

IOMVAC NEWSLETTER AND RACE REVIEW SEPTEMBER 2010

NEWSLETTER AND RACE
REVIEW SEPTEMBER 2010

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Club fixtures for this year

IOMVAC Veterans' Autumn Handicap 16 September at NSC — ENTER NOW —

Closing date for Entries Monday 13 September

RAMSEY BAKERY End to End Walk 26 September at Point of Ayre — ENTER NOW—

Closing Date for Entries Sunday 12 September

HALDANE FISHER Syd Quirk Half Marathon 7 November at Ronaldsway Industrial Estate

PARISH WALK—HE'S ONCE, TWICE, THREE TIMES A WINNER!

Jock Waddington strode to victory for the third time in a row knocking nearly 28 minutes off his 2009 time. An excellent second was Vinny Lynch, with Michael George third. Susan Moore was the first woman home in 12th place.

There was another record entry of 1,710, but the extreme heat was a factor in reducing the overall finishers figure to 133, a drop of 54 on last year. This year the main sponsor was Scottish Widows who brought one of their promotion team over to start the race and give out the prizes, namely Roger Black the 400m silver medallist. Roger walked as far as Santon as a token gesture. Quite far enough for a 400 metre specialist!

Sadly we lost another three Club members during the last few months. Their Obituaries are on page 6.

Additional articles :

Robbie Lambie's reflections on the Parish Walk, past and present.

Trevor Christian's report on his role as sports development officer.

Finishers		<u>Maughold</u>		Geoff Hall	11:47
1. Jock Waddington	15:18.06	Alan Kinvig	15:55	<u>Kirk Michael</u>	
2. Vinny Lynch	15:57.42	<u>Lezayre</u>		Dave Mackey	7:53
3. Michael George	16:04.07	Robbie Callister	11:42	<u>Peel</u>	
9. Andy Green	17:12.37	<u>Andreas</u>		Robert Webb	7:01
10. Ray Pitts	17:16.51	John Grady	15:52	Sue Furner	7:57
13. Chris Cale	17:49.03	<u>Bride</u>		Maureen Kelly	8:43
16. Andrew Titley	18:02.31	Colin S Moore	14:16	Sue Ackroyd	8:51
31. Terri Salmon	19:56.23	<u>Jurby</u>		Ingrid Sugden	9:03
33. Mike Gellion	20:16.14	Michael Bonney	9:45	<u>Rushen</u>	
		Simon Cox	9:47	Doug Allen	3:35
		Sue Jewell	12:01	Lewis Veale	4:26
		Christie Morgan	12:12	Henry de Silva	4:33
		Moira Hall	12:40	Helen Lamming	4:55
		<u>Ballaugh</u>		<u>Malew</u>	
		Eammon Harkin	7:59	Mark Hempsall	2:27
		Stephen Brown	10:47	Neil Cushing	3:44

CLUB NEWS

Hurray I'm a granny at last! A little girl on Senior Race Day.

Claiming Records

Any member who wish to claim a record must complete a form found on the IOMAA website. Once completed, the form should be forwarded to Bernie Shimell for ratification. Instructions and further details can be found on the IOMAA website.

Time Clocks—Storage space is urgently needed for the Club's 2 race clocks and stands. The clocks each measure 49x7x14 inches high. They can stack. The stands dismantle and so take up little extra space. They need to be kept in the Douglas area as they are used for all club events throughout the year. Please contact Christine Bathgate on 880483 or email iomva-club@yahoo.co.uk.

Annual Prize Presentation

This will take place on 20th November. This will be our 30th Anniversary and we are having a Ceilidh to celebrate.

SALCLEAR 10 M MARATHON AND HALF MARATHON

Another super day, with entries from several different countries. Some of the old faithful returned, such as Selina De Silva and Gerry Forde, the wheelchair athlete. John McKeag came over from Northern Ireland, as always, to support us and he presented the prizes. It was good to see Bobby Kelly run the half in a very respectable time. Bobby was a good committee member but gave up running after knee problems and he decided after a gap of ten years to try running again. Hope it's the start of a great come-back! There were 246 finishers in the half marathon and 111 in the marathon. Local man Ed Gumbley won the half, and Ian McIlwee from Wigan won the full marathon, breaking his age group record. Local legend Murray Lambden was a contender in the marathon, as ever, and was leading on the Burmah Road, however overconfidence got the better of him and he finally finished third, to win the IOM Marathon championship for the 3rd time. Liz McGowan won the Women's Marathon Championship. Several age group records were broken., Men's 35—39, 55—59 and 70+, also Women's 45—49, 55—59 and 60+.

