

The Harrier

The Quarterly Newsletter of Manx Harriers - November 2004

Welcome to this edition of your club newsletter. Well, since our last edition we have seen a very busy and successful summer season come to a close. Cross Country has begun and the road runners and race walkers have continued to do their thing as usual. Inside you will find all the stories behind the club's success, news hot off the press as well as some articles of interest and humour along the way. We hope you enjoy the read and if you feel inspired perhaps you will contact Andy on 626415 or at a.c.fox@snhs.sch.im to contribute an article for our next edition of the harrier at the turn on the year.

Inside this

Issue :-

1. The return of *Celebrity greetings*, coaches corner and the Harrier Interview.

2. Club Training sessions you can attend. There are so many, just where will you find the time!
4. A look ahead to what the winter has to offer on the competition front.

* *Celebrity Greetings* No. 189.

After the fantastic success of the Athens Olympics and the great performances of former CG contributor Hicham El Gerrouj this edition sees Kelly Holmes add her thoughts to the Harrier. "Hello to all my friends on the Isle of Man. I've been told the moment of the olympics for many of you was the split second when I suddenly realised I had won the Olympic Gold in the 800m. Yes, it was a surprise and just goes to show how struggling with years of injury can pay off with a top performance in a world class event. So to all you injured Harriers



out there a special word - PERSEVERE - don't give up, stick at it and you will get there in the end, whatever your goal. I hope to see many Harriers in UK events this winter and wish your great club every success for the future." Kelly asked that this message go out to all in the club but particularly perennial injury prone club stalwarts Chris (I think I'll ring the physio) Quine and Gianni (Which physio is that?) Epifani. Maybe club treasurer and veterinary surgeon Ray Cox would be a better bet as he is used to treating old Nags. (That's a bit strong -Ed.)



Manx Harriers Team Gold medallists at Lancs Champs 2004. Also pictured are Gold, Silver and Bronze medal winners in individual age groups. Do you know who they are???

Cross Country Winter 2004/05

This winter sees the Local Cross Country scene dominated by the Manx Gas Cross Challenge and Island Championships as usual. Round one and two have already taken place. We are also entered in the Liverpool and District Cross Country Union League. We will not be running the League as a whole although Keith Gerrard ran the league race at Stadt Moers Park on Sat. 30th. Oct. and won convincingly. We are planning to take a group to the Sefton Park race which is also part of the Reebok Challenge on 6th. December. If you would like to go on this trip let Andy know ASAP. The race programme covers under 13 boys and

girls upwards. Boat times will limit which races we can get to. We will book a day trip with the Steam Packet the costs will not be high.

The main event we will travel to as usual will be the Lancashire Cross Country Championships at Blackburn on Saturday 15th. of January 2005. In order to get on this trip you will have to pay your travel contribution and fill out an entry form and return to Andy by 30th. November. The cost will be £.35 for juniors and £.55 for seniors. (make cheques out to Manx Harriers). It is quite high compared to other trips but this is due to travel by plane in order to make it to the event. A stop over on Sat. night will be available for seniors. Please make it

known to Andy if this is what you wish to do. I was promised the entry form would be emailed to me but can wait no longer as the Harrier must be issued this week. If you wish to go on this trip ring me and I will send you a form when they arrive.

After that the other main event we will attend as a club is the National cross Country Champs in Birmingham on Saturday 19th. of Feb. 2005. While this event is quite a way off we could do with knowing who is interested so please let me know. I say it every year, but, it would be nice to finish a senior team in this year's National. There is an award for the top 'minor' club and we would not be far off winning it if we had a full team on the day!!!

The Harrier Interview.

In this edition we speak to club stalwart, Manx record holder, multiple Island games medallist, Coach and IOM Sports Council Performance Co-ordinator, Chris Quine.



Chris running in the Peel to Douglas probably in 2000 or 2001 I think!

When did you get involved in athletics?

I was about 10 years old back in the 1970s when I took part in Manx ACs track and field league on Ballakermeen field. I did OK but was not the best by any means, Overall, I did a bit better in the 800m than in the sprints. How did you come to specialise in distance running?

