



# THE ISLE OF MAN VETERAN ATHLETES' CLUB



Affiliated to IOMAA, NEAA & BMAF

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Collator of the Racewalking League	Bethany Clague	

### Club fixtures 2009

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

**Welcome to new members** Ian Davies, a walker who hopes to do the Parish this year, Alan Loader a fell runner, Eric Lee a cross country runner, Jackie Moore a runner, Claire Hulme a runner, Nicola Kennaugh a runner, Russell Collister a triathlete, Dave Mackey a walker and Parish finisher, Tadhg O'Mahoney a runner who does full and half marathons. Linda Green, wife of Andy, who like Jackie Moore and Alan Loader are joining their other halves as members. Eric, Jackie, Nicola, Russell and Dave all took part in the Vets' Spring Handicap this year, and Tadhg ran the 20 mile.

**Vets in action: Congratulations to all FLM finishers:-** especially those who ran on the Club entries: Paul Cubbon 3:13.50; Richard Radcliffe 3:19.33; Pat Blackburn 4:41.23; Kevan Osborn 5:05.15; Moira Hall 5:11.03; Ingrid Sugden 5:28.58.

Our new secretary Mo Kelly and her husband Alan ran the Bath Half marathon, Alan in 1:52 and Mo in 2:30. (See report further on)

Bethany Clague completed her 100 miles in 3 days over the May bank holiday.

National Cross Country championships: This was run in February. Andy Fox, Dave Newton, Les Brown and Gail Griffiths took part, Gail was 141<sup>st</sup> of 546 female athletes. Gail also took part in the NoE track and field league at Warrington recently and picked up 2 second places.

Andy Fox also ran the Altrincham Spring 10 km finishing 82<sup>nd</sup> in 35.59.

James Bishop ran the Paris marathon and finished in 3: 39. Well done James, cracking time.

**Remember** - Most off island races can be credited to your veterans' running shield totals.  
Contact Alan Postlethwaite on 814298.

**PLEASE NOTE:** The Masters International Cross Country Event due to be held at Pulrose on 14 November is now cancelled. The event will now be held elsewhere in the UK.

**DO YOU HAVE / WE NEED:** Large water bottles (4 or 5 litres) for our longer events, contact Christine Bathgate tel. 880483 .

**TO THAT SMALL NUMBER OF WOULD BE MEMBERS WHO HAVE NOT YET RENEWED:-**  
If you are not competing much and would like to downgrade to social membership, (only £3) you will still receive the newsletter and so keep in touch. It is always on the website, with other

information, anyway. All membership numbers have to be completed before the last week in June. If you have not renewed by then you will have to re-apply.

**Fancy racing the sun?** Well the IOM Children's Centre Relay on 27 June could be just the thing. It is a non stop relay in ten legs around the Coastal Footpath, starting at Peel Sailing Club, registration 0415 hours, the idea is to start as the sun comes up and finish before it goes down. Anyone interested in forming a team and wanting more information email me and I will forward the details.

There's also another new challenge on the Island, **Sea to Summit** on 18 July, 46 miles and 24 peaks. Tel: 676076

**Worried about climate change** and want to make a point? High viz bibs suitable for the Parish etc are available with the following printed on them: Cut Carbon Emissions (on the front) and Stop Climate Chaos (on the back). Cost about £10, email [hannah2104@hotmail.com](mailto:hannah2104@hotmail.com) if you are interested.

*In this issue:* Vets running shield and walking league so far. Mo Kelly's account of the Bath half marathon. An update on Bethany Clague's training for her John o' Groats to Lands End attempt next year.

Apologies to those who normally read the next 3 issues on the website, I currently have no email, so you have received a load of blumff through the front door instead.

### **An update on that remarkable Irish athlete, John McKeag.**

Belated congratulations to our running friend and the age-group record holder of our Ramsey Marathon course. There was an excellent picture in the Belfast Telegraph of a smiling John McKeag in smart evening suit and bow tie receiving a special award on behalf of Sport Northern Ireland from the Minister of Sport, Edwin Poots MLA, at a dinner when all the major sporting awards for the previous year were presented. Well done John and "keep her lit" as they say in Ireland, as a reference to the flame of life. You may be 86 but you certainly don't look it.

