

Race reports and members' results – March 2007

Vets in Action

Lancashire Cross Country championships. Several Club members made their mark in this event, (although they were actually competing for Manx Harriers). In the senior women's race Gail Griffiths won the silver medal for the W40 category, finishing in 17th place overall and Bridget Kaneen finished in 30th place. In the men's race Andy Fox finished 2nd in the M45 category, in 19th place overall, and Dave Newton was 90th.

Brass Monkeys half marathon in York on 21 January

A group of club runners took part in this. They were: Allan Corran (1:39), Lynne Quine (1:57), Allan Kelly (1:58), Dave Quine (2:07), Geoff Hall (2:15), Moira Hall (2:15), Ingrid Sugden (2:20), Maureen Kelly (2:22). It is particularly nice to see 3 husband and wife teams in this group.

Bethany Clague recently completed a 50 mile walk in aid of the RNLI, see her report further on. She is running Tough Challenge 2 on 4th March, the Liverpool half-marathon on 18th March, and Tough Challenge 3 on 15th April.

Willie Kneale in Cyprus has recently purchased a club vest and will be competing in his local races. He invites any club members visiting the area to call and say hello. Tel 0357 2691 2905.

Gareth Evans has recently run the Thames Path 50 mile ultra which runs from Reading to Shepperton. Gareth came 43rd out of 123 in a time of 9:32.15.

1 January St Johns Fell race organised by Manx Fell Runners and sponsored by Supercards. This was the first race in the 2007 Rentokil league. The winner Paul Sheard broke the V40 course record by 9 seconds in spite of slippery conditions and a stiff breeze on the moorland. The river was not such a problem this year, but there were still a few fallers. Dave Young was our first Club member home.

17. Dave Young	28.22	48. Les Brown	37.59
22. Graham Stigant	29.33	49. Dave Quine	38.48
26. Lewis Veale	31.05	50. Alan Pilling	39.25
32. Paul Trees	33.04	51. Rob Gillanders	39.58
43. Stan Sille	35.57	53. Brian Cowley	40.58
44. Christine Barwell	35.58	59. Marie Jackson	49.26
45. Simon Cox	37.01	61. Sarah Goldsmith	49.46
46. Ray Pitts	37.44		

4 January Ramsey Bakery Firemans' Runs round 4 organised by NAC

The weather was kind for this handicapped event. Ray Pitts, who has expanded his repertoire to include running, took 1st place in the 3 lap race at his 1st attempt.

3 lap	Actual times	1 lap	
1. Ray Pitts	37.06		
2. Richard Radcliffe	33.25	12. Stan Hall	12.49
4. Alan Pilling	39.02	14. Chris Cale	9.53
8. Dave Corrin	34.43	15. Maureen Kelly	16.36
9. Paul Cubbon	30.15	16. Kevin Vondy	9.39
11. Alan Bagley	36.08	17. Sue Ackroyd	14.41
12. Steve Wilmott	39.14	21. Sarah Goldsmith	17.10
14. Martin Bell	37.18		
19. Mike Gellion	32.11		
22. Chris Pedley	34.04		
26. Lesley Christian	44.32		

7 January Friends Provident International winter walking league 10 km round 4 at Ronaldsway organised by Manx Harriers.

Always a chilly one, but made more bearable by the mass start and sealed handicap. Dave Corrin was the winner on handicap, although he probably didn't know at the time.

10km	Actual times		
1. Dave Corrin	66.16	27. Brian Brough	76.11
3. John Cannell	66.53	28=Sarah Goldsmith	74.00
5. Alison Brand	64.24	28=Jock Waddington	54.57
10. John Stubbs	62.23	30. Alan Kinvig	68.42
11. Doug Allan	58.35	32. Clive Berriff	72.41
18. Alan Pilling	76.55	35. Sean Hands	53.42
22. Jane Mooney	64.19	36. Chris Cale	58.35
26. Brian Goldsmith	62.18	37. Ian Callister	61.37

5km

3. Enid Watson	32.34
4. Brenda Charlton	38.20

14 January Empire Garage Peel to Douglas Walk organised by Manx Harriers

This was the rescheduled 2006 walk and the weather was much better this time, with only the occasional strong gust of wind to interrupt the walkers stride. Peter Kaneen won the race for the 5th time, with Marie Jackson the first woman home in 4th place, her 3rd victory in this race. Marie's daughter, Emma, was 2nd woman home in 9th place. It was nice to see both Liz Corran and Maureen Cox taking part for a change, instead of officiating as they so often have to.

