Isle of Man Veteran Athletes
Club Newsletter - June 2016

IOMVAC Club Information:
Committee and Contact Details 2016
The following committee members were elected / re-elected at the AGM on the 1st February 2016

		Home No.	Mobile No.	
President	Dursley Stott	-	-	-
Chairman	Terry Bates	-	202009	4t8@manx.net
Secretary	Maureen Kelly	834117	451869	mokelly@manx.net
Treasurer	Neil Cushing	845946	470948	neilcushing@me.com
Race Secretary	Carolyn Magee	-	496668	carolyn.magee@hotmail.co.uk
	Colin Watterson	-	-	-
	Lesley Christian	829164	417773	lesley_christian@hotmail.com
	Mandine Wilson	829104	452515	mandine@manx.net
	Enid Watson	801373	462716	enid@manx.net
Webmaster	Adrian Cowin	-	-	metmann@hotmail.com

For Newsletter feedback or items for inclusion in the next issue contact: Sue Ackroyd greygoose@manx.net

1. Club Announcements

Website: **iomvac.co.uk** Facebook page: **Iom Vaclub**

- **Veteran's Mile**: **NSC Date set for race on 20 July 2016 at 7pm.**

- **Isle of Man Marathon and Half Marathon – Ramsey Sunday 14th August 2016:**
  Enter race at **isleofmanmarathon.com** via the **SiEntries** button**.** Entries are on-line ONLY. Entries close Sun 7th August. Walkers are welcome in both races but please note there is a 6 hour cut-off.

- **End 2 End Walk – Sun 18th September 2016:** Entries on-line only. Now open & Close 3rd Sept.

- **Syd Quirk Half Marathon Run/Walk**: On-line entries open soon. Watch for email, facebook & website

- **Congratulations to IOMVAC member Marie Jackson (Double Gold Medal Winner):**
  On Saturday 21st May Marie was in the Great Britain team competing in the European Masters 20k /12.43miles Race Walk in Portugal. With a time of 2:04:32 she crossed the finish line in 9th position to win the W55 category and was duly awarded the Gold Medal. She also led the GB W55 team to win the Team Gold too. **WELL DONE Marie.** We fellow members of IOMVAC are very proud of you indeed and know the hard work involved in reaching such a magnificent standard.

- **CORRECTION to End of April Newsletter - Northern 10 (8th May 16) & Western 10 (2nd Oct 16):**
  In the April 2016 Newsletter it was **incorrectly indicated** that the **Western 10** will not count in the Road Running Shield. This was wrong **it will count.**
  It is the Club's 10 Mile trophy that is alternated between the Northern 10 & Western 10, hope this eliminates any confusion.
  Thank you Terry for notifying me & clarifying this – Sue A

- **Message from Colin Watterson:**
  The following message was received form Colin in January this year but due to space restrictions I had to hold it over to this issue. Sorry Colin.

Bobby Kelly:
Bobby Kelly passed away recently aged 67 years. I have many happy memories of one of our larger than life characters who supported the events our club held in the period about 1990. Bobby Kelly brought an infectious enthusiasm as a committee member. He worked in the building trade and was known as a tough competitor who battled a knee injury. The injury failed to respond to treatment so prevented him from reaching his true potential and he was eventually forced to hang up his trainers and call it a day. He put plenty back into the club through his enthusiasm on the committee and his keen sense of humour made him a joy to work with.
We extend our sincere sympathies to his wife Cathy and his family Lee, Scott and Paul in their sad loss

- **IOMVAC 2016 awards – Up and Coming Qualifying Races:**

Month	Date	Race	Qualifies for IOMVAC Award
JULY	20 Jul	North Barrule Fell Race	Fell Running League
AUG	14 Aug	IOM Marathon & Half Marathon	Road Racing Shield
	18 Aug	Foxdale 6	Road Racing Shield
SEPT	11 Sept	Peel to Douglas Trail Run	Road Racing Shield
	18 Sept	End-2-End Full & Peel Finish	Walking League
	24 Sept	Manx Mountain Marathon Full & Relay	Fell Running League (Full=double points)

