

Race reports October 2007

John McKeag, by Colin Watterson

How nice it was to see our old and much respected friend John McKeag on Marathon day in August. He had come over from Northern Ireland, as he has done for many years, but this time not to take part in the half marathon, but to spectate and support his friends. However, on seeing me he asked if he could help in any way and have a job to do, so I took him at his word and he was a great help in the area of the water station at the entrance to the football field.

What energy he has for an eighty-five year old and what an example to be followed. Remember he holds the over 80 record for our half marathon at 2 hours 10 minutes, and the last two times he ran it, he had fifty people behind him. "As I get older", he said, "I reduce the distance I run, so that I can keep working on my speed". He had just run 5 miles in 48 minutes that week and still regularly competes. He said he was looking forward to being in the over 85 age group, having won the 0/80 British Cross Country Championship in three of the last five years, (one year he was injured and didn't take part). I know he loves cycling and uses it as part of his training and he went on to tell me, with a glint in his eye, that he had just bought a new racing bike for £800. "Twice as much as I spent on my car!" he laughed. "We have a very good place to hold our events, without traffic problems: in the Belfast shipyards. When I worked there," he said, "there were 22,000 of a workforce, but now only two" (I assume 2,000). His one regret this year is that the dreaded "Health & Safety" had stopped him assisting with his local Riding for the Disabled group. It seems such a pity when he has years of experience and is probably still much more capable and fitter than those who are half his age.

16 August Anna Maria Cutillo Foxdale 6 organised by Manx Harriers

With the Running Grand Prix being cancelled this year, this was the only remaining race of what used to be Grand Prix week (except for the marathon and half, of course.) It is hoped to revive the GP next year, and Ben Scott from Peel (of Scott Physiotherapy) has volunteered to organise it, so if you have any suggestions please pass them on to him. The eagle eyed will spot that Ian Crystal was over on a visit to the Island. Ian also ran in the half marathon.

Run

5. Kevin Vondy	36.14	33. Alan Pilling	48.45
11. Alan Postlethwaite	39.02	34. Peter Pierce	50.38
13. Chris Cale	39.46	35. Geoff Hall	50.50
18. Mke Gellion	40.45	38. Moira Hall	52.16
19. James Bishop	41.06	39. Alan Kelly	52.20
23. Roger Moughtin	43.09	40. Lynne Quine	52.32
28. Les Brown	44.08	41. Terry Malone	54.36
29. Ian Callister	45.42	43. Dave Quine	55.40
32. Rob Gillanders	47.32	44. Ian Crystal	61.06

Walk

1. Peter Kaneen	47.14	9. Alan Kinvig	64.47
2. Jock Waddington	54.56	11. Enid Watson	66.59 1 st lady
3. Mark Hemsall	55.01	13. Sarah Goldsmith	74.19
5. Dave Griffiths	58.12		

7 September Scott Physiotherapy Dave Phillips Peel runs round 6 final round

2 laps	Actual times	Final points 2 laps	
2. Ian Callister	28.25	4. Roger Moughtin	276
3. Dave Quine	33.41	6. Dave Corrin	271
6. Alan Kelly	30.11	7. Mike Gellion	270
7. Les Brown	26.43	10. Les Brown	260
9. Mike Gellion	25.11	11. Alan Pilling	256
10. Gail Griffiths	26.55	13. James Bishop	250
11. Roger Moughtin	26.25	14. Wendy Ross	246
14. Dave Corrin	28.12	16. Martin Bell	239
17. James Bishop	25.58	18. Geoff Hall	232
18. Geoff Hall	31.26	22. Ian Callister	186
22. Alan Pilling	30.51	25. Alan Kelly	167
25. Wendy Ross	29.35	28. Paul Cubbon	13
26. Martin Bell	29.49	29. Gail Griffiths	120
		33. Liz Corran	100

<i>One lap</i>	<i>Actual times</i>	<i>Final points 1 lap</i>	
2. Robbie Lambie	12.03	1= Miriam Kelly	302
3. Stan Hall	14.15	3. Kevin Vondy	290
4. Peter Cooper	13.07	7. Peter Cooper	288
6. Kevin Vondy	11.09	14. Stan Hall	215
8. Peter Pierce	14.12	16. Sarah Goldsmith	182
9. Miriam Kelly	17.40	17. Robbie Lambie	149

9 September Union Mills Garage Open 20 km race walk

There was an improved turnout of 15 walkers, 12 of which were club members. This race has suffered in previous years from being too close to other similar racewalks. The sponsor, Peter Kaneen, was not racing this year. Vets took the first 10 places, with Jane Mooney the first lady, at a new distance for her.