Well, I was better at distance events. I was encouraged to train by Dave Capelen and then Graham Davies (yes it is the same one!!! - Ed). I tried all aspects of endurance running on road, country, fells and track. At the age of 16 I made a big improvement and did well on the roads and fells. When I was 18 I became Manx fell runner of the year. I decided at 19 years of age to try and improve on the track and started training with Maurice Herriot who helped me run Manx records and win Island Games medals. What I discovered was that I had developed speed without realising it!! When I was 16 I could not break 60 seconds for 400m. When I was 19 I ran under 2 mins. for 800m. In my 20s I regularly ran 400m relay legs in 52 seconds. I think many athletes fail to realise the speed that they actually have, many would run much faster if only they would try to develop their speed a little.

What performances are you most proud of in

your competitive career?

3 spring to mind actually. There are so many as I was running competitively for around 30 years! The first was the 5000m Gold Medal in the Faroes Island games in 1989. It was on a Sunday in what seemed like a gale but for me it was a day when everything clicked and it felt like I could do no wrong. The second would be the 2 silver medals I won over 5 and 10,000m at the 1993 Isle of Wight games. I had been quite ill in the 2 years previous and was really pleased to come back so well. Thirdly I have to say my Manx record for 1500m of 3 mins 50.5secs set in 1985 at Stretford. It has survived attempts to break it by Graham Clarke and Gianni Epifani and I am proud that it is still standing. (Maybe there is a challenge there for some of our younger athletes to train hard and try to break this record in the future - Ed.)

What would you say was your most embarrassing moment in the sport?

It was in the 1996

Lancashire Cross Country Championships at Lancaster Uni. The course featured a big, muddy ditch. There were two options on how to take this. There was the easier but slower option of looking for some ground in the middle of the ditch and taking it in two stages. The other option required a big, potentially energy-sapping leap but could save several seconds. I had used option one on the first two laps. On the final lap I was going really well and decided to take option two. Unfortunately, I lost my nerve at the last minute and tried to go for option one after all. The outcome was that I managed neither and ended up flat on my face in the ditch. I picked myself up, covered from head to toe in mud. To make matters worse, all the junior Manx Harriers athletes had selected this spot for watching the last lap so saw me make a complete fool of myself.

What other interests do you have?

I enjoy watching most



Chris after his Peel to Douglas finish showing the effort put in!

(answer continued) sports and listening to music. In addition I like to travel and visit other parts of the world. Socialising with my athletic and non-athletic friends also features pretty high on my agenda of interests outside the sport.

What annoys you most in our sport or life in general?

People who do not make the most of their ability or put anything back into the sport.

What does your role with the Sports Council actually involve?

Quite simply I have to try and help the top Manx sports men and women access high level support from courses and physio to coaching or advice on nutrition. If we do not

have the expertise on the island then I have to investigate where it can be found and help our sports people access it. Basically my role is to help the best be the best that they can be!

What advice would you give to young athletes reading The Harrier?

Try lots of events to find out which you are good at. Also make sure you enjoy what you are doing. Listen to advice given and remember the best juniors are not always the best seniors, stick at it! There is no substitute for hard work, but, do make sure you enjoy what you are doing. I've always found athletics is a great way to make friends and in my experience the friends I've made in athletics have always been really good people to know! Is there a last point or thought you would like to leave us with?

I have also taken on a voluntary role with the IOM AA as Middle Distance Performance Manager. By working together with all the clubs, coaches, athletes, schools and so on, we can

help our athletes reach their goals and bring credit to themselves and the Isle of Man. We have had a number of initiatives in the past year including running training days and visiting schools. These seem to have been well received. If I can help others to gain the same sort of enjoyment from athletics as I have experienced then I will feel it is a worthwhile venture. If it helps athletes achieve success at Island Games and beyond all the better. I also run a training session on a Thursday night at the NSC with a number of other coaches. Meet at 6 pm for a 6.15 pm start. All from under 13s upwards are welcome. Finally, this would be an appropriate time to say thank you to anyone who helped me during my own running career, whether they were a coach, training partner, official or just someone who gave a shout of encouragement from the sidelines.

Athletic Anorak!

In this issue Murray Lambden discusses the Lancashire Cross Country

Championships and the athletes who have represented the club most regularly in the first championship event of the winter :- Manx Harriers will be sending a large team to the Lancashire Cross Championships next month but does anyone realise that this will be the 12th year in a row that we have sent a large team.

In the past the venues were rotated but our trip to Blackburn will be the 4th year in a row and the 7th out of the 12 trips. Can anyone remember the other venues? Well we have been to Lancaster three times, Burnley once and Leyland on one occasion.

