



**FILL IT UP...**



**FILL IT UP...**



**FILL IT UP...**

ISSUED BY ISLE OF MAN ROAD SAFETY.

Published **Free of Charge** by Maxwell Publications, "Bankfield", Padeswood Road North, Buckley, North Wales. Contact us for **Your** event on (01244) 547724. Ref: IEF-4/95

**PROMOTED BY: MANX HARRIERS**  
(under BAF Laws)





## Bo-Diddley's

"Bo knows Diddley about World Politics  
but Bo-Diddley's Knows all about fashion in  
sports & leisure"



1 Derby Road • Douglas • Isle of Man  
Telephone 663434

## De Olde Bakery Cafe

Tea, Coffee, Home-Cooked Lunches  
10am - 5pm

Open for Sunday Lunch  
Childrens Menu Available

**FULLY LICENSED**

Open Monday to Saturday

31 Malew Street, Castletown

Tel: 823092



**BIG SAVINGS ON GROUP TRAVEL  
DISCOUNTS FOR GROUPS OVER 10  
PASSENGERS or FIND OUT ABOUT  
OUR COACH FARES.**

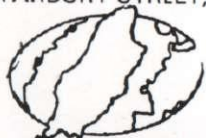
Phone 01624 623344

ISLE OF MAN STEAM PACKET COMPANY  
P.O. Box 5 • DOUGLAS • ISLE OF MAN



## CAPITAL TRAVEL

23A ARBORY STREET, CASTLETOWN



For all your travel requirements by  
**LAND, SEA or AIR**

- Continental & Worldwide Holidays
- Business Travel arranged  
With Credit facilities available
- Ticket Delivery Service

**FOR A FAST, EFFICIENT SERVICE**

**CASTLETOWN 824444**



**'POTTON'**

Style Heritage Homes

at the Links Site - Peel, adjacent to the 18th Hole

For full information Tel:- 01624 835362

## MESSAGE OF WELCOME

Welcome to this the 33rd Isle of Man Easter Athletics Festival.

The Isle of Man has a reputation for its hospitality and friendliness and we like to feel that the Athletics Festival is run along these lines. Many people return year after year and have made many friends during their visits and I would like to think that we the Organisers are listed among them.

With the continued financial assistance of the Department of Tourism we have been able to increase the subventions this year and our aim is to continue to do this so long as the numbers continue to enter.

