

IOMVAC NEWSLETTER AND RACE REVIEW MARCH 2010

MARCH 2010

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NEWSLETTER AND RACE
REVIEW MARCH 2010

Club fixtures for this year

LEINSTER MANAGEMENT 20 mile run 20 March at NSC - Entry form enclosed
Veterans' Spring Handicap 8 April at NSC—Entry form enclosed
SALCLEAR IOM Marathon and Half Marathon 8 August at Ballacloan, Ramsey
Veterans' Autumn Handicap 16 September at NSC
RAMSEY BAKERY End to End Walk 26 September at Point of Ayre
HALDANE FISHER Syd Quirk Half Marathon 7 November at Ronaldsway Industrial Estate

ANNUAL GENERAL MEETING—WHAT'S NEW

A poor turn out, but never the less the stalwarts were there and the important decisions were made.

The committee remains much the same, with one addition, Welcome to Lisa Motley. So your officials are:

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

Membership fees remain the same as last year, i.e.

| | |
|--------------|--------|
| First Claim | £15.00 |
| Second Claim | £8.00 |
| Social | £3.00 |

Please send your completed subscription forms (TWO pages) to Peter Cooper as soon as possible.

With your cheque, of course. If you don't wish to continue as a member, please let Peter know. **Please do it soon,** Peter has to keep his records up to date and submit information to various bodies in the UK to keep us all legit and insured, etc.

NEW REQUIREMENTS FOR CLUB MEMBERS

At the Annual General Meeting held on Thursday 21 January 2010 there was a discussion regarding the lack of marshalls at our events. As it has become increasingly difficult to find sufficient marshalls to provide adequate cover, the Executive Committee are asking all members to please volunteer at least once a year. To assist the race organisers could all members, when renewing their membership, please complete Page 2 of the membership form stating at which race they would be available. The Committee realise that it is sometimes difficult to plan so far ahead but the situation has become quite desperate and a solution must be found. If a member finds themselves in the position of being unable to marshall at the event they volunteered for, could that member please inform the Committee as soon as possible and endeavour to swap marshalling duties with another member. It was also decided at the AGM that members wishing to secure a club place in the London Marathon must have assisted the club in some way during the year.



Good Luck to all runners in the Virgin London Marathon especially our Club runners Alan Sandford, Tadbg O'Mahony and Sue Furner

Annual General

Meeting—Main points

New subs form to fill in—all members must fill in both pages and return with their payment asap.

Some changes in the rules for the Veterans' Running Shield—see further on for details.

There is now a new annual competition for fell runners who are Club members. Ian Callister is collating the points and presenting a trophy. See further on for details.

Members who refuse to help the Club with marshalling, lap-scoring etc will be excluded from certain competitions, see left.

From 1st April we will also be affiliated to the Association of Running Clubs (ARC). For more info see their website.

Give us your money, Honey !!

NEW FELL RUNNERS LEAGUE—DETAILS

IOMVAC FELL RUNNING LEAGUE CHAMPIONSHIP

"It is hoped to encourage more IOMVAC members to run on the Fells, and perhaps both clubs can benefit. The IOM Fell Runners races listed will be the ones used. The IOMVAC has no intention to organise any more Fell races. It's a move to support the IOM Fell Running Club, and its existing fixtures, while giving our members the chance to have a similar competition to the Road Running and Race Walking Leagues." Colin Watterson (Chairman, IOMVAC)

Competitors best 2 short races, best 2 medium races, best 2 long races & best 1 other race establishes their final position.

Short races: St. Johns, Snaefell, Carraghyn and North Barrule.

Medium Races: Greeba, Glen Mona, Creg-ny-baa and the 'James Coulson' Laxey.

Long races: 1. Manx Mountain Marathon, double points; competitors can consider this as 2 long races.

2. Narradale. 3. Any UK category 'A' long fell race before end of September.

4. Sea to Summit Challenge; 24 peaks over 1000FT. Charity event, entrants must raise £250 each for Isle of Man Children's Centre. Members who retire at the nearest marshalled road crossing to the 20mile point receive points according to their position at that crossing. Members who reach the finish (new course this year, approx. 35miles) receive 2 sets of points; 1 set for their position at 20miles & 1 set for their position at the finish. Provisional date is Saturday 10th July. This year & in future years the peaks will have marshals.

Competitors are required to produce race result sheets. Their times will be worked out as a percentage of the winner's time. The competitor with the best percentage will get the points for 1st position. The competitor with the worst percentage will get the points for last position etc. This is similar to IOM Veterans' Road Running League. Points are awarded as follows:-

1st 53 points

2nd 50 points

3rd 48 points

4th 47 points etc.

