



THE ISLE OF MAN VETERAN ATHLETES' CLUB



Affiliated to IOMAA, NEAA & BMAF

N
e
w
s
l
e
t
t
e
r

J
a
n
u
a
r
y

2
0
0
9

Editor: Sarah Goldsmith, 5 Hillside Terrace, Glen Maye, Isle of Man IM5 3BB.
Email: sarah.goldsmith@manx.net Tel: 844343 Texts: 426639
IOMVAC Website: www.iomvac.co.uk

President	Mr Dursley Stott OBE JP	Chairman Colin Watterson
Hon. Sec.	Lesley Christian	Hon. Treasurer Gill Churcher
Committee members:	Sarah Goldsmith, Mike Gellion, Robbie Lambie, Enid Watson, Jock Waddington, Vinny Lynch	
Race Secretary	Marie Jackson.	Hon. Auditor Ian Turnbull
Marathon organiser	Christine Bathgate	Membership Sec. Peter Cooper
Webmaster	Adrian Cowin	metmann@hotmail.com
Official course measurer and collator of the Running Shield Alan Postlethwaite		
Collator of the Racewalking League Robbie Lambie		

Happy New Year to all Club Members.

Newsletters. During 2008 you should have received 5 newsletters, the first two in the post, and the other three, either in the post, or an email telling you that the latest newsletter was available on the Club website. If you have not been receiving one or the other of these, please let me know. Or if you have been receiving an email, and would prefer to get your newsletter in the post, please let me know. The newsletters came out early January, February, May, August and October.

**ANNUAL GENERAL MEETING MONDAY 26 JANUARY 2009
at CAT WITH NO TAIL, ONCHAN, 7 PM for 7.30 START.**

We will be in the conservatory.

WANTED FOR 2009: New committee members are needed at the AGM as some of our current ones will be retiring, including the secretary. Please give this serious consideration, it is time for a few new names to come forward. If you are interested, please come along to the AGM and make your availability known to one of the Committee. Also to be discussed will be the future of the open 20 km walk. If you have any views on this and are unable to attend, please send them in by post or email.

Club fixtures 2009

15 March	Leinster Management open 20 mile road race at NSC
26 March	Blackrock Veterans' Spring handicap walk and run
9 August	Salclear IOM marathon and half marathon
20 September	Ramsey Bakery end to end walk
22 October	Blackrock Veterans' Autumn handicap walk and run
1 November	Haldane Fisher Syd Quirk Half marathon run and walk
14 November	Masters International Cross Country

Hi Viz Vests

The first consignment sold out quickly, but I now have a new batch with all sizes available. Please phone or email or send a cheque with your name, address and size. Still at the subsidised price of £10, make cheque to IOMVAC. My contact details above.

New members

Welcome to racewalker Andy Green who completed the Parish Walk for the first time in 2008.

Vets in action

Kevin Vondy ran a pb of 2:50.50 in the Dublin Marathon in October. This is the second fastest ever in his age group (M50) for a Manx marathon runner.

Debbie Loader also ran a super pb in Dublin with a time of 3:22.57, making her 12th in the W40 age group.

Debbie Ashe ran the Great North Run in 1:55.34

Mo and Alan Kelly ran the Leicester Half marathon in 2:26 and 1:46 respectively. See further on.

Gail Griffiths ran a pb of 40.00 minutes in the Thorpe Park 10km at Cleethorpes and was 4th woman.

Roey Crellin, Mike Gellion and Sean Hands have been off mountaineering again. They climbed Mera Peak (21,000 ft) in Nepal in a 17 day trek.

Bethany Clague has just done a 110 mile pub crawl, visiting 91 pubs over 4 days to raise money for homeless shelters.

Please send me your off-island sporting results so that I can publish them in this section.

General Fixtures 1st Quarter 2009

1 Jan	St Johns Fell race
8 Jan	Ramsey Bakery Firemans Runs
11 Jan	HSBC Security Services winter league walks
24 Jan	Ken Watterson Greeba Fell Race
25 Jan	Judes Sports Hall
1 Feb	Manx Gas Cross Country Champs
5 Feb	Ramsey Bakery Firemans Runs
8 Feb	HSBC winter league walks
15 Feb	Northern AC Cross country
22 Feb	Arthur Jones Fell Race
28 Feb	HSBC Open walks and half marathon
5 March	Ramsey Bakery Firemens runs
8 March	Manx Gas Cross country challenge
15 March	Leinster Management 20 mile run
21 March	Snaefell fell race
26 March	Blackrock Veterans' Spring handicap walk and run
28 March	HSBC winter league walk and 10km champs
10 April	Easter Festival 10km road run
11 April	Easter Festival Peel Hill run
11 April	Okells Manx Mountain Marathon
12 April	Easter Festival relays and womens 5km race.