(Supplied by Colin Watterson)

### **The Veterans' Walking League**

The veterans' walking league takes place over a year and consists of 11 possible races, of which the best 7 are counted. However, there are some compulsory distances to cover. To be in contention the competitor must start one long race (20+ miles) and one short race ( 5 km), and these races will count in their totals. I use the word "start" advisedly, because if the competitor starts and drops out of one of the compulsory races, and that is the only one they have done at that distance, then that race must be counted, although, obviously, they will have scored 0 points. The points are awarded for places (only other veteran members counting) and a second column awards points for age. The 35 age group get nothing extra, but every five year age group accrues another 2 points, i.e. 40 year olds get 2, 60 year olds get 10 and so on. There are separate leagues for men and women.

At the end of the year when the lowest scoring and non-compulsory races are discarded and the best 7 remain, then winners emerge. The counting races are listed on the current results sheets at the end of this newsletter. If you find any of this confusing or contentious, please discuss it with the committee, they may be able to explain it better than I can.

### **22 February Arthur Jones Fell Race**

This is a toughie. 30 runners started this 15 mile race with includes 4,200 feet of ascent.

6. Rob Sellors	2:50.16		
12. Dave Young	3:23.51	19. Justine Bowen	4:08.40
13. Ian Callister	3:24.19	21. Lynne Quine	4:23.30
15. Lewis Veale	3:52.24	23. Moira Hall	4:40.57
16. Rob Gillanders	4:05.04	24. Dave Quine	4:57.03

### **28 February HSBC Open walks and half marathon run**

Due to the proximity of other events there was only one competitor from UK, but the races were well supported by the Irish contingent who took all the 1<sup>st</sup> places in the walks.

#### **20 km walk**

4. Peter Kaneen	1:40.08	7. Mark Hemsall	1:57.51
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5. Michael George	1:41.32	8. Vinny Lynch	1:58.12
6. Chris Cale	1:55.54	9. Andy Green	2:01.11
<i>10 km walk</i>			
2. Jock Waddington	54.02		
3. Sean Hands	54.59		
7. Bethany Clague	69.28		
<i>Half marathon run</i>			
5. Kevin Vondy	1:19.57		
6. Kevin Deakes	1:22.46	15. Bethany Clague	1:53.16
7. Richard Radcliffe	1:25.22	17. Lesley Christian	1:56.26
12. Debbie Loader	1:38.20	17. Pat Blackburn	1:58.26

### **5 March Ramsey Bakery Firemens runs – Final round**

54 runners turned out to complete a successful series, with new member Jackie Moore taking first place overall in the one lapper.

#### *One lap*

<i>Final round</i>	<i>Actual times</i>
4. Jackie Moore	14.04
15. Alan Bagley	12.18
22. Kevin Vondy	9.40

#### *One lap overall positions*

1. Jackie Moore	363 points
12. Alan Bagley	278
16. Kevin Vondy	268
24. Sue Ackroyd	208
36. Miriam Kelly	126
37. Arnie Jacobs	103

#### *Three laps*

	<i>Actual times</i>
2. Les Brown	33.38
6. Lesley Christian	41.31
7. Phil Motley	33.40
10. Martin Bell	41.13
11. Richard Radcliffe	30.02
15. Barry Moore	32.56
16. Ian Callister	38.26
17. Justine Bowen	38.09
20. Kevin Deakes	31.15
21. Steve Wilmott	41.03
24. Geoff Hall	42.16
25. Dave Corrine	36.03
26. Stan Hall	38.11
29. Wendy Sandford	42.32

#### *Three laps overall positions*

7. Richard Radcliffe	276 points
10. Lesley Christian	257
15. Wendy Sandford	238
16. Barry Moore	236
17. Ian Callister	230
20. Dave Corrin	220
21. Stan Hall	218
24. Steve Wilmott	204
27. Moira Hall	198
28. Kevin Deakes	196
30. Alan Pilling	190
32. Justine Bowen	186
33. Phil Motley	182
39. Geoff Hall	162
40. Stephen Brown	150

### **8 March Manx Gas Cross country challenge – final round**

8. Michael George	42.55	15. Peter Cooper	44.48
11. Dave Newton	44.05	16. Phil Motley	45.42
13. Lewis Veale	44.26	17. Ian Callister	48.47
14. Barry Moore	44.37	21. Garry Ross	51.02

### **15 March Leinster Management 20 mile run**

The weather was kind to the 31 runners who set out on 40+ laps of the NSC. Murray Lambden, still in killer form, got the better of Ben Scott in the last few laps. All our London hopefuls had a successful outing.