Paul Curphey competed every single year until last year when he was on his way back from a family wedding. Andy Fox has also competed every year but one - he missed the previous year through illness but he was there to watch. Chris Quine has also been present on every occasion but he didn't take part last year or in 1995 through

illness. After Andy and Paul (10 appearances) and Chris (9) is myself with 8, which is probably why I had these stats in my anorak, and Gianni Epifani with 7. (It will be interesting to see who will match these appearances in years to come - if anyone is really interested apart from a few old athletes in anoraks of course!! - Ed.)

Coaches Corner

If injured get advice. go to a Physio. The sooner treated the more likely you will be to get back to training again and so less likely to lose fitness or suffer a serious set back. There are many Physios on IOM often costing in the region of £25 for a session. The club has made an arrangement with Physio Steve Brearley. For £8 you can get treated by Steve. Hopefully this means any injured Harriers will quickly get back on the road to fitness. To make use of this great facility provided by your club just phone Steve on 611839 and do not allow injuries to become

persistent and stop you achieving your best again!!!

Track League Prize Night.

A great night with over 200 people present. Special thanks must go to Wendy Christian for her organisation of the event. All age group trophies and awards were presented on the night. If you were not present and did not get yours please do contact Wendy. The Steve Jacobs and Kevin Madigan special wards were made on the night. The former went to talented under 15 Sprinter Will Latta and promising young Thrower Adam Jones. The latter award went to Race Walker Emma Latham who has made great strides forward in recent years (please excuse the pun!!!).

The clubman of the year goes to the club worker who in the view of the committee has made a big contribution to the club without necessarily being noted by many people. The recipient this year

works out the track league points, a massive job in itself, time keeps regularly in numerous events and has supported teams travelling away as an official many times - particularly the mens and senior teams in recent years.



The award went to Bernie Shimell (pictured above) who richly deserves all of our thanks for his hard work!

Training Listed!

At the back of this newsletter you will find a poster listing all of our training sessions. Please stick this up at home so you know what is happening on a weekly basis. Also there are information sheets about the next throws/jumps training on this coming weekend 13/14th. If

interested please read them and return to or phone Andy ASAP.

Circuit Training

Mondays at St. Ninian's HS 6 to 7.30pm.

This session is proving to be very popular indeed and at only £1 for juniors and £1.50 for seniors it is great value. Due to school events the sports hall and gym are not available every week in the build up to Christmas. Circuit training is taking place on 15/11, 29/11 and 6/12. It will not take place on 22/11 (school mock exams) and 13/12 (prep for school awards evening). Training will recommence on Monday 10/01/05 after the school Christmas holidays.

AGM Oct. 2004

A full list of committee members appears at the back of this issue of the newsletter. We could do with more members turning up to this important meeting next year. It is your club and you should have a say in how it is run!!!

Successful Summer for Junior and Senior T&F Teams.

Manx Harriers junior teams produced some fine displays this summer. In the North of England Junior league our youngsters won division 2 west and will compete in Division one west next year. In addition our under 9, 11, 13 and 15 squads won the Island's Inter Club League in fine style. Well done to all juniors who represented the club so well this year. Our seniors were not quite so successful but survived the difficult first year of joint competition by staying in division 2 west. The division we were placed in at the start of this year of reorganisation. Our A team came 4th. in a very competitive Division. Hopefully next year we will see a greater commitment to supporting the team as well as accessing good standard competition by our seniors. This should result in a better team

performance. Having said that there were some fine individual performances which bode well for the future.

Unfortunately there will not be a B team competing next summer in the league. We only managed to put out a team on one occasion this summer and league rules state that attendance at 3 matches or 4 is required to enable continued membership of the league. We will however look to reinstate a B team in the league in the near future.

Manx Harriers Home Manx Gas Cross Country Race :-

Sunday 28th. November has been identified as the date for our home race in the Island League. It has not yet been advertised in the local Press so add it to your plans. We will be using the Pulrose Golf Course as we did last March. Signing on and course inspection will be from 1pm. on the Sunday afternoon, With the first

race off at 2pm. for under 9s working through to 2.42pm for seniors. Maps will be available to all athletes on the day and there will be a tour of the course at 1.15pm. for those who are unsure. For those who ran last March, the course is basically the same!!!!

Senior Northern League 2005.

Hot off the press is news of who Manx Harriers seniors will be competing against next summer in Division 2 west. Both Trafford and Blackburn failed to get promoted to Division one as they sent weakened teams to the promotion match. However there has been a reorganisation and so Blackburn have moved to Div. 2 WC. As such, our opposition will be Altrincham and District AC, LPS, St. Helens & Sutton AC, Trafford AC (last year's champions) & Wigan Harriers. It looks a tough division to me!!!