Articles included

Page 7

Sue Ackroyd

"Now where did I put it.."

Page 8

Mo and Alan

Kelly at the Leicester Half Marathon

Page 9

Bethany's Year

I hope to have a full fixture list in the next newsletter, and some details of off-island marathons.

Annual Presentation Dinner

The dinner was held at Douglas Golf Club again this year, with 63 members attending.

The Chairman reported another good year for the Club. In the veterans' running shield competition there were nearly twice as many participants this year as there were 10 years ago. He thanked the Committee and Officials and everyone who had helped during the year.

The trophies were awarded as follows:

Veterans' Walking League

Men: 1. Michael George 2. Ian Callister 3. Jock Waddington
Women: 1. Margy Killey 2. Lisa Motley 3. Bethany Clague

Veterans' Road Running Shield

1. Richard Radcliffe 2. Rob Sellors 3. Stephen Brown

Sam Robinson Trophy for the first veteran in the 10 mile championship

Men: Robbie Callister Women: Wendy Ross

Arthur Currie Trophy for the veterans' mile Andy Fox

Bob Skillicorn Trophy for the Autumn and Spring Handicap runs

Men: Barry Moore Women: Moira Hall

Anne Brough Trophy for the Autumn and Spring Handicap walks

Men: Vinny Lynch Women: Margy Killey

Track and Field League: Men: Geoff Hall Women: Moira Hall

9 October Ramsey Bakery Firemen's run round 1

There was a good turnout of 74 runners for the scratch round on a slightly changed course.

3 laps

2. Robbie Callister 29.28

6. Paul Cubbon	31.37	30. Justine Bowen	39.33
10. Richard Radcliffe	32.38	32. Martin Bell	41.40
11. Stephen Brown	33.04	34. Geoff Hall	42.46
12. Alan Postlethwaite	33.21	37. Wendy Sandford	44.06
16. Graham Stigant	34.28	39. Alan Pilling	45.30
19. Barry Moore	34.53	41. Moira Hall	45.51
24. David Doyle	36.18	43. Lesley Christian	46.18
27. Stan Hall	39.17	44. Helen Cullen	51.43
<i>1 lap</i>			
1. Kevin Vondy	9.38	21. Miriam Kelly	15.53
3. Kevin Deakes	10.34	23. Sue Ackroyd	16.15
8. Alan Bagley	12.30		

9 October Manx Gas Cross Challenge round 1

This was organised by IOMVAC and took place at Nobles Park in good weather. 138 runners signed on for their respective races. Gail Griffiths started the way she means to go on, by winning the women's race.

Senior/vet men

10. Peter Kaneen	33.34	26. Barry Moore	38.35
14. Paul Cubbon	35.21	28. Peter Cooper	39.16
17. Graham Stigant	35.49	33. Garry Ross	42.20
21. Dave Newton	36.56	34. Alan Pilling	44.14
23. Lewis Veale	37.47	36. Geoff Hall	48.13

The video of our 2008 marathon can be viewed on our website.

Women

1. Gail Griffiths	21.03
6. Bridget Kaneen	25.49
8. Moira Hall	26.55

Short course

13. Rob Gillanders	16.40
22. Miriam Kelly	21.50

12 October Welbeck Hotel 1 hour novice walk

Over 40 walkers started out on this one hour challenge. Andy Green walked the furthest again this year, but as he is no longer a novice it didn't count towards the prizes. In fact, he was the only IOMVAC member taking part this year.

1. Andy Green	10,543 metres
---------------	---------------

18 October winter hill run round 1

The first of the series took place at Glen Roy with 40 competitors taking part.