4. Kevin Deakes	2:11.12		
5. Richard Radcliffe	2:18.03	21. Michael George(walking)	3:00.01
6. Paul Cubbon	2:21.38	23. Steve Wilmott	3:06.39
9. Rob Webb	2:14.12	25. Moira Hall	3:10.44
14. Stephen Brown	2:39.49	27. Pat Blackburn	3:18.01
17. Bethany Clague	2:51.03	28. Dave Quine	3:23.57
18. Rob Gillanders	2:52.52	27. Ingrid Sugden	3:47.44

### **21 March Snaefell fell race**

This is a 5 mile race with 1,900 feet of ascent, with 50 competitors taking part.

14. Dave Young	55.04	35. Barry Moore	65.50
20. Rob Sellors	58.03	39. Justine Bowen	66.23
21. Rob Webb	58.07	43. Rob Gillanders	68.06

23. Ian Callister	58.26	46. Lorraine Stigant	73.03
25. Lewis Veale	58.50	48. Jane Mooney	73.33
28. Alan Sandford	60.28	50. Dave Quine	93.51
29. Peter Cooper	60.52		

**26 March Blackrock Veterans' Spring handicap walk and run**

Robbie Callister won the 6 mile run on his birthday and new member Dave Mackey won the 5km walk with a pb. Both races were handicapped, actual times are given.

1. Robbie Callister	35.40	16. Stephen Brown	40.25
2. Richard Radcliffe	36.29	17. Debbie Loader	44.11
4. Gail Griffiths	39.00	18. Nicola Kennaugh	44.16
4. Mike Gellion	39.41	19. Lesley Christian	49.59
5. Ray Shooter	45.41	20. Alan Sandford	39.44
6. Rob Webb	40.52	21. Barry Moore	39.52
7. Peter Cooper	40.54	22. David Doyle	43.25
8. Martin Bell	43.28	23. Eric Lee	45.04
9. Russell Collister	35.57	24. Jackie Moore	51.43
10. Phil Motley	41.34	25. Steve Willmott	50.58
11. Kevin Deakes	37.44	26. Helen Cullen	56.54
12. Wendy Ross	45.00	27. Dave Quine	54.31
13. Neil Wilson	39.58	28. Miriam Kelly	57.22
14. Rob Gillanders	40.01	29. Neil Cushing	55.27
15. Les Brown	44.23		

**Walk**

1. Dave Mackey	28.52	7. Brian Brough	42.02
2. Ian Callister	28.25	8. Henry de Silva	35.53
3. John Stubbs	30.33	9. Jock Waddington	25.53
4. Lisa Motley	30.58	10. Norbert Will	32.53
5. Colin Moore	33.35	11. Krystina Twizell	36.13
6. Vinny Lynch	27.54	12. Sarah Goldsmith	38.43

**28 March HSBC winter league walk and 10km championships.**

This was the final round of the league and the 10 km race included both the handicapped winter league race and the IOM 10 km racewalking championships. Steve Partington won the championship title with Vets' Club members taking the next 6 places, Marie Jackson taking the ladies' title in 7<sup>th</sup> place. In the final league positions, new member Dave Mackey took the 5 km title with Brenda Charlton in 2<sup>nd</sup> place.