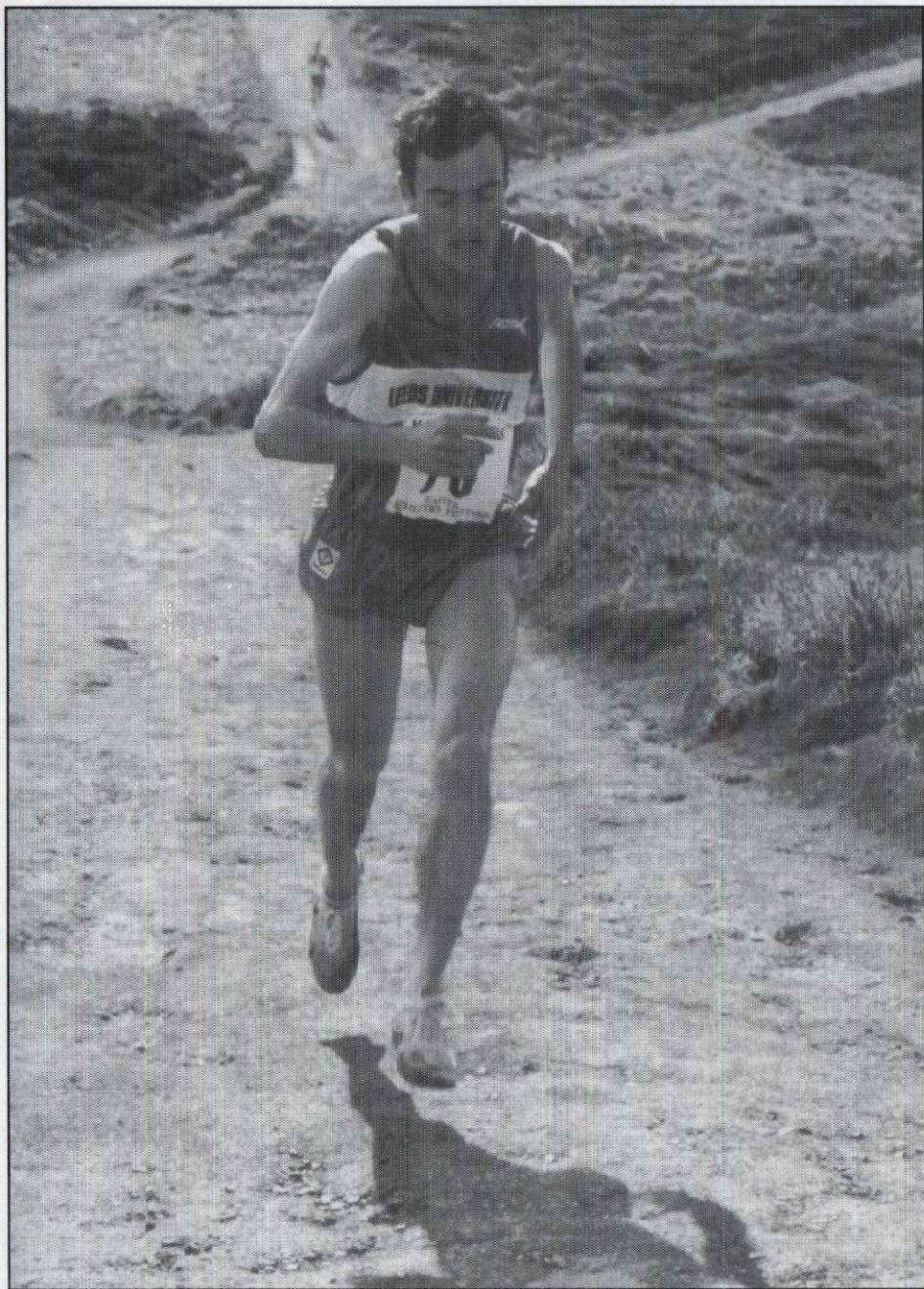
If you are new to our Festival and you enjoy yourself please recommend us to your friends.

Should you feel that we can improve on our organisation in any way please let us know - we are always willing to listen.

Thank you for your support and I hope you enjoy the weekend and return next year.

Joan Powell  
Festival Administrator





*Mark Colpus – Festival Winner 1994*  
*Photo Courtesy: John Watterson, Isle of Man Newspapers*

## OFFICIALS OF MEETING

<b>Festival Director and Referee:</b>	Raymond Cox
<b>Festival Administrator:</b>	Joan Powell
<b>Clerk of Works:</b>	Steve Higgins
<b>Chief Timekeeper:</b>	Colin Halsall
<b>Timekeepers:</b>	Members of Island Clubs
<b>Chief Recorder:</b>	Kim Harding
<b>Recorders:</b>	Members of Island Clubs
<b>Finish Stewards:</b>	Members of Manx Harriers
<b>Chief Marshall:</b>	Mike Harding
<b>Marshals:</b>	Members of Island Clubs
<b>Computerised Results:</b>	Linda Higgins and Chris Wilson
<b>First Aid:</b>	St. John Ambulance

### FESTIVAL HEADQUARTERS, T.T. GRANDSTAND, DOUGLAS

#### – HOURS OF OPENING –

FRIDAY 2p.m. to 7.00p.m.

SATURDAY 10.00a.m. to 11.30a.m.

SUNDAY 9.00a.m. to 10.00a.m.  
 (at Relay Start, Douglas Promenade)



### CARNATION CLEANERS

DRY CLEANING - CURTAINS - CLOTHING

★ Repairs or Alterations ★ Invisible Mending

*Same day service on most items*

★ CONTRACT WORK UNDERTAKEN ★

58 BUCKS ROAD • DOUGLAS

Telephone: Douglas 623788

### Alfred DUGGAN

and Son

FUNERAL DIRECTORS

UNDER PERSONAL SUPERVISION

MANOR HOUSE - PULROSE - ISLE OF MAN

Tel: 673328/621881

## P.J. MAWSON

**Family Butcher**

**7 Snaefell Road, Willaston, Douglas, IOM**

**For The Finest Quality Fresh Manx Meat & Poultry**

**TELEPHONE: 627200**

**For Deliveries**

**Freezer Packs Cut To Your Instructions**

### Overseas Company

#### Registration Agents Limited

Companies House	Tower Street	Ramsey	Isle of Man
Telephone: (01624) 815544	Fax: (01624) 815548	Telex: 628488	Admin G