1. Michael George	1:43.42	7. Jane Mooney	2:07.47
2. Jock Waddington	1:55.10	8. Simon Cox	2:10.20
3. Dave Griffiths	1:59.31	9. Lisa Motley	2:13.31
4. Chris Cale	2:03.40	10. Ian Callister	2:14.29
5. John Stubbs	2:05.13	13. Sarah Goldsmith	2:32.02
6. Vinny Lynch	2:06.57	14. Henry de Silva	2:37.55

16 September James Coulson Laxey fell race sponsored by Buchanan and Pitts

Conditions and visibility were poor on the day and good navigational skills were a definite plus.

5. Dave Young	1:24.44	1 st V50	
13. Andy Gosnell	1:34.24	24= Gail Griffiths	2:19.07
16. Ian Callister	1:38.38	24= Les Brown	2:19.07
18. Roger Moughtin	1:43.03	26. Dave Quine	2:31.07
21. Lewis Veale	1:51.55	27. Geoff Hall	2:34.54

23 September Ramsey Bakery End to End walk

Robbie Callister enjoyed his 6th successive win to break the course record by 36 seconds. Club members cleaned up again, taking the first 4 places. The race this year benefited from Manx Timing Solutions electronic timing, which made sorting the results much quicker, and from a road closure on the Sloc. The organisation was, as ever, slick and efficient, much praise to all the hard workers on the committee and their helpers.

Finishers

1. Robbie Callister	6:56.26	51. Roey Crellin	8:52.36	2 nd W50
2. Mark Hemsall	7:01.45	76. Miriam Kelly	9:19.52	
3. Jock Waddington	7:11.14	82. Bethany Clague	9:22.10	
4. Ray Pitts	7:15.03	100. Ian Callister	9:34.38	
6. Chris Cale	7:29.20	104. Alan Pilling	9:36.11	
12. Stan Sille	7:53.24	116. Michael Killey	9:42.35	
13. Alan Kinvig	7:53.50	120. Mike Gellion	9:46.05	
23. Simon Cox	8:17.24	149. Sarah Goldsmith	10:02.00	1 st W60
27. Brian Goldsmith	8:23.16	151. Colin S Moore	10:03.23	
33. Wendy Ross	8:35.00	157. Sue Jewell	10:22.36	

To explain a couple of 'slower-than-normal' times, Roey Crellin had completed the end to end mountain bike race 2 weeks before, and Mike Gellion was helping a friend to complete the distance.

Peel

		<i>20 km</i>	
Jane Mooney	4:15.23	Michael George	2:05.58
Vinny Lynch	4:25.18	Lisa Motley	2:16.55
Gordon Corran	4:34.24		
Clive Berriff	5:05.04		
Lynda Rooney	5:27.40		
Alan Gault	5:31.30		
Sue Furner	5:50.38		

30 September Creg na Baa fell race sponsored by Ian Ronan Joinery.

This was the last in the Rentokil Manx Fell League races, rescheduled due to earlier FOM closures.

11. Andy Gosnell	1:39.17	
13. Roger Moughtin	1:42.50	1 st V50
17. Ian Callister	1:49.25	
19. Lewis Veale	1:56.22	
20. Bridget Kaneen	1:56.52	

21. Les Brown	2:04.54
22. Christine Barwell	2:14.21
23. Stan Sille	2:15.11 1 st V60

Stan Sille's fitness is amazing, and encouraging to the rest of us – which energy giving breakfast cereal do you eat, Stan?

7 October Total Oils Western 10 run and 7 walk

This was the 26th running of the 10 mile race held on a beautiful morning, why couldn't we have had more of them in the summer? Alan Pilling completed his 25th running, with Martin Bell completing 20, and Alan Postlethwaite running his 10th.

Run

5. Alan Postlethwaite	63.44	25. Liz Corran	84.35
7. Kevin Deakes	66.31	26. Martin Bell	84.55
8. Rob Sellors	66.47	27. Steve Cain	85.20
10. James Bishop	68.11	28. Geoff Hall	86.07
11. Mike Gellion	68.16	29. Bethany Clague	87.21
12. Roger Moughtin	71.41	30. Moira Hall	88.28
14. Robbie Lambie	72.30	31. Steve Wilmott	88.29
20. Rob Gillanders	79.13	33=Ingrid Sugden	112.35
21. Alan Kelly	80.05	33 Maureen Kelly	112.35
24. Alan Pilling	82.05	33 Sue Ackroyd	112.35

Walk

1. Peter Kaneen	61.31	5. Vinny Lynch	74.20
2. Jock Waddington	67.28	8. Alan Kinvig	78.30
3. Dave Griffiths	71.48	13. Enid Watson	86.09
4. John Stubbs	74.07	19. Michael Killey	98.57

Field Event Training Weekends.