**10 km champs**

2. Michael George	49.22
3. Jock Waddington	52.58
4. Chris Cale	55.10
5. Andy Green	55.33
6. Vinny Lynch	55.37
7. Marie Jackson	57.09
12. Bridget Kaneen	61.25
13. John Stubbs	62.17
15. Dougie Corkhill	63.03
16. Ian Callister	64.06
17. Dave Corrin	64.29
24. Colin Moore	67.52

**Winter league 10 km**

5. Dougie Corkhill
8. John Stubbs
11. Coliin Moore
14. Vinny Lynch
16. Michael George
18. Dave Corrin
21. Bridget Kaneen
22. Chris Cale
24. Marie Jckson
25. Andy Green
30. Ian Callister
31. Jock Waddington

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half marathon  
entries in now  
[www.marathon.iomvac.co.uk](http://www.marathon.iomvac.co.uk)  
or phone  
880483

**5km handicapped winter league, actual times given**

2. Dave Mackey	29.14	4. Henry de Silva	35.03
3. Brenda Charlton	39.52	7. Brian Brough	45.13

**Final league positions**

**10 km**

4. John Stubbs
5. Vinny Lynch

**5 km**

1. Dave Mackey
2. Brenda Charlton
3= Henry de Silva

**10 April Easter Festival 10km road run**

Keith Gerrard became the first Manx athlete ever to win this race. In the women's race Gail Griffiths was the fastest local runner and came 8<sup>th</sup> with a pb of 39.14

**Men**

49. Russell Collister	36.48
56. Kevin Vondy	37.08
75. John Holden	39.37
91. Neil Wilson	40.42
93. Mike Gellion	40.51
104. Barry Moore	41.57
106. Dave Newton	41.59
107. Stephen Brown	41.59
114. Les Brown	42.58
115. Phil Motley	43.12
156. Eric Lee	53.15

**Women**

8. Gail Griffiths	39.14
39. Wendy Ross	46.41
41. Nicky Kennaugh	46.59
58. Lesley Christian	52.57
65. Jackie Moore	54.21
66. Sue Furner	54.30
71. Alison Corlett	58.05
75. Miriam Kelly	65.30
76. Claire Hulme	65.31
77. Helen Cullen	65.31

**11 April Okells Manx Mountain Marathon and half marathon**

Paul Thompson took his fifth win in the marathon and Lloyd Taggart again took the half marathon title. Although the weather on the day was good, the going underfoot was wetter and more slippery than the last few years. Rob Sellors was the first Club member home and Robbie Callister was the first V50. In the half marathon, new member Alan Sandford was the first member home.

**Full mountain marathon**

16. Rob Sellors	6:01.45	85. David Doyle	9:56.12
20. Robbie Callister	6:13.40	88. Alison Brand	10:19.24
41. Ian Callister	7:16.43	89. Mike Gellion	10:18.25
52. Dave Salter	7:44.34	92. Dave Quine	10:46.51

**Half marathon**

14. Alan Sandford	2:17.20	41. Jane Mooney	2:55.48
27. Justine Bowen	2:37.39	45. Wendy Sandford	2:59.46
27. Les Brown	2:37.39	53. Moira Hall	3:31.29
30. John Swindlehurst	2:38.45	54. Geoff Hall	3:32.58
33. Stan Sille	2:41.23	56. Lewis Veale	3:39.21
34. Rob Gillanders	2:42.26	59. Barbara Bagley	4:21.33
39. Alan Bagley	2:50.07		

**17 April HSBC Securities Ramsey Commissioners Park Runs round 1**

What popular races these are, there were 109 entries for the opening scratch round.

**One lap**

26. Sue Ackroyd	16.36	28. Maureen Kelly	16.54
27. Miriam Kelly	16.37	30. Vera Jones	18.50
		32. Arnie Jacobs	19.30

**Three laps**

6. Richard Radcliffe	23.38	35. Stan Hall	28.44
7. Michael George	23.45	36. Gail Griffiths	28.45
9. Kevin Deakes	23.59	37. Wendy Ross	28.50
12. Mike Gellion	24.55	38. Justine Bowen	28.52
19. Peter Cooper	25.38	39. Garry Ross	28.55
20. Stephen Brown	25.43	41. Alan Bagley	29.06
21. Barry Moore	25.51	44. Eric Lee	30.31
22. Alan Postlethwaite	26.14	49. Ian Callister	32.00
23. Phil Motley	26.21	50. Alan Pilling	32.10
25. Les Brown	26.39	51. Lesley Christian	32.32
26. James Bishop	26.44	52. Jackie Moore	32.35
31. Dave Corriin	27.43	54. Moira Hall	34.52
33. Nicky Kennaugh	28.24	55. Geoff Hall	34.56

**19 April 5km race walk championships**

Steve Partington took the men's title in 22.51 and Marie Jackson the women's in 27.43.