1. Peter Kaneen	78.42	19. John Cannell	105.29
3. Sean Hands	88.55	22. Dave Corrin	106.44
4. Marie Jackson	91.35	23. Ian Callister	107.08
5. Doug Allan	95.53	32. Maureen Cox	110.19
6. Ray Pitts	97.40	35. Alan Kinvig	112.09
7. Chris Cale	97.45	38. Clive Berriff	113.28
10. Brian Goldsmith	101.30	43. Colin Moore	117.01
11. John Stubbs	101.35	47. Linda Rooney	120.45
12. Jane Mooney	102.13	57. Sarah Goldsmith	123.30
13. Andrew Titley	102.19	60. Brian Brough	125.17
14. Alison Brand	102.50	61. Sue Furner	126.48
18. Liz Corran	104.17	63. Alan Pilling	127.45

21 January Manx Cross country championships and Manx Gas cross challenge rd 4 Glen Lough

This took place over a super but tough course. The going was very deep and muddy in places and tested the strength of everyone who took part. John Halligan retained his title in the men's race, and Sarah Nelson took the women's title after a long battle with Gail Griffiths who finished second. Andy Fox was 3rd in the men's championship behind John Halligan and Simon Skillikorn. Manx Harriers took all the team medals.

Men

3. Andy Fox	33.11
11. Peter Kaneen	35.54
17. Andy Gosnell	38.35
19. David Newton	40.39
20. Chris Pedley	40.54
21. Ian Callister	42.04
23. Mike Gellion	42.23
24. Lewis Veale	42.31
29. Alan Pilling	45.58
31. Garry Ross	46.48
32. Doug Corkill	47.48

Women

2. Gail Griffiths	27.05
4. Bridget Kaneen	29.35
6. Wendy Ross	32.10

Short Course

4. Liz Corran	16.29
8. Sarah Goldsmith	21.20

27 January Ken Watterson sponsored Greeba Fell race organised by the Manx Fell Runners

This was the 2nd round of the Rentokill fell league, a 9 mile race run on a clear day. Dave Young had a brilliant run to break his own V55 record by more than 2 minutes and finish in 8th place overall.

8. Dave Young	1:25.31	29. Bridget Kaneen	1:46.04
14. Andy Gosnell	1:33.24	34. Christine Barwell	1:54.11
20. Paul Trees	1:42.38	36. Stan Sille	1:58.02
21. Roger Moughtin	1:42.57	39. Gareth Evans	2:06.04
26. Dave Salter	1:44.56	40. Dave Quine	2:06.41
28. Ian Callister	1:46.02	42. Robbie Callister (S)	2:07.28

28 January Friends Provident International round 5 at Andreas organised by Manx Harriers

The weather stayed dry for this popular course. Fencing expert Henry de Silva took 1st place in the 5km race, managing to fit some walking into his busy international schedule. Clive Berriff knocked a large chunk off his previous time to take 3rd place in the 10km. Marie Jackson and her daughter Emma cleaned up as far as fastest female times in each race were concerned, with Emma now racing the 10km and Marie the 5km.

10 km	Actual times	5 km	
3. Clive Berriff	68.52	1. Henry de Silva	37.59
8. John Cannell	65.12	5. Marie Jackson	27.35
9. Chris Cale	53.56		

11. John Stubbs	61.03
12. Alison Brand	63.24
13. Brenda Charlton	79.01
18. Dave Corrin	65.35
22. Jock Waddington	53.47
29. Sarah Goldsmith	74.16
30. Brian Goldsmith	62.18
33. Brian Brough	79.39

1 February Ramsey Bakery Firemans' runs round 5 Ramsey organised by Northern Athletic Club

Veteran lady members Lynne Quine and Lisa Nixon took first places in the runs, with both Kevin Vondy and Chris Cale running sub 10 minutes in the one lap race.

<i>3 lap</i>	<i>Actual times</i>	<i>1 lap</i>	
1. Lynne Quine	40.38		
3. Richard Radcliffe	32.19	1. Lisa Nixon	18.38
6. Martin Bell	36.17	12. Stan Hall	12.24
8. Alan Pilling	38.22	17. Maureen Kelly	16.06
9. Ray Pitts	36.27	19. Chris Cale	9.42
12. Dave Corrin	34.18	21. Kevin Vondy	9.27
13. Chris Pedley	32.40	27. Sarah Goldsmith	16.40
19. Dave Quine	42.39		
21. Paul Cubbon	30.35		
22. Steve Willmott	39.46		
30. Geoff Hall	45.10		
31. Stephen Brown	35.36		

4 February Manx Gas Cross Challenge round 5 at Pulrose Golf course

Gail Griffiths continued her season-long battle with Sarah Nelson to come first in the ladies race. Robbie Lambie won the short course race as a fine example to the youngsters he coaches. A case of "do as I say" **and** "do as I do". Andy Fox was our first club member home in 5th place in the men's race.

