

Last night in cool but perfect conditions, 36 competitors turned out for the IOM Veteran Athletes Club Spring Handicap 10km Run / 5km Walk. The line-up consisted of 22 runners and 14 walkers respectively.

First event of the night was the 5km walk which was won by Craig Fletcher with Ian Callister and Kathryn Clough taking 2nd and 3rd places. Jane Farquhar was the fastest outright walker on the night in 30mins 38secs.

Richard Shipway took the honours in the 10km run with Russell Collister and Helen Simpson finishing 2nd and 3rd respectively.

Nhlanhla Nzama achieved the fastest time of the night in an excellent time of 35mins and 28secs.

The IOM Veteran Athletes Club would like to thank all of the volunteers who organised and took part on the night as well as the staff at the NSC.

Next event is the Veterans Mile which takes place in July at the NSC track. For more details, visit the IOMVAC Facebook page or website iomvac.co.uk.

Finally, we would like to wish all Manx competitors good luck in the Manchester Marathon in two weeks' time.

For results visit:

<https://my.raceresult.com/194272/results>