Message from Sue:
So here we are. Another half year gone and in my household not a training plan adhered to …….
In the Parish Walk our club had wonderful success. Member Richard Gerard was first walker home along Douglas Prom. Well Done Richard on your excellent achievement. Many members took part in "The Parish" and 12 of them completed the full 85 miles. Well done to all and especially those who did the full 85, or those who achieved their goals be it distance or time. It is no mean feat to achieve such success and it comes on the back of hard work and regular training.
On that point, unlike past years Mo Kelly, Ingrid Sugden and I all reached the dizzy heights of only 4 weeks Parish Walk training for various different reasons. Not enough you cry. Indeed it wasn't. So we curtailed our usual ambition of a Peel finish and decided on Rushen. I would say it was my happiest and most enjoyable "Parish" ever. Cue much laughter, nattering, eating (including wonderful sausages on the Orrisdale Road) and general frivolity along the whole 19miles distance. All because the pressure to go on from Rushen was off. Plus we had a pub recovery drink or two in the Colby Glen sat in the sunshine after finishing. How very civilised.! We recommend all should do at least one Parish like that to bring back the fun, but hey-ho Peel+ next year girls.

So now we look forward to the Ramsey Half and Full Marathon on August 14th. Hope your training is going mainly to plan and you feel happy on the start line that you've done the best preparation you could in the time frame you had. Good Luck everyone and thanks in advance from those of us taking part to all the organisers, committee and marshals who help make it possible for us to run. Oh yes and thanks to the catering folks who help make it all worthwhile on our return to the finish line in Ballacloan Stadium.

So here's to good late summer / early autumn weather that will ease us into our running and walking races with renewed vigour and resulting success. See you on the start line.
NOTE: See page 1 for details of correction to the last newsletter covering the Road Running Shield.

Sue A / June 2016
Don't forget as well as sending details of running races you have participated in across or around the world to Alan Postlethwaite for inclusion in the running league, or Mo Kelly in the walking league, or Ian Callister for UK fell races……Also copy your email to me for inclusion in the Newsletter results section at greygoose@manx.net

List of up and coming races July – August – Sept 2016:

JULY			
Friday 8th	Park Run Round 5		naciom.org
Sunday 10th	Narradale Fell Race Round 8		manxfellrunners.org
Thursday 14th	Summer 10K Walk		manxharriers.com
Friday 15th	Dave Phillips Headlands Run Round 4		westernac.org
Sunday 20th	North Barrule Fell Race		manxfellrunners.org

AUGUST			
Sunday 14th	IOM Marathon / Half	*(No Rest for the Wicked series)*	iomvac.co.uk
Monday 15th	Peel Hill Race	*(No Rest for the Wicked series)*	westernac.org
Tuesday 16th	NAC 10k	*(No Rest for the Wicked series)*	naciom.org
Weds 17th	Killer Mile	*(No Rest for the Wicked series)*	manxfellrunners.org
Thursday 18th	Foxdale 6	*(No Rest for the Wicked series)*	manxharriers.com
Friday 19th	Heritage Trail Run	*(No Rest for the Wicked series)*	westernac.org

SEPTEMBER		
Sunday 4th	20k Walk Champs	manxharriers.com
Sunday 11th	Peel to Douglas Trail run	manxharriers.com
Sunday 18th	End to End Walk	iomvac.co.uk
Saturday 24th	Manx Mountain Ultra and Relay	manxfellrunners.org

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3. Members Results May- June 2016

Northern 10 Miles / Sun 8th May 16 — RUN

2	Mike Garrett	57:27	45	Dave Lawrie	1:27:15
11	Barry Moore	1:11:25	48	Steve Wilmott	1:29:31
23	Terry Bates	1:15:59	51	Moira Hall	1:32:08
29	Brian Butler	1:18:04	59	Alan Pilling	1:45:18
39	Maggie Watkins	1:21:44	60	Sue Furner	1:48:20