*The Directors and Staff of*

*Overseas Company Registration Agents Limited*

*wish every success to every member of*

*Isle of Man Athletics Association during 1995*



**MEMBER OF THE EUROTRUST INTERNATIONAL GROUP**

## RULES OF COMPETITION

1. To be eligible for a team award a team must be made up of four 1st claim members of an affiliated club or belong to the same University.
2. Points are awarded for each team member in the race (i.e. 1st=1; 2nd=2) the winning team is the team with the lowest score. In the event of a tie the result will be decided on the lowest aggregate time.
3. The overall team prize will be awarded to the team with the lowest score of points based on the team's positions. In the event of a tie the fastest team in Sunday's relay will win.
4. Individuals get the points equivalent to their finishing position in the race i.e. every male entrant in the race can win the senior mens prize. In calculating the Overall Mens Prize all the entrants are kept in the scoring order irrespective of whether they are a Senior Man, Veteran or Under 17 i.e. if a youth or Veteran finishes higher up in the race then the Senior Men who finish below them will have a higher score. Thus the lowest score no matter which category he falls in wins the overall prize.
5. Veterans and Under 17's will have separate scoring relative to each other in their races for their respective overall prizes i.e. first Over 40 gets 1 point and second two etc.
6. No competitor can win more than one individual prize on any one day.
7. Teams for Friday, Saturday and Sunday to be declared Friday (4 to run, 3 to score).
8. Running Order for Sunday to be declared on the Sunday. Relay Numbers to be collected also on Sunday. Correct Number per leg must be worn (1-A; 2-B; 3-C; 4-D).
9. Teams must remain the same throughout the Festival.
10. Beer Drinking teams must be declared by Sunday - 5.30pm.

## IMPORTANT INFORMATION

**PLEASE NOTE:** In all races, numbers are to be secured firmly so as to be **CLEARLY** visible at the end of each race. Numbers must be worn on **FRONT** on vest.

**NUMBERS** issued on the First Day to be used throughout the Festival (Except Relay Race - different numbers).

**PLEASE NOTE:** All athletes are requested to be at the starting line 20 minutes before their race starts. All times subject to alteration by Festival Director.

**N.B. - Special Coaches leave for Peel on Saturday afternoon at 1pm prompt from Douglas War Memorial on Douglas Promenade and return at approx. 4.30pm** (Competitors and supporters are welcome to use this facility).



# Saagar

Tandoori Restaurant



## OPENING HOURS:

Noon - 2.30 p.m.

6 p.m. - Midnight

Business parties and functions catered for. Outside catering & takeaway service available. Prices include VAT.

**674939**

Bookings Advisable  
OPEN 7 DAYS A WEEK  
(including Holidays)

1 SOUTH VIEW, SUMMERHILL,  
DOUGLAS, ISLE OF MAN

Manufacturers of instrumentation control equipment for the offshore/onshore oil, petrochemical and power generation industries.



Safety by Design

KWB KENMAC Tromode Isle of Man

Telephone: 01624 629123

Fax: 01624 626460

Quality Management Systems:  
BS5750 Part 1/  
ISO 9001 EN29001



**DELTA**

Certificate No: FM 14257

## RACE INFORMATION

### GOOD FRIDAY

#### Event "A"

Ladies and Men's Race walk 5.3 miles 6.45p.m.

#### Event "B"

Youths, Ladies and Men's Road Run 5.3 miles 7.00p.m.

#### Course:

Down Bray Hill to Quarterbridge, turn left along Peel Road to Quayle's Garage, down Railway Hill along Quay around Bus Station to Sea Terminal and onto Promenade to bottom of Summerhill, across road, up hill and turn left up Blackberry Lane to top, turn left along Glencrutchery Road to Grandstand.