9. Graham Stigant	17.22		
12. Dave Young	18.02		
15. Lewis Veale	18.41	34. Geoff Hall	23.34
23. Ian Callister	21.13	36. Lynne Quine	24.31
25. Barry Moore	21.34	37. Dave Quine	24.32
29. Christine Barwell	22.31	38. Alan Pilling	24.59
31. Les Brown	23.11	39. Rob Gillanders	25.44

23 October Blackrock Vets Autumn handicap

Dreadful weather accounted for the large number of non-starters for both races. These races are open to all registered veterans and were handicapped, the walk times were based on the previous race, and the run times based on age standards.

Walk

	Actual times		
1. Margy Killey	33.52	5. Andy Green	26.59
2. Ian Callister	28.19	6. Sarah Goldsmith	38.10
3. Vinny Lynch	28.25	7. Jock Waddington	25.37
4. Lisa Motley	32.21	8. Bethany Clague	34.33

Run

	Actual times		
1. Robbie Callister	35.46		
2. Paul Cubbon	37.14	11. Barry Moore	41.46
3. Richard Radcliffe	39.56	12. David Doyle	54.50
4. Peter Cooper	42.49	13. Alan Pilling	49.52
5. Moira Hall	49.48	14. Geoff Hall	50.47
6. Graham Stigant	39.54	15. Rob Gillanders	45.45
7. Stephen Brown	40.01	16. Christine Barwell	53.08

Please send in your news and articles. My details are at the start of this newsletter. Also, send any short news items and photos for the website to metmann@hotmail.com

8. Kevin Deakes	40.09	17. Steve Wilmott	50.35
9. Neil Wilson	40.22	18. Alison Corlett	58.11
10. Les Brown	44.33	19. David Quine	57.10

26 October Winter walking league round 1

There was a good turnout of 70 enthusiastic walkers for the first round of this season. All the competitors started together at the 10km start line. Steve Partington was first home and Lisa Motley was the first woman in the 10 km and Enid Watson won the 5 km.

10 km

2. Peter Kaneen	50.10	12. Jane Mooney	64.27
3. Andy Green	54.45	13. Alison Brand	65.09
4. Vinny Lynch	58.01	20. Dave Corrin	69.15
5. Ian Callister	59.26	24. John Stubbs	69.46
8. Mark Hemsall	62.23	39. Sarah Goldsmith	78.19
10. Lisa Motley	64.22		

5km

1. Enid Watson	36.15
4. Brenda Charlton	40.31
5. Brian Brough	42.05

<p>Flora London Marathon club places this year have gone to Ingrid Sugden Pat Blackburn and Paul Cubbon</p>

2 November Haldane Fisher Syd Quirk half marathon run and walk

Record numbers of competitors took part this year, 72 runners and 45 walkers. In the run Kevin Loundes led all the way to take first place, with our first Club member Robbie Callister finishing in 5th place. Gail Griffiths was second woman home. In the walk, Jock Waddington also led the way to victory with Marie Jackson first woman in 4th place. This year the start was at Ronaldsway as well as the finish, making things easier all round. The Merit Shield was awarded to Pat Blackburn.

Run

5. Robbie Callister	1:20.15	44. Alan Kelly	1:48.42
7. Kevin Deakes	1:23.28	47. Alan Pilling	1:51.13
8. Rob Sellors	1:24.20	49. Steve Wilmott	1:52.54
9. Paul Cubbon	1:25.09	52. Wendy Sandford	1:56.07
13. Richard Radcliffe	1:28.12	53. Moira Hall	1:56.21
14. Stephen Brown	1:28.28	54. Pat Blackburn	1:56.31
15. Neil Wilson	1:28.38	55. Rob Gillanders	1:56.32
16. Dave Young	1:28.40	56. Kevan Osborn	1:57.22
18. George Michael	1:29.00	57. Geoff Hall	1:59.48
23. Gail Griffiths	1:33.10	60. Sue Furner	2:07.16
25. David Doyle	1:33.59	63. Peter Pierce	2:23.58
28. Barry Moore	1:34.44	64. Christine Bathgate	2:24.06
30. Debbie Loader	1:34.56	65. Helen Cullen	2:24.52
32. Les Brown	1:39.36	66. Ingrid Sugden	2:25.24
34. David Salter	1:41.02	67. Maureen Kelly	2:25.29
38. John Swindlehurst	1:44.30	68. Sue Ackroyd	2:26.13
39. Wendy Ross	1:44.57		

Walk

1. Jock Waddington	1:59.12	12. Lisa Motley	2:22.21
2. Chris Cale	2:03.06	14. Ian Callister	2:27.01
3. Andy Green	2:03.31	16. Margy Killey	2:29.06
4. Marie Jackson	2:06.39	19. Alan Gault	2:35.49
5. Vinny Lynch	2:09.08	22. Colin Moore	2:41.58
6. Mark Hemsall	2:10.30	36. Sarah Goldsmith	2:55.21

6 November Ramsey Bakery Fireman's run round 2

There was an excellent turnout for round 2, with runners keen to take advantage of their new handicaps. Rob Webb won the 3 lapper with Moira Hall in third place and Christine Barwell second fastest woman.

