

## **Race reports and members' results May 2007**

### **10 March HSBC Manx Harriers Open Meeting at the NSC**

Michael George walked a personal best in the 20 km walk and Jock Waddington finished in good time in his 20 km debut.

#### *10km walk*

2. Sean Hands	54.44
3. Marie Jackson	55.46
6. Allan Callow	59.03
8. Alan Kinvig	66.43

#### *20 km walk*

2. Peter Kaneen	1:36.17
5. Michael George	1:46.02
7. Jock Waddington	1:54.52

#### *10km run*

2. Kevin Vondy	36.13	
8. Mike Gellion	39.48	1 <sup>st</sup> V50
13. Robbie Lambie	42.06	
18. Rob Gillanders	42.51	
19. Lewis Veale	43.53	
23. Garry Ross	45.45	
24. Wendy Ross	46.16	1 <sup>st</sup> VL
26. John Grady	47.05	
Bethany Clague		

It was a busy and tiring weekend for officials and helpers with these two events one after the other.

### **11 March Leinster Management IOMVAC open 20 mile race at the NSC**

No snow this year, but cold and miserable none the less. 27 runners completed the distance. Nigel Armstrong won in 2:05.16.

6. Stephen Brown	2:36.30	21. Dave Quine	3:19.05
7. Steve Cain	2:39.37	22. Sue Ackroyd	3:26.15 pb
12. Martin Bell	2:48.36	23. Lesley Christian	3:26.29
15. Tony Lever	3:06.56	24. Catriona Farrant	3:30.12 pb
16. Alan Pilling	3:07.06	25. Ingrid Sugden	3:35.24
18. Lynne Quine	3:10.54	26. Bethany Clague	3:37.16
19. Steve Willmott	3:10.56	27. Maureen Kelly	3:40.46

### **18 March Manx Gas XC round 6 Crossags Farm Ramsey**

A dry but cold and windy day. Gail Griffiths continued her tussel with Sarah Nelson in the women's race, coming home 1<sup>st</sup> on this occasion.

#### *Senior and veteran men*

9. Dave Newton	35.46
13. Mike Gellion	37.48
14. Lewis Veale	38.54
15. Ian Callister	40.16
16. Garry Ross	40.59
17. Alan Pilling	41.54
18. Doug Corkill	42.58

#### *Senior and veteran women*

1. Gail Griffiths	24.45
5. Bridget Kaneen	28.03

#### *Short course*

2. Liz Corran	14.24
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### **22 March BlackRock Veterans' Spring Handicap walk and run at the NSC**

It was good to see a better turnout of walkers this time, although the runners' numbers were a little down on previous races. There were several pbs and marked improvements in both the run and the walk making the results unpredictable.

#### *6 mile run*

1. Maureen Kelly	57.25	18. Wendy Ross	43.49
2. Sue Ackroyd	47.41	19. Dave Nixon	49.53
3. Lesley Christian	48.53	20. Lynne Quine	50.16
4. Alan Pilling	45.37	21. Steve Willmott	48.49
5= Mike Gellion	38.27	22. Stephen Brown	40.26
5= Steve Cain			
7. Moira Hall	45.59		
8. Gill Churcher	42.01		
9. Paul Cubbon	36.32		
10. Dave Quine	50.58		
11. Garry Ross	43.11		

#### *5 km walk*

1. Alan Kinvig	31.53
2. Jane Mooney	30.08
3. Chris Cale	26.38
4. Jock Waddington	25.54
5. Michael George	24.19
6. Vinny Lynch	29.24

12. Ray Pitts	42.53	7. Brian Brough	37.45
13. Rob Gillanders	41.03	8. Sarah Goldsmith	36.31
14. Geoff Hall	49.37	9. Brenda Charlton	39.51
15. Alan Postlethwaite	38.24	10. Lisa Nixon	40.53
16. Kevin Vondy	34.49	11. Adrian Cowin	32.05
17. Neil Wilson	38.47	12. Ian Callister	30.03

**24 March Sean Craig and Sons Snaefell fell race organised by MFR**

There was a field of 44 starters on a warm clear day. The race was won by Simon Skillikorn in 42.52.

19. Lewis Veale	59.56	32. Christine Barwell	1:05.59
20. Roger Moughtin	1:00.06	36. Stan Sille	1:12.14
25. Bridget Kaneen	1:03.20	38. Dave Quine	1:14.59
29. Paul Trees	1:05.03	41. Gareth Evans	1:20.15
31. Alan Bagley	1:05.16		

**25 March HSBC IOM 10k and age group walking champs at the NSC**

Peter Kaneen and Marie Jackson claimed the 10 km championships for 2007, for Marie it was the 4<sup>th</sup> consecutive year. There were several pbs, Michael George, Jock Watterson, and Jane Mooney.