# Aquadrome

Swimming Pool & Spa Suite facility - North Promenade, Douglas, Isle of Man

**Superb Swimming 7 days a week**

**Aquadrome • Spa Suite**

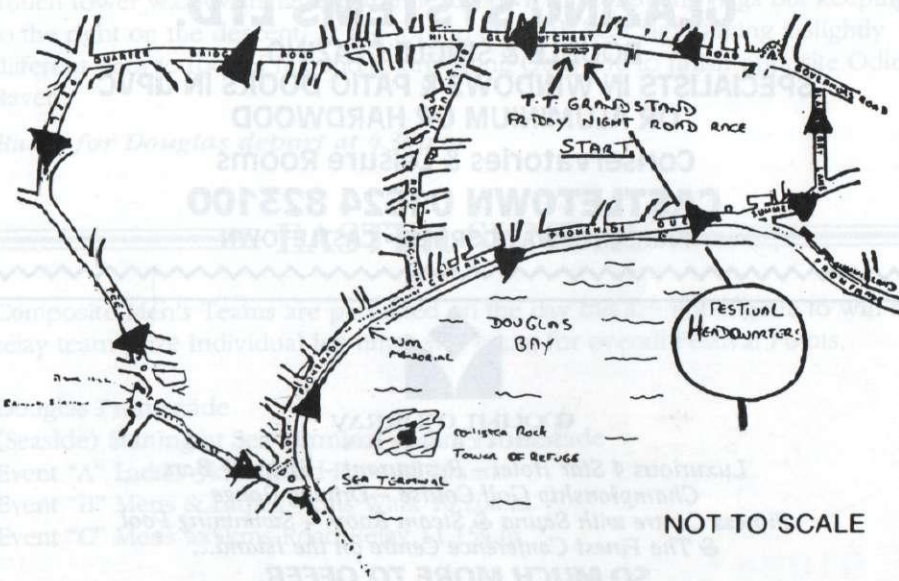
Spacious Turkish Steam Room • Sauna Cabin

Exclusive AEROTONE, SPA BATHS

DE-LUXE FAST TAN SUNBEDS

For information - Opening Hours - Bookings  
Please Telephone: (0624) 673411

All admissions subject to operational condition





SUMMERHILL, DOUGLAS  
Tel: 674301 (24hrs) • Fax: 675656

**19, 29 & 53 SEATER COACHES FOR HIRE**

Group & Party Bookings Welcome  
on the island, and further afield!  
Specialists in Passenger Transportation

**PLEASE  
SUPPORT  
OUR  
ADVERTISERS**

## **KENNAUGH BROS (PLUMBERS) LTD.**

- ★ ALL TYPES OF PLUMBING & CENTRAL HEATING ★
- ★ FREE ESTIMATES ★ WHOLE OF THE ISLAND COVERED ★
- ★ ALL WORK GUARANTEED ★

**TEL DOUGLAS (01624) 674816**

STORES/WAREHOUSE REAR OF NURSERY AVENUE, ONCHAN

## **NEIL SHIMMIN GLAZING SYSTEMS LTD.**

DOUBLE & SINGLE GLAZING  
SPECIALISTS IN WINDOWS & PATIO DOORS IN UPVC  
OR ALUMINIUM OR HARDWOOD

Conservatories & Leisure Rooms

**CASTLETOWN 01624 823100**

FARRANTS WAY CORNER • CASTLETOWN



**MOUNT MURRAY**  
HOTEL & COUNTRY CLUB

Luxurious 4 Star Hotel - Restaurant - Bistro & Bars  
Championship Golf Course - Driving Range  
Fitness Centre with Sauna & Steam Room - Swimming Pool  
& The Finest Conference Centre on the Island...

