite jacket or other clothing on which you would like to have the logo, go along and ask for a price. Obviously you would order and pay for those yourself.

Veterans' Autumn Handicap Walk Results

Results	Actual times
1. Sue Ackroyd	37.03
4. Colin Moore	32.35
5. Kristina Twizle	35.15
6. Ian Callister	33.37

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Superstars Sportsday Competition contested by 24 recognised Island Athletes An account by Bethany de Legh Runciman

Superstars Event 2011:

On Sunday 16th October I competed in a Superstars Sporting event at the NSC.

We had to raise £250 in sponsorship each for the Commonwealth Games Association of the IOM.

I did the following:

In the morning - ran 100m in 19s

cycled 1.4km in 2mins

ran 800m in 3m 35s. (my legs were like jelly after the cycling!)

In the afternoon - agility test we carried 5 bags, 10-30 kgs each, and scoring 3 basketballs (did it in 1m 28s)

- football skills where we dribbled 12 balls and scored goals getting 1 or 2 points each ball. I scored 19 out of 24!!

- badminton racquet skills. This was so hard - 200 shuttlecocks from a feeder and I had to hit them into targets. Scored 13 points which was excellent.

- gym tests (murder as I was sooo tired!) Tricep dips, full press-ups and squat thrusts.

Finally the "plank" test - I was the worst!

It was an excellent day. We had to opt out of one event and I opted out of the 100m swimming which was the last event. I even finished 2nd lady out of 5 ladies and 14th out of 19 competitors. Each invited competitor was selected as being elite or well-known in their event. We were from different sports: hockey, rugby, football, athletics, triathlon, swimming etc.

It was very well organised and I got a polo shirt and won a crystal glass engraved. (see photo)

The organisers are looking to hold another superstars event next year.

Many thanks to the marshals, judges and organisers for a superb day!

Another Club member, Paul Cubbon also took part, and Paul came first in the badminton section and in the swimming.

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SALCLEAR ISLE OF MAN MARATHON AND HALF MARATHON

HALF MARATHON

10. Gail Griffiths	1:26.55
12. Richard Radcliffe	1:27.28
14. Paul Curphey	1:28.15
15. Stephen Brown	1:32.19
28. Chris Cale	1:33.46
36. Barry Moore	1:36.25
57. Les Brown	1:43.20
59. Peter Cooper	1:43.21
67. Nicky Kennaugh	1:44.17
92. David Salter	1:48.45
109. Alan Kelly	1:51.53
131. Andrew Lodge	1:57.31
131. Alan Cowin	1:57.31
138. Pat Blackburn	1:58.59
147. Alan Pilling	2:01.50
173. Sue Furner	2:09.37
174. Eric Lee	2:09.42
175. Jackie Moore	2:09.45
194. Alison Corlett	2:18.02
223. Carol Bates	2:32.19
225. Maureen Kelly	2:34.05
225. Ingrid Sugden	2:34.05

RESULTS

MARATHON

1. Rob Sellors	2:54.20
3. Kevin Deakes	2:58.32
19. Robb Webb	3:25.36
58. Michael George (walk)	4:16.36
70. John Grady (M70)	4:35.27
92. Juan Callow (M65)	5:15.09

Gail Griffiths sent a new W45 record

HALF MARATHON continued

230. Helen Lamming	2:36.32
233. Colin Moore	2:38.42
234. Sue Ackroyd	2:39.02
239. Ian Callister	2:43.40
240. Peter Lockett	2:43.51
242. Caroline Myers	2:46.50
247. Carolyn Magee	2:48.58
254. Henry de Silva	2:51.04
273. Wendy Sharkey	3:01.56

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SALCLEAR ISLE OF MAN MARATHON AND HALF MARATHON 2011

Marathon day 2011 was another successful event - thanks largely to all the volunteers who helped on the day. We get so many 'thank you's' at the event and afterwards, (see attached for some of them) and most particularly mention the friendly people (marshalls and water stations) out on the course. As I say every year, there is no way we can hold any event without the volunteers. so I do sincerely thank them all.

And special thanks must go to Dave Salter of Salclear, who has been our generous sponsor for several years now. This is a local company and Dave is one of our club members. His company produces an ever-increasing range of gels and lubricants for a wide range of sports. Check out his website www.salclear.com."

This year saw many records. We had the highest number of entries ever at 470. Sadly we also had the highest number of 'no-shows' on the day which brought the number of race starters down to 401. But this is the first time we have gone over 400, so that's another record.

