

ISLE OF MAN VETERAN ATHLETES' CLUB

AFFILIATED TO IOMAA,
NEAA & BMAF

NEWSLETTER DATE



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Remaining Club Fixtures 2009

- CHANGE OF DATE: 10 September Blackrock Veterans' Autumn Handicap Run and Walk
- ENTRY FORM FOR ABOVE ENCLOSED AND ON LINE
- 20 September Ramsey Bakery End to End Walk—Marshals required Tel Margy 843768
- 1 November Haldane Fisher Syd Quirk Half Marathon Run and Walk

JOCK DOES IT AGAIN! AND A NEW WOMEN'S RECORD

Another superb win for Jock Waddington in this year's Parish. This race never fails to supply surprise and excitement, and, of course heartbreak and disappointment. With perennial favourite Robbie Callister dropping out at Andreas, and Ray Pitts's back getting the better of him, the top places were a bit different this year. Janice Quirk broke the 11 year-women's record by 18 minutes and at one point was tipped to catch Jock and create the first female winner. However, Jock dug deep and pulled away again in the last miles to ensure victory. Maybe, as a special reward this year, he will actually be allowed to watch that super TV!

Out of a record number of 187 finishers, Vinny Lynch was awarded the Trophy for the fastest first time finisher, well done. Club Members took 8 of the first 14 places.

Members who finished:

1. Jock Waddington 15:45.56
3. Mark Hemsall 16:20.45
4. Sue Biggart 16:28.41
5. Eammon Harkin 16:35.44
9. Vinny Lynch 17:05.08
10. Andy Green 17:05.58
12. Andy Gosnell 17:32.57
14. Chris Cale 17:38.46
40. Alan Kinvig 19:30.50
41. Roey Crellin 19:34.02
54. Andrew Titley 19:52.11
60. Lisa Motley 20:16.30
134. Moira Hall 22:33.09

Finished at Lezayre:

Robert Webb 14:43.10

Finished at Andreas:

Robbie Callister 10:34.11

Alan Pilling 14:48.00

Henry de Silva 14:58.12

Finished at Bride:

Ray Pitts 9:53.57

Michael Killey 13:25.22

Finished at Ballaugh:

Sue Jewell 10:46.16

Colin S Moore 11:08.46

Finished at Kirk Michael:

Stephen Brown 10:19.06

Finished at Peel:

Ian Callister, Dave Tasker,

Geoff Hall, Allan Corran,

Mo Kelly, Ingrid Sugden,

Sue Ackroyd.

Finished at Rushen

Dave Mackey, Bethany

Clague, Clive Berriff,

Arnie Jacobs, Sue Furner.

Off-Island news

Congratulations to all Island Games competitors, especially our own Gail Griffiths who came 6th in the 10,000m in very hot conditions.

Well done also to our race walkers in Dublin at the European Grand Prix, Marie Jackson came 7th in the 10 km in spite of back trouble and Michael George was 20th in the men's 20km.

Bethany Clague has completed a 100 mile run in the Cotswolds and the Hull 24 hours track race. She has now been selected for the IOM team for the Commonwealth Fell Running and Long Distance Championships in September. Well done Beth, see further on for articles.

Debbie Loader ran the Edinburgh Marathon in an impressive 3: 25. 52

RECORD SALCLEAR MARATHON ENTRIES ONCE AGAIN!

Local athlete and physio-therapist Ben Scott romped home to take victory in the marathon and also the IOM Championship. 2nd in the championship was our own Rob Sellors, who was 5th overall. There were 130 finishers in the marathon, of which 15 were members of the 100 marathon Club. 3 finishers were from the

M70 category. Our own legend, Ray Shooter completed his 159th marathon and Steve Edwards from Bourton RR completed his 480th marathon in 3:03.31!

Several age group records were improved in the marathon, Ben Scott broke the M35 record, and the Women's winner broke the

W40 record, though still a minute short of her own overall course record from last year. The threatened rain didn't materialize, in fact it would probably have been welcomed to cool the runners down.

For members results see page 4. Report from Marathon organizer Christine Bathgate is on page 6.

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ISLE OF MAN VETERAN ATHLETES' CLUB

RAMSEY PARK RUNS ORGANIZED BY NORTHERN ATHLETICS CLUB

Round two, run on 15 May.
Club members stormed home in the first three places in the long race. Well done Rob, David and Moira ! Actual times given.