Veterans over 45, 2 bonus points for each race

Veterans over 50, 4 bonus points for each race

Veterans over 55, 6 bonus points for each race

Veterans over 60, 8 bonus points for each race etc.

The runner with the highest points score from their 7 races will win the annual cup.

Result sheets to be forwarded to Ian Callister, who will be working out the points. Ian has agreed to donate a trophy. Any further questions to Ian (842137) or craigmount@manx.net

Club Contacts

Secretary

Maureen Kelly

mokelly@manx.net

Race Secretary

Marie Jackson

mariejackson@manx.net

Alan Postlethwaite

for Running Shield

alan.linda.pos@talk21.com

Beth Clague for walking league

bethany@manxcat.org.uk

Adrian Cowin for website

metmann@hotmail.com

My own details are on the front page.

Well, Spring is on the way and you will soon be sporting your new Club vests again. For any newish member who hasn't got one yet, I have just ordered a new batch of men's sizes, but I already have all women's sizes in stock.

I know we promised a review of the other Club kit some time ago, but life got in the way. Hope to get round to it soon. If you have any views please let me know.

VETERANS' ROAD RUNNING SHIELD—UPDATE ON RULES

Now any 2 results from off-island races can be counted.

THE VETERAN'S ROAD RUNNING SHIELD - an age/sex graded road running league where your times are compared to a system based on the Road Running Club age/sex standards. Points are awarded for each event, positive points if your time is better than the standard one for your age/sex but negative scores if you produce a time slower than set by the scheme. The final results are based on each competitor's best seven points scores, with no more than two of these scores being from the same distance group. The distance groups are as follows:

Group 0 : 4 to 9.99 miles

Group 1 : 10 to 12.49 miles

Group 2 : 12.5 to 17.49 miles

Group 3 : 17.5 to 23 miles

Group 4 : Marathon

This means that at least one of the seven counting results must come from a 20 miles or marathon distance. At the time of writing the events are: the 10k at the NSC, IOM 20 Mile, Round 1 Scratch race of the Dave Phillips Memorial Races, Peel to Douglas, Northern 10, Western 10, IOM Marathon at Ramsey, Ramsey Half Marathon, Bushys Great South Runs (all), A-M Cutillo 6, Northern 10k, Ramsey Fireman's Round 1 Scratch race and the Syd Quirk Half Marathon. A maximum of two results from off Island events, from any Group, can also be included. If there are any changes to the above list these will be announced in future newsletters and or local press.

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MANX GAS CROSS CHALLENGE SERIES

24 January—4th Round
Incorporating the IOM Cross Country Championships held at Glen Lough campsite.

Somewhat predictably, the senior men's champion was Lloyd Taggart, and the senior women's Jackie Lee, with Gail Griffiths second.

Senior / veteran men

| | |
|----------------------|-------|
| 8. Russell Collister | 36.43 |
| 13. Vinny Lynch | 39.54 |
| 14. Michael George | 40.34 |
| 19. Ian Callister | 45.34 |

| | |
|------------------|-------|
| 20. Les Brown | 46.02 |
| 21. Alan Pilling | 46.22 |
| 22. Doug Corkill | 48.40 |
| 23. Eric Lee | 51.07 |

Senior / veteran women

| | |
|-------------------|-------|
| 2. Gail Griffiths | 24.39 |
| 4. Jan Gledhill | 31.39 |
| 6. Bridget Kaneen | 32.30 |
| 7. Marie Jackson | 33.15 |

It is noticeable how many walkers use cross country to build their strength, (and have some fun) and how successful they are.

14 February—5th Round

Held at the Crossags Farm, Ramsey.

Senior / veteran men

| | |
|----------------------|-------|
| 6. James Bishop | 32.48 |
| 8. Russell Collister | 33.12 |
| 10. Peter Kaneen | 34.31 |
| 11. Michael George | 35.15 |
| 15. Lewis Veale | 40.35 |
| 17. Alan Pilling | 41.38 |
| 18. Eric Lee | 45.53 |

Senior / veteran women

| | |
|---------------------|-------|
| 3. Bridget Kaneen | 29.30 |
| <i>Short course</i> | |
| 2. Vinny Lynch | 11.27 |
| 5. Marie Jackson | 13.39 |

News Snippets

Marathon entries for this year are now open, see website

Fancy the Guernsey Church to Church, a 19 mile walk on 5 September? There is a group going, for entry forms and details phone Enid on 801373.

The Great South Runs start on Good Friday, and continue on 27 April, 27 July and 1 October.