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HALF MARATHON RESULTS

12. Kevin Deakes	1:24.56
14. Alan Loader	1:27.07
15. Richard Radcliffe	1:27.26
26. Barry Moore	1:30.16
30. Alan Sandford	1:31.00
43. Debbie Loader	1:35.00
44. Stephen Brown	1:35.34
48. Tadhg O'Mahony	1:35.59
51. Peter Cooper	1:38.36
56. Dave Corrin	1:40.15
61. Rob Gillanders	1:41.22
104. Wendy Ross	1:50.24
105. Russ Bevan	1:50.30
107. Russell Smith	1:50.40
111. Paul Trees	1:53.18
125 Michael George	1:54.39
129. Andrew Lodge	1:55.35
139. Eddie Teare	1:56.39
141. Chris Morgan	1:56.52
142. Alan Pilling	1:57.08
162. Sue Furner	2:03.02
163. Jackie Moore	2:03.42
167. Moira Hall	2:04.56
176. Lesley Christian	2:07.07
179. Marie Jackson	2:07.54
196. Alison Corlett	2:15.40
206. Geoff Hall	2:21.16
208. Sue Ackroyd	2:22.44
213. Maureen Kelly	2:26.15
217. Maureen Cox	2:32.05
218. Colin Moore	2:32.53
219. Gordon Corran	2:33.51
229. Henry De Silva	2:48.09
230. Helen Lamming	2:48.41

MARATHON RESULTS

11. Rob Sellors	3:03.58
105. Dave Tasker	5:15.49

NEW RECORDS SET THIS YEAR

MARATHON

M35 - 39	2:46.51
M55 - 59	2:55.04
M70+	3:58.46

HALF MARATHON

W 45 - 59	1:33.20
W55 - 59	1:46.31
W 60+	1:57.25

NO REST FOR THE WICKED SERIES

PEEL HILL RACE

6. Rob Sellors	26.56
12. Andy Gosnell	27.59
14. Kevin Deakes	28.31
17. Dave Newton	28.59
20. Peter Cooper	30.24
23. Barry Moore	31.12
26. Ian Callister	32.15
33. Les Brown	34.46
36. Jan Gledhill	36.20
37. Alan Pilling	36.22
38. Eric Lee	36.45
40. Geoff Hall	38.15
42. Moira Hall	40.11
43. Dave Quine	43.49

ANNA MARIE

CUTILLO FOXDALE 6

RUN

5. Kevin Vondy	37.43
7. Rob Sellors	38.13
8. Kevin Deakes	39.34
10. Alan Sandford	40.08
15. Barry Moore	42.00
17. Peter Cooper	43.43
22. Ian Callister	46.33
24. Alan Pilling	51.09
27. Eric Lee	53.12
30. Moira Hall	54.39
31. Geoff Hall	55.11
32. Lesley Christian	55.40

WALK

1. Michael George	50.24
2. Peter Kaneen	50.42
3. Vinny Lynch	55.28
9. Dave Mackey	59.26

NORTHERN 10

3. Kevin Vondy	37.48
4. Kevin Deakes	38.45
6. Richard Radcliffe	39.01
7. Gail Griffiths	39.10
8. Rob Sellors	39.23
11. Andy Gosnell	40.29
15. Barry Moore	41.11
18. Dave Newton	42.48
19. Stephen Brown	43.14
20. Peter Cooper	43.29
28. Les Brown	48.03
31. Wendy Ross	49.37
34. Alan Pilling	52.12
38. Moira Hall	55.05
39. Lesley Christian	56.13
40. Geoff Hall	56.51

HERITAGE TRAIL RUN

8. Kevin Vondy	43.20
10. Rob Sellors	44.33
11. Richard Radcliffe	45.10
13. Alan Loader	45.30
14. Kevin Deakes	45.36
17. Andy Gosnell	46.46
21. Gail Griffiths	47.51
24. Barry Moore	49.26
26. Peter Cooper	49.57
27. Rob Gillanders	51.01
28. Debbie Loader	51.48
35. Dave Corrin	52.30
40. Les Brown	55.35
46. Roger Moughtin	60.23
47. Alan Pilling	60.34
49. Wendy Sandford	60.59
55. Moira Hall	65.27
57. Geoff Hall	68.15
58. Lesley Christian	70.26

NO REST FOR THE WICKED

OVERALL RESULTS

HALF MARATHON

1. Kevin Deakes
4. Barry Moore
5. Peter Cooper
10. Alan Pilling
12. Moira Hall
13. Geoff Hall

MARATHON

1. Nigel Armstrong
3. Rob Sellors

This year the series was organised by Barry Moore and Thomas Melvin and sponsored by Laxey Partners Ltd.