2. Michael George	24.01
3. Vinny Lynch	27.00
5. Marie Jackson	27.43
7. Colin Moore	33.22

**26 April Sara Killey Memorial Walk IOM Fire and Rescue**

This year the race started at Peel and followed the Parish route to Ramsey, a total of 30 miles. It was decided that the original 50 mile race was too long this near to the Parish.

Mark Hemsall and Jock Waddington resumed their battle of a year ago, and this time Mark came out on top, beating Jock by just over 5 minutes. Robbie Callister came in third, just about 2 ½ minutes after Jock. There were 142 finishers.

1. Mark Hemsall	4:58.51	13. Andy Green	5:32.58
2. Jock Waddington	5:03.04	19. Lisa Motley	5:52.28
3. Robbie Callister	5:05.41	21. Bethany Clague	5:53.30
4. Vinny Lynch	5:17.06	31. Mike Gellion	6:10.19
7. Chris Cale	5:20.32	79. Colin S Moore	6:54.11
10. Sue Biggart	5:24.20	118. Sue Jewell	7:34.05

**3 May Isle of Man Bank Peel to Douglas run**

The race is now held on the Sunday morning of the Bank Holiday weekend, instead of its previous slot on the Monday evening. I think the traffic was lighter, but possibly the marshal turnout was too. What a nightmare it is trying to get people to help — how many are they wanting for the TT? Some ridiculous number. Please, if you are not taking part for any reason, turn out and help on our races, do a little pay-back. After all, why should other people make the effort so that you can race, when you don't reciprocate? And thanks to the faithful band who are always there. I know this isn't one of our club races, but, hey, we're all in this together. The race was won by Martin Malone, with last year's winner Ed Gumbley second. Richard Radcliffe was the first M50.

5. Kevin Deakes	62.19	28. Dave Salter	73.00
6. Rob Sellors	62.26	31. Gail Griffiths	73.29
7. Richard Radcliffe	63.19	33. Wendy Ross	74.16
11. Neil Wilson	66.35	34. Garry Ross	75.48
12. Mike Gellion	66.54	35. John Swindlehurst	76.37
13. Rob Webb	67.11	36. Stan Sille	76.46
16. Alan Sandford	67.51	37. Ian Callister	77.35
18. Rob Gillanders	68.22	40. Martin Bell	81.38
19. Barry Moore	68.36	46. Jackie Moore	87.49
22. Les Brown	71.03	47. Lesley Christian	89.21
25. Lewis Veale	72.08		

**8 May Scott Physiotherapy Dave Phillips run**

This was the first round and so a scratch start. It is good to see Roger Moughtin racing again.

4 laps

3. Kevin Deakes	29.21	30. Stan Hall	35.31
9. Rob Gillanders	31.00	32. Stan Sille	35.50
11. Alan Loader	31.36	34. Martin Bell	37.03
12. Alan Postlethwaite	32.08	36. Alan Kelly	37.46
13. Peter Cooper	32.17	37. Eric Lee	38.33
14. Barry Moore	32.17	38. Ian Callister	38.43
15. Les Brown	32.34	40. Steve Wilmott	39.49
16. David Doyle	32.55	42. Alan Pilling	40.27
21. Dave Corrin	34.16	43. Jackie Moore	40.44
22. Debbie Loader	34.22	44. Geoff Hall	42.06
23. Wendy Ross	34.43	45. Alison Corlett	44.02
25. Nicola Kennaugh	34.57		

2 laps

12. Sue Ackroyd	21.07	20. Maureen Kelly	23.32
15. Dave Tasker	22.04	21. Vera Jones	24.43
17. Miriam Kelly	22.17	22. Roger Moughtin	24.50
18. Claire Hulme	22.56	25. Arnie Jacobs	26.12

**10 May Manx 20 km walk championships**

Bridget Kaneen took the women's title and Steve Partington took the men's title. In second place was a visitor from Guernsey looking for a Commonwealth Games qualification time.