1. Peter Kaneen	45.59		
2. Michael George	49.09	8. Doug Allen	58.10
3. Jock Waddington	53.47	9. Jane Mooney	61.47
4. Chris Cale	54.58	13. Henry de Silva	79.04
7. Marie Jackson	56.05	14. Brian Brough	79.21

**6 April Bushys Easter 10k road race**

There was a large and enthusiastic turnout for the Easter Festival with the usual University rivalries and more than 260 runners took part in the Friday night run at Port Erin.

44. Kevin Vondy	36.12	125. David Anderson	45.13
49. Robbie Callister	36.30	128. Garry Ross	45.55
74. Paul Cubbon	38.32	133. Alan Pilling	46.56
75. Chris Cale	38.33		
76. Dave Newton	38.35	<i>Women</i>	
96. Graham Stigant	40.09	18. Gail Griffiths	42.39
97. Neil Wilson	40.13	27. Wendy Ross	45.06
102. Mike Gellion	40.56	52. Lesley Christian	54.24
118. Rob Gillanders	43.50		
122. Ray Pitts	44.28		

**7 April Peel Hill race**

62. Dave Newton	27.20	<i>Women</i>	
100. Alan Pilling	34.18	12. Gail Griffiths	20.44

**7 April Okell's Manx Mountain Marathon and half organised by MMMO**

Some unseasonably dry weather during the preceding weeks had improved the wet and boggy parts of the course making for faster times. And just to prove it, several course records were broken in the marathon. Lloyd Taggart won the men's race in 4:22.45 breaking the record by 17 minutes. His partner Jackie Lee won the women's race breaking the record by almost 40 minutes, and Bridget Kaneen broke the local women's record by 5 minutes. Highest placed local runner was Simon Skillikorn in 15<sup>th</sup> place. This year for the first time the MMM was part of the Montrail ultra-running championship. Alan Kinvig won the walk/jog section.

*Marathon*

73. Rob Sellors	7:12.35
75. Bridget Kaneen	7:13.17
79. Ian Callister	7:19.39
85. Dave Salter	7:32.53
99. Gareth Evans	8:17.16
104. Paul Trees	8:37.07
109. Dave Quine	8:57.38

*Walk*

1. Alan Kinvig	7:54.18
9. Roey Crellin	9:11.45
10. Robbie Callister	9:11.58

*Half Marathon*

18. Allan Corran	2:34.2
27. Tony Lever	3:02.21
33. Sarah Goldsmith	3:46.48

### **9 April Easter Festival road relays**

#### *Leg times*

62. Robbie Lambie 18.48      78. Dave Newton 19.36

#### *Women's road race*

24. Wendy Ross 21.57

### **13 April HSBC Ramsey Commissioners Park Runs round 1 organised by NAC**

This was a scratch race but still produced some close finishes. It was good to see Possie back in action.

#### *3 laps*

2. Kevin Vondy	22.14	43. Steve Willmott	31.25
7. Chris Cale	23.47	44. Geoff Hall	31.38
12. Alan Postlethwaite	24.25	45. Moira Hall	32.56
13. Graham Stigant	24.41	46. Lesley Christian	34.48
16. Mike Gellion	24.50		
17. Richard Radcliffe	24.58		
28. Rob Gillanders	27.01		
29. Dave Corrin	27.04	6. Alan Bagley	12.37
32. Roger Moughtin	27.24	8. Dave Nixon	13.39
35. Wendy Ross	28.30	18. Enid Watson	15.56
36. Stan Hall	28.42	21. Miriam Kelly	16.30
38. Martin Bell	29.09	23. Dot Watterson	17.41
39. Alan Pilling	29.44	26. Sarah Goldsmith	18.16
40. Ian Callister	29.48	28. Lisa Nixon	
41. Christine Barwell	29.50		

#### *1 lap*

### **20 April Scott Physiotherapy Dave Phillips Peel Runs round 1**

Altogether 56 runners took part in the scratch race of this series. Peter Cooper was out testing his knee, for one race at least.