Club Contacts

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My own details are on the
front page.

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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ROAD AND TRACK RUNNING..ROAD AND TRACK RUNNING

RAMSEY PARK RUNS

18 June These
races are handicapped.
4 laps—actual times

3. Ian Callister	29.45
7. Kevin Deakes	24.06
10. Kevin Vondy	23.29
11. Dave Corrin	27.54
16. Stephen Brown	25.57
18. Geoff Hall	34.24
21. Alan Pilling	31.31
23. Les Brown	29.33

RAMSEY PARK RUNS

9 July
4 laps - actual times

1. Ian Callister	27.53
3. Kevin Deakes	23.31
5. Geoff Hall	34.07
7. Dave Corrin	27.38
11. Stephen Brown	25.58
12. Richard Radcliffe	24.16
15. Alan Pilling	32.01

Two laps

19. Sue Ackroyd	16.48
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RAMSEY PARK RUNS

23 July
4 laps - actual times

4. Kevin Vondy	22.50
7. David Doyle	26.46
10. Stephen Brown	25.40
13. Dave Corrin	27.26
16. Geoff Hall	34.21
18. Alan Pilling	31.54
20. Kevin Deakes	25.12
22. Richard Radcliffe	26.14

Two laps

15. Sue Ackroyd	16.41
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MILE RACES**STEVE JACOBS
MEMORIAL MILE**

30 June
This race is handicapped,
actual times are given

2. Alison Corlett	8.07
7. Maureen Kelly	9.29
11. Wendy Sandford	7.01
13. Robbie Lambie	5.49
14. Barry Moore	5.50
17. Rob Gillanders	5.41
19. Geoff Hall	7.58
21. Kevin Vondy	5.30
23. Moira Hall	8.01
25. Gail Griffiths	5.35
28. Eric Lee	6.46
31. Arnie Jacobs	12.58

FINAL LEAGUE POSITIONS - RAMSEY PARK RUN SERIES

FOUR LAPS

4. Kevin Deakes 558 points; 5. Dave Corrin 552 points; 10. Stephen Brown 501 points

SCOTT PHYSIOTHERAPY DAVE PHILLIPS SERIES

Dave Phillips Series

2 July
This race is handicapped
Actual times are given
Four laps

1. Peter Cooper	32.18
3. Dave Corrin	34.32
4. David Doyle	33.55
5. Alan Kelly	38.42
7. Eric Lee	38.26
9. Barry Moore	30.44
11. Kevin Deakes	29.53
13. Rob Gillanders	31.06
18. Alan Pilling	40.30
20. Moira Hall	41.00
21. Geoff Hall	42.49

Two Laps

2. Jackie Moore	19.55
5. Justine Bowen	19.37
16. Sue Ackroyd	22.27
17. Maureen Kelly	24.09

Dave Phillips Series

16 July
Four laps - actual times

2. Dave Corrin	34.15
3. Alan Pilling	40.26
4. Eric Lee	38.28
6. Kevin Deakes	30.20
7. David Doyle	34.21
9. Peter Cooper	32.57
10. Rob Gillanders	31.43

Two Laps

1. Stan Hall	18.17
2. Justine Bowen	18.28
7. Doug Sandle	20.43

Last race in the Series is on
10 September

Don't forget the Western 10
on 3 October

Ramsey Fireman's Runs start
on 7 October

Dave Phillips Series

6 August
Four laps - Actual times

4. Andy Gosnell	31.00
6. Rob Gillanders	31.43
7. Richard Radcliffe	29.33
8. Moira Hall	41.23
9. Kevin Deakes	30.58
10. Eric Lee	39.03
12. Geoff Hall	42.59

Two laps

2. Kevin Vondy	13.59
6. Robbie Lambie	15.11

Any long distance enthusiast should make a note of the Rory Coleman lecture on 24 September. Details on our website or enclosed, or phone Bethany on 481792.