1. Rob Gillanders	25.11
2. David Doyle	26.24
3. Moira Hall	32.54
8. Gary Ross	27.40
9. Ian Callister	27.52
10. Stan Hall	27.56
13. Geoff Hall	34.08
14. Gail Griffiths	28.09
16. Nicky Kennaugh	27.59
18. Jackie Moore	32.00

19. Steve Wilmott	31.25
20. Wendy Ross	28.27
23. Kevin Vondy	22.56
24. Martin Bell	30.39
25. Phil Motley	26.05
26. Dave Corrin	27.51
31. Stephen Brown	26.14
32. Richard Radcliffe	24.02
33. Mike Gellion	25.25
34. Alan Pilling	32.47
35. Michael George	24.31
37. Barry Moore	26.34
39. Kevin Deakes	26.44
40. Eric Lee	31.29
43. Alison Corlett	37.00

One lap 15 May

3. Arnie Jacobs	18.29
7. Sue Ackroyd	15.50
18. Vera Jones	18.35
19. Miriam Kelly	16.18
31. Claire Hulme	17.01
32. Ingrid Sugden	17.29

One lap 19 June

3. Claire Hulme	16.07
4. Vera Jones	17.58
12. Miriam Kelly	16.14

One lap 10 July

5. Sue Ackroyd	15.05
8. Mo Kelly	16.32
11. Dave Quine	14.44

One lap 24 July

3. Gail Griffiths	11.25
5. Miriam Kelly	15.57
9. Sue Ackroyd	14.47
21. Claire Hulme	16.11
22. Vera Jones	18.33

Final places one lap

4. Sue Ackroyd	248 pnts
14. Miriam Kelly	218
16. Claire Hulme	216
20. Vera Jones	203
24. Arnie Jacobs	177
32. Mo Kelly	125

Compare your times, and those of your rivals!

RAMSEY PARK RUNS — 3 LAPS — FURTHER ROUNDS—ACTUAL TIMES

Round 3—19 June

6. Phil Motley	25.16
9. Martin Bell	29.47
11. Dave Corrin	27.14
14. Rob Gillanders	24.55
15. Barry Moore	25.38
20. Kevin Deakes	23.56
24. David Doyle	26.51
25. Alan Bagley	29.35
26. Jackie Moore	32.17
27. Richard Radcliffe	24.01
28. Stephen Brown	26.24
29. Justine Bowen	29.26
30. Kevin Vondy	23.30
32. Steve Wilmott	32.33

Round 4—10 July

3. Geoff Hall	33.13
5. Moira Hall	32.16
6. Gail Griffiths	27.40
8. Eric Lee	30.08
9. Steve Wilmott	31.11
11. Jackie Moore	31.36
15. James Bishop	26.40
16. Martin Bell	29.42
17. Alan Pilling	32.05
18. Barry Moore	25.28
23. Kevin Deakes	24.03
27. Nicky Kennaugh	29.10
28. Rob Gillanders	26.14
29. Justine Bowen	30.42
30. Kevin Vondy	24.48

Round 5—24 July

5. Alan Pilling	30.55
7. Jackie Moore	30.51
8. Barry Moore	24.54
10. Ian Callister	27.27
11. Steve Wilmott	30.49
13. Eric Lee	29.53
15. Kevin Deakes	23.38
19. Richard Radcliffe	23.27
21. Michael George	23.58
22. Kevin Vondy	22.59
26. Phil Motley	25.27
28. Geoff Hall	33.47
31. Justine Bowen	29.38
32. Martin Bell	30.48

34. Moira Hall	33.42
37. Nikki Kennaugh	30.20

FINAL POSITIONS TOP TEN

7. Jackie Moore	216 pnts
9. Moira Hall	210
10. Steve Wilmott	210
11. Rob Gillanders	208
13. Barry Moore	206
14. Geoff Hall	204
16. Kevin Deakes	200
20. Martin Bell	190
21. Gail Griffiths	190

MILE RACES—STEVE JACOBS AND VETERANS' MILES

Steve Jacobs Memorial Mile

17 June at the NSC

This race is handicapped, actual times are given in minutes. 41 runners took part in this race.