WALK

10	Jayne Farquhar	1:45:18	19	Nick Wallinger	2:00:44
12	Louise Hollings	1:51:52	21	Andy Baxendale	2:03:07
14	Colin Moore	1:53:25			

MANX FELL League / Weds 11th May 16 / Carraghan
Distance 4k / 2.5 miles Climb 300m / 984ft

38	Ian Callister	29:46	66	Geoff Hall	39:34
52	Lewis Veale	33:36	67	Moira Hall	41:28
57	Dave Lawrie	35:34	70	Alison Corlett	44:31
61	Brian Butler	35:50			

100 mile Race Walk / Sat 14th - Sun 15th May 16 / Schiedam nr Rotterdam Holland

1	**Vinny Lynch**	**18:48:36**	19	Werner Alberts	22:50:50
3	Robbie Callister	20:16:10	=21	Karen Lawrie	23:06:08
5	**Janette Morgan**	**20:36:56**	=21	Tony Macintosh	
			30	Andrew Titley	23:33:43

****** Well Done Vinny *** and *** Well Done Janette – 1st Lady Finisher *****

Harriers 5k walk / Thurs 19th May 16 / NSC

8	Jayne Farquhar	32:07
9	Sharon Cain	32:15
10	Louise Hollings	32:56

Well done girls. Looks like it was a great battle between you to the finish line.

Dave Phillips Headlands Run Round 2 / Fri 20th May 16 / 1 Lap Handicap Position - Actual Time

2	Alison Corlett	19:26	18	Sharon Cain	19:42

2 Laps Handicap Position - Actual Time

7	Terry Bates	30:05	18	Alan Pilling	40:01
12	Alan Postlethwaite	31:03	19	Steve Wilmott	36:32
16	Ian Callister	31:05			

PROM RUN / Sat 21st May 16 / Round 6 / Douglas

2	Mike Garrett	17:13	74	Mike Norrey	27:57
25	Ian Dunbar	22:19	100	Kathryn Clough	29:24
30	Jayne Farquhar	23:12	134	Lewis Veale	33:00
70	Louise Hollings	27:35			

CITY of MANCHESTER 10k / Sun 22nd May 16

Overall Position	Name	Finish Time	Age Group Position	Gender Position	Age & Gender Position	5k split time
8,792	Moira Hall	55:30	31	1,774	5	28:04
17,427	Geoff Hall	1:04:59	87	11,298	75	33:40
20,115	Vera Jones	1:09:14	308	7,838	73	34:17

RAMSEY PARK RUN Round 3 / Fri 27th May 16 / SHORT Course (Not handicapped) Actual time

89	Sharon Cain	16:17

LONG Course (Not handicapped) Actual time

6	Kevin Deakes	24:26	26	Alan Postlethwaite	28:20
19	Stephen Brown	26:30	50	Ian Callister	32:42
22	Terry Bates	27:19	58	Alan Pilling	34:53

RAMSEY PARK RUN Round 4 / Fri 17th June 16 / SHORT Course — No Handicap - Actual time

No IOMVAC Members

LONG Course — No Handicap - Actual time

5	Kevin Deakes	24:01	47	Steven Wilmott	32:40
13	Stephen Brown	25:37	55	Alan Pilling	36:14
20	Terry Bates	27:04			

PARISH WALK / Sat 18th – Sun 19th June 2016

✳ Very Well Done to All 31 Members who took part in the Parish Walk. ✳

✳✳ Just look how many of our members completed the full 85 miles and achieved top placings ✳✳

✳✳ **Special Congratulations** once again go to the **2016 Winner - Richard Gerrard** ✳✳

✳ FINISHERS 85 Miles ✳

1	**Richard Gerrard**	**15:31:43**	28	Andrew Titley	18:55:02
9	Brian Kelly	17:08:21	64	Robbie Callister	21:19:26
=21	Karen Lawrie	18:30:16	=92	Eammon Harkin	22:17:51
=21	Tony Mackintosh	18:30:16	=107	Sharon Cain	22:43:02
23	Kathryn Clough	18:38:23	=107	Louise Hollings	22:43:02
24	Jayne Farquhar	18:39:53	114	Courtenay Heading	22:58:47