VETERANS' MILE

14 July

3. Kevin Vondy	5.17.9
4. Kevin Deakes	5.20.9
6. Andy Fox	5.26.2
7. Gail Griffiths	5.27.3
8. Rob Gillanders	5.36.4
9. Robbie Lambie	5.38.7
10. Michael George	5.41.9
11. Barry Moore	5.42.6
12. Dave Mackey	5.58.1
13. Moira Hall	7.37.8
14. Geoff Hall	8.04.4

PARK RUNS UK

The Park Run Series in the UK seems to be very popular. Members Dave and Lynne Quine are competing regularly in the Heaton Park Runs, and Doug Sandle takes part in the Leeds Park Runs.

RACE WALKING RACE WALKING

Track Championships
9 June at NSC

10,000m

1. Michael George 48.49.2
2. Jock Waddington 50.53.9
3. Vinny Lynch 54.58.1
5. Henry de Silva 76.31.9

5000m

1. Marie Jackson 28.07.9

Manx Harriers Summer 10km
at St Johns for the Cannell Cup
on 15 July

The race had a sealed handicap,
actual times are given

1. Peter Kaneen 51.39
2. Michael George 52.00
3. Jock Waddington 53.41
4. Andy Green 57.08
5. Marie Jackson 57.43
13. Dave Mackey 63.56

Guernsey Church to Church
4 September

A raiding party of Manx race-walkers travelled to Guernsey for the annual 19 mile Church to Church walking race, and came home with the spoils.

1. Michael George
4. Jock Waddington
6. Vinny Lynch
10. Sean Hands
11. Marie Jackson
13. Simon Cox
14. Dave Mackey
- 18 Maureen Cox

Marie Jackson was the first lady, posting the second fastest time ever.

Simon and Mo Cox got the prize for the first husband and wife over the line.

GUERNSEY CHURCH TO CHURCH
Manx Harriers Double Win in Guernsey Classic Walk

Michael George and Marie Jackson were the stars of the day as they finished in first place in the Mens and Womens walks respectively. For the first time in many years all the walkers started together with a combined total of 38 toeing the start line. Michael George, complete with a large contingent of fellow Isle of Man walkers and supporters, was expected to be in the leading group and true to form headed the field for most of the walk, followed by past winner Jim Ball, leading Guernsey walker Jason Le Noury and Jock Waddington. Marie Jackson was in a class of her own amongst the women, walking comfortably amongst her male rivals.

Walking from St Peter Port, up to St Martins, along to Forest and then turning to Torteval Church at six and a half miles, George held around a minutes lead, which at that point is still not always a winning lead. Dropping down the valley and up the hill to St Saviours Church at eight and a half miles the gap was the same. George was timed at 76.40, followed by Jock Waddington, Jason Le Noury and Jim Ball at 77.45.

Sean Hands (IOM) went by in 79.20, with Vinny Lynch (IOM) and Peter Ryan in around 80 minutes. Second local walker Phil Lockwood was another minute down. Leading woman Marie Jackson went past in 84.20.

Michael George, having walked from St Saviours, down to St Andrews and Castel Church, before the long downhill to the Friquet, then on to the Vale Church 15 miles point, was still looking strong. He had increased his lead on Jim Ball (Steyning AC), who had now left Jason Le Noury and Jock Waddington (IOM). Le Noury, looking tired, had a narrow lead of about 50 yards at this point. Jock Waddington soon closed the gap and the two walked together for a few miles, before Jason Le Noury broke away in the final mile.

Still looking good along the final seafront miles, Michael George got under the three hours mark with 2.57.17. Jim Ball, struggling over the final miles, crossed the line in 3.02.38 in second place. First local home, Jason Le Noury, having moved closer to a tiring Ball, claimed third place to win the Victory Cup for first Channel Islander home with a new personal best time of 3.03.39. He had a good day as he also won the Under 25 trophy and had a share of the Parish Shield with brother Stuart and Phil Lockwood.

Jock Waddington, a Parish Walk Champion in the Isle of Man over 85 miles, was lost for speed as he finished half a minute down on Jason, to take fourth place. Peter Ryan, another past winner, walked a similar time to last year as he finished in fifth place to claim the Healthspan Super Vets Tankard.