Goodbye and thank you to BLACKROCK who have sponsored the Spring and Autumn handicaps for several years. However they do still allow us to photocopy which saves a lot of headaches.

WINTER WALKING LEAGUE

10 January Round 4
at Ronaldsway

| | |
|---------------------|-------|
| 10 km | |
| 7. Dave Corrin | 63.55 |
| 12. John Stubbs | 68.10 |
| 16. Doug Corkill | 63.55 |
| 17. Terri Salmon | 64.06 |
| 24. Colin Moore | 68.28 |
| 25. Jock Waddington | 54.31 |
| 26. Vinny Lynch | 55.34 |
| 33. Simon Cox | 62.33 |

All races were scratch starts with sealed handicaps. Actual times are given:

5 km

| | |
|-----------------|-------|
| 2. Lisa Motley | 31.43 |
| 3. Miriam Kelly | 38.05 |
| 6. Wendy Ross | 37.23 |

7 February Round 5

Andreas

Both races were handicapped, actual times given

5 km

| | |
|------------------|-------|
| 2. Marie Jackson | 27.52 |
| 3. Lisa Motley | 31.15 |
| 4. Dave Mackey | 29.58 |
| 7. Miriam Kelly | 39.51 |

THE FINAL ROUND will incorporate the IOM 10km Championships on 28 March at the NSC on the super fast new surface.

10 km

| | |
|-------------------|-------|
| 4. Michael George | 50.17 |
| 5. Ian Callister | 62.57 |
| 6. Simon Cox | 58.46 |
| 18. Colin Moore | 67.00 |
| 25. Terri Salmon | 62.33 |
| 28. Sean Hands | 53.44 |
| 29. John Robinson | 65.17 |
| 38. Vinny Lynch | 56.37 |
| 39. Chris Cale | 58.03 |
| 43. Dave Corrin | 68.29 |
| 44. Doug Corkill | 68.31 |

FELL RUNNING

St Johns on 1st January

The usual good turnout, is it New Years resolution, holiday fun or hangover cure?

| | |
|----------------------|-------|
| 16. Rob Sellors | 27.39 |
| 17. Robbie Callister | 28.27 |
| 18. Alan Sandford | 28.28 |
| 25. Dave Young | 29.36 |
| 30. James Bishop | 30.49 |
| 31. Phil Motley | 31.13 |
| 34. Peter Cooper | 31.39 |
| 37. Vinny Lynch | 32.18 |
| 39. Dave Corin | 33.02 |
| 44. Barry Moore | 33.57 |
| 48. Les Brown | 35.22 |

| | |
|----------------------|-------|
| 49. Christine O'Shea | 35.24 |
| 51. Justine Bowen | 35.27 |
| 53. Rob Gillanders | 35.49 |
| 57. Roger Moughtin | 37.16 |
| 58. Andrew Lodge | 37.20 |
| 59. Lorraine Stigant | 37.28 |
| 62. Paul Trees | 38.42 |
| 68. Eric Lee | 40.04 |
| 69. Geoff Hall | 40.11 |
| 72. Alan Pilling | 41.07 |
| 73. Dave Quine | 41.28 |
| 74. Moira Hall | 42.10 |
| 75. Gareth Evans | 42.37 |
| 76. Alison Corlett | 44.27 |

Greeba on 16 January

| | |
|--------------------|---------|
| 9. Rob Sellors | 1:29.25 |
| 12. Alan Sandford | 1:38.00 |
| 14. Dave Young | 1:42.14 |
| 21. Ian Callister | 1:54.27 |
| 22. Barry Moore | 1:58.25 |
| 25. Dave Salter | 2:00.41 |
| 27. Les Brown | 2:04.37 |
| 31. Paul Trees | 2:11.54 |
| 32. Roger Moughtin | 2:12.00 |
| 33. Andrew Lodge | 2:12.32 |
| 34. Bridget Kaneen | 2:12.59 |

Glen Mona on 20 Feb

A record entry for a frosty run, Lloyd Taggart unbeaten as usual.

| | |
|-------------------|---------|
| 10. Alan Sandford | 1:15.46 |
| 13. James Bishop | 1:17.20 |
| 17. Rob Webb | 1:19.05 |
| 19. Dave Young | 1:20.31 |
| 23. Ian Callister | 1:28.37 |
| 28. Peter Cooper | 1:34.50 |
| 32. Les Brown | 1:36.28 |
| 33. Barry Moore | 1:36.47 |
| 37. Andrew Lodge | 1:41.41 |
| 40. Paul Trees | 1:53.17 |
| 41. Lewis Veale | 1:54.51 |
| 42. Geoff Hall | 1:58.27 |
| 43. Dave Quine | 2:04.18 |
| 45. Gareth Evans | 2:08.22 |

CHAIRMAN'S REPORT CONTINUED

A group of walkers who were keen to see the 100 mile / 24 hour walk that was so successful a few years back repeated in 2010 experienced such difficulties that it was wisely decided not to go ahead. Sponsorship had been arranged and we had given the event our backing as before. The cost of the NSC would be £2000, and the toilet block and changing rooms on the perimeter would be flattened and not yet rebuilt. The track may not have been relaid in time as there was only a six week window to cover any delays. There were demands for manual lap scoring as well as electronic, all of which pointed to the sensible decision to withdraw.

