

ISLE OF MAN VETERAN ATHLETES' CLUB NEWSLETTER SEPTEMBER 2012

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Remaining Club fixtures for the year

Dursley Stott Veterans' Autumn handicap run and walk 18 October

Entry form on line or enclosed

Haldane Fisher Syd Quirk memorial half marathon run and walk 25 November

Entry form enclosed or on line

LONDON MARATHON 2013

Those who have entered will very soon find out if they have been lucky in the ballot or not. If you have entered in the usual way, and don't get a place, there are Club places available. As soon as you know, if you would like to try for one of these, contact Mo Kelly on 834117 or mokelly@manx.net. You will need proof that you have entered and preference will be given to those who have not had a Club place before, and to 1st claim members. You should also have helped at a Club event during the year. Deadline 31/10/12.

SALCLEAR IOM MARATHON AND HALF-MARATHON

It seems a long time since IOM Marathon day, so much has happened on the world athletics stage in the meantime.

We had a super, successful day, as always, congratulations to Christine Bathgate and her helpers, and thanks to everyone who helped before, during and afterwards.

There were a few multi-marathon runners: The oldest, Andrew Kotulski, 72 from the USA ran his 651st marathon. Tyler Post also from USA, ran his 105th marathon and has run a marathon in every US state and is now doing the continents. Regular visitor Steve Edwards from Gloucestershire completed his 568th marathon in 3 hours 12 mins 14 seconds! Thomas Waldmann from Germany ran his 150th marathon.

The podium places were all taken by locals this year. There were 94 finishers in the marathon. Ed Gumbley was the winner in 2:45.08 he also took the Manx championship, with the ladies' title being won by our own member Elixabeth McGowen, who finished third woman overall in 3:46.39

There were 281 finishers in the half marathon, The winner was Charlie Pass from Wesham Road Runners in 1:16.33, with our own member Mike Garrett taking 2nd place in 1:17.21.

Sarah

I hope you will allow me through the pages of the Vets Newsletter to say a **Very Big Thank You** to everyone who wished me well during my recent scary episode with a Nobles surgeon and his knife. My "Op" took place during mid March and it has been a slow, well, too slow for me anyway, climb back to fitness but at last I believe I'm finally on my way. I'm sure it's all the Good Wishes I received that helped, along with some excellent nursing care from my hubby Ken.

It doesn't seem that long ago that it took me 35minutes (yes.....35 minutes) to walk just 1 mile. That was the day I was discharged from Ward 2. I don't think Ward 2 staff had coped with many like me before, who as soon as all the lines were removed, were up and shuffling as far and as fast as they could muster. Now 6 months later I'm gearing up for the End2End (not all the way mind.....)

My running partners in crime successfully kept me sane during the period of enforced body repair and recuperation and my thanks especially go to Mo & Alan, Ingrid & Geoff, Vera & Derek, Arnie & Margaret, Brian & Elaine, Moira & Geoff and Catriona & Geoff who really did help me through the whole event and always got me giggling about something. Thanks also go to the IOMVAC committee and the Monday and Wednesday NSC running groups who also cheered me up.

Thanks again folks you really are a great bunch of people to know.

See you at the End2End start.

Sue Ackroyd

CHAIRMAN'S REMINISCENCES

The day I met.....

Watching and enjoying the recent Olympic Games awakened in me a rather strange experience I had some years ago when Brenda and I were on holiday in Romania. We stayed in a ski resort about 10K above Brasov. Throughout the day there ran a half-hourly bus service from Brasov, which ended at 10.30pm. It was punctual to the minute (when it ran) but we had learned that if it did not appear on time then it would not appear at all, with no explanation. One particular night we were in the queue waiting for the last bus and when it did not show we decided to be the first to leave and grab a taxi, of which there were few. As we were about to get in, a rather insignificant elderly but sprightly man pushed himself forward and indicated that he would like to share the taxi journey with us. We had no objection at all to this, so he climbed in and sat next to me whereupon the journey began.

There was a light in the taxi, but not very bright, as I saw him reach into his coat and take out a wallet which he opened and started to show me many photographs and rather faded press cuttings. The photos were also obviously old but I could see the resemblance to the man beside me and the person featured. He kept pointing excitedly to his own chest and then to the photos. We reached our destination and under the light from a street lamp I was able to examine them more closely and show interest. This pleased him and we parted after much firm handshaking and he disappeared into the night in the direction of his hotel. My regret since has been that he spoke no English, my schoolboy French fell on deaf ears, as did a few German words. I had so much I wanted to ask him but I was left in no doubt that I had rubbed shoulders with one of the greatest athletes that had ever lived. There was also no pen or paper for an autograph.

