



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

Vets in action

A few members enjoyed a spot of cross training in the End to End Mountain bike race:

121. Robbie Callister	4:21.31		
262. John Swindlehurst	5:02.29	413. Dave Young	5:52.24
315. Adrian Cowin	5:19.20	445. Dave Quine	6:07.25
324. Richard Radcliffe	5:20.43	490. Rowey Crellin	6:43.15

Terry Bates, resident in Guernsey, has been active on the local scene, he was third of 28 in the Alderney half marathon, and also ran the Jersey Marathon on 5th October.

Enid Watson and I completed the Caminada International de Barcelona last weekend, which is a two day walking event. More of this in a later issue.

Get Well Soon. Our best wishes go to Roger Moughtin and Dursley Stott as they work their way back to health and fitness.

**Remaining Club fixtures - entry forms enclosed and on the website.
Both these races must be pre-entered - NO entries on the line.**

**23 October Blackrock Vets Autumn handicap - ENTER TODAY
ENTRIES CLOSE THIS MONDAY**

2 November Haldane Fisher Syd Quirk 1/2 marathon - please note new start and other information on the second page, entries close Friday 31 October.

WALK – DON'T RUN !!

It's as simple as that! I must be the only person with internet access who didn't read the heated debate about the End to End result. From what I saw in my various marshalling positions, there should probably have been quite a few more DQs. I was shocked to see several people doing the "bent knee shuffle" and to hear of several who were blatantly running in places. It is a bit different to not locking out your knee on a steep hill. Let's hope we have lots of judges next year, with walkie-talkies, and maybe even some hidden cameras, if they are allowed. Let's also have the rules explained and the competitors warned beforehand. And of course, civility and politeness is essential on both sides. Did you all read (Chairman) Colin Watterson's letter in the Examiner? I thought he explained it very well. By the way, these are my own personal views.

Annual Dinner and Prize Presentation Saturday 29th November 2008.

The annual dinner will be held at the Douglas Golf Club this year, as last year, but of course it has been totally rebuilt. An application form is included with this newsletter, do come along and join the other members this year.

If you won a trophy last year, please return it in good time to any committee member.

I must apologise to Geoff Hall for missing him out of the results three times! Geoff is a great example of what can be achieved by hard work and determination. A few years ago he was not very well, unfit and overweight. But by training regularly with his other half Moira, he is now extremely fit, and both his race times and his weight have decreased dramatically. He is now one of our most consistent competitors. In fact his name occurred 13 times in the last newsletter, I probably just got tired of typing it! I have to get my results from the newspapers like everyone else and it doesn't help that they print the results in increasingly small type, and my eyesight is going the way of all flesh. If anyone else has been missed out, or misrepresented, please let me know, it will help me to spot your name next time.

24 August Narradale Fell Race

This was a new route of 13 miles, contested by 20 runners

5. Rob Sellors	2:22.42		
8. Peter Kaneen	2:29.01	14. Ian Callister	2:43.19
9. Rob Webb	2:29.19	18. Geoff Hall	4:36.35
11. Dave Young	2:32.02	19. Dave Quine	4:37.09

31 August Union Mills Garage Open 20k walk IOMVAC

This year saw a choice of 20 km or 10 km races, to try and boost the numbers, but to no avail. Our sponsor, Peter Kaneen, chose the shorter distance, and in spite of starting nearly a lap behind everyone else, still won the race. Michael George won the 20 km with Vinny Lynch dipping under the 2 hours to come second. If anyone has any suggestions on how to make this race more popular please let us know. It costs a fortune to hire the perimeter road and it seems a bit of a waste when so few turn up to race.

