



# THE ISLE OF MAN VETERAN ATHLETES' CLUB



Affiliated to IOMAA, NEAA & BMAF

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President	Mr Dursley Stott OBE JP	Chairman Colin Watterson
Hon. Sec.	Maureen Kelly	Hon. Treasurer Gill Churcher
Committee members:	Christine Bathgate, Lesley Christian, Bethany Clague, Mike Gellion, Rob Gillanders, Vinny Lynch, Enid Watson,	
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	Bethany Clague	

So, where were you? There was free champagne, live bands and exotic dancers – oh no, sorry that was something else. Seriously though, thank you to everyone who turned up at the AGM to support the Club and indeed to make sure it could carry on. Also to those who were unable to attend and sent their apologies.

Welcome to our new Secretary, Maureen Kelly and to new committee members, Bethany Clague, who will also be collating the walking league, and to Rob Gillanders, and a welcome back to Christine Bathgate, and Lesley Christian who is remaining on the committee.

The Chairman thanked the retiring members for their hard work, Jock Waddington and Robbie Lambie, who will be remaining on the End to End committee, and myself, who will still be producing the newsletter. He also thanked Lesley who has worked tirelessly as our secretary. The AGM was held on the Chinese New Year's Day, so lets hope that it is an auspicious year for the Club. Twenty one members attended the meeting, and the Brian Doughty Trophy was presented to Christine Bathgate, as she had not been at the presentation dinner in November.

**SUBSCRIPTIONS.** There have been no increased levies from the UK this year, so the subscription rates are remaining the same as last year, i.e. £15 for first claim members, £8 for second claim and £3 for social members.

**WHAT WE WANT NOW IS YOUR MONEY!!**

Please fill in the new simplified form and send it with your cheque for the appropriate amount to Peter Cooper, who is waiting by his letterbox, panting with anticipation, even as you read this. Remember, to be eligible to run or walk in the Spring handicap you must be a registered and paid –up veteran. Also, the UK levies are due in the next few months and if you are late paying you make it very difficult for Peter.

**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

**£50 grants available to members.**

Club members representing the Club at Championship events in the UK or further afield are entitled to apply for a £50 travel grant from the committee. You will probably need some proof, such as a photo of yourself in your Club running vest at the event. If all the money is not

allocated, the committee may also consider runners who have taken part in a non championship event. To apply, send your details to the Secretary, Maureen Kelly, 47 Ballacriy Park, Colby.

### **New members**

Welcome to Alan Sandford who is a fell runner

### **Vets in action**

At the recent Brass Monkeys half marathon at York our members excelled themselves.

Gail Griffiths ran a pb by more than 2 ½ minutes and Lesley Christian ran under 2 hours for the first time. Gail Griffiths 1:28.33, Barry Moore 1:34.27, Les Brown 1:36.07

Justine Bowen 1:49.49, Rob Gillanders 1:51.29, Moira Hall 1:55.44, Lynne Quine 1:58.24, Lesley Christian 1:59.21, Geoff Hall 2:03.45, Dave Quine 2:10.45, Sue Ackroyd 2:24.44, Ingrid Sugden 2:25.42, Maureen Kelly 2:25.42

**Apologies to Maureen Cox** for missing her out of the half marathon results. As well as being an excellent racewalker herself, Maureen is one of that band of stalwarts who has trained as a racewalk judge and stands out in all weathers so that we can enjoy our sport. Thank you to all of them for doing what can be an unappreciated job.

### **1 January Supercards St Johns Fell race**

Not much water in the river but some frozen ground higher up made this a varied run. Tom Cringle won the race by about half a minute. Our highest finishing Club member was Robbie Callister in 10<sup>th</sup> place.