MAUGHOLD 67 Miles

1	Sam Fletcher	13:13:56

BRIDE 52.5 Miles

31	Colin Moore	14:49:50

BALLAUGH 42 Miles

1	Werner Alberts	09:43:38
4	Andy Baxendale	10:04:51

KIRK MICHAEL 45 Miles

6	Sean Hands	09:19:12
7	Nick Wallinger	09:19:51

PEEL 32.5 Miles

2	Janette Morgan	06:15:19	=127	Barry Moore	08:14:13
22	Phil Motley	07:17:44	=127	Jackie Moore	08:14:13
29	Ian Callister	07:26:01	229	Jay Houghton	08:45:02
31	Angela Corkish	07:26:15	354	Jennifer Houghton	09:27:26
102	Robbie Stockton	08:07:28			

RUSHEN 19.5 Miles

104	Ingrid Sugden	05:04:40	106	Sue Ackroyd	05:04:42
105	Mo Kelly	05:04:41			

SANTON 11 Miles

1	Dale Farquhar	14:49:50

MANX FELL League / Weds 22nd June 16 / Snaefell
Distance 8k / 5 miles Climb 550m / 1804 ft

23	Alan Sandford	55:58	61	Dave Lawrie	1:14:56
40	Lewis Veale	1:03:23	64	Moira Hall	1:22:25
44	Janette Morgan	1:03:54	65	Geoff Hall	1:22:48
46	Ian Callister	1:04:09	66	Alison Corlett	1:33:20
57	Brian Butler	1:12:09			

Dave Phillips Headlands Run Round 3 / Fri 24h June 16 / 1 Lap Handicap Position - Actual Time

10	Alison Corlett	18:54	17	Sue Ackroyd	21:37
16	Geoff Hall	19:36	18	Vera Jones	21:37

2 Laps Handicap Position - Actual Time

1	Moira Hall	36:11	9	Steven Wilmott	35:45
2	Alan Pilling	37:50	12	Terry Bates	29:52

***** Well Done Moira******

Northern AC 10k Run / 28th June 16 / Ramsey

3	Kevin Deakes	38:29	17	Peter Cooper	44:37
9	Stephen Brown	41:42	27	Les Brown	47:37
10	Barry Moore	41:50	38	Moira Hall	54:31
16	Terry Bates	44:36	43	Alan Pilling	59:29

Northern AC 5K Run / 28th June 16 / Ramsey

5	Gail Griffiths	19:26	32	Sue Ackroyd	32:26
27	Geoff Hall	29:08	33	Vera Jones	32:26

Stephen Jacobs Memorial Mile / 29th June 16 / NSC Handicap Position - Actual Time

3	Moira Hall	07:56	18	Vera Jones	09:45
4	Geoff Hall	09:02	21	Maureen Kelly	10:19
8	Alison Corlett	08:09	22	Bryan Masterson	09:39
15	Stephen Brown	06:08	24	Sue Ackroyd	09:54
17	Terry Bates	06:27	26	Arnie Jacobs	14:01

Recommended Run/Walk: **Conrhenny Plantation**

This run / walk / cycle ride is all within the confines of Conrhenny Plantation. It can be many things for many people within the same family group. It is often busy on warm, sunny weekends but Saturday afternoons can sometimes be surprisingly quiet (I suspect unlike us, many are out shopping, DIY-ing or doing other important things). It may seem to some to be a boring outing for a run/walk but Conrhenny has lots of pathways, specialist cycling tracks & wonderful wildlife and is well worth a visit by individuals wanting to run or family groups walking or cycling.