We had some new age group records in the Half Marathon with winner Gail Griffiths (45-49), and 24th placed Bev Wright from Blackpool (50-54) both taking several minutes off the previous records. Ed Gumbley reduced the men's 35-39 record by over a minute.

For the first time in several years the winners in the Marathon race were both locals - Nikki Boyde and Rob Sellors - so they each have a Winner's trophy and a Manx Championship trophy to keep for the year. In fact Nikki has a share in a third trophy too as she along with Tom Melvin and Kevin Deakes won the Team Championship for Northern Athletic Club. I hope Nikki has a large sideboard!

It never ceases to amaze me that we attract so many runners from overseas - and I am not just talking about the UK and Ireland, although about 60% of our entrants do come from there.

MARATHON

Jillian Dorens	travelled from New York for her first full marathon.
John Wallace	came from Florida to run his 10 th marathon in 110 different countries.
Edson Sanches	also from New York
Myra Theunissen	Netherlands
Hub Janssen	Netherlands
Rosemary Nixon	France
Alejandro Gonzalez	Spain
Ralf Klink	Germany
Attilio Pelleri	Italy

John Tyler from Essex had race number 100 as this was his 100th marathon. He is now a member of the exclusive '100 Marathon Club'.

Matthew David from Derbyshire had race number 50. He ran his first ever Half Marathon here last year and enjoyed it so much he has been running almost non-stop ever since. Our race was his 50th full Marathon in just 50 weeks. I think that might be classed as a serious addiction! I wonder if he will be collecting his 100 Club medal next year?

HALF MARATHON we also had a couple of half marathoners who travelled a long way to get here - Rie Kijima from Japan, and Muirhead Douglas from New Zealand.

In fact we did have a large number of Japanese runners in the Half Marathon - they are all MBA students based in Birmingham. It seems that only one of their group was previously a regular runner but he persuaded all the others to start training for our race earlier in the year. I'm relieved to say that they all reached the finish line - and seemed to enjoy it!

Planning has already started for next year's event - RACE DAY WILL BE SUNDAY 22nd JULY 2012. This is earlier than our usual August slot in order to avoid clashing with a slightly higher profile event which will be taking place in London next August. "We've had excellent feedback regarding the switch to 'technical' t-shirts this year, and the new etched glass trophies that were presented to the age category winners, so they will be the standard for next year. Finally, and once again, MANY, MANY THANKS TO EVERYONE WHO HELPED MAKE MARATHON DAY 2011 A SUCCESS.

Christine Bathgate, Marathon Organiser

RUNNING THE LENGTH OF IRELAND:

The Inaugural M2M Ultra

At 0900hrs on Wednesday 14th September, 14 intrepid ultrarunners set off on an Irish Road Journey of a lifetime, covering 345 miles, from the most Northerly point of Ireland, Malin Head, to the most Southerly point of Ireland, Mizen head, in just 11 days, averaging 32 miles a day. The event was called M2M and can be found on the Ultrarace website, organised by Rory Coleman and Jen Salter. This was to be my 11th Rory Ultra Event.

They came from all over the world to take part.... Michelle Fookwe from South Africa, Rick Bachor from Canada, Russell and Claire Secker from Oklahoma, USA, who celebrated their 25th wedding anniversary during the event, and myself, Bethany, from the IOM. Some runners were experienced ultrarunners, others fairly new to this sport. It would be the ultimate test of endurance, stamina and inner strength, as we took part in the toughest footrace in Ireland and second toughest, to JOGLE, in Britain and Ireland. We were given OS 1:50,000 maps to navigate our way south, taking in Londonderry, Enniskillen, Longford Town, Banagher, Nenagh, Kanturk and Macroom.

Our accommodation was a 'Galaxy Cruiser Tour Bus', sleeping 16 people in bunks upstairs with a small kitchen, toilet and dining room downstairs. Paul, the driver and owner, has driven bands, including Status Quo, round the world in this bus. Overnight the bus parked at some G.A.A Clubs, giving us water and electricity for the bus, showers, toilets, dining facilities and one night a washing machine and dryer. However some nights the Bus was parked in petrol stations or supermarket car parks where there were no facilities, just a bucket for a wash! However, in cramped conditions we soon got to know each other and all had to live with the aroma of damp, sweaty running gear as we attempted to dry our sodden clothes!

Our cook, Anne, was fantastic. She catered for 20 people with little equipment, often cooking in garages or 'al fresco', providing us with hot, tasty meals in the evening and scrambled eggs, toast and porridge for breakfast. She has been on the Bus a few times now and gets up, sometimes at 3am, to cater for runners setting off early. She really looked after us. Rory was driving a car, with a trailer, providing us with food and water at checkpoints; the first at 10 miles and the second at 20 miles each day.