6. Sue Ackroyd	8.05
7. Mo Kelly	8.36
8. Miriam Kelly	8.09
10. Robbie Lambie	5.42
11. Alan Kelly	6.53
12. James Bishop	5.54

13. Michael George	5.34
14. Stephen Brown	5.54
17. Dave Quine	7.43
19. Gail Griffiths	5.40
20. Barry Moore	5.50
26. Eric Lee	6.37
27. Andy Fox	5.10
28. Kevin Vondy	5.20
30. Jackie Moore	7.43
31. Alison Corlett	8.30
34. Rob Gillanders	5.44
35. Geoff Hall	7.43
36. Ingrid Sugden	9.37
37. Dave Newton	6.27
39. Arnie Jacobs	10.48

Veterans' Mile

20 May at the NSC

1. Andy Fox	5.04
2. Kevin Vondy	5.08
3. Kevin Deakes	5.21
4. Rob Gillanders	5.23
5. Steve Bennett	5.48
6. Robbie Lambie	5.51
7. Barry Moore	5.57
8. Mike Gellion	6.00
9. Stephen Brown	6.09
10. Wendy Ross	6.31
11. Steve Wilmott	7.09

12. Moira Hall	7.23
13. Jackie Moore	7.25
14. Geoff Hall	7.49
15. Arnie Jacobs	9.24

ManxHarriers Track Run 3rd June at the NSC

10,000km run	
5. Andy Fox	36.18
7. Kevin Vondy	37.21
8. Kevin Deakes	38.13
9. Gail Griffiths	39.38
11. James Bishop	43.23
12. Les Brown	44.59
13. Wendy Ross	45.21
15. Bethany Clague	53.11



*Marshalling's a tough job,
but someone's got to do it.*

David Teece 5 km

16 June

2. Wendy Sandford
26.21

30 July

5. Wendy Sandford
25.08

BUSHY'S GREAT SOUTH RUNS SERIES

This season has seen the introduction of a 5km run to go with the 10km, although the new race is not as well supported as yet.

10km - 16 June - round 1

3. Russell Collister	37.37
5. Kevin Vondy	37.57
8. Kevin Deakes	38.52
9. Rob Sellors	38.57
18. Alan Loader	41.12
19. Rob Gillanders	41.16
21. Barry Moore	41.33
22. Stephen Brown	41.48
23. Peter Cooper	41.51
24. Lewis Veale	42.14

27. Alan Sandford	43.22
31. Debbie Loader	44.13
32. Stan Sille	45.18
37. Nicky Kennaugh	47.04
47. Eric Lee	50.51
48. Alan Kelly	51.07
52. Jackie Moore	53.34

Well done Russell, and well done Debbie, 2nd woman by a few seconds.

10KM - 30 JULY - ROUND2

3. Kevin Vondy	37.40
5. Kevin Deakes	38.06
11. Barry Moore	41.11
14. Alan Loader	41.57
15. Alan Sandford	42.18
17. Peter Cooper	42.58
19. Rob Gillanders	44.32
22. Stan Sille	45.45
24. David Salter	46.03
26. Debbie Loader	46.32
29. Nicky Kennaugh	47.45
35. Jackie Moore	49.59
40. Eric Lee	51.09
44. Martin Bell	51.51
47. Alan Pilling	52.23
50. Sue Ackroyd	55.58
51. Dave Quine	59.41
53. Miriam Kelly	61.31

DAVE PHILLIPS SERIES AT ST JOHNS

These races are sponsored by Scott Physiotherapy.

Runners have the choice of a 4 lap (4.75 mile) race and a 2 lapper. Both races are handicapped, actual times are given.

Two lap—29 May—round 2

10. Roger Moughtin	23.59
11. Dave Tasker	21.11
14. Claire Hulme	22.17
16. Maureen Kelly	23.04
20. Ingrid Sugden	23.14
24. Sue Ackroyd	20.52

30. Arnie Jacobs	26.30
31. Vera Jones	25.11
32. Kevin Vondy	14.26

Two lap—30 June—round 3

7=Miriam Kelly	21.55
7=Claire Hulme	21.55
11. Kevin Vondy	14.08
12. Sue Ackroyd	20.40
14. Maureen Kelly	22.51
17. Vera Jones	25.36

Two lap—17 July round 4

2. Roger Moughtin	18.26
5. Kevin Vondy	12.56
7. Dave Quine	20.80
13. Miriam Kelly	21.38
18. Claire Hulme	21.59
22. Vera Jones	25.47
23. Arnie Jacobs	26.22

It is good to see Roger Moughtin getting fitter and quicker, and also to see Vera Jones and Arnie Jacobs back in regular competition.