3 laps

1. Rob Webb	32.44	28. David Doyle	35.08
3. Moira Hall	40.21	29. Stephen brown	32.10
10. Stan Hall	36.39	30. Wendy Sandford	43.11
11. Helen Cullen	49.19	31. Justine Bowen	38.32
14. Dave Corrin	36.17	32. Barry Moore	34.13
15. Christine Barwell	41.38	34. Kevin Deakes	31.27

18. Lesley Christian	44.20	35. Phil Motley	34.41
23. Geoff Hall	41.25	38. Steve Wilmott	41.50
26. Richard Radcliffe	31.13		
<i>1 lap Actual times</i>			
12. Miriam Kelly	14.58		
25. Kevin Vondy	9.17	30. Sue Ackroyd	16.12
26. Alan Bagley	12.23	31. Maureen Kelly	16.12
28. Ingrid Sugden	16.09	39. Arnie Jacobs	23.50

9 November Manx Gas Cross challenge round 2 at Glen Lough, Glen Vine.

Senior and Vet men

3. Andy Fox	33.07	21. Michael George	40.18
12. James Bishop	36.54	22. Phil Motley	40.26
16. Graham Stigant	37.28	26. Ian Callister	41.46
17. Paul Cubbon	37.56	27. Barry Moore	41.48
19. Dave Newton	39.26	28. Peter Cooper	41.56
20. Lewis Veale	39.41		

Senior women

1. Gail Griffiths	30.31	<i>Short course</i>	
5. Moira Hall	33.34	15. Miriam Kelly	21.06

15 November Winter Hill run round 2

This took place on Peel Hill along with the junior fell championships, but the veterans managed to enjoy themselves just as much.

6. Robbie Callister	23.24	30. Justine Bowen	30.51
12. Graham Stigant	24.50	32. Ian Callister	31.33
13. Dave Young	25.32	34. Alan Pilling	31.40
15. Lewis Veale	25.46	35. Rob Gillanders	31.59
20. Peter Cooper	27.44	37. Lynne Quine	32.23
23. Barry Moore	28.25	39. Geoff Hall	33.01
25. John Swindlehurst	28.41	41. Lorraine Stigant	33.32
26. Andy Gosnell	28.41	45. Dave Quine	35.06
28. Michael George	29.48		

23 November HSBC Securities Services winter walking league round 2

It was another of those terrible days at Andreas, sleet and snow with a cold wind, but some of us just haven't the sense to stay indoors. This was the first handicapped race of the season.

10km

Actual times

6. Dave Corrin	1:16.15	30. Andy Green	55.15
21. Marie Jackson	57.15	33. Sarah Goldsmith	1:19.24
22. Vinny Lynch	57.23	37. Chris Cale	56.48
23. Bethany Clague	1:09.19	38. Alan Pilling	1:22.78
24. Ian Callister	58.58		

5km

Actual times

4. Enid Watson	34.44
6. Brenda Charlton	41.00
7. Henry de Silva	38.07

Have you got
your new vest
yet? No?
Check out
page one for
details of
how to get

30 November Manx Gas Cross Challenge round 3

This was held at the popular venue of Crossags Farm, Ramsey, where the ground thawed out in time for the races, and studs were the order of the day.