3. Michael George	1:42.59	7. Andy Green	1:59.27
4. Jock Waddington	1:50.36	9. Bridget Kaneen	2:07.42
5. Chris Cale	1:53.12	10. Dave Mackey	2:08.16
6. Vinny Lynch	1:56.18	11. Simon Cox	2:14.36

**12 May****Carraghyn fell race**

Lovely views of Injebreck, if your lungs and legs can stand it!

9. Robb Webb	25.40	24. Barry Moore	30.17
10. Dave Young	25.51	27. Alan Bagley	30.59
13. Alan Sandford	26.27	28. Rob Gillanders	31.58
15. Lewis Veale	26.45	30. Michael George	33.52
20. Ian Callister	28.40	31. Lorraine Stigant	34.13
23. Peter Cooper	29.26	32. Geoff Hall	34.34

**17 May Sprint Triathlon**

This took place at Ramsey taking advantage of the new pool. Several members competed.

**Men**

3. Russell Collister	(11.48, 34.07, 18.59)
4. Graham Stigant	(10.51, 34.35, 20.48)
10. Paul Cubbon	(13.24, 37.16, 21.08)
20. James Bishop	(16.35, 45.47, 22.56)

**Women**

3. Christine Barwell	(14.41, 40.15, 26.14)
5. Wendy Sandford	(15.54, 49.03, 28.56)

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### Training with Rory Coleman

The weekend of Saturday 24<sup>th</sup> January I had the honour and pleasure of training with Rory in Nottingham. Who is Rory? He is the UK's most prolific ultrarunner, having completed almost 600 marathons and 150 ultra's including MDS five times. He has run from London to Lisbon and holds nine 'Guinness Book of World Record's' for running on a treadmill. He is inspirational in that 15 years ago he was overweight, an alcoholic and a heavy smoker. He made a decision to sort his life out and he started running, and has not stopped since. He is 47 years old and has six children and a beautiful wife, Sarah. I went across to live and breathe Rory and hoped his motivation would rub off on me, so that my John O'Groats to Lands End run, (JOGLE), in May 2010 would be within my limits. I was not to be disappointed.

On the Friday Rory took me to a gym in Derby. Rory is a personal trainer and is currently training Helen, a 'Blue Peter' presenter, to run the Namibia Ultramarathon in the desert. After a warm-up, I was then thrown into a VO2 max test. This involved running flat out on a treadmill for 12 minutes to see how far I could run. I nearly collapsed after turning green towards the end of the sprint, as Rory yelled at me to go faster! I ran 2.44kms which gave me a VO2 max of 44%. This puts me in the 'elite' women's category for my age group – wow! After this ordeal I was pushed hard into a circuit of weights followed by treadmill sprints. However I realised I have to work this hard in the gym everytime in order to see any benefit. I crawled out of the gym after 3 hours in considerable discomfort but very pleased with my baseline fitness level.

On Saturday I ran the first of two marathons, this road one from Leicester to Long Eaton and the Sunday one as an off-road circle round Long Eaton. I completed it, running all the way, in 4 hours 57 minutes and was delighted with the time after Friday's gym session. However I was badly chafed and I stiffened up dreadfully overnight. I also ate very little – a big problem of mine – and woke on Sunday morning feeling very sick, dizzy, pale and very apprehensive about being able to run another marathon. However after porridge and energy drinks I rallied in the fresh air outside and went on to enjoy a very muddy off-road marathon, finishing in under 6 hours. This run proved quite eventful; we nearly phoned the police to report some kids messing around on a high disused viaduct but they moved off it when we challenged them. Then we did call the police (999) after coming across 2 men with a large rifle poaching in the countryside! We were sure by their suspicious behaviour that they did not have a gun licence and anyway they should not have been shooting in fields near a busy service station! Again I was pleased with how I had run, walking up the hills and running on flat and downhill stretches. However

again I began to get very tired at 18-22 miles with the last mile being particularly painful. I tried to eat more on the run and this helped me a lot. In the back of my mind I kept thinking of the 2 marathons a day for 15 days I would be required to run for JOGLE next year! I need to do a lot more training.