DAVE PHILLIPS SERIES—4 LAPPERS

Round 2 29 May

2. Stan Hall	34.51
4. Stan Sille	35.17
6. Eric Lee	38.13
8. Alan Pilling	40.01
11. Alan Kelly	37.37
12. Barry Moore	32.33
14. Jackie Moore	40.47
17. Dave Corrin	34.39
18. Wendy Ross	35.03
19. Steve Wilmott	40.06
20. Kevin Deakes	29.47
21. Martin Bell	37.28
25. Rob Gillanders	31.51
26. Nicky Kennaugh	35.59
27. Mike Gellion	33.33

37. Christine Barwell	40.32
38. David Doyle	35.36
40. Justine Bowen	41.07

Round 3 30 June

4. Richard Radcliffe	30.10
5. Neil Wilson	31.02
6. David Doyle	34.14
7. Barry Moore	31.22
8. Alan Loader	31.16
9. Dave Corrin	34.21
11. Alan Pilling	39.47
14. Kevin Deakes	29.46
15. Debbie Loader	34.27
17. Alan Kelly	37.52
18. Moira Hall	42.17

20. Jackie Moore	41.07
21. Rob Gillanders	32.37
22. Peter Cooper	32.59
23. Eric Lee	39.11
25. Les Brown	36.10
26. Stan Hall	38.40
29. Alison Corlett	46.42

Round 4 17 July

Well done Justine!	
1. Justine Bowen	37.41
4. Eric Lee	37.06
5. Jackie Moore	38.56
6. Moira Hall	40.07
9. Steve Wilmott	39.03
10. Richard Radcliffe	29.18

*Ready for your
dinner? The
Annual Presentation
Dinner will be on 21
November at the
Glen Helen Hotel
MENU*

*Beef lasagne or
chicken curry or
spinach and ricotta
cannelloni with
various side dishes.*

*Lemon meringue
pie / chocolate fudge
cake + cream .
Coffee / tea*

Round 4 continued

11. Stan Sille	34.39
12. Kevin Deakes	29.08
13. Barry Moore	31.10
17. Peter Cooper	32.35
18. Christin Barwell	40.01
19. Martin Bell	37.12
20. Alan Pilling	39.36
23. Les Brown	34.30
26. Alison Corlett	46.06

Isle of Man Veteran Athletes' Club

Website: www.iomvac.co.uk

Send your photos and short articles to
Adrian Cowin at metmann@hotmail.com
Send your information and articles for the
newsletter to sarah.goldsmith@manx.net

President: Dursley Stott OBE JP
Chairman: Colin Watterson
Hon. Sec. Maureen Kelly
Hon. Treasurer Gill Churcher
Race Sec. Marie Jackson
Membership Sec. Peter Cooper 84
Marathon Organiser: Christine Bathgate
Committee members: Christine Bathgate,
Lesley Christian, Bethany Clague, Marie
Jackson, Rob Gillanders, Vinny Lynch, Enid
Watson.
Official Course Measurer and Collator of
the Running Shield: Alan Postlethwaite
Collator of the Walking League: Bethany
Clague
Webmaster: Adrian Cowin

Racewalking

Manx Harriers 5km road walk
21 May TT Access Road

1. Peter Kaneen	23.57
2. Michael George	24.32
4. Marie Jackson	27.32
5. Vinny Lynch	27.50
6. Dave Mackey	28.34

3 June 10.000m track walk

2. Michael George	49.19.8
3. Peter Kaneen	51.15.7
4. Jock Waddington	51.22.9
5. Vinny Lynch	56.35.3
6. Marie Jackson	57.18.4
7. Andy Green	58.25.6
8. Bridget Kaneen	60.42.6

13 July 10km road walk St Johns

1. Michael George	49.00
2. Peter Kaneen	50.59
3. Jock Waddington	53.14
13. Henry de Silva	78.18

Fell Running

Glen Mona Fell Race 5 July
Good weather and fairly dry underfoot.

10. Rob Webb	1:19.50
13. Alan Sandford	1:20.53
14. Dave Young	1:21.20
17. Ian Callister	1:28.17
20. Rob Gillanders	1:37.20
22. Les Brown	1:40.40
26. Geoff Hall	1:51.42

North Barrule Fell Race 28 July
A complete contrast in weather
conditions, from summer to winter.

13. Rob Sellors	46.05
18. Alan Sandford	51.12
20. John Holden	52.14
21. Dave Young	52.19
25. Ian Callister	55.21
29. Justine Bowen	61.02
31. Les Brown	66.14
33. Geoff Hall	69.16

SALCLEAR MARATHON AND HALF MARATHON RESULTS

Full marathon

5. Rob Sellors	3:04.42
11. Richard Radcliffe	3:12.19
21. Kevin Deakes	3:23.42
69. Michael George	4:14.54
89. Bethany Clague	4:37.45
105. Ray Shooter	4:52.50
117. Dave Tasker	5:06.19

Rob Sellors was 2nd in the
IOM Championships and

2nd M40

Richard Radcliffe was 2nd M55
Kevin Deakes was 4th M45
Bethany Clague 6th W35
Michael George was race-
walking

Ray Shooter completed his
159th marathon.