Saturday and Sunday 20th. and 21st. October sees Syl Sampey coming over to train newcomers to coaching the throwing events as well as coach athletes in hammer, Javelin, Shot and Discus. The coach education is an intro for new coaches/refresher for those who have not been involved for some time. All are welcome to attend the only costs are the NSC rates for the use of the track per session. More details will be given as they become available. It is hope to get Dave and Syl over on a regular basis during the winter - perhaps another 3 or 4 times. The plan for Syl's weekend is as follows :-

Sat. 20/10/07

9.30 to 11.00 Coach Education (MH Club Huse)
 11.00 to 13.00 Practical with athletes (Coaches also - track or clubhouse)
 13.00 to 14.00 Lunch
 14.00 to 16.30 (ish) Practical with athletes (indoors NSC or track - meet at NSC Cafe 14.00)

Sunday 21/10/07 – As Saturday

On The following weekend Sat 27th. and Sun 28th. October Dave Hoare will be over to help new coaches and athletes in the Long and Triple Jumps as well as Javelin. Dave's programme is as follows :

Saturday 27th. October

Coach Education 11:00 - 12:00 (meeting room)
 Practical with Athletes 12:00 - 13:30 (coaches also - indoors - meet at meeting room)
 Lunch 13:30 - 14:00 (half hour)
 Practical with Athletes 14:00 - 16:30 (indoors - meet NSC cafe)

Sunday 28th. October

Coach Education 9.30 - 11.00 (meeting room)
 Practical with Athletes 11.00 - 13.00 (Coaches also - indoors - meet at meeting room)
 Lunch 13.00 - 14.00
 Practical with Athletes 14.00 to 16.30 (indoors - meet NSC cafe)

Robin Hood Marathon/Half Marathon by Alan Kelly

Mo and I had arranged to be in Nottingham for the weekend 15th and 16th September (another Uni trip) and decided at the last minute to enter the Experian Robin Hood Half Marathon on the 16th. We enjoyed this event 3 years ago and seeing as how we would be there anyway, decided to give it another go.

It is quite a large event, with around 7,500 starters, including the full marathon runners. The start/finish is on the recreation grounds at the Victoria Embankment, close to the city centre, and there is plenty of parking space which is a bonus.

The day dawned clear and cool with a light breeze – ideal for a long slow Sunday morning run. We made our way to the Embankment in good time for the organised ‘warm ups’ and a visit to the row of 180 portaloos (no - not to all of them).

After depositing our bags in the kit tent we made our way to the start where the masses were accumulating in the designated time areas. Too late for nerves and last minute visits to the loo now, as the field was asked to move forward towards the line with the start only minutes away.

At last we were off; well those at the front were anyway. It probably took 5 or 6 minutes for the whole field to get going and we eventually crossed the line around 3 minutes after the gun. With so many people, the first couple of miles were quite congested for those of us in the middle of the field.

The course starts on the main roads, which were closed, going towards the city centre, up the cobbles around Nottingham Castle, then heading west out of town to the gravel paths in the University grounds after around 5 miles. Then back onto the road for a mile or 2 before heading uphill through Wollaton Park (more gravel paths and congestion) which is probably the highest point on the course. The first part of the course is ‘undulating’, but for the last 4 miles the course returns to the roads and is mostly a gentle downhill to the finish, and by this time the runners have thinned out a bit making it a bit easier for overtaking. Hundreds went past me – I lost count.

Care needs to be taken towards the end of the race to get in the correct lane for the finish of the half, as a mistake at this point could result in having to complete the full marathon course which carries on for a further 13 mile loop, to the south of the city this time.

This event has chip timing and results are also published showing chip times and adjusted positions for those who had to wait in the queue for the start. For the record, my chip time was 1:50:56 with Mo clocking 2:34:15.

Although the numbers are a lot smaller than the FLM or GNR, it still feels like a large event due to the crowding at the start, and on the upside there is always someone to run with, or ask where the Isle of Man is, due to the 3 legs emblem on Mo’s vest. It is a well organised event and I think the organisers should be congratulated on providing nice weather both times we have done it.

If you’re ever in the area when it is on, give it a go – you’ll enjoy it.

Alan Kelly

Now two articles from Bethany Clague. In the first, Bethany completed 52 miles of the British Coastal ultrarun, and in the second Bethany crews on the 175 mile Marathon of Britain which Gareth Evans completed, plus photos. Thanks to Bethany for these.