Route Description: Whichever direction you wish to take along the plantation footpaths / cycle ways

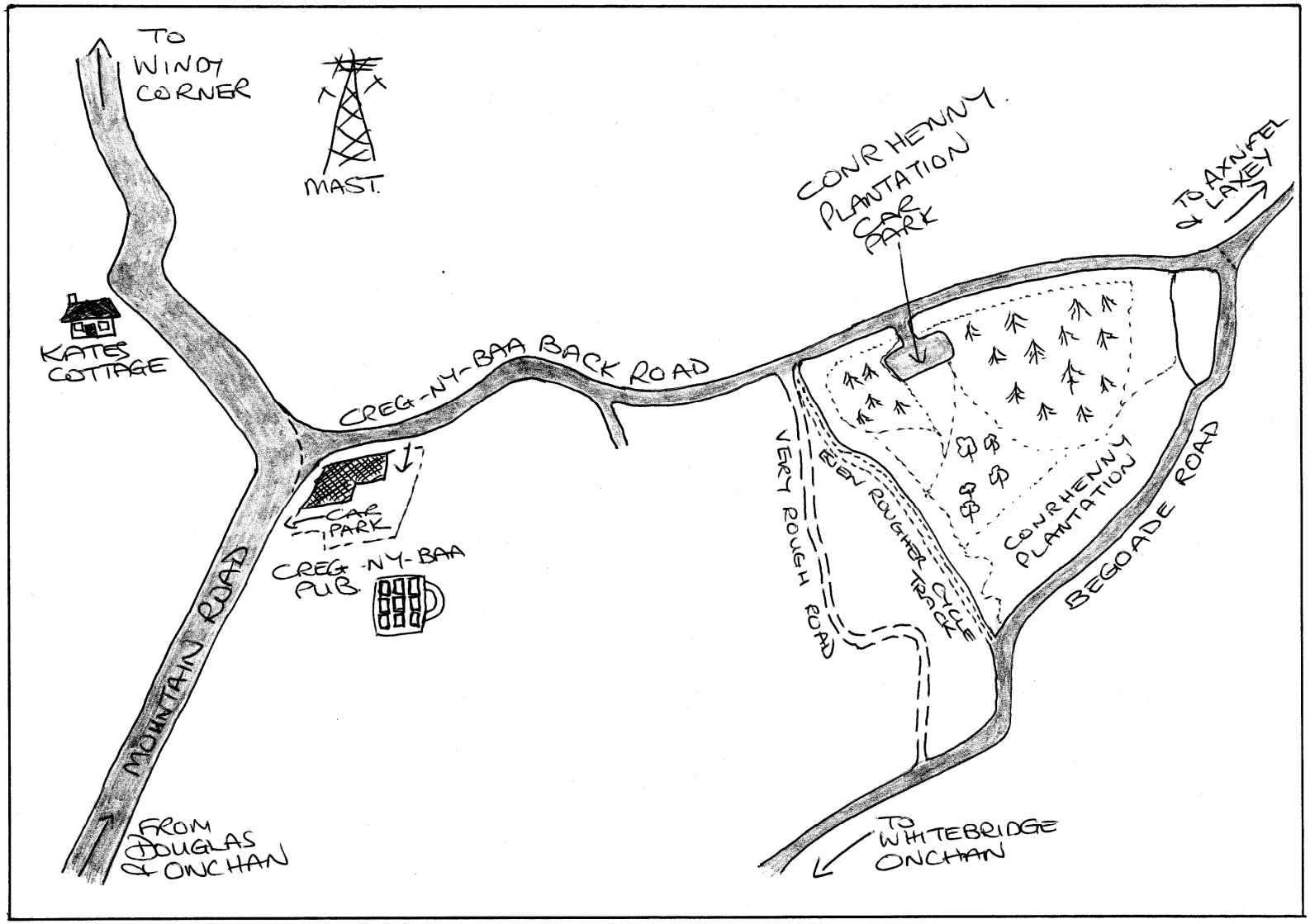
Total Distance: Approx.2-3 miles Total climb: Only 1 hill Parking: Has a small car park