Senior and veteran men

3. Andy Fox	30.21	19. Andy Gosnell	36.49
8. James Bishop	32.14	20. Barry Moore	36.54
15. Graham Stigant	34.50	21. Peter Cooper	37.40
16. Lewis Veale	35.45	24. Alan Pilling	42.40
18. Michael George	36.24		

Senior women

5. Moira Hall	33.33	<i>Short course</i>	
		14. Miriam Kelly	17.49

4 December Ramsey Bakery Fireman's Run round 3

3 laps

Actual times

3. Alan Pilling	42.42	28. Justine Bowen	38.12
11. Wendy Sandford	41.41	30. Geoff Hall	41.23
14. Steve Wilmott	40.31	31. Dave Corrin	36.04
18. Lesley Christian	44.38	33. Richard Radcliffe	31.17
21. Kevin Deakes	30.53	34. Ian Callister	34.39
22. Barry Moore	33.35	37. Gail Griffiths	32.49
27. Paul Cubbon	31.07	38. Stan Hall	37.52
		39. Moira Hall	41.34

1 lap No times available

6. Arnie Jacobs	21. Sue Ackroyd
16. Alan Bagley	27. Kevin Vondy

7 December Empire Garage Peel to Douglas walk

This year saw raiders from across take the first two places, with Steve Partington third and Peter Kaneen fourth. Marie Jackson won the women's race in 9th place overall. John Cannel, our most successful Parish walk winner, completed his 31st Peel to Douglas walk, in an excellent time of 1:47.08 to take 26th place out of 55. Can I have some of what he drinks, please.

It was good to see Eammon Harkin back in action again. Also, impressive walks for our two septuagenarians, Henry de Silva and Brian Brough. (That's like a vegetarian, only different). Henry is currently waiting to see where he is ranked in the UK M70 age group.

4. Peter Kaneen	1:20.03	23. Dave Corrin	1:46.44
6. Michael George	1:25.29	25. John Stubbs	1:46.49
7. Sean Hands	1:28.25	35. Colin S Moore	1:56.24
8. Chris Cale	1:29.29	36. Bethany Clague	1:56.39
9. Marie Jackson	1:32.57	42. Henry de Silva	2:03.19
10. Vinny Lynch	1:32.58	46. Alan Pilling	2:04.06
12. Ian Callister	1:37.22	50. Sarah Goldsmith	2:07.33
18. Eammon Harkin	1:43.35	53. Brian Brough	2:22.00

13 December winter hill run round 3

This was the final round in the series and was held on Slieau Whallian, St Johns in muddy conditions.

8. Robbie Callister	22.52		
10. James Bishop	23.15	27. Les Brown	29.49
13. Dave Young	23.58	29. Alan Pilling	30.30
14. Lewis Veale	24.26	34. Geoff Hall	31.52
18. Barry Moore	27.14	35. Rob Gillanders	32.05
22. Peter Cooper	28.25	36. Lynne Quine	32.20
25. Christine Barwell	29.25	37. Lorraine Stigant	32.37
26. Justine Bowen	29.38	38. Dave Quine	33.55

Overall results for series

7. Dave Young	67.32	18. Geoff Hall	88.27
8. Lewis Veale	68.53	19. Lynne Quine	89.14
12. Barry Moore	77.13	20. Rob Gillanders	89.48
17. Alan Pilling	87.09	21. Dave Quine	93.33

14 December winter walking league round 3

The Christmas race took place at St Johns as usual, followed by pasties in the football Clubhouse. Henry de Silva won the 5 km race and is now ranked 3rd M75 walker at this distance in the UK.

10 km

Actual times

3. John Stubbs	65.43	18. Dave Corrin	65.56
11. Bethany Clague	68.03	23. Sarah Goldsmith	78.18
15. Michael George	51.57	28. Colin S Moore	70.39
16. Ian Callister	58.18	29. Andy Green	56.42

5 km

Actual times

1. Henry de Silva	35.25
4. Brian Brough	41.43
5. Brenda Charlton	40.45

26 December Mann and Partners Millennium way relay race

A bitterly cold day, but lack of recent rain made the going better than normal. Members involved:

4. *Journey South*: Leg 2 Dave Salter 47.56, Leg 3 Lewis Veale 29.17, Leg 4 Rob Sellors 38.18
6. *Newton's Assorted Festive Nuts*: Leg 1 Dave Newton 1:13;44
10. *Mince Pie Eaters*: Leg 1 Dave Isherwood 1:15.33, Leg 2 Alan Gault 57.46, Leg 4 Ian Callister 46.06
12. *We have the X Factor*: Leg 3 Les Brown 30.55
14. *Ballagyr Diner's Club*: Leg 1 Robbie Callister 1:06.19
15. *Dec the Halls*: Leg 1 Christine Barwell 1:35.37, Leg 4 Moira Hall 51.20
16. *Northern Rams and Ewe*: Leg 2 Kevin Deakes 42.22
17. *Another Bunch of Runners*: Leg 3 Gail Griffiths 28.49
18. *Jim & the Slips*: Leg 2 Wendy Sandford 59.26, Leg 3 Lesley Christian 38.54, Leg 4 Geoff Hall 52.28
19. *Deb's Christmas Delights*: Leg 1 Kevin Vondy 1:05.54, Leg 2 Debbie Ashe 55.55
20. *3 Optimists and a Gym Bunny*: Leg 2 Stan Sille 51.59
22. *Never Say Die*: Leg 1 James Bishop 1:04.16, Leg 4 James Bishop 45.50