#### *2 lap*

3. Andy Fox	21.44	31. Gareth Evans	31.03
9. Paul Cubbon	23.51	34. Geoff Hall	32.53
10. Alan Postlethwaite	24.27	35. Lesley Christian	34.38
15. Mike Gellion	25.47	36. Dave Tasker	34.38
19. Roger Moughtin	27.25		
20. Rob Gillanders	27.33		
21. David Doyle	27.48		
23. Dave Corrin	28.09	2. Kevin Vondy	11.24
26. Wendy Ross	28.31	6. Peter Cooper	14.11
27. Les Brown	29.05	10. Doug Corkill	15.21
29. Alan Pilling	29.53	14. Miriam Kelly	18.57
		19. Sarah Goldsmith	20.20

#### *1 lap*

### **22 April Seven Stations Walking Challenge**

This new addition to the athletics calendar has had mixed reviews. The day was damp with thick fog on the Ballamodha and later on through Laxey and the Dhoon, and many walkers expected the race to be cancelled. However, from person experience, the fog on the Ballamodha actually helped because it slowed the traffic down to a crawl. The marshalling and support on the road from the First Service personnel was excellent and they should be congratulated for a good first effort. There were reports of people running, apparently because they hadn't downloaded the rules and didn't know they weren't supposed to (!) I am sure any problems will be addressed for next year. Unfortunately they didn't supply the results of people who stopped before the end, although they did read them out, so I can only print the actually finishers. Steve Partington won the race and got 2 trophies, one as the winner overall and one as the first Fireserviceman to finish. Sue Biggart won the trophy for the first woman home.

1. Steve Partington	9:22.03	12= Simon Cox	11:13.03
2= Ray Pitts	9:50.59	12= Maureen Cox	11:13.03
2= Sue Biggart	9:50.59	21. Colin Moore	11:18.23
8. Alan Kinvig	10.39.29	22. Moira Hall	11:25.40
10. Mike Gellion	11. 04.45	36. Michael George	13:01.23

### **27 April HSBC Ramsey Park runs round 2 organised by Northern Athletics Club**

This was the first handicapped race, actual times are given. Our treasurer Gill Churcher came home first in the 3 lap race.

#### *3 laps*

1. Gill Churcher 26.43      29. Mike Gellion 24.54

3. Les Brown	27.30	31. Dave Corrin	27.13
10. Martin Bell	28.28	34. Dave Quine	33.33
11. Alan Pilling	28.51	35. Geoff Hall	32.17
12. Roger Moughtin	26.32	39. Ian Callister	31.37
18. Wendy Ross	28.06		
19. Kevin Vondy	21.28	1 lap	
21. Garry Ross	28.13	14. Miriam Kelly	14.53
22. Christine Barwell	29.35	17. Dave Nixon	12.12
23. Lesley Christian	34.39	25. Sarah Goldsmith	17.24
24. Eddie Brew	34.43	26. Enid Watson	16.05
27. Rob Gillanders	26.53	29. Arnie Jacobs	19.43
28. Steve Willmott	31.14		

### **6 May 20 km walking championships at Andreas, also 15km, 10 km and 5 km races**

There was a disappointing turnout for these races, but the quality was there as usual.

Peter Kaneen took the championship of the men and Rose Taylor for the women. Marie Jackson had chosen to do the 15 km. Dave Griffiths put in a rare appearance. I am glad to hear he has had a successful operation and is now well on the way to recovery.

<i>20 km</i>		<i>10 km</i>	
1. Peter Kaneen	97.20	1. Allan Callow	59.30
2. Michael George	104.45	2. Brian Brough	80.52
3. Jock Waddington	114.26		
4. Dave Griffiths	137.20		
<i>15 km</i>		<i>5 km</i>	
1. Marie Jackson	86.23	2. Henry de Silva	35.12

### **7 May Peel to Douglas running race organised by Manx Harriers**

This year the race was shortened to a measured 10 miles because of traffic problems through Douglas, and now follows the same route as the Peel to Douglas walking race. The race was won by John Halligan in 55.51.

10. Alan Postlethwaite	62.26	39. Martin Bell	76.53
11. Paul Cubbon	62.44	43. Garry Ross	78.04
12. Chris Cale	64.10	45. Alan Pilling	79.10
14. Neil Wilson	65.15	50. Ian Callister	84.33
17. Mike Gellion	65.23	54. Geoff Hall	88.08
27. Lewis Veale	71.49	55. Lisa Motley	88.36
28. Gail Griffiths	72.07	56. Lesley Christian	90.10
30. Rob Gillanders	73.43	57. Steve Willmott	90.47
32. Wendy Ross	74.14	58. Dave Quine	91.04

### **11 May Scott Physiotherapy Dave Phillips Peel runs round 2**

<i>2 lap</i>			
2. Martin Bell	30.14	13. Dave Corrin	28.19
5. Gail Griffiths	27.30	14. Paul Cubbon	24.21
9. Dave Tasker	34.37	16. Mike Gellion	26.16
10. Wendy Ross	28.46	22. Alan Pilling	32.14
12. Roger Moughtin	27.36		
<i>1 lap</i>			
7. Miriam Kelly	19.01	11. Sarah Goldsmith	20.26

A nasty cold and wet night saw reduced numbers of runners, as the sensible people stayed at home. This was the 1<sup>st</sup> handicapped run. Actual times are give.