Well done Dave Tasker for
getting back to full marathon
fitness and doing a decent
time for his age.

Half marathon

17. Barry Moore	1:32.17
19. Neil Wilson	1:33.08
20. Alan Loader	1:33.13
22. Alan Sandford	1:33.36
24. John Holden	1:34.20
35. Tadhg O'Mahony	1:37.17
37. Peter Cooper	1:37.35
44. David Salter	1:41.28
45. Debbie Loader	1:41.31
48. Stan Sille	1:42.16
77. Alan Kelly	1:50.08
79. Les Brown	1:50.39
85. Rob Gillanders	1:51.48
85. Jackie Moore	1:51.48
97. Eddie Teare	1:54.58
98. Ian Callister	1:55.02
100. Alan Pilling	1:55.53
103. Simon Cox	1:56.06
138. Moira Hall	2:02.46
148. Vinny Lynch	2:06.03
157. Sue Furner	2:09.15
159. Marie Jackson	2:11.09
160. Sue Ackroyd	2:11.33

171. Geoff Hall	2:21.15
174. Maureen Kelly	2:22.47
178. Alison Corlett	2:24.13
181. Ingrid Sugden	2:25.55
197. Colin Moore	2:39.17
198. Claire Hulme	2:39.31
225. Helen Lamming	3:10.56
227. Catriona Farrant	3:12.09
231. Neil Cushing	3:17.21

Alan Loader was 3rd M40
Peter Cooper was 3rd M55
Debbie Loader was 2nd
W40 and 4th woman overall
Stan Sille was 2nd M60
Jackie Moore was 4th W40
Sue Furner was 2nd W50
Marie Jackson was 3rd W45
(and she was racewalking)
Sue Ackroyd was 3rd W50
Colin Moore was 3rd M50
Moira Hall knocked a second
off her own W55 record
There were 4 sets of husband
and wife Club members
running in this.

Support for the
Hyperbaric chamber
Several of you may
have taken advantage
of the healing properties
of the hyperbaric chamber
to help with injuries.

This year's raffle money
from the Annual Presentation
Dinner will be
given to the Chamber.

*Welcome to new
members Lesley
Nicholson and John
Robinson, who is a
walker.*

Captain Barclay 1000 mile challenge completed by Richard Dunwoody

In 1809 Captain Barclay took up the challenge to walk 1000 miles in 1000 hours, the idea being to walk one mile in every hour. He duly completed this, and his feat has been emulated 200 years later by Richard Dunwoody. Captain Barclay did his for a bet of 1,000 guineas, but Richard took on his challenge to raise money for charity. So far he has made over £100,000. The astute among you will have realised that the real challenge is lack of sleep. The maximum time either man was able to sleep in one go was 1 hour 20 minutes.

Richard's challenge took place at Newmarket Racecourse, and culminated in the Captain Barclay weekend which included a full programme of walking races, from 20 miles to 100 miles. This year 28 walkers completed the 100 mile race in the 24 hours, including 11 new Centurians, 4 of them from the UK.

Hope you like the new layout. Apologies for any omissions and misrepresentation, also for the sometimes rather ragged spacing. I am still trying to get Publisher to do what I want and not what it thinks I ought to do.

Any constructive comments gladly received. I might even get round to the odd picture eventually — promises, promises!

CLUB KIT

The high-viz vests are still available at the subsidised price of £10, from myself. We hope to have a leaflet out detailing the other Club kit in the near future, and I am still hoping that we will get round to a Club fleece at some stage.

THE DEATH MARCH WANTS YOU !

