

ISLE OF MAN VETERAN ATHLETES' CLUB NEWSLETTER OCTOBER 2013

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Remaining Club fixtures for the year

17 October VETERANS' AUTUMN HANDICAP RUN AND WALK

Advance entry required, forms either enclosed or on-line. (ENTER NOW)

24 Nov HALDANE FISHER SYD QUIRK MEMORIAL HALF MARATHON

Advance entry required. Entry forms available in November on -line.

Or telephone Race Secretary Carolyn Magee on 615750.

MICROGAMING ISLE OF MAN MARATHON AND HALF MARATHON

Congratulations to the new marathon committee for a super day. Marathon day has always been something special, and I always think that it can't get any better, but every year it seems to add a little something!

A big thank you to all who gave up their time, we are very lucky to have so many people who are happy to give up their time, and we are very grateful to all the helpers, out on the road or in the stadium. Also thank you to new sponsors Microgaming for their help throughout the organising process. It was a great sight to arrive at the field and see "the tented village". Astley Youth Band played brilliantly to add to the ambiance in the stadium, and the buffet was of the usual high standard.

Ed Gumbley won the marathon for the second year running, and also the IOM Marathon Championship (men). The women's championship was won by Elizabeth McGowan, who also won it last year. The women's winner was Fiona Oakes of Essex who was in the process of a bid to run seven marathons on seven different continents. The first one was at the North Pole, and IOM was her second, since then she has run Australian and Siberian marathons. Others on the list are Casablanca, New York, Chile and Antarctica. Check out her face book page or google for information on her progress.

Other multi-marathon runners were Selina Da Silva running her 300th marathon, and Ernest Barker running his 191th marathon. Both of them have been competing in our events for many years.

Apart from local and UK runners, there were many foreign participants:

United States	9	Rep of Ireland	9	Netherlands	3	South Africa	1
Germany	2	Spain	1	Finland	2	Belgium	1
Poland	1	Italy	1	Hungary	1		

The half marathon was won by Englishman Ewan Brown, with our highest Club finisher in third place, Kevin Deakes. Kevin is currently training for the World Master Champs in Brazil in October, we wish him all the best. The ladies prize went to Caroline Mayers who had "warmed up" at the Island Games in Bermuda the previous month.

Moira Hall came 5th in the Marathon section of "No Rest for the Wicked" and was the only Club member to complete that series. She also finished the "new look" Manx Mountain Ultra, winning the age group prize. I am sure she gets younger every year!

Full results and coverage of all our competitions can be seen on the website and in the Isle of Man Independent newspaper.

RACE WALKING

Well done Michael George on winning the **Parish Walk**, we knew your year would come. Michael completed the double by winning the End to End Walk, breaking the record by more than 12 minutes . He also won the 20 mile Starlight Stroll (part of the 100 mile meeting) and came second in the 20 km champs. He was first in the Sara Killey Memorial Walk in April, and has just won the Julie Brew 10 mile walk. I wonder if he is building on a new room to house all the trophies, or at least buying a new cabinet!

End to End

It was a gorgeous day which had marshals basking in the sun, and competitors wishing it would go behind a cloud so they could cool off.

Michael George and Richard Gerrard raced together for a large part of the distance, with Michael George pulling away on the approach to the Round Table. Richard put up a fine performance, especially considering he had come home first in the 100 mile race at the beginning of August. Third was Vinny Lynch, who was 2nd in the 100 mile race, and fourth Robbie Callister, who was 3rd in the 100 mile. Chris Cale was 12th, as he was in the 100 mile. Sure got some tough guys over here!

100 mile Walk

Well done to Manx Harriers for hosting the event at such short notice. It was held on the perimeter road of the NSC and included a 20 mile Starlight stroll. Twenty four new centurions were created, eighteen of whom were Manx residents. Club members:-

1. Richard Gerrard	18:29.40
2. Vinny Lynch	19:00.51
3. Robbie Callister	19:19.45
4. Jock Waddington	19:34.01
11. Brian Kelly	20:50.13
12. Chris Cale	20:52.02
16. Janette Morgan	21:46.12
19 Andrew Titley	22:04.03

New Editor needed

It is over two years since I requested a replacement for myself as Editor of the newsletter. Unfortunately, no one has come forward. If no one is prepared to take it on, this may be the last newsletter in this format. There will still be information pages as required, and entry forms posted to those who need them, but you may have to rely on the website for news and views.

Club Contacts

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We were all impressed with Gail Griffith's performance at the Island Games a few months ago, but she has done a great deal more than that this year! Thanks to Dave and Gail for the following article.

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Well, what a busy and eventful summer that was! Since I took up running seriously about eight years ago I have been fortunate to enjoy success in various disciplines of distance running, but everything really clicked for me in the summer of 2013, making it a very memorable and special season.

I would have to say that the major highlight was the NatWest Island Games in Bermuda, where I won individual silver medals in the 10,000 metres and Half Marathon races, and I was also part of the gold medal winning team in the Half Marathon. It was a fantastic feeling to win three medals for the Isle of Man in such a prestigious international sporting event, and I will treasure those medals for ever. Hopefully there will be more to come in the future too – I think I will still be very competitive in two years' time even though I will be 50 by then!

But I am also extremely proud to have won two British veteran's age group titles this year in the women's V45 category – adding two more gold medals to my collection. These came in the 10,000 metres event at Horspath (Oxford) in June, and the 10k road race at Pollok Park (Glasgow) in August.

When I heard that the 10,000 metres championship was being held in Oxford, I was hoping it would be on the Iffley Road track made famous by Roger Bannister running the first sub-4 minute mile in 1954. As it happened, the event took place at Horspath on the fringes of Oxford – not far from where I used to live years ago! I stayed with my good friend Adrian, who was my mechanic when I used to race in the MGP. He lives about 45 minutes drive away.

