

ISLE OF MAN VETERAN ATHLETES' CLUB

AFFILIATED TO IOMAA,
NEAA & BMAF

NEWSLETTER DATE
OCTOBER 2009

Editor: Sarah Goldsmith Tel. 833434 or 426639
5 Hillside Terrace, Glen Maye, Isle of Man IM5 3BB
email: sarah.goldsmith@manx.net

ENTER NOW: SYD QUIRK HALF MARATHON
NO ENTRIES ON THE LINE—POST IT OFF NOW!
DEADLINE THURSDAY 29th OCTOBER 2009



SUCCESS FOR MICHAEL GEORGE IN END TO END WALK AND A NEW WOMEN'S COURSE RECORD

All that dedicated training paid off for Michael George as he stormed to victory in the End to End Walk last month. He led all the way and was well ahead of his rivals for most of the walk.

Second place went to double Parish Walk winner Jock Waddington and third place to an ever improving Vinny Lynch, who knocked 32 minutes off his previous time.

Janice Quirk broke the women's course record by 7 minutes, finishing in 7:06.45.

The last finisher was Henry de Silva in 10:23.19, an excellent time for a 75 year old!

Finishers

1. Michael George 6:51.54
2. Jock Waddington 6:58.01
3. Vinny Lynch 7:03.22
7. Andy Green 7:23.34
10. Chris Cale 7:44.16
33. Simon Cox 8:27.59
50. Moira Hall 8:37.57
158. Sue Jewell 9:51.02
168. Rob Stockton 9:55.48
182. Colin Moore 10:03.07
203. Henry de Silva 10:23.19

Eary Cushlin
Alan Pilling 7:26.02

Peel
Russell Smith 5:50.59

LONDON MARATHON

We have 3 Club entries for the London Marathon.

If you have been rejected and would like to apply please send details to Mo Kelly, mokelly@manx.net or 47 Ballacriy Park, Colby. Tel 834117. Be prepared to prove that you entered in the first place.

Priority will go to 1st claim members, and to those who have not had a club place before.

APPLICATIONS IN BY
1st NOVEMBER
PLEASE

*Just a short newsletter this time.
Thanks to all who sent condolences on my recent bereavement.*

Things to do now:

Send off your Syd Quirk entry form, which is either enclosed or on the website. OR come and marshal for us.

Send in your Annual Dinner application, form either enclosed or on the website.

If you have changed your postal or email address, please send details to Peter Cooper. coops@manx.net
We are not clairvoyant you know.

If you have a London Marathon rejection, apply for a Club place.

Send your off island race results to Alan Postlethwaite for inclusion in the running shield

Send me your stories and race reports for the next issue in January

Get out there and train like the devil!

MICHAEL DOES IT AGAIN IN JULIE BREW WALK

The Western 10 road race and the Julie Brew Memorial walk took place on 4 October, both over the same 10 mile course. Record numbers started these events, with 65 in the run and 143 in the walk.

Richard Jamieson (NAC) was first in the run, with Kevin Deakes 5th and 1st M45, Rob Sellors was 6th

and 1st M40. Gail Griffiths was 2nd lady. Martin Bell was 1st M60 and completed his 22nd running of the race, while Alan Pilling, 2nd M60, completed his 25th running.

In the walk, Michael George completed his second victory in succession, with Chris Cale in 2nd place and

Vinny Lynch 3rd. Marie Jackson was 1st lady.

It was nice to see many people further down the field walking together in the spirit of the event, rather than racing. Results overleaf.

ISLE OF MAN VETERAN ATHLETES' CLUB

RESULTS WESTERN 10 & JULIE BREW WALK

Western 10 road race	
5. Kevin Deakes	63.41
6. Rob Sellors	64.25
14. Rob Webb	69.16
15. Barry Moore	69.21
18. Stephen Brown	69.48
19. Peter Cooper	70.43
22. Robbie Lambie	71.78
24. Rob Gillanders	72.50
27. Gail Griffiths	75.20
28. David Salter	75.32
29. Debbie Loader	75.42
30. Dave Corrin	76.24
37. John Swindlehurst	81.12
42. Justine Bowen	82.47
43. Martin Bell	83.32

50. Alan Pilling	86.43
53. Steve Wilmott	87.39
55. Eric Lee	89.17
57. Moira Hall	92.36
58. Sue Furner	94.05
59. Geoff Hall	99.13
60. Dave Tasker	99.42
61. Alan Gault	102.14
62. Dave Quine	102.59

Julie Brew Memorial Walk

1. Michael George	84.44
2. Chris Cale	92.47
3. Vinny Lynch	94.56
7. Marie Jackson	95.39
21. Ian Callister	112.25
24. John Robinson	113.35
53. John Stubbs	130.51
59. Doug Allan	134.59
75. Sue Ackroyd	142.18
128. Russell Smith	158.00

Cross Country Fixtures
for this winter

All are on Sundays at 2
pm

Round 2 Nobles Part
November 15

Round 3 Crossags Farm
December 6

Round 4 Glen Lough
January 24 This includes
the Championships

Round 5 Crossags Farm
February 14

BLACKROCK VETERANS' AUTUMN HANDICAPS

These had to be brought forward because of work being carried out at the NSC resulting in a slightly smaller turnout than usual.

6 mile handicapped run

New member Chris Morgan set off first and was never headed. Second place went to Robbie Lambie whose name is appearing in the results more regularly again after his injury problems.

Actual times are given.

1. Chris Morgan	50.06
2. Robbie Lambie	40.21
3. Kevin Deakes	35.29
4. Steve Willmott	49.33
5. Alan Loader	39.03
6. Barry Moore	38.58
7. Debbie Loader	43.15
8. Moira Hall	49.25
9. Kevin Vondy	35.50
10. Rob Gillanders	40.42
11. Justine Bowen	45.38
12. Dave Quine	55.06
13. Geoff Hall	52.26
14. Eric Lee	48.15
15. Christina Morgan	70.16

5 km handicapped walk
This was won by Jock Waddington with Michael George producing the fastest time on the night. A sign of things to come, obviously.

1. Jock Waddington	25.38
2. Colin Moore	33.19
3. Michael George	24.13
4. Andy Green	28.04
5. Ian Callister	29.10
6. Vinny Lynch	27.47
7. Henry de Silva	36.04
8. Chris Cale	29.17

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

Adrian Cowin for website

metmann@hotmail.com

My own details are on the front page, and for other executive officers please refer to the previous newsletter.

Apologies to the following: I have only just realised that the emails I sent informing you of the last newsletter have come back undelivered. Please let me have your up to date email addresses: Doug Allen, David Findlay, Kevan Osborne, Barry and Jackie Moore, Dave Nixon and Maureen and Simon Cox. Sorry also Jock, I typed yours wrong.

NEWS SNIPPETS

Commonwealth Ultra Running Championships in Keswick, Cumbria

This was the first running of this event, and as I understand it, a trial / showcase prior to inclusion in the main Commonwealth Games. Our own Bethany Clague took part in the 24 hour running race, distinguishing herself with a pb of 176.315 km (108.5 miles) to finish 16th woman. Hopefully we will have a full report in due course.

Great North Run

Sue Furner ran with her daughter Julia in fancy dress to finish in 2 hours 10 min 26 seconds. This is the 4th time she has run this race.

I am sure there are many other off island races I should report on, but I don't have the info at present. Please send me your results and off island adventures, as they are interesting to others

New Members

Welcome to:
Chris Morgan, a runner, whose wife Christina joined us shortly before he did.

Joanne Hetherington a walker.

Geoffrey Chatwood a runner.

Michael Bonney, a runner and a walker.