**SO MUCH MORE TO OFFER.**

Mount Murray, Santon, Isle of Man IM4 2HT, British Isles Tel: 01624 661111 Fax: 01624 611116

## **RACE INFORMATION**

### **EASTER SATURDAY**

*Free Buses for this event leave the War Memorial Douglas at 1.00p.m.*

#### **Event "A" Men 2.15p.m.**

Start: Weatherglass Corner

Course: Along Quayside to bridge. Across bridge and continue right 80 yards then left up path at side of road, then left up hill to steep section, continue along flagged path to Marshal at fork, then up to the tower known as Corrin's Folly, at summit bear right past tower and down, flagged route to Farmer's Field, through field (flagged) to left hand corner then climb back up to tower and head downhill following flags but keeping to the right on the descent. At the fork in the path bear left taking a slightly different path to the foot of the hill and return along Quayside, to bridge, bear right and finish opposite Odin's Raven, in front of the Creek Inn.

#### **Event "B" Ladies 3.05p.m.**

Start: Weatherglass Corner

Course: Weatherglass Corner and along Quayside, bear left at Creek Inn along Mill Road to bridge, across bridge and continue right 80 yards then left up path at side of road, then left up hill to steep section, continue along flagged path to Marshal at fork, then up to the tower, known as Corrin's Folly, at summit of hill. Touch tower wall (Marshallled) and head down hill following flags but keeping to the right on the descent. At the fork in the path bear right taking a slightly different path to foot of hill and return along Quayside to finish opposite Odin's Raven.

*Buses for Douglas depart at 4.30p.m.*

## **EASTER SUNDAY**

Composite Men's Teams are permitted on the day but are not eligible to win a relay team prize individual leg times will count for overall Festival Points.

Douglas Promenade

(Seaside) Starting at Sea Terminal end of Promenade

Event "A" Ladies 5kms Road Race 10.15a.m.

Event "B" Mens & Ladies 5kms Walk 10.20a.m.

Event "C" Mens 4x5kms Road Relay 11.15a.m.



## A.S.C WOODTECH

Carpentry & Joinery Specialists  
are pleased to support the  
Douglas Easter Athletics Festival for 1995  
Competitive Rates & Personal Attention Assured  
55 DERBY ROAD, DOUGLAS, ISLE OF MAN  
Tel: 01624 629897

## J.C. KELLY

(FAMILY BUTCHER)  
6 ATHOLL PLACE • PEEL  
is pleased to support the  
Easter Athletics Festival for 1995  
(01624) 842336



We are renowned for our Home  
Cooked Meals - 60 well appointed  
bedrooms all with heating plus 2 lifts  
which serve all floors.  
Central Promenade • Douglas  
IM2 4LU  
Tel: 621656 • Fax: 672160

## PAT-A-CAKE ~ BAKERS ~

are pleased to be associated  
with The Manx Harriers Douglas  
Easter Athletics Festival  
for 1995

60 DUKE STREET, DOUGLAS  
IM1 2AR

Telephone:  
**01624 626162**

## Aloughtin's Funeral Services

COMPLETE FUNERAL FURNISHERS  
Private Chapel of Rest - 24 Hour Service  
13 PATRICK STREET • PEEL  
Telephone: 843466 or 842042  
for personal service



HIGHLY COMMENDED

## Castle Mona Hotel

The Island's Most Elegant Hotel  
Central Promenade • Douglas • Isle of Man  
Tel: 01624 624540 • Fax 01624 675360



## ASHLEY CONSTRUCTION LIMITED

QUAY HOUSE • SOUTH QUAY  
DOUGLAS • ISLE OF MAN • IM1 5AT

Telephone: (01624) 611990/611646  
Fax: (01624) 611679

RESTORATION & NEW  
CONSTRUCTION WORK  
TO DOMESTIC AND  
COMMERCIAL PROJECTS

• PLANT OPERATORS •  
COMPETITIVE PRICES • QUALITY SERVICE



Complete translation service  
All documents including: Legal,  
Banking, Insurance & Personal  
from and into ANY language