10. Robbie Callister	26.28	58. Rob Gillanders	36.31
14. James Bishop	27.03	61. Geoff Hall	36.48
16. Rob Sellors	27.48	63. Lynne Quine	37.08
17. Lewis Veale	28.21	65. Lorraine Stigant	37.40
26. John Holden	29.30	66. Alan Pilling	37.42
26. Dave Young	29.34	67. Dave Quine	37.51
43. Barry Moore	32.39	70. Andrew Lodge	38.25
44. Peter Cooper	32.43	71. Alan Gault	38.42
53. Justine Bowen	35.10	74. Christine Barwell	40.26
54. Stan Sille	35.23		

### **8 January Ramsey Bakery Firemans Runs round 4**

3 lap		Actual times	
5. Ian Callister	38.24	25. Barry Moore	33.16
8. Alan Pilling	41.20	26. Wendy Sandford	42.03
14. Dave Corrin	35.13	27. Kevin Deakes	31.18
19. Richard Radcliffe	30.33	29. Stephen Brown	33.07
22. Lesley Christian	43.01	30. Justine Bowen	39.13
1 lap		Actual times	
2. Helen Cullen	14.36	15. Alan Bagley	12.27
14. Sue Ackroyd	16.25	18. Kevin Vondy	9.45

Cotton Tshirts with club logos now available – see club kit list. Also long sleeve Tshirts and sweatshirts.

### **11 January HSBC Security Services winter league walks round 4**

Gale force winds didn't deter our walking fanatics and there was still a good turnout at the Ronaldsway course. There was a scratch start and a sealed handicap, and Alan Pilling won the 10 km handicap race, while Michael George was first on the road.

10 km		Actual times	
1. Alan Pilling	77.44	15. Colin S Moore	70.36
9. Chris Cale	55.05	23. Bethany Clague	69.10
11. Dave Corrin	64.34	25. Ian Callister	59.37
12. Michael George	50.57	29. Andy Green	56.36
14. Vinny Lynch	57.16	31. Dougie Corkill	64.48
5 km		Actual times	
2 Brenda Charlton	49.13	4. Marie Jackson	28.30

### **24 January Ken Watterson Greeba Fell Race**

Robbie Callister was 1<sup>st</sup> V50 in 13<sup>th</sup> place and Justine Bowen was 3<sup>rd</sup> lady

10. Rob Sellors	1:28.34	37. Justine Bowen	2:02.39
13. Robbie Callister	1:30.52	39. John Swindlehurst	2:09.22
16. Rob Webb	1:32.42	40. Lynne Quine	2:11.29
18. James Bishop	1:37.31		

20. Alan Sandford	1:44.10	43. Geoff Hall	2:14.45
21. Lewis Veale	1:47.04	44. Andrew Lodge	2:15.50
23. Peter Cooper	1:49.04	47. Rob Gillanders	2:20.35
28. Barry Moore	1:51.33	48. Lorraine Stigant	2:20.47
36. Dave Salter	1:58.55	49. Dave Quine	2:27.07

**1 February Manx Gas Cross Country round 4 and IOM Championships**

This was held at Pulrose Golf Course. Gail Griffiths took the women's title, well done Gail!

*Senior and Veteran Men – 4 ½ laps*

9. Andy Fox	37.16	21. Barry Moore	41.42
13. James Bishop	38.51	22. Peter Cooper	41.46
14. Michael George	38.58	23. Ian Callister	43.07
19. Lewis Veale	40.17	26. Les Brown	44.01
20. Dave Newton	41.39		

*Senior and Veteran Women – 2 laps*

1. Gail Griffiths	18.19	4. Moira Hall	25.07
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Read about  
Bethany's pub crawl  
on page 6.

**5 February Ramsey Bakery Firemans Runs round 5**

54 runners turned out on a very cold night for the second last round.