MARATHON OF BRITAIN COAST 12-14 July 2007

This new ultrarun, organised by Rory from ambitionevents.com, was a race over 105 miles of the South Devon Coastal Footpath over 3 days. I arrived on Wed 11th July at Paignton, very nervous as previous to this I had only run 5 flat road marathons! I helped pitch the one-man pop-up tents and gradually met my fellow 19 runners as they arrived. It was soon clear that most were experienced ultrarunners!

At 8.30 am we left Hayton Rocks, Dartmoor, to run East 13 miles to the Coast, along the Templar Way. My backpack weighed 17lbs, carrying clothes, sleeping bag, food for 3 days and 4 maps. I ran with Liz, who set the pace, while I navigated. Between Checkpoint 2 (CP2) and CP3 the coastal footpath encountered huge, steep, near-vertical cliffs. It was hot and humid and I, not being a fell runner, really struggled. I nearly quit at CP3 but found the strength to finish the gruelling 36 mile first stage and arrived

with Liz at the campsite at 7.30 pm, 11 hours after we started, to rapturous applause. I was so tired but elated and I forced myself to eat the revolting rehydrated food and retire to bed.

After a sleepless wet night Liz and I started running at 5 am on day 2. This was the tough day; 44 miles of unrelenting cliffs to Bigton-on-Sea. Liz soon forged ahead with Tatty and I walked with Alex, a hockey player who was as inexperienced as I. For 15 miles we struggled tremendously with the sheer ascents and descents. We had ascended 3,500 metres on day one and day two was even harder. I was desperately tired, physically and mentally, was struggling to eat and felt sick. Then a muscle in my left quad locked solid on steep scents and it was agony! I crawled up one cliff exhausted. After 6 hours covering 15 miles Alex and I retired at CP1. I could go no further and could not cope with another steep cliff. I was gutted not to finish. But I was so proud I had covered 52 miles, 2 off-road marathons, in less than 28 hours.

The next 2 days were painful. My legs seized up and I went into mild shock and hypothermia. On Saturday I watched 8 runners finish at Plymouth Hoe, including Liz and Tatty. Only 40% finished, amazing, as the weather on day 2 was atrocious! Out of the 12 who did not finish, 10 were ultrarunners and 3 ended up in hospital. I had taken on board plenty of salt in electrolyte drinks and dioralyte and escaped cramp. My feet were brilliant, although 2 toenails are going to go. I got a nasty scar on my neck from the mapcase.

I loved every minute of the race, despite the pain and tiredness, and the friendships, as we were a big family, sweating, smelling eating and sleeping together. It has made me stronger, fitter and more determined to complete my next ultra. Nobody realised how tough the course was and next year it will be shortened so more runners can finish! Looking back over the past 10 years of my stress-related severe illness, I am so pleased with myself for tackling this. Even Rory said, 'you are truly inspirational!'; I think that can be said of all 20 of us who took part in that race; one of the toughest ultra's going! I look forward maybe to the Thames Path 50 and the Manx Mountain Marathon Challenge next year. Am I mad. Yes, definitely!

Bethany Clague, ultrarunner July 2007.

MARATHON OF BRITAIN (MOB) 2007

The 'MOB' is an ultrarun of 175 miles over 6 days from Malvern to Nottingham across fields, hills, towpaths and roads. The stages are: 16 miles, 29, 31, 33, 56 and finally 11 miles. Runners carry everything for the 6 days, except tents. They are supplied with water, (hot and cold), roadbook (OS maps) to navigate from and given breakfast and a hot dinner. It is about endurance, stamina, pain and navigation.

This year 40 runners competed with 15 supporting crew; including a cook, a doctor, a podiatrist, and a trainee vicar, because for many MOB is a spiritual experience. I crewed as I could not afford the £850 entry fee. I knew some crew from MOB Coast like Mike (village logistics) and Quentin (Q). Also Rory Coleman was race director and Mark Pinnock was 'deputy'. Both are experienced ultrarunners. Jo Kilkenny was also running. She was first lady in MOB Coast and MOS (Marathon of Spain). I also met our Gareth Evans at the IOM Marathon and we realised we would both be at MOB 2007 as he was running it! It started on September 1st, when we arrived at Croombe Landscape Park. The first 16 miles was run on September 2nd. It finished on Friday 7th September with a gala dinner and a good night's sleep at the posh 'Britannia Hotel, Nottingham'.