Second local walker home was Phil Lockwood, with a new personal best time of 3.09.40 for 7th place, not too far behind Vinny Lynch (IOM) in sixth.

Others to complete the top 10 were Sean Hands, the Isle of Man Parish Walk record holder in 8th, followed by Arthur Thomson, who is a multi age group Champion at world level and holds World Age Best times at M70 at all distances from 3,000 to 30,000 metres. His 9th place time was 3.16.48, a few minutes ahead of four times Church winner Ed Shillabeer. Thomson also won the Ilford AC Vets trophy Marie Jackson, 11th overall and first woman clocked a fast 3.19.46, the second quickest time ever by a woman. Helen Starling making the trip from Redcar, was the second woman home in 3.45.21, followed by Isle of Man walker Maureen Cox in 3.54.11. Maureen also took home the trophy for the first husband and wife across the line with husband Simon.

Making her first appearance in this event, Guernsey's Jane Rowlinson claimed the Star Trophy for first Channel Islander, finishing in 4.03.13, seconds ahead of last years winner Fiona Bishop. Local Jayne Le Noury was another two minutes behind. A close competition in the Fletchersports Team Shield had the Manx Harriers team edging out Sarnia Walking Club by two points. Isle Of Man Veteran AC were a further point behind for third place, with Ilford AC taking fourth.

The organisers would like to thank all the sponsors,

SEPTEMBER 2010

FELL RUNNING...FELL RUNNING...FELL RUNNING**NARRADALE 4TH JULY**

12.5 MILES

7. Alan Sandford 2:50.55

9. Dave Young 3:00.54

11. Rob Sellors 3:31.41

14. Lewis Veale 3:43.01

15. Lorraine Stigant 4:02.20

NORTH BARRULE

31 JULY

15. Lewis Veale 52.32

16. Peter Cooper 52.43

18. Ian Callister 54.11

21. Andy Gosnell 54.40

27. Barry Moore 57.11

33. Andrew Lodge 64.56

36. Alison Corlett 75.36

37. Rob Gillanders 75.37

LAXEY 16 JULY

8.5 miles

6. Rob Sellors 1:22.28

8. Alan Sandford 1:27.25

10. Dave Newton 1:35.38

12. Lewis Veale 1:43.02

15. Barry Moore 1:47.00

17. Ian Callister 1:49.49

18. Peter Cooper 1:50.01

19. Christine O'Shea 1:50.46

24. Les Brown 1:57.01

27. Lorraine Stigant 2:10.04

28. Geoff Hall 2:17.52

29. Alison Corlett 2:25.18

30. Rob Gillanders 2:25.18

IOMVAC FELL RUNNING CHAMPIONSHIP

1. Alan Sandford V40 355 points 7 races

2. Dave Young V60 340 6

3. Ian Callister V55 325 6

4. Lewis Veale V40 318 7

5. Barry Moore V35 318 7

6. Les Brown V55 293 6

7. Peter Cooper V55 256 5

8. Lorraine Stigant LV45 255 6

9. Geoff Hall V60 178 4

10. Rob Webb V55 169 3

11. Christine O'Shea V40 168 4

Ladies

1. Lorraine Stigant LV45 307 points 6 races

2. Christine O'Shea LV40 212 4

3. Liza Motley LV45 159 3

If you do any off island fell runs before the end of this month, be sure to send details to Ian Callister.

Fixtures to December Always check the websites or local press nearer the time for confirmation.

10 Sept	Dave Phillips Road Races
16 Sept	IOMVAC Autumn handicaps
26 Sept	End to End Walk
28 Sept	Great South Run
3 Oct	Western 10 run and walk
7 Oct	Ramsey Bakery Fireman's Runs
9 Oct	Winter hill run
10 Oct	Novice 1 hour walk
31 Oct	Winter Walking league
7 Nov	Syd Quirk half marathon run and walk
11 Nov	Ramsey Bakery Fireman's runs
13 Nov	Winter hill run
21 Nov	Winter walking league
2 Dec	Ramsey Bakery Fireman's runs
5 Dec	Peel to Douglas walk
12 Dec	Winter hill run
27 Dec	Millennium Way relay

RUNBRITAIN has launched a new handicap scoring system designed to give road runners of all abilities the ability to benchmark their progress and compare their results across a range of distances and terrains.