Men

5. Andy Fox	32.22
9. Peter Kaneen	32.51
15. Dave Newton	36.15
19. Chris Pedley	38.45
20. Lewis Veale	39.27
23. Ian Callister	42.17
24. Alan Pilling	42.32
25. Garry Ross	43.56

Women

1. Gail Griffiths	19.02
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Short Course

1. Robbie Lambie	18.30
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18 February Friends Provident International walking league round 6 organised by Manx Harriers

This was the last round in this season's league and a mass start was held on the NSC perimeter road. A sealed handicap decided the places, with Henry de Silva repeating his win at 5km and Vinny Lynch taking 2nd place at 10 km. Awards were presented for the final league positions, Enid Watson taking the trophy for the 5 km and Dave Corrin our highest placed member in the 10 km at 5th place.

<i>10 km race</i>	<i>Actual times</i>	<i>10km final league places</i>	
2. Vinny Lynch	60.25	5. Dave Corrin	360 points
5. Elizabeth Addams	84.54	7. Clive Berriff	353
7. Peter Kaneen	45.44	8. John Stubbs	353
10. Alan Pilling	76.26	9. Alison Brand	352
15. Brian Goldsmith	61.54	11. Jock Waddington	346
18. Sean Hands	54.28	15. Chris Cale	332
19. Jock Waddington	54.35	18. Brian Goldsmith	329
20=Dave Corrin	66.24	19. John Cannell	329
22=Clive Berriff	69.46	20. Peter Kaneen	327
25. Sarah Goldsmith	74.26	28. Sarah Goldsmith	320
26. Brian Brough	76.56	31. Alan Pilling	307
30. Chris Cale	56.48	32. Brian Brough	290
31. Ian Callister	68.54	34. Brenda Charlton	275
34. Allan Callow	58.50		

5 km race	Actual times	5km final league places
1. Henry de Silva	37.04	1. Enid Watson 396 points
4. Enid Watson	33.00	

25 February Arthur Jones Bradda Fell race sponsored by Ian Ronan Joinery organised by MFR

Lloyd Taggart returned to the land of his birth to break the course record set in 1986 by almost 2 minutes. Dave Young broke his own V55 record by 21 seconds.

9. Dave Young	2:37.34 1 st V50
21. Les Brown	3:19.31
23. Bridget Kaneen	3:24.12
24. David Salter	3:28.01
26. Robbie Callister	3:29.35 1 st V60
27. Stan Sille	3:32.03
28. Christine Barwell	3:41.25
30. David Quine	4:21.37

With the London marathon only 6 weeks away and the Parish Walk not that far behind, you may need to have those aches, pains and niggles sorted out. Why not give Robbie Lambie a ring, he is qualified in sports and remedial massage and can arrange house visits if necessary. Tel: 842043 or 453954.

The next article was sent in by Bethany Clague

Bethany's RNLI 50 MILE WALK

On Friday 26th January Kevin Ford, breakfast presenter on 3FM radio, and I left Douglas lifeboat station at 8am with the intention of walking round all 5 lifeboat stations to raise money on the RNLI SOS day. Kevin completed the Parish in 2006 and I did it in 2005/2006. However neither of us had trained much for this! It was wet and dark when we started. Kevin had borrowed a reflective RNLI jacket and I was dressed for the weather! We both started off with rucksacks full of supplies.

At 11.45am we were welcomed by 2 lifeboat crew at Port St Mary. We declined tea as we had walking to do!

At 12.30pm we were greeted by some people at Port Erin. After a quick sock and plaster change we headed for a windy Sloc.

Over the Sloc the strong wind blew driving rain in our faces. The only consolation was that the cloud had lifted. At the top Kevin did a live radio interview. By this time our feet were sore and we were tired.

At Niarbyl Steve was our support in his car. After a quick but much needed tea break we headed to Peel, to be met by my mum, Helen, and another lady in 2 more support cars.

Peel gave us tea and we set off on the last leg in the dark. This proved pretty hair-raising walking, as the pavements were atrocious! We fell up, off and down them in the dark. I had a headlamp giving light, but there were no streetlights outside the villages. We passed Kirk Michael, Ballaugh and Sulby. We had slowed to 3.5 mile per hour in order to stay on our feet. Tree branches were strewn everywhere. The last 10 miles were long as our feet were very sore. Eventually we saw Ramsey. We were met by many people champagne and much-needed tea! We finished in 12 hours 79 minutes, outside the 12 hours, but in difficult conditions compared to the Parish walk. I got home, had a cold soak and a hot shower, plastered up my sore feet, looked at my toenail that was about to fall off, and lay down for rest.

Ahhh, lovely.....

Then on Sunday 4th February, as a result of Kevin and I having raised £250 each for the RNLI, we were invited onto the Douglas lifeboat during a training session. It was exhilarating and a fantastic experience. We both steered the vessel and watched while they practised 'man overboard', a ship on fire and mooring at Laxey Harbour. We each sent up a flare in this once-in-a-lifetime trip.