



THE ISLE OF MAN VETERAN ATHLETES' CLUB

WALKING LEAGUE

Trophies are presented annually to the first three Ladies and first three Men

**To qualify for the Walking League Trophies
members must complete **5** of the following races.**

- Race 1 – Spring Handicap 5K
- Race 2 – 10K Championship
- Race 3 – 20K Championship
- Race 4 – Parish to Peel
- Race 5 - Parish Beyond Peel
- Race 6 – Autumn Handicap 5K
- Race 7 – End to End to Peel
- Race 8 – Full End to End
- Race 9 – Western 10
- Race 10 – Syd Quirk Half Marathon

A short race (Race 1 or Race 6) must be included.

To ensure you are included in the league, please email your race results to Lisa Motley:
motters@manx.net