Language classes:  
Individuals & Groups

Call GABRIELLE on

**612744**

fax 612745

2nd Floor, 10 Myrtle Street, Douglas

## EASTER ENTRIES 1995

### MEN

#### TELFORD AC

200 Raymond Keeney

#### CAPENHURST R.C.

201 Mark Houldin  
202 Barry Turner Vet O40

#### BLACKHEATH

203 Paddy Brice  
204 Vernon Thomas Vet O50

#### WILLOWFIELD HARRIERS

205 Deon McNeilly

#### GLASGOW UNIVERSITY

206 Brian Campbell  
207 Barry Stewart  
208 Carlow Varela  
209 Kenny Corbett  
210 Gordon Barry  
211 Tony McHugh

#### NORTHERN A.C. (I.O.M.)

212 Bernard Cannan  
213 Mark Bridson  
214 Alan Postlewaite Vet O45  
215 Richard Radcliffe Vet O40  
216 Trevor Coleman Vet O50  
217 John Leece Vet O40  
218 Steve Kelly Vet O40  
219 Jonathan Leece U17

#### VALE ROYAL

220 David Warren  
221 Nick Jones  
222 David Gough  
223 Rob Price  
224 Jamie Rathbone  
225 Ray Morris  
226 Shaun McGrath Vet O45  
227 Maurice McGrath Vet O50  
228 Bernard Warren Vet O60  
229 John Davies Vet O45  
230 Jeff Chimes Vet O40  
231 John Kettle JM  
232 Tom Mayall JM  
233 Martin Hilton JM

#### MANCHESTER UNIVERSITY

234 Paul Crump  
235 Jonathon Funnell  
236 Rob Francis  
237 Matt Long  
238 Andy Almond  
239 Rick Shackcloth  
240 Jimi Faulkner  
241 Jason Gallagher  
242 Neil Wilkinson  
243 Chris Paul  
244 Mark Hallett

245 Tony Smith  
246 Tony Partington  
247 Barry Pearce

#### NEWCASTLE UNIVERSITY

248 Andrew Milbonk  
249 Christopher Purdon  
250 Steven Wright  
251 Matthew Bigley

#### HERIOT WATT UNIVERSITY

252 Julian Murphy  
253 Sean Bolland  
254 Paul Leonard  
255 Dave Pickett

#### LIVERPOOL UNIVERSITY

256 Philip Martin  
257 Simon Craddock  
258 John Heap  
259 Marcellus Plumacher  
260 Wayne Ediker  
261 Christopher Maybin

#### SALFORD HARRIERS

262 Des Gibbons

#### NORTH HERTS ROAD RUNNERS

263 Peter Sibbett  
264 Russell Smyth  
265 Joachim Fricke  
266 Jonathon Hancock Vet O40

#### PRESTON HARRIERS

267 Rick Curwen Vet O40  
268 David Simpson Vet O50

#### ISLE OF MAN VETERANS A.C.

269 Alan Pilling Vet O45  
270 Terry Bates Vet O40  
271 Phil Motley Vet O40

#### STOCKPORT HARRIERS

272 Jerzy Matuzewski Vet  
273 Dave Findel-Hawkins Vet  
274 Mike Boardman Vet

#### SOUTHERN A.C. (I.O.M.)

275 Mike Gellion Vet O40

#### WESTERN A.C. (I.O.M.)

276 Charlie Quirk Vet O55  
277 Robbie Lambie Vet O40

#### LEEDS UNIVERSITY (DOSS A.C.)

278 Nicholas Bentham  
279  
280

281  
282  
283  
284  
285  
286  
287  
288  
289

JM

#### MANX HARRIERS

290 Peter Kennaugh  
291 Gianni Epifani  
292 Paul Clarke  
293 Chris Quine  
294 Jim Anderson  
295 Dave Ronan  
296 Tony Duke  
297 Andy Fox  
298 Mick Hannay  
299 Peter Costley  
300 David Bourgaize  
301 Luke Bourgaize  
302 Lee Watson  
303 Murray Lambdon  
304 Paul Curphy  
305 Steve Shimmmin  
306 Jack Murphy Vet O40  
307 Stan Hall Vet O45  
308 John Crellin Vet O40  
309 John Wright Vet O45  
310 Kevin Albinson Vet O40  
311 Brian Goldsmith Vet O45  
312 Dougie Corkill Vet O  
313 Juan Wright JM  
314 William Nulty U17

#### UNATTACHED

315 Paul White Vet O45



## TRAVEL SERVICES (ISLE OF MAN) LTD.

Harris Promenade, Douglas  
*are pleased to support  
Manx Harriers Easter Festival  
of Athletics 1994*