Cyclists 2. Robbie Callister 2:49.29 9. Christine Barwell 3:58.53

I always knew Les Brown had the X factor – or should that be X rating?

Now where on earth did I put it?

Come on now admit it. We are none of us getting any younger. You all know the feeling.....You've put something down somewhere and for the Life of You have no idea where. You search high and low, retrace your steps, get mad with yourself for mislaying something so very important to you and then, when exhaustion sets in, you sit right down where you are and think....."Oh well it's not the end of the world, worse things happen....." etc.etc. "It'll turn up just when I don't need it - no doubt in a place I'm certain I didn't put it"

So now for me I wish I could press rewind back to 13th April 2008. Yes – London Marathon day. That was the last time I definitely had it in my possession.

What an absolutely wonderful experience my second London Marathon was.

This time I didn't hit the wall at all.

This time I didn't lose the plot.

This time I remembered passing every one of the major landmarks of London.

This time although I wasn't up with the fast boys I was really enjoying myself.

This time I had the chanting of the Massai warriors to help my passage through the tall buildings of Canary Wharf.

This time all my training came together at the right time. All those early Sunday mornings getting up in the dark to force breakfast down me while the sleep was still in my eyes, so I was fuelled up 2 hours before the "Long Run". Sampling and swapping different flavoured energy gels at miles 5, 10 and 15 to make the run go easier on the big day – insurance - just in case I couldn't get the flavour I really wanted or had trained with. Making sure I put the left sock on before the right. Making sure I put the left shoe on before the right, because I always had a good run when I did things in that order. Slogging it out and plodding along in the rain and cold, and on quite a few occasions sliding along in the mud.

This time I really honestly and truthfully enjoyed every single one of the 26 London miles and crossed the finish line with a great big smile on my face.

This time an enormous chicken didn't run past me right on the finish line to get pride of place in my finishing photograph.

So after such a magnificent event how could I have been so careless????

I've been looking for it ever since and 6 months have now passed.....but I'll never give up until it's found.

Now.....where on earth did I put that enthusiasm for running? It's got to be here somewhere?

*Sue Ackroyd
October 2008*

LEICESTER HALF-MARATHON - Sunday 19 October 2008

Runners: Alan & Maureen Kelly

We have three sons who have all been University students. Alan & I decided we would enter half-marathon races at each of the cities where they studied. In past years we have ran the York Brass Monkey twice and Nottingham Robin Hood twice. This year we entered the Leicester half-marathon.

Due to various injuries and family commitments we had done very little training for this race but we decided we would still take part and just enjoy running in a part of the country where we hadn't run before. So we found ourselves in Victoria Park in the centre of Leicester on Sunday 19 October hoping we weren't going to make total fools of ourselves!

We had managed to find a nearby hotel, so after a leisurely 10 minute stroll we reached the start area where luckily most other runners seemed to know where to go so we tagged along and eventually found the baggage area, which turned into bit of a scrum towards the race start time, 9.20am.

The marathon and half-marathon races ran together for almost 6 miles then the marathoners broke off to do an extra 13.1 mile loop before re-joining the half-marathon route. I expected some marathoners to overtake me but I managed to get to the finish line just 5 minutes before the marathon winner.

We quite enjoyed the course as it was mostly flat, partly on closed roads and partly through pretty parks so there were nice lakes, ducks and geese to look at while plodding along. The course started by going through the shopping area of the city before heading out into the countryside and returning via the parks and the Market in the city centre - there were plenty of shoppers to cheer us on. The start was downhill and it only dawned on us in the final mile that we were returning to the finish line via the same route taken at the start but of course, it was now uphill! That was bit of a surprise!