The proposed venues are 1/5/05 Douglas, 4/6/05 TBA, 3/7/05 Wigan and 6 or 7/8/05 Ormskirk.

Our Trip To The English Schools Walking Championships.

On Friday 18th September, we travelled to Liverpool to begin our journey to Exeter to compete in the English Schools championships.

After picking up our hire car we began the "four and a half" hour drive to Exeter. Due to constant delays we finally reached our destination in eight and a half hours, four hours behind schedule. Following a good nights rest we are glad to say Saturday was more successful.

With Callum competing in the Junior Boys 3K and Emma in the Intermediate girls 3K they were the first Manx/Merseyside competitors commencing at 12.45pm. Callum performed a very tactical race, just doing enough to stay in front until the final 800m where he stepped up the pace to take GOLD clear of 2nd

place by 20 seconds adding to his previous title over 3K earlier this year.

Emma walked a solid race albeit on her own but was still setting the pace for many of the junior boys who were being coached to use her over the 3K distance. However she managed to hold them off to finish in BRONZE position for her event

Next to take the start line was Robert who was to race over the longer distance of 5K in the intermediate Boys. Robert competed in a very strong field walking with consistent pace and good technique throughout, unlike some of his opposition. Robert, still lacking a bit on his pace came home in a respectable 6th position.

Overall it was a very successful trip and we are delighted the journey back to Liverpool was less painful with no hitches.

We would like to thank our coach Liz Corran for looking after us and

taking us down to the race. Special thanks need to go to Manx Harriers, Brenda Charlton and Margy Killey (with their team) for all the monetary assistance and support they have given us. Robert would like to thank the IOM Sports Council for their sponsorship.

Special thanks to Emma, Callum and Robert for their report!

Do you have a story to tell?

If so please contact Andy on 626415, or write to 61, Brunswick Rd, Douglas IM2 3NW or a.c.fox@snhs.sch.im
All stories will be used!!!!

Do Not Forget

- Throws and Jumps coaching forms need to be returned ASAP for the training this weekend.
- If Lancs. XC forms are attached forward to Andy by 30/11/04 together with cheques for £55 seniors and £35 juniors.
Or ring him immediately to get your form!

Items marked with * are meant to be humorous and not necessarily the views of the person mentioned!!!

Your Club Committee Voted in at the AGM Monday 18/10/04.

Please give them your support in helping our club to develop and grow and in so doing improve athletics on our Island.



Brian Masterson
Phone -616658



Di Shimell
Junior Tm. Man.
Phone - 623582



Ray Cox
Treasurer
Phone - 827833



Jayne Mooney
General Secretary
Phone - 845525



Rodney Pressley
Phone - 625696



Andy Fox
Senior Tm. Manager
Phone - 626415



Amanda Macnair
Membership Sec.
Phone - 824337



Paul Jackson
Chairman & Road
Race Secretary.
Phone - 611179

Committee members voted in but not present at the meeting :-

Wendy Christian - Social Secretary - Phone - 613090

Elaine Whelan - Committee member - Phone - 422741

Sarah Dowling - Ladies Captain. Bridget Kaneen - Race walking Sec. - Phn. - 852884

Position not Filled - Mens Captain - if you would like to help here please contact Andy.
If you have any good ideas or want to help in any way please contact your committee.

THROWS COACHING WEEKEND - 13th & 14th November 2004

* Please return this form to Andy Fox at 61, Brunswick Rd, Douglas IM2 3NW or email a.c.fox@snhs.sch.im by Wednesday 10th. November 2004.

* Please make sure you keep a record of what sessions you have opted to do!!!

SENIORS

<u>Saturday</u>	<u>From</u>	<u>To</u>	<u>Tick Your Choice</u>
Gen. cond.	9.30	11.00	
Hammer	9.30	11.30	
Javelin	11.00	1.00	
Disc.	2.00	4.00	
Shot	4.00	5.30	

Sunday

Gen. cond.	9.30	10.45	
Hammer	9.30	11.15	
Javelin	10.45	12.30	
Disc.	1.30	3.00	
Shot	3.00	4.00	

U15s

Saturday

Shot	2.00	3.00	
Gen. cond.	3.00	3.30	
Javelin	3.30	4.30	
Disc.	4.30	5.30	

Sunday

Shot	1.30	2.15	
Javelin	2.15	3.15	
Disc.	3.15	4.00	

You must be 11 years of age to take part in any of the under 15 sessions.