It was disappointing that so few people turned up for the race – there were only seven competitors for the women's race across all veteran age groups. Sadly not many people enjoy racing this distance over 25 laps of the track, preferring to race on the road which I think is a shame. You do feel quite exposed running on the track and there is nowhere to hide if you go through a bad spell – but I enjoy that! It was not an ideal day weather-wise either, with quite a strong wind.

I led from the gun, and soon realised that if I wanted a fast time I would have to do it on my own. It was one of those races when I felt really good and strong all the way, only starting to tire a little in the blustery conditions over the last few laps. By that stage I knew that if I could keep the pace going I could improve on my pb time of 37.19, and that gave me the incentive I needed to keep pushing on. I crossed the line in a time of 37.12.62, very happy to have set a new pb but a little disappointed not to have achieved my target of a sub-37 minutes time. That will have to wait for another day with better conditions and a more competitive field! I was the outright race winner by well over four minutes and was delighted to receive my gold medal for the V45 category to add to the one I won in the 5k championship at Horwich in 2010.

The 10k road race in Glasgow in August was on an altogether bigger scale, with approximately 200 competitors in all including 52 women. The race included the Scottish Masters championships, so there were plenty of local competitors. The age groups ranged from V35 to V80! The course was based in Pollok Country Park on the South Side of Glasgow. The course was 4.5 kilometres in length, with the race covering two complete laps plus a final kilometre to the finish. The course was quite undulating, with an initial gradual climb through the park being followed by a downhill section on the main road outside the park. There was then an up and down section back inside the park to complete the lap. It was a blustery day, but the high trees on both sides of the path through the park made it reasonably sheltered.

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*(Gail's Story continued)*

It was my final race of a very demanding season, and I was hoping there was enough left in the tank for one final big effort and a great race to round off the summer. I started the race strongly and felt that I was on for a good time – hopefully that sub-37 – but was disappointed that my times at the 3k and 5k marks were around 38 minute pace. It was only after the race that it became obvious from all the split times that the 3k and 5k marker boards must have been placed too far down the course, and I was actually going better than I thought at the time!

At the 5k point I was fifth overall in the women's race and leading the V45 category by a clear margin, and was having a good battle with a runner in the V35 category who was just behind me at that stage. On the second lap I continued to run well but was starting to get a little leg weary as the race reached its final quarter. I finished really strongly on the final slightly uphill kilometre, but was just unable to catch the V35 competitor who overtook me in the final stages. I was really pleased to take 26 seconds off my pb with a time of 37.27 – my previous pb was also set in Glasgow last year on a different course. I won the V45 championship by over two minutes and was delighted to pick up my second national age group title of the summer. I was sixth overall in the women's race.

It was a really good weekend in Glasgow, where several of David's relations live. We stayed with his niece Kiera, and several of the family came to cheer me on in the race, which was great. My good friend from the Island Games, Michelle Sandison (from Shetland but living in Glasgow) was also there to support me, and we had a lovely Italian meal with her and her husband in Jamie Oliver's Glasgow restaurant the evening before the race.

I am really grateful to the IOM Veteran AC for contributing very generously towards my expenses for both these races this summer, and I was very proud to wear the club vest on both occasions. It was great to be able to repay them by bringing two national titles back home to the Isle of Man in the club's name. I hope there will be more to follow!

So what's next? I am hoping to be selected to represent England in the British & Irish Masters Cross Country match in Cardiff on 16<sup>th</sup> November – I expect to hear whether or not I have been selected within the next week. Then looking further forward, I am targeting selection to represent Great Britain in the World Masters Track & Field Championships in Izmir (Turkey) in 2014, and the European Masters T&F Championships in Lyon (France) in 2015. I will be in my first year of the next age group by 2015, so the event in Lyon is definitely a big target and I think I can do well.

Wish me luck!

Gail

*Items enclosed or available on-line*

Entry form for Veterans' Autumn Handicap (17th October, enter by Sunday 13th October)

Veterans' Running Shield results after 12 on island events . Just the Syd Quirk half marathon to go.  
(Thanks to Alan Postlethwaite)

Veterans' Fell Running League final positions (thanks to Ian Callister)

## News Snippets

Lisa Motley was one of four runners who recently completed the Bob Baxter Round, which includes ascents of all 37 of the island's peaks over 1,000 feet on a 52 mile route. She also finished the Manx Mountain Ultra run.

Date for your diary: Friday 29 November.

This year we are holding the **Annual Prize Presentation** and social evening at the Vagabonds Rugby Club, (opposite the Hospital) . 7.00 for 7.30 pm. Details to be announced.

## Great North Run

Club members who took part:

|                |         |                |         |
|----------------|---------|----------------|---------|
| Tadhg O'Mahney | 1:32.41 | Pat Blackburn  | 1:56.28 |
| Kevan Osborn   | 2:14.09 | Andrew Gosnell | 2:14.10 |

## Vets Mile

|                  |        |                    |        |
|------------------|--------|--------------------|--------|
| 1. Mike Garrett  | 5.03.2 | 2. Robbie Lambie   | 5.48.3 |
| 3. Stephen Brown | 5.51.2 | 4. Barry Moore     | 5.56.8 |
| 5. Peter Cooper  | 6.09.8 | 6. Michael Loundes | 6.13.2 |
| 7. Steve Wilmott | 7.09.3 | 8. Geoff Hall      | 8.00.7 |

## London Marathon Club Places

Anyone wishing to be considered for a Club place this year should contact Mo Kelly by the end of October. The usual criteria apply: You should have been rejected by the official ballot, and preference will be given to 1st Claim members, and those who have not previously had a Club place. There is also a requirement to have helped at a Club event during the year.

Winners in the Veterans' Mile