*3 laps Actual times*

7. Wendy Sandford	41.17	20. Stan Hall	37.37
11. Phil Motley	34.47	23. Ian Callister	39.23
12. Moira Hall	40.13	24. Justine Bowen	39.07
14. Richard Radcliffe	30.27	26. Kevin Deakes	32.19
17. Steve Wilmott	40.38	28. Lesley Christian	44.23
18. Barry Moore	33.20	29. Dave Corrin	36.27

*One lap Actual times*

15. Alan Bagley	12.38	20. Kevin Vondy	9.55
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**8 February HSBC Securities Services winter league walks round 5**

Mark Hemsall won the 10 km race. Well done Mark! Mark was DQd in the previous race, so has obviously done some work on his style in the mean time.

*10 km Actual times*

1. Mark Hemsall	59.25	19. Chris Cale	54.55
6. John Stubbs	63.28	22. Dave Corrin	64.33
9. Colin Moore	68.49	26. Andy Green	55.26
11. Vinny Lynch	56.15	31. Michael George	49.38
12. Marie Jackson	56.25	35. Ian Callister	61.49
14. Sean Hands	54.35		

*5km Actual times*

3. Henry de Silva	35.49	4. Brian Brough	41.09
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Salclear IOM marathon entry form and updated race info  
now on new website [www.marathon.iomvac.co.uk](http://www.marathon.iomvac.co.uk)  
or email [iomvacclub@yahoo.co.uk](mailto:iomvacclub@yahoo.co.uk)

*Fixtures for the next 6 months – sorry that's all that is available at the moment.*

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.
17 April	HSBC Ramsey Commissioners Park Runs round 1
19 April	5km race walk and younger age group championships
3 May	Isle of Man Bank Peel to Douglas run
8 May	Scott Physiotherapy Dave Phillips run
10 May	Manx 20 km walk championships
12 May	Carraghyn fell race
15 May	HSBC Ramsey Commissioners park runs round 2
21 May	Manx Harriers 5 km walk
24 May	Mann Link Travel Northern 10 run
29 May	Scott Physiotherapy Dave Phillips runs round 2
3 June	10,000 m track walk and run
19 June	HSBC Ramsey Commissioners Park runs round
20 June	CMI Parish Walk
30 June	Scott Physiotherapy Dave Phillips runs round
5 July	Glen Mona fill race
10 July	HSBC Ramsey Commissioners Park run round
16 July	St Johns summer walks
17 July	Scott Physiotherapy Dave Phillips runs
24 July	HSBC Ramsey Commissioners park runs
28 July	North Barrule fell race
7 August	Scott Physiotherapy Dave Phillips runs round
9 August	Salclear IOM marathon and half marathon
10 August	Peel Hill race
12 August	Northern 10 km run
13 August	Anna Marie Cutillo memorial 10 km run and walk
14 August	Heritage trail run
23 August	Creg ny baa fell race

A few north American marathons and halves, most have other runs walks and relays on the same day.

- 3 May Pittsburgh marathon and half [www.pittsburghmarathon.com](http://www.pittsburghmarathon.com)
- 3 May Vancouver marathon and half walks and runs [www.bmovanmarathon.ca](http://www.bmovanmarathon.ca)
- 9 May Fargo Marathon and half [www.fargomarathon.com](http://www.fargomarathon.com)
- 9 –10 May Mississauga marathon and half [www.mississaugamarathon.com](http://www.mississaugamarathon.com)
- 31 May Calgary marathon and half [www.hsbccalgarymarathon.com](http://www.hsbccalgarymarathon.com)
- 23-24 May Ottawa marathon and half [www.runottawa.com](http://www.runottawa.com)
- 27 June Rock n Roll Seattle marathon and half [www.nrseattle.com](http://www.nrseattle.com) (that's RNR)
- 12 July Missoula marathon and half [www.missoulamarathon.org](http://www.missoulamarathon.org)
- 13-14 September Oasis marathon de Montreal and half [www.marathondemontreal.com](http://www.marathondemontreal.com)
- 30 August Quebec marathon and half [www.marathonquebec.cpm](http://www.marathonquebec.cpm)
- 27 September Scotiabank Toronto Waterfront marathon and half [www.torontowaterfrontmarathon.com](http://www.torontowaterfrontmarathon.com)
- 11 October Victoria BC Canada marathon and half. [www.royalvictoriamarathon.com](http://www.royalvictoriamarathon.com)

20 June Midnight Sun Marathon Tromso, Norway [www.msm.no](http://www.msm.no)

I have brochures for all the above if anyone is interested give me a ring. I also have a full USA marathon list, obviously too long to include, but, again give me a ring if you want some info.