**Telephone:**  
**(01624) 661177**

## Terry's Taxies

24 Hour Radio Controlled Cabs - All Island  
Weddings - Contracts - Airports etc.  
Prompt Service  
11 Creggans Avenue, Peel  
**PEEL 842224**

## T.A. Shepherd Haulage

Sand Gravel, or Hardcore - Any Quantity  
Site Work Undertaken  
**PEEL 842224**  
Best Wishes



## Island Aggregates Limited

Suppliers of Ready Mixed Concrete &  
Aggregates Throughout the Island.  
All Sizes & Loads Delivered  
MURDOCH CHAMBERS, SOUTH QUAY,  
DOUGLAS, ISLE OF MAN  
Tel: DOUGLAS 01624 624461  
Fax: 01624 620912

*Thank you  
to all  
our  
Advertisers*

## The Waterfall Hotel

Glen Maye • Isle of Man

*Situated in one of the nicest glens  
on the Island. For a wide variety of home-  
made food from succulent seafood to  
sizzling steaks.*

### MEALS SERVED

Monday - Saturday (12noon - 9.30pm)  
Sunday (12noon - 1.15pm & 8pm - 9.30pm)

*Telephone: (01624) 842238*

## I.J. & J.M. MITCHELL

38 Michael Street, Peel  
NEWSAGENT • STATIONERY  
POSTCARDS

*Stockists of:*

*Athletics Today, Runners World,  
Athletics Weekly & Lucozade Sport*

**Phone 842060**

Best Wishes To All The Competitors



AGENCIES LIMITED

ESTATE AGENTS, SURVEYORS  
& VALUERS

39 Victoria Street, Douglas, Isle of Man  
Tel: (01624) 620606 Fax: 677363

ALL ISLAND SERVICE  
CARPETS • LAUNDRY • DRY CLEANING  
WORKWEAR RENTAL

**clucas**

THE CLEANERS

**DOUGLAS 673961**

## PRIZES 1995

### Friday Road Race:

First 15 Men  
First 6 Ladies  
First 3 Veterans over 40 and First Lady Vet  
First Junior Man  
First Youth  
First 3 Men - Walking  
First 3 Women - Walking

**Team Awards:** Men-First, Second, Third. Ladies-First & Second.  
Veteran-First.

### Saturday Fell Race:

First 15 Men  
First 6 ladies  
First 3 Veterans over 40 and First Lady Vet  
First Junior Man  
First Youth

**Team Awards:** Men-First, Second, Third. Ladies-First & Second.  
Veteran-First.

### Sunday Road Races:

Men's Relay - First, Second, Third  
Fastest Leg  
Fastest Junior Man,  
Fastest Youth  
Fastest Veteran  
First 6 Ladies  
First Lady Vet  
First 3 Men - Walking  
First 3 Ladies - Walking

**Team Awards:** Ladies-First & Second.

*Additional Prizes will be awarded if sufficient entries are received.*





*Lucy Elliot – Ladies Winner 1994*  
*Photo Courtesy: John Watterson, Isle of Man Newspapers*

## **EASTER FESTIVAL WINNERS**

**BEST MAN** over three days

**BEST LADY** over three days

**BEST VETERAN** over three days

**BEST LADY VETERAN** over three days

**BEST MENS TEAM** over three days

**BEST LADIES TEAM** over three days

**BEST VETERAN TEAM** over three days

**BEST NON "A" MENS TEAM** over three days

**BEST JUNIOR MAN**

**BEST YOUTH**

## **== OUR THANKS GO TO THE FOLLOWING ==**

The Manx Harriers wish to thank the following for their assistance in staging the Festival:

**I.O.M. CONSTABULARY**

**I.O.M. TOURISM AND TRANSPORT DEPT.**

**I.O.M. HIGHWAYS, PORTS AND PROPERTIES DEPT.**

**PEEL TOWN COMMISSIONERS**

**DOUGLAS CORPORATION**

**DAVE ANDERSON, ESQ.**

**ST. JOHN AMBULANCE**

**SUPPORTERS OF THE FESTIVAL**

**MANX RADIO**

**ISLE OF MAN NEWSPAPERS**