20 km

1. Michael George	1:45.15	6. Ian Callister	2:21.09
2. Vinny Lynch	1:59.01	7. Alan Kinvig	2:23.24
3. Simon Cox	2:03.14	8. Alan Gault	2:27.02
5. Bethany Clague	2:18.55	1 st lady	

10 km

1. Peter Kaneen	50.15
4. Sarah Goldsmith	75.40

26 August Great South Run round 2

4. Kevin Vondy	37.05	25. Debbie Loader	1 st lady	44.51
5. Robbie Callister	38.00	39. Wendy Ross		48.06
6. Peter Kaneen	38.40	42. Alan Pilling		48.55
9. Kevin Deakes	39.53	43. Stan Sille		48.58
14. Stephen Brown	41.08	45. Martin Bell		49.44
15. Dave Newton	41.12	45. Bridget Kaneen		49.54
16. Alan Postlethwaite	41.28	49. Pat Blackburn		52.44
17. Mike Gellion	42.43	51. Michael George		53.41
18. Barry Moore	43.09	54. Kevan Osborn		55.41
19. Peter Cooper	43.24	58. Miriam Kelly		63.41
21. Lewis Veale	43.59	59. Maureen Kelly		63.43
22. Les Brown	44.07	60. Sue Ackroyd		64.02

5 September Scott Physiotherapy Dave Phillips road run round 6

Four laps

Actual times

1. David Doyle	32.07	9. Steve Wilmott	38.46
2. Robbie Callister	28.11	11. Martin Bell	36.53
6. Stan Hall	35.48	15. Barry Moore	33.07
7. Peter Cooper	32.12	17. Dave Corrin	34.56
8. Kevin Deakes	30.05	19. Mike Gellion	32.32

Two laps

5. Neil Cushing	20.02	11. Kevin Vondy	13.43
10. Michael George	15.20	12. Sue Ackroyd	23.08

Final positions from best four results

Four laps

1. David Doyle	292		
2. Martin Bell	291	17. Barry Moore	255
4. Kevin Deakes	285	18. Dave Corrin	254
6. Peter Cooper	285	19. Mike Gellion	251
10. Steve Wilmott	275	21. Alan Pilling	224
16. Dave Griffiths	257	22. Moira Hall	199

Two laps

5. Kevin Vondy	287	12. Miriam Kelly	248	14. Maureen Kelly	237
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12 September Great South Run round 3

2. Robbie Callister	36.36	19. Lewis Veale	43.19
3. Kevin Vondy	36.44	24. Dave Salter	44.59
6. Kevin Deakes	39.14	25. Dave Anderson	45.31
7. Rob Sellors	39.20	27. Les Brown	46.18
8. Alan Postlethwaite	40.09	32. Wendy Ross	46.52
9. Dave Newton	40.20	35. Alan Pilling	49.24
10. Stephen Brown	40.37	39. Wendy Sandford	52.05
11. Neil Wilson	40.57	40. Pat Blackburn	52.08
13. Mike Gellion	41.17	41. Peter Pierce	52.28
15. Peter Cooper	41.45	44. Kevan Osborn	56.04
18. Barry Moore	42.49	46. Alan Gault	57.45

Peel Sprint Triathlon

Only one member took part this time.

5. Graham Stigant	(10.47, 42.47, 22.45)	1:16.19
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6 September James Coulson Laxey Fell race sponsored by Rentokil

This is a tough 8.5 mile race made worse by the endless rain of recent weeks.

6. Peter Kaneen	1:22.38	14. Lewis Veale	1:42.02
8. Rob Webb	1:24.54	17. Dave Salter	1:45.34
9. Rob Sellors	1:24.57	19. Bridget Kaneen	1:50.40
10. Dave Young	1:25.11	22. Geoff Hall	1:59.21
13. Ian Callister	1:41.27	24. Dave Quine	2:18.49

21 September Ramsey Bakery End to End walk

A new record, so well done Sean! Sean's winning time beat the old record by more than 12 minutes.

Sue Biggart was first lady. Club members claimed most of the top places again this year. The weather was super, even a bit hot for the competitors, who were not expecting it.

1. Sean Hands	6:44.07	18. Lisa Motley	8:03.08
2. Michael George	6:52.13	20. Bethany Clague	8:04.30
3. Jock Waddington	6:54.26	22. Alan Kinvig	8:07.23
4. Mark Hemsall	7:00.17	55. Willie Kneale	8:51.28
6. Chris Cale	7:13.20	98. Alan Pilling	9:28.07
7. Sue Biggart	7:13.27	107. Clive Beriff	9:31.57
11. Alan Cowin	7:32.16	120. Sue Furner	9:45.09
12. Vinny Lynch	7:35.42	147. Colin Moore	10:02.43

Peel 2.16 miles

Robbie Callister	4:05.35
Gordon Corran	4:29.42
Ian Callister	4:57.43
Sue Jewell	5:27.40