The scoring system, which has been developed in conjunction with the team behind the McCain Power of 10 website, enables runners to claim a ranking score based on any single performance at 5k, 10k, half marathon and marathon distances.

Visit the runbritain website at www.runbritain.com for more information and to claim your handicap ranking and you will be provided with a bespoke personal running blog page.

Thanks to everyone who sent in articles and news items. Please remember to keep sending them to me.

Thank you to Blackrock for help with the photocopying and posting.

O B I T U A R I E S

SUPPLIED BY COLIN WATTERSON

O B I T U A R I E S

Since the last newsletter the media and websites have been paying very moving tributes to three very popular and much admired members of our club and the community as a whole. They were all such fine athletes, all modest in their achievements, but so hard to beat in competition. All showed true sportsmanship and were the first to congratulate others who managed to beat them. I think all who knew them learned something from them and respected them as human beings. Many of our club members were present at the funeral services to hear eulogies that anyone would have been proud to receive.

JOHN STUBBS was a no-nonsense, solid and reliable friend to many. Like the advert "Does exactly what it says on the tin" springs to mind. He was always willing to help when asked. His only question was "what time do you want me?" He never refused, be it the gardening club, the Southern Emergency Ambulance, or a stint in the Port Erin Lifeboat souvenir shop. He came from a farming background and loved to grow prize-winning veg in his garden. I fixed him up with some well rotted farmyard manure in the spring a couple of years back and was surprised when in the summer he called with some lovely produce as a gift. He worked as a welder at Ronaldsway Aircraft Co. For around thirty years and made many friends there. He liked walking and soon began to make his mark in the Winter walking league and all our competitions winning many awards. He not only was able to complete the Parish Walk but he was able to walk the extra fifteen miles needed to become a Centurian. He fought his cancer with great courage, never complaining about the cruel luck that life had thrown at him. He lost his wife Angela six years ago but picked himself up and was a model father to their two children. I know he was so grateful to the club members who visited him in the hospice and when he felt up to it, took him out once a week for a ride and tea. They know the true meaning of friendship.

IAN TURNBULL was yet another cancer victim. He fought his for several years but I don't think he wanted his friends to remember him as an "ill person", so he rather kept himself hard to contact and very low profile for the past couple of years. He did re-marry during this time And I am sure he was well looked after by Joyce and aware that his friends were thinking about him. Ian's father was a founder member of Boundary Harriers and a committee member who worked very hard to get that club on its feet. Ian was through and through a Boundary Harriers man and most of his athletic achievements were in the Harriers vest. He was a Parish walk winner in 1968, but always said he was not the moral winner as Leece Kneale beat him, but was excluded from the results on a technical rule which stated clearly that you had to belong to a recognised club in order to compete. Ian was also a very good runner and cyclist with a wonderful head for figures. He was our club auditor for many years even up until last year. He was treasurer for cycling week and a member of that committee for 15 years. A qualified timekeeper for athletics and also the TT and MGP. He certainly put a lot back into all the sports he was associated with, always a willing helper and friend to all who had the pleasure of knowing him.

DR DAVID YOUNG was a perfectionist in all that he undertook and packed into his 62 years. He studied his medicine at Edinburgh and was the top student of his year. He was a very good rock climber but gave it up when his climbing partner was killed. He turned to cycling and trained hard to ride from Lands End to John O Groats without back up. He achieved this in a remarkable six days and the bike was tossed aside as he sought a new challenge. As most will know, mountains in Scotland over 3,000 ft are called Munros and he climbed 180 of them. He spent several years as the only doctor on the Isle of St Helena before coming with a young family to Laxey as senior partner in the practice. He took up fell running and soon made his mark by winning the veteran section year after year. He was the first recipient of our own club's Fell Runner of the Year award. He told me it gave him a great deal of pleasure to have it on display in his surgery. At the time of his death he held the Veterans' record times for nearly all the fell races on the island. He was superbly fit and even gained a third spot in our own Manx Marathon Championship on the Ramsey course. He finished the Parish Walk, (just another challenge). A remarkable man, very modest and always a gentleman. For relaxation he collected coins and stamps and encouraged patients to send postcards when on holiday so that he would have stamps from around the world. Our sincere sympathy to all those family members and friends that John, Ian and David have left behind. We will remember your personalities and achievements and hope others will be inspired by your examples.