*Two contributions from the indefatigable Bethany Clague.*

### **A WONDERFUL AUTUMN RUN**

5.40am and it's very dark,  
 Yet I'm dressed up with the morning lark!  
 Standing on my step, it feels quite cold,  
 Bright stars twinkling – oh, a sight to behold!

Headtorch on, the light tunnel glows  
 To run and walk, I'll see how it goes.  
 My runner's belt full of drinks and phone,  
 I'm running from Onchan Head, on my own.

In the bay a boat all a-light  
Reflects the Promenade, oh, so bright!  
A milkman busy on his round  
The only person as my feet pound!

Two young walkers pass me by  
"Hello" I shout, they're a little shy.  
The sky so black, now slightly blue,  
Looks like daylight will be on cue.

Taxis wait for the boat to unload  
Their drivers staring at my running mode.  
Over the bridge, the harbour still  
Boats tied up, bobbing at will.

My cormorant's not there, drying his wings,  
It's even too early for the birds to sing.  
On near Kewaigue, the road is dead:  
Every car driver is still in bed!

The nunnery sheep graze away  
As Anagh Coar chimneys welcome the day.  
Dawn is breaking, promising no rain,  
Port Soderick Road at 6.30, no train.

A friend's small-holding, the ducks "quack" out,  
"I'm alive, I'm free" I too shout!  
Marine Drive Road and I start to dance  
There's no one but cows to see me prance.

At 'Little Ness' I stop and stare  
Colours of Dawn, my Autumn Prayer.  
Dark cliffs and sea, a cloudbank too  
Above which is appearing an orange hue.

Lighter and lighter on my feet  
Lighter and lighter, the day I greet.  
Happy, alone, no worries and strong  
Running, walking and singing along!

***Douglas Head my fantasy breaks -***  
Reality is almost too much to take:  
People, cars, noise and a ship  
I'm back in Douglas, soon home from my trip.

My cormorant is swimming a sunlit bay  
As a heron flies over hotels and away.  
I have to tell someone how good is life,  
I phone my friend Ernie, but he's work and strife.

Arriving home I enter my flat,  
My journey rubbed away on the mat.  
But as the kettle boils I have to smile;  
I could have kept running another mile...and mile....and mile.....

By Bethany Clague

October 27<sup>th</sup> 2008.

## The Mega Pub Crawl 2008

Where did the idea come from?

I began to get itchy feet nearly six months after the double Parish Walk. I thought to myself I would like to walk a long way to raise money for charity again. The idea of doing a Winter Parish Walk was tempting but I wanted to do something slightly different. I wanted to walk round places like churches and that is when the idea of walking round pubs and collecting in them emerged. As far as I know, nobody has ever walked round all the pubs in the Isle of Man. My feet started to itch a lot – this was an opportunity I could not resist. It was nearly Christmas and I could start on Boxing Day – a bank holiday, and my friend Ernie would be off work to help support.

The Preparation.

I cut out the list of pubs in the telephone book and worked my way through them. The route was the hardest part to organise. Over a week it got bigger and bigger as I realised there were more and more pubs, many not listed in the telephone book, and I knew my two-day pub crawl was turning into something much bigger. 91 pubs later I had a route over 4 days. The only consolation was that Jurby and Andreas pubs had closed, reducing the distance by 8 miles. If I collected in each pub for 10 minutes, that meant it would take me 910 minutes, or 15 hours, just to collect the money. This was going to be a long walk!