20 km(Ballaugh / Orrisdale)

Catrina Farrant	3:01.53
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28 September Creg ny Baa fell race

6. Peter Kaneen	1:25.59	18. Bridget Kaneen	1:59.26
9. Robb Webb	1:32.24	20. Geoff Hall	2:14.29
14. Lewis Veale	1:48.22	21. Dave Quine	2:16.33

5 October Western 10 mile run and Julie Brew Memorial 10 mile walk

This was the 27th running of the Western 10, with Alan Pilling notching up his 24th run. What happened to the other three, Alan? Nigel Armstrong was first man home. Possie won his age group as usual.

2. Robbie Callister	62.11	20. Barry Moore	72.23
4. Rob Sellors	64.26	27. Dave Salter	76.08
7. Kevin Deakes	66.23	31. Wendy Ross	79.44
9. Paul Cubbon	66.46	36. Steve Wilmott	86.10
11. Richard Radcliffe	67.17	37. Alan Pilling	86.50
13. Alan Postlethwaite	68.39	38. Martin Bell	87.52
17. Dave Isherwood	71.43	39. Geoff Hall	89.50
18. David Doyle	71.51	40. Moira Hall	90.06

An excellent turnout of 160 people took part in the first Julie Brew Memorial Walk. In fact it was such a success that the organisers (WAC) are thinking of running it separately. Peter Kaneen added yet another victory to his stash, and Chris Cale, Doug Allan and Henry de Silva were first in their age groups.

1. Peter Kaneen	80.44	18. Doug Allan	109.35
3. Michael George	85.01	20. Bethany Clague	112.42
4. Jock Waddington	89.16	22. Margy Killey	114.30
5. Chris Cale	93.00	23. Alan Gault	115.37
7. Mark Hemsall	96.50	26. Clive Berriff	117.56
8. Marie Jackson	97.31	47. Henry de Silva	129.13
9. Vinny Lynch	97.47	75. Sarah Goldsmith	137.03
13. Ian Callister	105.57	118. Ingrid Sugden	150.29
16. Alan Kinvig	106.28	160. Russell Smith	180.39
17. Lisa Motley	107.55		

EDINBURGH MARATHON - *from the Organiser.*

Please pass this information to all your club members, as we have made important changes to the entry system for the 2009 Albert Bartlett Edinburgh Marathon. The main difference is that we have no ballot this year and entries are on a first come first served basis until we reach 11,500 entries or 15th January 2009, whichever is soonest.

Running Club members will not be guaranteed their entry after 15th January 2009.

To ensure your runners get a place please ask them to enter the marathon before we reach 11,500 entries or 15th January 2009, whichever is soonest. www.edinburgh-marathon.co.uk

We are offering free entry to British sub 2:40 males and sub 3:00 females. Free entry also if you have run a sub 73 min (male) or sub 1:25 (female). You need to have run below these times after the 1st January 2007.

Improvements for 2009 Marathon.

- Changes to the start and finish areas give more space to runners/supporters.
- Goody bag. We are replacing our cotton finishers t-shirt with a technical Asics running t-shirt.
- There will not be a compulsory EXPO for 2009. All running packs (timing chip, running number, final competitor instructions) will be posted out to UK runners. The compulsory Expo will be replaced with a pre race party/Ceilidh (mini EXPO) in the city centre.
- We will have more shuttle buses for spectators and runners and are also introducing other changes to make the shuttle buses a more efficient service.

To ensure your runners get a place please ask them to enter the marathon before we reach 11,500 entries or 15th January 2009, whichever is soonest.

WANTED: Articles for the newsletter. They don't have to be race reports, they can also be opinions and suggestions.

ALSO WANTED FOR 2009: New committee members are going to be needed at the next AGM as some of our existing ones will be retiring. Please give this serious consideration, it is time for a few new names to come forward.

Enclosed with this newsletter:

BlackRock Autumn handicap entry form

Syd Quirk Entry form and information page

Veterans' Walking League so far.

Veterans' Running Shield with just one event left to run – Syd Quirk.1/2 marathon

ANNUAL DINNER APPLICATION FORM

AT LAST !!! The vests have arrived – see them at the Autumn handicap, and don't forget to bring your £10 to purchase one.

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