This weekend saw the annual Death March in Bornem, Belgium. This is a 100km walk which starts at 9 pm on the Friday night. I am told that this is psychologically easier than starting in the daytime and continuing through the night. The walk is fully supported by the organisers, accommodation is right next to the start, and food and drink is supplied at ever decreasing intervals throughout the walk. They will even bring a change of clothing out to you at the halfway point. Obviously it's too late for this year, but some of you long distance walkers may be tempted. The website is www.dodentocht.be

NORTHERN TEN

24 May NAC	
3. Kevin Deakes	63.42
4. Richard Radcliffe	64.37
6. Gail Griffiths	66.23
7. Neil Wilson	66.48
11. Rob Webb	67.42
13. Barry Moore	70.39
14. Rob Gillanders	70.59
18. Mike Gellion	72.24
19. Les Brown	72.48
20. Peter Cooper	73.08
21. Dave Salter	73.21
22. Dave Corrin	73.21
23. Wendy Ross	74.05
27. Stan Sille	76.03
30. Gary Ross	78.01
33. Martin Bell	82.34
36. Steve Wilmott	86.28
38. Jackie Moore	87.26
39. Moira Hall	91.19
40. Geoff Hall	94.29
42. Dave Tasker	101.42

Laa Columb Killey Sports

5.5 mile run

2. Kevin Vondy 3. Rob Sellors
Eammon Harkin was 3rd in the walk

Enclosed with this newsletter:

Those of you receiving this through the post will have Bethany Clague's articles attached, one on her first 100 mile ultra-run and the other about the 24 hour track run. Also the Walking league and the Running Shield so far. The entry form for the Blackrock Autumn Handicap and the Penny Lane Striders 10km race at Liverpool are also enclosed. These are already available on the website for those who are reading this on-line.

Please send me your news articles or accounts of races you have taken part in.

FIXTURES STILL TO COME:

28 August Great South Run	
4 Sept Dave Phillips	22 Oct Autumn Handicap
6 Sept Narradale Fell Race	25 Oct HSBC Winter walking league
20 Sept End to End	1 Nov Syd Quirk half marathon
26 Sept Laxey Fell Race	7 Nov Winter hill run
4 Oct Western 10	12 Nov Ramsey Fireman's
8 Oct Ramsey Fireman's	6 Dec Peel to Douglas walk
11 Oct 1 Hr walking challenge	12 Dec Winter hill run
17 Oct Winter hill race	20 Dec HSBC winter walking league
18 Oct NAC cross country	27 Dec Millennium Relay

Thanks to Blackrock for photocopying free of charge and to Jacqui Cooper for help with the computer setup.

Salclear Isle of Man Marathon & Half Marathon Races - 09

Another August, another marathon day. And this year was a great one. The weather behaved and we had the largest number of entries in the event's history. Even after the usual 10 – 15% of 'no-shows' we still had 131 runners in the Marathon and 234 in the Half Marathon.

Preparation started back in Oct 08 when the application for the Tourist Board's 'Event Guarantee Scheme' had to be submitted, followed by the application to UK Athletics for Race Permits. By Feb. the new club marathon website was updated and our races were also listed on the events calendars of about 25 worldwide running-related websites. And over 1100 runners were emailed with the good news that they could now enter the 2009 Isle of Man event!

With the first entries soon hitting the doormat, attention switched to the practicalities of making it all happen successfully and safely. The list of items which have to be purchased and facilities which must be confirmed is about a page long. Entries were acknowledged by email where possible and cheques were banked. And many, many phone calls were answered over the next few months.

On the Saturday before race day my kitchen and dining room were the scene for the annual ritual known as 'Stuffing the Goody Bags'. Many thanks to Barbara, and her friend Margaret, and Mike G for your cheerful help. A few hours later, with the help of Enid and Malcolm, the marquee was built at the football ground.

Race day itself started in fine style with the usual small group of volunteers at the Football Stadium soon after 6am. Margy and Juan were driving round the course putting in place all the signage. Mike Gellion and his team worked wonders with the water stations, Enid had race marshals organised, and all was set at the stadium to welcome the runners for registration.

As soon as the runners were on their way the stadium was converted from a 'registration' area to a 'finish' arena, complete with 'massage parlour'.

The first finishers were soon returning to the stadium and all were welcomed with Barbara and Margaret removing timing chips from sweaty arms, and were presented with medal, goody bag and water and a printout of their own result

At 2pm we were ready for the results and presentation of the many age group trophies, and by 3:30pm the stadium was empty again except for the usual band of volunteers who were doing the clearing and packing away of all the equipment.

As I have said many times before, I could not, and would not, organise this event without the help of such a good group of reliable volunteers. Some I have already mentioned by name, but there are many others including a very long list of marshals and water station helpers. You all know who you are and once again I say 'Sincere Thanks' for all your help yet again.

Last, but by no means least, a very special thank you to Dave Salter of Salclear for his continuing financial sponsorship of this event.

Please put Sunday 8th August 2010 in your diary – and if you are not going to run then please help with the event.

Christine Bathgate