Directions: The plantation car park can be accessed from the Creg-ny-Baa Back Road which runs from the Laxey area to the Mountain Road. See attached hand-drawn map on next page (a la Wainwright but not as good!). If coming to it from anywhere but Laxey, the Mountain Road route is the easiest route to follow but beware the right-hand turn to the car park is on a hill with a bend.
From Laxey travel from Axnfel plantation entrance up the Creg-ny-Baa Back Road.
Within the plantation are many routes and most return to the start.
Once all outdoor activities have been completed the Creg-ny-Baa pub is a short car ride away, has a very big car park and does excellent pub grub. This will satisfy the non-active members of any group. Be aware that occasionally this plantation is used for cycle races/trials and access will be limited at these times. See Newspaper, web pages or facebook for details of what, when.
Photos follow (map on next page):

Red Admiral on Buddleia in Conrhenny

The stony path on the left is on the way down to the Begoade Rd & is excellent for short hill reps.

Map from Mountain Road to Conrhenny Plantation.



5. Members Suggestions.

Websites: **halhigdon.com / training. The training site of Hal Higdon** - an American writer and runner. He has contributed to *Runner's World* magazine longer than any other writer. He is the author of 34 books.
Choose the training course of your choice for Half & Full Marathons. There are schedules for Novices, Intermediate & Advanced runners. Hal also provides full details of what he recommends for Tempo / Easy runs etc. All is easily understood and very clear. Like having your own personal trainer.

Reading: **Galloways Book on Running. Author: Jeff Galloway. Publisher: Shelter, California**
An American publication giving advice to all grades of runner from beginners (page 12) to advanced competitive runners (page 126). It also includes race pace guides and training guides for races of varying distances and target times.

Fitness for Life. Author: Matt Roberts. Publisher: Dorling-Kindersley
The usual very pictorial D-K publication with lots of photos showing "how" for flexibility, aerobic training and resistance exercises. It gives programmes and guidance for back-care, first marathon and skiing fitness too.

Races: **Dave Phillips Headlands Run in Peel organised by Western Athletics Club.**
If you haven't tried this one you really should. The 4th and last one in this year's series takes place on Friday 15th July. One lap is approximately 2 miles. You can opt to run 1 or 2 laps. It starts and ends near the Empire Garage on Peel Prom. The first mile is mainly uphill along the beautiful coastline pathway from the old Creg Mallin end of the prom. It winds its way up the headland towards the road where you turn and come back down again. The way is very clearly marked throughout and includes, tarmac, pavement, pathways and grass. Give it a try. See if you can improve your hill climbing technique and time. Register on the night at 6pm for 7pm start.

Other: For resting in between running / walking try the book: **DARK TIDES** by Manx author **Chris Ewan**. Publisher: Faber & Faber. £7.99. To quote from the cover "When Claire Cooper was eight, her mother disappeared during Hop-tu-naa. Ten years later Claire and her friends took part in a Hop-tu-naa dare that went desperately wrong."

6. Members Reports: None submitted this quarter

7. Members Comments / Quotes:

From Facebook / Peter Cooper / 12 June 2016
Congratulations to Rosie Mazzone for being awarded the British Empire Medal. She put in so much hard work for Northern AC and always had a smile when we signed on for the Ramsey Firemen's Races no matter how awful the weather. *Our congratulations also go to Rosie. Sue A*

Reminders:

- Send any comments short or long for the comments section. These are lovely little snippets that can sometimes keep us sane while out training or on a long run/walk or just living life in general.
- Send details of any "Across" races you are taking part in / have taken part in for inclusion in the results pages.
- Send reports again short or long on races completed off-Island or just send photos & a sentence. Don't worry about layout or design – just send the information and I'll do the rest.
- Don't forget to visit the club website (iomvac.co.uk) to check how well you are faring on the league Road Running table. Thank you to Alan Postlethwaite who updates these regularly.
- And finally, don't forget to also send me details of your favourite run/walk routes (no copies of maps unless hand drawn please), recommended websites, recipes, reading, races etc in fact anything you think other members may enjoy or benefit from.

Next issue due end of Sept 2016