His name was Paavo Nurmi also known as "Paavo the Fearless" or "The Flying Finn". In the 1920 Olympics he won 3 Golds and a Silver and then in the next four years he was unbeaten over any distance. He set 22 ratified World records which was unsurpassed by any athlete in the history of the sport. At the Paris games of 1924 he was involved in the final of the 1,500 metres and the 5,000 metres with an interval of only 75 minutes. He won the 1,500 in 3m53.6secs and then the 5,000 in another Olympic record time of 14m.31.2secs. He won another 3 Golds in the team 3,000 metres and Golds in the individual and team success in the Cross Country event. Despite him winning seven races in six days, in what was left of the season he broke six more World records and then crossed the Atlantic for a programme of 68 races in the United States of which he won 66. At the Amsterdam games in 1928, Nurmi concentrated on the 10,000 metres and lowered the Olympic record to 30m.18.8secs. His compatriot Ville Ritola won the 5,000 metres but failed to lower Nurmi's Olympic record. Nurmi took the Silver and also Silver behind another Finn in the 3,000 metres steeplechase which was a new event for him.

Nurmi planned, at the age of 35, for a final Olympic assault on the Marathon. The IAAF in their wisdom thought that he had infringed the Amateur code. Probably accepting money for expenses beyond the actual cost. He was debarred from any further international competition. (He was allowed to continue competing in Finland and won their National 1,500 metres Championship in 3mins55.8).

He was chosen to run the final lap of the Olympic torch relay in Helsinki in 1952. The 55 year old national hero went into special training for the one-lap honour, and executed his duty to tumultuous applause.

Colin Watterson.

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Excellent result in the Roubaix 28 hours walking race.

Great success for our Club members and fellow Manx(wo)men two weeks ago in this gruelling race. A lean and mean looking Vinny Lynch came second, covering 144.46 miles, Richard Gerrard third with 141.95 miles, Jock Waddington 5th with 136.30 miles, Andrew Titley 13th with 119.33 miles, David Walker 21st with 115.56 miles, Chris Cale 23rd with 114.94 miles, Jeanette Morgan 34th with 106.78 miles and Ronnie Kelly 39th with 101.75 miles. During the last hours Vinny was closing on the winner Hungarian Zoltan Czukur, who covered 145.72 miles and also won last year.

Ramsey Bakery End to End Walk

No Club winner this year, but a good race in tough windy conditions. There were 168 finishers.

Not surprisingly, many of the usual contenders were absent, having done the Roubaix 28 hour race a week before. Only David Walker contested the full distance in both races, coming third, he must be made of stern stuff! Richard Gerrard finished at Peel.

Michael George led by a long way until Dalby, where he retired as planned, in preparation for the Netherlands 50 km championships in a week. He set a cracking pace, what would be called a pipe-opener in race horses. Janice Quirk was back on form to win the ladies' race in 4th place overall, and people's favourite Robbie Callister came in 6th.

The winner by more than quarter of an hour was Mike Readshaw, obviously benefitting from the fitness gained in training for and completing the Marathon des Sables.

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|----|------------------|---------|
| 1. | Mike Readshaw | 6:57.24 |
| 2. | Stephen Harvey | 7:14.47 |
| 3. | David Walker | 7:18.36 |
| 4. | Janice Quirk | 7:19.39 |
| 5. | Jonathan Wild | 7:22.43 |
| 6. | Robbie Callister | 7:22.47 |

Sue Ackroyd completed the 20 km to Orrisdale as planned. See front page.

Does any member has any spare storage facilities? We have amassed quite a collection of equipment, mostly used for the Ramsey Marathon but also for other events, and need to have a safe permanent storage area for it all. If a member has anything suitable – perhaps an unused garage – could they please contact the Secretary, Mo Kelly 834117. Or a member may know of a garage that is available for rental? We're willing to consider anywhere in the Island but "up north" would be preferable as that would involve less transportation on Marathon Race Day.

Jenny Smith has just walked 20 km in the End to End to raise funds and awareness of the disease vasculitis.

This is an ongoing autoimmune inflammation of the vessels in the body which can do damage to practically all parts of the body. Granulomatosis with Polyangiitis (GPA) often damages the respiratory organs, incl. the lung, but also the kidney and can lead to a "digestion" of these organs. For more information go to www.vasculitis.org

New address for the Editor : New landline number – 01624 834380.
If you have anything to send me, please use my new address.
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