The Route

There were four days of walking:

Boxing Day was 46 miles starting at Peel at 9am, over the Sloc to Port Erin for 12noon and then making my way round the South of the island, walking the Ballamodha Straight, until I finished with the last pub at 'Quarterbridge', to arrive home in Onchan by 10pm. This was the longest, most tiring day.

Saturday 27<sup>th</sup> December was 26 miles along the East Coast, starting in Ramsey at 12 noon. As the pubs were quiet, Ernie and I decided to go back to Ramsey a week later in the evening to collect more money. I walked through Laxey, Onchan and Upper Douglas to the 'Bowling Green Pub', before arriving home at 10pm.

Sunday 28<sup>th</sup> December was 33 miles and I left Ramsey at 12 noon to head to Peel along the main road. After Peel it was straight along the main road to the 'Railway Inn' in Union Mills, before arriving home at 10pm.

Monday 29<sup>th</sup> December was 5 miles through Douglas, starting at 'Sir Norman's' at 2pm to walk collect in the last 28 pubs, finishing at the 'Terminus Tavern' at 6pm for a celebratory drink. The total route was 110 miles collecting in 91 pubs in 37 hours.

What was the weather like?

The weather would be the greatest challenge, however after the Parish Walk I was ready for anything. Amazingly not a single raindrop fell on me! However it was cold and the wind was bitter and strong. From Dalby to the top of the Sloc it was freezing and the wind blew cold and strong. A cup of hot tea at the Round Table did the job. The coldest part was leaving the 'Creg' at 6pm on Saturday. It was 0 degrees and I had 6 layers of clothes on my upper body and 2 pairs of trousers on. By the time I reached the lower 'Liverpool Arms' I was sweating!

What was the worst part of the walk?

Walking in the dark from 4pm to 10 pm for 3 consecutive days was unpleasant. It was very dark on most of the roads. Ernie drove 100 metres behind me along busy roads like the Ballamodha Straight to protect me and also to light the way. He had his flashing yellow light warning cars we were there. I was wearing high-viz clothing and 2 LED headtorches; a red one on the back of my head and a white one on the front. I had a flashing red light on my high-viz belt. I discovered a cheap B+Q LED headtorch, in addition to the other white headtorch on the front of my head, worked very well in allowing me to see where I was going on the Sunday night.

What was the best part of the walk?

The welcome we received in all the pubs. Lots of people were expecting us and I was applauded and cheered. People shook my hand and were very generous in their donations. Several pubs provided Ernie and I with cups of tea and even free pints. The 'Creg' very generously gave us a huge bowl of hot chips which was wonderful. Sometimes it was difficult to leave a nice warm fire and friendly customers to go back out in the dark and cold.

How much did you raise?

It took me ten hours to count all the coins. I raised £2400 and split the money between three charities in the end. (I did not expect to raise so much money!) I gave the homeless shelter Graih £1000, Kemmyrck at 'Kingswood House' £550 and the Star Club in Douglas for people with mental health problems I gave £850. All three charities I have been involved with, either as a volunteer or a member.

Who would I like to thank?

I must thank Ernie, who supported me in his car over the first three days. He is a wonderful friend and very unselfish. Also, thanks to David who walked round the Douglas pubs with me on the Monday. Thanks to Erika and Alvin who met me in the 'Creg'. They supported me on the Parish Walk. Thanks to Penny and Marion for their help and support. Many thanks too to Manx Radio and IOM Newspapers for all the publicity they gave me along the way. Also thanks go to Energy FM and Three FM for their publicity. I must thank all the publicans for allowing me to collect in their public houses and the generosity and support of the Manx people, again! It was a wonderful few days and a lot of money was raised for three very worthwhile charities.

Bethany Clague  
2<sup>nd</sup> February 2009

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