The first day, 37 miles, I found tough. Having been unwell for a while, it was a year since I had run that distance. In training on the Island since June, I had run 4 marathons in August. However my energy levels and mood swings were extreme. On the second morning, Rory the Race Director, told me I was eating too much sugar. I was restricted to sandwiches and wraps, crisps and water. I did supplement the water with bought carton fruit drinks, (containing some sugar, I know!), and this diet worked much better and I began to get stronger and stronger each day. The second day was 34 miles, then 31 miles. The mileage dropped to 28 miles by day 7 and then it increased to 35 miles each day until the last day, the 24th September, which was only 20 miles! As the days passed the running got easier. The distances seemed less and being on the road for 7-11 hours each day was like an office job. I became a running machine. My body was focussed entirely on the running each day and looking after myself; eating plenty, sleeping lots and footcare.

By Day 6, five runners had dropped out. The camber of the road was the biggest problem, causing runners to have very sore shins which became too painful to run on. It was important to change sides of the road often to reduce the stress caused by the camber. It was also noted that runners in stability shoes, such as my Brooks, fared better than shoes like Asics.

Liz, the oldest runner aged 60 years, and Quentin, really struggled at the end. Liz had very sore, swollen

legs and Quentin's feet were a mess! I used Compeed blister plasters, like a second skin, to prevent blisters and it worked, despite being laughed at by the others as my feet looked so odd! By day 7 my feet had swelled and Ernie, my husband, rescued me by bringing size 11 trainers when he joined us on the bus on the Thursday. My foot size is 7 normally and size 9 trainers are normally fine. I started at 7am each morning, after Liz and Quentin. Michelle and Claire were much faster, finishing 1st and 2nd ladies respectively. The race looked certain to be won by Ged Moore. He ran sub 9 minute miles the whole way and had no problems. Chris was second with Russell and Rick close behind.

The weather was, frankly, awful! Ireland is very green! The penultimate day was over mountains, involving 3400 feet of climbing! The views were stunning but my knees ended swollen, red and sore. I bought knee supports and tubigrip from a Chemist and these helped. My feet were sore at the end with all the pounding on them. Soaking them in a bucket of cold water helped. We ran on busy R and A Roads, with a lot of traffic, and we ran on deserted country lanes, with grass down the centre, in the middle of nowhere. The Irish people were lovely and very interested in what we were doing, as advertised by the T-Shirts we wore over our running gear. Most were amazed by what we were doing and I was offered several cups of tea en route. Rick and Liz could not read the maps and got lost several times. The Irish Road signs were confusing, as were the directions given by the locals!

On Saturday 24th September at 11.17am I crossed the Finish Line at Mizen Head. 9 of us reached the finish and we were welcomed with sunshine, stunning views and a winners Tankard with champagne in it. There were smiles, photos and a lot of tears. It was such an amazing experience that none of us wanted it to end! I ran with 13 inspirational runners and saw beautiful Ireland by foot. The 2 hour celebration had to end and I got into the hire car with Ernie and left to drive to a Waterford Hotel for the night. It was very difficult to adjust to the scenery coming towards me at driving speed! Very strange! However a proper bed, a bath, clean clothes and lots and lots of food beckoned.

Back home it has been difficult getting back to reality and normality. It is hard to comprehend the enormity of the challenge I have just undertaken. I did not think I stood a chance of finishing and after 100 hours of running I did it! It has been the hardest thing I have done – harder than the Double Parish Walk! I am so proud to say now: the furthest I have walked is 170 miles non-stop, the furthest I have run is 110 miles non-stop, and now I can say I have completed my first multi-day ultra of 345 miles over 100 hours in 11 days!

Wow! Next challenge: my 40th birthday on November 4th!

Bethany De Legh-Runciman (formerly Clague)

September 28th 2011

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, Mike Gellion, Marie Jackson, Vinny Lynch, Lisa Motley.

Official Course Measurer and Collator of the Running Shield: Alan Postlethwaite

Marshall Co-ordinator and Collator of the Walking League: Lisa Motley

Collator of the Fell Running League: Ian Callister

Webmaster: Adrian Cowin

This year there will be no Annual Prize Presentation | Dinner, instead the Trophies will be awarded at the Annual General Meeting in January.

| Thanks to all who sent in articles and information.
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| Ltd for photocopying free of charge.