What events did our members do well in this past year?

Jock Waddington gained his second Parish Walk win. Vinny Lynch got the trophy for the fastest first time finisher. Our members filled more than half the first 14 finishers. Rob Sellors was second in the Isle of Man Marathon Championship and the holder of the Fell Runner of the Year trophy.

Marie Jackson was first lady in the IOM 10K walking championship. Bethany Clague was 2nd lady and 6th overall in the 24 hour track

race where she covered well over a hundred miles. Her super stamina was put to good use when she visited every pub in the island on foot raising £2400 for worthy charities.

The End- to-End saw Michael George pull steadily away to win from Jock Waddington.

Andy Fox won the Vets Mile while Richard Radcliffe took a second win with the Road Running shield.

Congratulations to Vinny Lynch and Gail Griffiths I feel are in order for their improvement over the year. They have both worked hard.

Finally may I thank the whole committee for their work during the past year and in particular Christine for her Marathon, Marie for being an excellent race secretary and Maureen Kelly for her secretarial skills as well as Gill Churcher our very able treasurer.

I Editor's note: Colin took care to stress that he was in favour of the Sports Development Officer being appointed, but his only criticism was of the way in which it is to be funded.

THE ADVENTURES OF COOPERMAN

Thanks to Peter Cooper for sending in this report.

Whilst spending a few days in Ludlow I realised that the Ennstone 7 Mile race was on in Telford. The start/finish and registration are all at or near the Ice Rink so it was easy to park. The course runs around the park but is on bitumen paths. so is more or less a road race.

The day was a typical winters one with sunshine but a cool breeze. The route has a couple of short inclines at the start then onto the old railway line where it becomes an out and back course with another short loop, including the inclines again, before returning to the finish area.

My first mile was 6.11....whoops. The second one was better at just under 7 minutes and I managed to run the remaining 5 at the same pace. I thought I had gone off too fast as there weren't many runners in front of me but I felt fine so kept going. I finished in 47.12 which I was pleased with considering I had been suffering with an assortment of injuries recently. My position was 18th out 132 finishers and that did surprise me. Evidently, not too many fast athletes turned out that day.

Overall a well organised and well marshalled event. Almost as good as ours !

RAMSEY BAKERY FIREMANS' RUNS—NORTHERN A. CLUB

14 January—4th Round

This was previously postponed due to bad weather.

Three laps—Actual times

| | |
|-----------------------|-------|
| 3. James Bishop | 31.32 |
| 5. Alan Postlethwaite | 33.17 |
| 6. Mike Gellion | 33.05 |
| 7. Les Brown | 36.31 |
| 21. Rob Gillanders | 33.12 |
| 23. Geoff Chatwood | 38.20 |
| 24. Barry Moore | 32.48 |

25. Justine Bowen 38.57

28. Kevin Deakes 31.36

32. Alan Pilling 41.14

33. Kevin Vondy 31.50

One lap—actual times

9. Marie Latham 12.44

10. Edddie Brew 14.57

4 February—5th Round

One lap—Actual times

Gail Griffiths recorded the fastest (women's) time on the night and in the series so far.

| | |
|--------------------|-------|
| 12. Eddie Brew | 14.40 |
| 13. Marie Jackson | 12.41 |
| 14. Chris Cale | 10.28 |
| 16. Gail Griffiths | 10.33 |

Three laps—Actual times

| | |
|------------------|-------|
| 3. Alison Clague | 40.17 |
| 5. Alan Pilling | 40.14 |
| 9. Steve Wilmott | 42.14 |
| 11. Mike Gellion | 32.41 |

| | |
|--------------------|-------|
| 13. Moira Hall | 41.24 |
| 14. Phil Motley | 34.05 |
| 19. Les Brown | 36.37 |
| 23. Geoff Hall | 45.22 |
| 24. Barry Moore | 33.04 |
| 25. Kevin Vondy | 30.26 |
| 26. Kevin Deakes | 31.12 |
| 27. David Doyle | 35.53 |
| 29. Stephen Brown | 34.05 |
| 33. Martin Bell | 30.09 |
| 34. Rob Gillanders | 34.35 |
| 35. Ian Callister | 39.59 |

The final round is on 11 March and will be followed by a presentation and light buffet at the Mitre Hotel, Ramsey.