As crew it was my job to help move the tented village along the course and look after runners at checkpoints. Runners and crew all slept in tents, or vans, in fields at the end of each stage. Each day it took the crew 2 ½ hours to take down 47 single pop-up tents, 3 eight-man tents and 2 large marquees. Then we would travel to the next stage finish and spend 3 hours erecting the village. It was tough, sweaty physical work. There was a cold shower, that we put up, on some days, but I went without a wash from Saturday 2nd to Thursday 6th September. The crew smelt worse than the runners! The funniest moment was when Q opened the pop-up 'exploding' single tent on his 'privates' and lay doubled up on the ground in agony for 5 minutes! During the week I laughed a lot. I managed to fall flat on my face in front of everyone when I tripped over a tent guide rope! I got lots of laughter and applause for that! The other funny moment was when 4 single tents that were pegged down front and back, took off at Stratford Racecourse. 3 cleared one fence but 1 was blown over a second fence and Alan (crew)

spent minutes chasing it. It flew about 10 metres above him in circles and he was laughing so much, as we all were, that it nearly got away!

The single tents were like fridges, though, as they were single skin. The main problem was the condensation inside. By morning you were lying in a puddle and you washed your hair when you sat up, on the roof. I got very little sleep all week. I think about 12 hours total in 6 days! I was so cold and was wearing 6 layers, a sleeping bag and a space blanket. Also I kept coughing a lot because of the cold air and I got told off on the 3rd night for doing so. That meant I had to sit up when I started coughing, and then sleep was impossible. The lack of sleep fuelled by high mood and I was hyperactive and constantly talking the entire week! The crew must have thought I was mad. Mind you, to crew you need to be! Gill was paired up with me at the checkpoints, and she enjoyed my company, but said if there were two 'Bethanys' at a checkpoint, it would be manic! Gill was lovely. She ran MOB 2004 and has crewed ever since. We had a lot in common and I navigated while she drove to our checkpoints, handing out water, sweets, kind words and smiles for the runners.

Gareth, a fellow IOM Vet and fellrunner, finished the MOB. I was privileged to run the final 5 miles along Beeston Canal with him, to finish at Nottingham castle, and crossed the line holding his hand. It was a fantastic achievement for him. He tore his calf muscle during the IOM marathon. I later found out he has no cartilage in his knees due to playing rugby. By day 3 his right knee was swollen and I was wrapping it in a cold wet T-shirt to reduce the swelling. By day 4 he had a swollen right ankle that was very painful. I enjoyed looking after him after each run, bring him hot drinks and giving encouragement.

The 56-mile day started at 4.30 am, for the slower runners, in the dark on Thursday. Stuart, the overall winner, arrived at Long Eaton, about 9 pm. I found out that Gareth was going to drop out at checkpoint 4. Fortunately 2 runners told him to walk with them and he joined them. Paddy was magnificent at keeping Gareth going. They finally arrived at the stage finish at 5.30 am on Friday morning, to be met by me. I stayed up all night to be there when Gareth finished, and I looked after him until 6 am and then lay down myself for an hour before breakfast. Some of the runners were in agony with dreadful feet. Rory and his wife Sarah were excellent in providing basic medical support and I felt like a nurse. It was like a scene from MASH! (*But without the helicopters, presumably! – Editor*). There were people suffering everywhere, but we coped and everyone was fine after rest, soup and hot tea. My ibuprofen and co-codamol painkillers and dioralyte sachets proved essential, and even my space blanket, as some runners became very cold.

The Gala dinner on Friday was excellent. I could not eat anything, despite only having had breakfast on Friday, as I was so tired, and I had not slept for 40 hours! There were speeches and prizes. Rory told us that MOB 2008 would be different. 'Naseba' – an American company that organises global conferences – is taking over ambitionevents.com and organising ultras called RAW – Run Around the World series. There will be RAW Africa, RAW Mexico, etc. RAW Britain will be approx. 150 miles over 5 days from Stratford to London in August 2008. However the cost will go up to approx !1,500! If I can't afford to run it, I will crew again. I would like to crew for all the RAW races. But a lot of us are not happy with the proposed changes. MOB was special due to the camaraderie. We were a little family in another World. These RAW events will be larger and money-based. We will have to wait and see if it works. Rory will still be around by not in charge, and it will be managed by non-runners. See for yourself what happens. Go to www.ambitionevents.com.

I took the photo of Gareth at Checkpoint 3 on the first day (stage one). He is the first and now last, IOM runner to complete the MOB! I only wish I had been able to run the 175 miles with him. If anyone would like to sponsor me, for the registration fee and travel, in entering these ultra's – please do so! Ultrarunning is special. It challenges you physically, mentally and emotionally, whether you run or crew. Can you push yourself to your limit? Why not discover your true self? Have a go! The rewards are endless and special. Everyone involved is special.

*Bethany Clague
September 2007.*