### **Final Manx Gas Cross Country League Positions**

<i>Men</i>		<i>Woman</i>	
4. Andy Fox	25 points	3. Gail Griffiths	54
6. Peter Kaneen	43	5. Wendy Ross	62
8= Dave Newton	73	7= Bridget Kaneen	107
10. Michael George	76		
11. Lewis Veale	86	<i>Short Course</i>	
12. Chris Pedley	98	2. Robbie Lambie	54
14. Alan Pilling	109	5. Liz Corran	75
15= Garry Ross	112	7. Sarah Goldsmith	94
15= Ian Callister	112		

### **14 May Buchanan and Pitts sponsored Carraghyn fell race**

Simon Skillikorn set a new course record of 20.13 when he won this race, which is the 6<sup>th</sup> round of the Rentokil league.

7. Dave Young	24.00	27. Bridget Kaneen	28.49
16. Roger Moughtin	26.06	29. Alan Bagley	29.14
17. Lewis Veale	26.13	33. Les Brown	31.42
20. Andy Gosnell	26.37	36. Gareth Evans	32.38
24. Ian Callister	27.24	38. Lorraine Stigant	34.54
26. Paul Trees	28.13	39. Dave Quine	42.42

### **17 May Manx Harriers 5 km walks on the TT Access Road**

1. Peter Kaneen	22.45	5. Allan Callow	27.59
2. Michael George	24.04	8. Miriam Kelly	36.04
3. Jock Waddington	26.07	9. Wendy Ross	36.04

### **20 May Mann Link Travel Northern 10 road race NAC**

2. Andy Fox	57.34	28. Martin Bell	76.46
8. Alan Postlethwaite	63.37	29. Alan Pilling	78.57
10. Neil Wilson	65.30	33. Liz Corran	82.35
17. Steve Brown	67.16	34. Tony Lever	82.51
21. Richard Radcliffe	71.39	35. Steve Willmott	83.06
22. Roger Moughtin	72.34	36. Geoff Hall	88.09
24. Les Brown	73.54	37. Moira Hall	89.48
25. Dave Salter	74.11	40. Bethany Clague	95.56
26. Wendy Ross	74.33		
27. Rob Gillanders	76.13		

## **TOUGH CHALLENGE 2**

**by Bethany Clague**

On Sunday 4<sup>th</sup> March 2007 I found myself again lining up at 9am for the start of another Tough Challenge race. The first half marathon x-country race was back in November, (Wendover), up and down very steep hills. This was to prove very different, and slightly easier, with mud replacing the hills. It took place in Weald Park, Essex, not far from London.

The first concern was the water we had to run through. The start/finish was a marquee by a small lake. However the 1-mile course started with the extra 0.1 mile and finished with a section of this lake. We had no idea how deep it was as the water was muddy and brown. It turned out to be thigh deep with a very slippery bank to get up.

About 60 of us took part, mostly locals. Some were running 10k, others half and some the full marathon. The time limit was 6 hours. I had opted for the half-marathon. We started on a dry but breezy morning and raced through the freezing cold water. I did this 14 times! I staggered up the bank with sodden shoes and heavy waterlogged trousers that almost fell down, and thought, 'why am I doing this?' The next part was mud that got thicker and stickier as the 13 laps went by. Then it was up a slope onto a field. Throughout the course the terrain was bumpy at first, however after 50 people had run round 6 times, a muddy track to follow developed. Across the field and back into trees and more mud. Across 2 ditches and back into a field, that got boggy and wetter with each lap. Up a hill and down the other side and the water dip was back in sight. Through the water and another lap was done. I miscounted and was delighted to hear the 3 laps remaining were in fact only 2. It was about this time when I fell face first into mud just before the water dip. At least I could wash the mud off! I then took another tumble into a muddy ditch about 5 minutes later. I was not running – I was ice-skating it was so slippery in the mud.

I finished in 2 hours 42 minutes; about 25 minutes faster than Tough Challenge 1. I was really pleased with the time, despite being lapped twice by the ladies winner in my race. Again the camaraderie in the latter stages on the race kept me going. I received a finisher's meal and a hug from Rory, the race director. He was very impressed that I had travelled from the IOM to take part! But it is the challenge I like. Pushing yourself to the limit to see what you are capable of. I loved it! I have Tough Challenge 3 back in Wendover Woods on April 15<sup>th</sup>.

Bethany Clague.