

**ISLE OF MAN VETERAN ATHLETES' CLUB ROAD RUNNING SHIELD 2022**

			G0	G0	G1	G1	G2	G3	G4	G4	Total points to date	Position to date
Richard	Shipway	M	19.62		18.75	19.62	18.33		20.75	22.88	119.95	1
Matt	Callister	M	4.79	5.69	7.78	8.17	1.65	7.36	11.29		46.73	2
Helen	Taylor	F	4.44		4.69		7.29	14.43		11.73	42.58	3
Terence	Bates	M	7.99	-0.69	6.32	3.27	-1.8	0.40		-4.76	10.73	4
Dawn	Atherton	F	-6.98	-4.69	-1.23	-0.35	3.76	1.00		2.24	-6.25	5
Peter	Callin	M	-6.86	-8.24	0.92	1.96	0	-10.66			-22.88	6
Jayne	Farquhar	F	-3.33	1.89	-0.52	-5.91	-5.59		2.67	-20.84	-31.63	7
Nicola	Raven	F	-17.67		-23.79		-66.67		-24.63		-132.76	8

*To qualify, a run from each group is compulsory with a further run from any group (6 to count)*

<b>Group 0</b>	Ramsey Park run 3 laps Easter Festival 5k	<b>Group 2</b>	Western 10 Northern 10
<b>Group 1</b>	Dave Phillips Mem 2 laps Northern 10K Manx Harriers 10k Foxdale 5 Ramsey Firemans (Oct/Nov/Dec) Spring/Autumn Handicap Easter Festival 10k	<b>Group 3</b>	Peel to Douglas trail run Syd Quirk half marathon IOM half marathon Ramsey
		<b>Group 4</b>	IOMVAC 20 mile (NSC) IOM Marathon Ramsey