At the finish, I got a big mention and cheer as the commentator spotted my "Vets" t-shirt and said "Wow, Maureen Kelly has come all the way from the Isle of Man". Fame at last!

The course was very well marshalled with water provided every 3 miles. Each runner had a timing chip so you could then get your "gun time" and "chip time" from the website. All finishers received a T-shirt and medal.

465 finished the marathon, the winning time being 2hours31minutes.

1331 finished the half-marathon, the winning time was 1hour10minutes.

There was also a relay over the half-marathon course – each runner running 3 miles.

There were two wheelchair entrants in the marathon.

Alan finished in 1hour46 (424th), and I finished in 2hours26 (1243rd).

If you're looking for a half-marathon to run at this time of year, I recommend this race as it was a good course with very friendly and well-organised marshalls.

Mo Kelly.

~~~~~

*Thanks to all who have sent in news and articles, please keep them coming.*



## **2008 WALKING “HEAVEN”!**

What a year I have had - 15 consecutive PB's between November 2<sup>nd</sup> 2007 and June 4<sup>th</sup> 2008!  
There is more as well:

The Thames Path 50 Ultra on January 19<sup>th</sup> saw me finish my first ultra. Okay, it was more “ultrawading” than ultrarunning, but the achievement of reaching the hotel finish was amazing.

The Fireman's Walk on April 6<sup>th</sup> was wonderful; resulting in a 3<sup>rd</sup> lady finish, in a time I had only dreamt about and did not feel was realistic. My friend Ernie began to learn how to support me, ignoring my sharp comments at low moments.

A week later I achieved my dream of running the London Marathon. Nigel Armstrong, my dentist, not only told me off for not ‘tapering’ but proceeded to extract a wisdom tooth five days before the race. He passed me going the opposite direction 9 miles ahead of me, although the parrot on my shoulder slowed me down – at least that was my excuse! However I achieved a PB despite ‘Percy’, a pirate costume with Manx flag that took out people's eyes behind me, and torrential rain! Watching the London Marathon on TV in 2004 had inspired me to start running, so it was a very emotional moment as I crossed the finish line.

The 20k racewalk in Andreas on the 11<sup>th</sup> May was stunning. Okay – I was the only lady in the race to finish, so winning the cup was a bit embarrassing, especially considering how tough the men's race was. However, as an athlete who never won anything at school, to win a cup was an amazing feeling!

The Double Parish Walk – I'm not going to say anything except a big “thankyou” to everyone who supported me. I still cannot believe the response it evoked in people. The whole weekend still seems like a dream and I feel very proud to have done it. The £5,800 raised and the publicity for the Chamber was well worth the extreme tiredness I endured. The hallucinations I can still vividly remember as I struggled to walk the final 25 miles!

The End To End walk – what can I say. I know several walkers have said I should not have walked it, but my finishing time and PB was tremendous, and finishing 3<sup>rd</sup> lady was a dream come true. However, if I can stabilise my blood sugar levels, I know I can go faster. Watch this space.....

The Western 10 Julie Brew Memorial Race was another achievement. I felt tired and the early shin splints did not help. However the “switchback” proved beneficial and I finished 4<sup>th</sup> lady. Again watch this space.....

On Saturday 11<sup>th</sup> October I ran with a few UK ultrarunners along the Grantham Canal to Nottingham. This 32-mile ‘fun run’ was taken at an easy pace so we could chat along the way. Several runners I have met previously at ultra's took part. I realised running is very different to walking, and I have not run much since London. I struggled for 25 miles and then sprinted the final few miles! Again, I had a job keeping my blood sugar levels up. I did enjoy the run between 9 and 14 miles when I set the pace racewalking while the 11 runners were running behind me! They were amazed at how fast I could walk!

I hope to qualify for the walking league with the 5k racewalk. I have done 6 running races for the running league but am too tired to run (or walk) the Syd Quirk. I am looking forward to a few months off to recharge my batteries and put glycogen back in my muscles.

The icing on the cake has to be winning the 'Pride in Mann Local Hero Award'. I feel so proud and happy to have won it and humbled by everyone who voted for me. It has been an amazing year and I will struggle to better it. What will happen next year, again, watch this space, as Bethany is coming.....

by Bethany Clague (October 2008)

---

***Thanks to BlackRock Fund Managers for photocopying free of charge and help with the posting.***