MARCH 2010

CHAIRMAN'S REPORT 2009

This past year has been yet another successful one for the club and its members.

Our flagship event which is the Isle of Man Marathon had a record number of entries yet again but a few non-starters prevented us from having a record number of competitors on the day. The weather improved steadily after the runners went on their way and by the time of the presentation people were sitting about on the grass enjoying quite brilliant sunshine. The feedback through emails showed that the competitors really appreciated the hard work put in by Christine and Mike Bathgate as race organiser and assistant in keeping up the high standard they had previously set. Many indicated it was the best marathon for value they had ever taken part in and again thanks to Christine's good financial management the event covered its cost. In fact to show our appreciation after the continued sponsorship of Dave Salter during the difficult financial climate we were able to return some of the sponsorship money to Salclear and without using the safety net agreed with the Dept of Tourism and Leisure.

Our involvement with the End-to-End walk proved once more to be successful with thanks to that hard working small band of people who do such a great job of organising it. The main sponsor, Ramsey Bakery's Jimmy Duncan, was delighted with the large field and the whole event, promising his continued support. Club members Jock Waddington, Robbie Lambie, Margy Killey, Maureen Cox and Brenda Charlton ably assisted by Val Kneale and Katie Young met regularly and did a superb job. It was good to see many of our members assisting on the day as marshalls, water station providers or in so many other ways.

Our other main event, the Haldane Fisher sponsored Syd Quirk half marathon, was held in atrocious weather. Very heavy overnight rain was followed by even more rain which only eased as the race was nearly over. The most pleasing aspect of the day was that there were so few non-starters, and those who did start all coped well with the conditions and actually said how much they had enjoyed it. Special mention must be made of those who marshalled or assisted in any way. Without them the event could not take place and they stuck to their tasks like true veterans.

Our Spring and Autumn Handicaps could have been better supported but in both, the finishes were close and exciting. Remember the trophies to be won are ones that would be much admired on anybody's sideboard and you can't win them if you don't enter. Again it is of concern to me that we have to pay so much money out each year in affiliation fees. Most of the cost of membership goes out in this way, and in addition we will be called on to pay annually a sum towards funding the sports development cost. This one I know is of concern to the Fell Runners as their membership is relatively small and there are fears that if it is not looked at sympathetically it could cause their club to fold.¹

This year we considered putting our name forward to host the Veteran's International Cross Country event. Officials came from the adjacent isle and looked at what we had to offer. They looked at several courses and facilities before selecting Pulrose Golf course as the venue. Everything was approved as suitable ie hotels near enough for the use of buses as transport. Changing facilities, toilets etc all got the green light. We were given the event and paid a deposit to the Villa Marina for the prize presentation. This event would have brought some 500 people to the island for a weekend in November. However there was a letter in Athletics Weekly from a would be competitor complaining about the cost involved in getting to the IOM and perhaps because of this adverse publicity the venue was switched to Birmingham and we only became aware when the venue and date were placed on entry forms etc. Our secretary wrote a strong letter asking for an explanation which for some time seemed to be ignored. However after further letters indicating we were not happy and considerably out of pocket we received a letter of apology and a cheque for our out of pocket costs. The Villa Marina were very sympathetic and very helpful as they had enough notice from us to enable them to re-let the hall.

Continued overleaf

Congratulation to the Brass Monkeys half marathoners.

Rob Gillanders 1:29.45

Barry Moore 1:31.02

Moira Hall 1:56.36

Jackie Moore 1:58.58

Geoff Hall 2:12.26

Lesley Christian 2:14.14

Sue Ackroyd 2:16.14

Ingrid Sugden 2:42.36

Vera Jones 2:42.36

Claire Hulme 2:59.53

See their picture on the website.

NEW TROPHIES FOR 2010

New awards to be presented at the Annual Dinner and Presentation:

Parish Walk Awards. Two awards for club members, one for the first female and one for the first male to reach and stop at Peel during the Parish Walk.

Fell Runners Cup using results from the Fell Runners League.

Also, it was decided that the Sam Robinson Memorial Trophy will be presented to the leading male and female club member using the Northern 10 results.

Finally, the IOM AA is also looking for nominations for the Bagley Trophy for "services to athletics". Nominations to be in by 15 March 2010.