I now have a clear idea of how to train and how many marathons I need to be running. Rory switched on the running mode in my brain and I have now completed 3 marathons in 8 days as training. I have a few niggles with my feet and right knee, but have joined Mount Murray gym and have a few running surprises for the Manx public lined up. More importantly I love running and walking. My life revolves round training now and I feel very happy, positive and focussed.

Bethany Clague  
February 2009.

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#### BATH HALF-MARATHON – 15 March 2009

Bath is a city that I've always wanted to visit so Alan & I booked some time off work and went for a long weekend. We were not disappointed as the city is lovely. So what can you do whilst visiting Bath? Well the Roman baths are fascinating, the cathedral beautiful and the Royal Crescent charming (although a bit shabby). Oh, and there's a half-marathon race!

We found a good hotel on Great Pulteney Street, which was very convenient in the heart of the city. It was also right on the start line of the race. So, no queuing for the loo for us on race day!

We entered the race expecting maybe two or three thousand runners. When we got to Bath we realised that there were 15,000 entrants! Due to the huge number of people trying to get into the city, the start was delayed by 30 minutes, so it was gone 11.30am by the time the front runners started. The start was "in waves" with different groups setting off every few minutes which meant that I'd given the front runners a 12 minute start by the time I reached the start-line. But we all had timing chips so it didn't matter. There were a lot of charity runners and, other than the elite runners, Alan & I were the only ones in club vests. My claim to fame on race day was that, with 2 miles to go, I overtook the rhino!!

The race starts and finishes at the same point in Great Pulteney Street. The first mile is gently downhill, followed by two laps which include a couple of "pulls" in the city and further out of town the course straddles the River Avon. At the end of the second lap the runners return to Great Pulteney Street which, although a gentle downhill on the way out now becomes a mountain to climb!

I had run less than 3 miles when overtaken by the race leader – he received big cheers as he glided effortlessly past us slower runners. His finish time was 1hour3minutes. The leading lady wasn't far behind, finishing in 1hour11minutes.

Although neither of us had done much training due to various injuries in the lead-up to the race we both got the times we expected and hoped for. Alan finished in 1hour52minutes and I took 2 hours30minutes.

This race didn't have the best organised start and finish which, I believe, was mainly due to the large number of runners, but the race itself was well marshalled with plenty of water stations and lucozade stations. Except, they had ran out of water at the last water station by the time I reached it!! But that was probably because the weather was unexpectedly very hot. We heard later that 140 runners needed treatment for dehydration – the ambulances were back and forth along the course several times as we ran.

If you're looking for a half-marathon at this time of year held in a pretty location, then this is the one for you. Check out the website: [www.runninghigh.co.uk](http://www.runninghigh.co.uk)

Mo Kelly

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## Dates for your diary

3 June Birkenhead Park Road races 5 mile run, age group prizes. Tel: 0151 608 4647  
14 June St Albans half marathon [www.stalbanshalfmarathon.co.uk](http://www.stalbanshalfmarathon.co.uk) n Tel: 01727 827667  
21 June The Leeds 10k Jane Tomlinson's Run for All [www.runforall.com](http://www.runforall.com)  
5 July City of Manchester 10k [www.sportstoursinternational.co.uk](http://www.sportstoursinternational.co.uk)  
2 August York 10k Jane Tomlinson's run for all series [www.runforall.com](http://www.runforall.com)  
4 October Loch Ness Marathon, including 10k and 5 k [www.lochnessmarathon.com](http://www.lochnessmarathon.com) Tel: 0870 127 8000  
4 October New Balance English half marathon at Warrington [www.english-half.co.uk](http://www.english-half.co.uk)  
*I have entry forms for all the above if you want one.*  
For various running events [www.sportstoursinternational.co.uk](http://www.sportstoursinternational.co.uk)

Salclear IOM Marathon and Half marathon Sunday 9 August. All information on the dedicated website [www.marathon.iomvac.co.uk](http://www.marathon.iomvac.co.uk), or if you don't have access, phone Christine Bathgate on 880483.

If you are not running, please keep the day clear for marshalling, water stations and other duties, we need a great deal of help on that day.

Thanks to all who sent in articles, please keep them coming, and don't forget to send photos and short news items to Adrian for the website, [metmann@hotmail.com](mailto:metmann@hotmail.com).

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