* Merrik Bousfield is taking most of the senior sessions and another coach called Kerri most of the Under 15 sessions.

* The cost is a donation of £5 for one session, same cost for any number of sessions! Please enclose with form. **Cheques made out to Manx Harriers please.**

* Athletes must warm up prior to meeting coaches at the times listed above. That means you should arrive 30mins early and warm up.

*Please return this sheet to Andy Fox at 61, Brunswick Rd., Douglas, IM2 3NW by

Friday 12th. November. You could email your choice of session to a.c.fox@snhs.sch.im

Name : _____ DOB : _____

Contact details : _____

Events and PBs : _____

Are you interested in attending on the following weekend? (tick below)

15th/16th January 2005 (Please Note Change of date!!!):-

JUMPS COACHING WEEKEND 13/14TH NOVEMBER 2004.

* Please return this form to Andy Fox at 61, Brunswick Rd, Douglas IM2 3NW or email a.c.fox@snhs.sch.im by Wednesday 10th. November 2004.

* Please make sure you keep a record of what sessions you have opted to do!!!

Saturday 13th. November 2004.

E. 9.30am to 11.15am.	Novices & U13 Long & Triple Jump (TJ for U15).
F. 11.15am to 1.00pm.	Experienced Long Jump.
G. 2.00pm to 3.45pm.	Experienced Triple Jump.
H. 3.45pm to 5.00pm.	Conditioning work for experienced Long & Triple Jump.

Sunday 14th. November 2004.

O. 9.30am. to 11.00 am.	Novices & U13 Long & Triple Jump. (11yrs up)
P. 11.00am to 12.30pm.	Experienced Long Jump.
Q. 1.30pm to 3.00pm.	Experienced Triple Jump.
R. 3.00pm to 4.00pm.	Conditioning Work for experienced Long & Triple Jump.

You must be at least 11 years of age to take part in any of the novice sessions.

* David Hoare will be taking all jumps sessions as in the last weekend in early October

* The cost is a donation of £5 for one session, same cost for any number of sessions!

Please enclose with form. **Cheques made out to Manx Harriers please.**

* Athletes must warm up prior to meeting coaches at the times listed above. That means you should arrive 30mins early and warm up.

*Please return this sheet to Andy Fox at 61, Brunswick Rd., Douglas, IM2 3NW by **Friday 12th. November**. You could email your choice of session to a.c.fox@snhs.sch.im and pay your £5 on the day.

Name : _____ DOB : _____

Contact details : _____

Events and PBs : _____

Are you interested in attending on the following weekend? (tick below)

15th/16th January 2005 (Please Note Change of date!!!):-

Winter Training 2004/05

Monday - * Circuit Training, All ages, St. Ninian's HS, 6 to 7.30pm Cost - £1 Juniors £1.50 18yrs and over. Contact Andy on 626415 or Di on 623582.

*** Race Walking Junior training 5 to 6pm, seniors welcome, Technique work, meet NSC Track. Cost - NSC rates. Contact Liz Corran on 674566.**

*** Jogging Group, 14 yrs and over all abilities welcome. Meet at Club House on NSC roadway 6.30pm. Cost - Free. Contact Colin Halsall - 852187.**

Tuesday * Middle Distance Session 15yrs. or older, meet NSC track 6 to 7.30pm. Cost - NSC rates. Contact Andy on 626415.

Wednesday * General Conditioning Under 13yrs up, meet NSC track 6.30 to 8pm. Cost - NSC rates. Contact Di Shimell on 623582.

Thursday * General Conditioning Under 13yrs up, meet NSC track 6.30 to 8pm. Cost - NSC rates. Contact Di Shimell on 623582.

**Thurs.
(cont.)**

*** Middle Distance Session 11yrs or older, meet NSC track 6 to 7.30pm. Cost - NSC rates. Contact Chris Quine on 670521.**

*** Race Walking pace and technique work for 11 yrs and older. Meet Club house 5.30 to 6.30pm. Cost - free. Contact Allan Callow on 672159.**

Saturday

*** Middle Distance Session 15 yrs or older, meet Pulrose Golf Course 10 to 11.30am. Cost Free. Contact Andy on 626415.**

*** General Conditioning Under 13yrs up, meet NSC track 6.30 to 8pm. Cost - NSC rates. Contact Di Shimell on 623582.**

**UK Athletics Qualified
Coaches at All Sessions.**

All Welcome to Attend.