Easter Festival titles go to

Greg and Mara

GREG Hull of Leeds City and Mara Myer of Oxford University won their respective classes of the 36th Isle of Man Easter Athletics Festival over the weekend.

Both started with wins in Friday evening's road race around Douglas and Onchan, and while Mara stayed unbeaten throughout the remainder of the weekend Greg finished runner-up to fellow for mer winner Phil Mowbray at Peel on Saturday and Larry Matthews at the NSC on Sunday.

Hull completed the Grandstand, Quarterbridge, Douglas Promenade, Summerhill loop in 27 minutes 23 seconds on Friday evening, just six seconds in front of fellow Leeds City man Andrew Beevers, with Oxford Uni's Larry Matthews third a further five seconds down.

The best local was Chris Quine of Manx Harriers in 13th spot (29.04), one place and seven seconds in front of clubmate Andy Fox.

Mara Myer won the women's race by more than a minute from new Island resident Jackie Ashman, Mara's winning time of 30.57 placing her 27th overall in a field of 150 runners.

walk held concurrently with the run over the same course saw Allan Callow first home in the men's in 45.43 and Liz Corran dominant in the women's and second overall in 48.47.

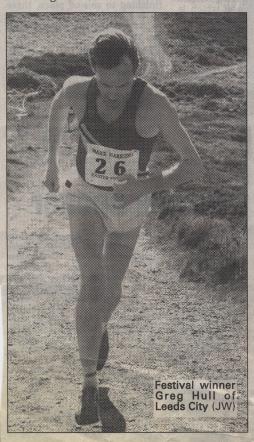
Conditions were extremely windy at

Peel on Saturday afternoon for the second leg of the festival, but the strong north westerlies did little to deter Phil Mowbray of Hunters Bog Trotters, who, having not competed at Douglas, looked fresh as a daisy on his way to a comfortable victory over Greg Hull in the

men's, completing the gruelling 'four peaks' course in a time of 21m

Leading locals, Fox and Quine, reversed positions for finish eighth and ninth eighth and ninth respectively, separated by just four seconds.

It was Mara Myer's first real taste of fell



running but she looked just as impressive as the night before, winning the women's race over a slightly shorter 'three peaks' course to the top of Peel hill in 17.57, again with Jackie Ashman in second over a minute behind.

Helen Simpson of Manx Harriers descended well to grab 10th place in 21.17.

Larry Matthews made it three different win-ners in three days of the men's competition when he took the honours over the final leg on Sunday morning, consisting of two and a bit laps of the Douglas Firemen's course used over the winter months.

Covering the 5km distance in a fraction under 15 minutes, Matthews was some 16 seconds quicker than Greg Hull, but overall the Leeds City man had the Festival title in the

The contest for the local honours was settled in Chris Quine's favour by a comfortable margin. He completed his leg of the relay in 15.46, some 26 seconds quicker than friend and rival Andy Fox.

Mara Myer kept her unbeaten run intact to win the women's title at the first attempt with another impressive victory on Sunday. Once more she was followed home by former Swindon Harrier Jackie Ashman, with Jenny Harrison of Leeds University Doss third.

Chris Quine finished 11th overall in the men's competition, two places in front of Andy Fox, while Phil Cain of Northern AC was the best veteran in 41st place overall, five places up on club-Richard Terry Bates of the Isle of

Veteran Athlete's Club was 56th overall and best vet over 45.

Easter Festival — final overall positions

Laster Festival — final overall positions Men: 1, Greg Hull (Leeds City) five points; 2, Andrew Beevers (Leeds) 11; 3, Martin Roscoe (Leeds) 13; 4, Tom Richardson (Oxford University) 21; 5, Larry Matthews (Oxf Uni) 24; 6, Martin Hilton (Leeds) 24; 7, Simon Deakin (Leeds/DOSS) 27; 8, Mick Hill (Leeds/DOSS) 28; 9, Scott Mitchell (Leeds) 29; 10, Piran White (Leeds) 30; 11, Chris Quine (Manx Harriers) 32; 12, Dez Fielden (Lough Kabbadi) 35; 13, Andy Fox (MH) 37; 15, Paul Low (Leeds/DOSS) 43. Other locals: 32, Paul Clarke (MH) 84; 41, Phil Cain (Northern AC) 112; 45, Bernard Cannan, (NAC) 124; 46, Richard Radcliffe (NAC) 125; 56, Terry Bates (IoM Veteran AC) 151; 58, Peter Hughes (NAC) 153; 61, Steve Kelly (NAC) 169; 71, Ian Crawford (IoMVAC) 206; 35, Lawrence Dyer (NAC) 273. There were 92 qualifiers. There were 92 qualifiers.

• Kevin Madigan trophy for the best local — Chris Quine.

Women: 1, Mara Myer (Oxford Univ) three points; 2, Jackie Ashman (Manx Harriers) six; 3, Megan Clark (Oxford Univ) 10; 4, Jill Varley (Liverpool Univ) 17; 5, Hsu-Min Chung (Oxford Univ) 24; 6, Jude Nutt (Liverpool Univ) 26; 7, Emma Brady (Manchester Univ) 29; 8, Martha Hall (Univ of Derby) 30; 9, Ruth Schofield (Leeds Univ DOSS) 31; 10, Sarah Taplin (Glasgow Univ) 34; 11, Jacky Smith (first vet - Dark Peak) 40; 12, Anne Sweeney (Preston Harriers) 41; 13, Hazel Cybyk (Cheltenham) 44; 14, Caroline Ward (Leeds Univ DOSS) 50; 15, Julie Sheldon (Liverpool Univ) 56; 16, Emily Weathers (Glasgow Univ) 57: 17. Angela Srivastrava (Leeds Univ DOSS) (Glasgow Univ) 57; 17, Angela Srivastrava (Leeds Univ DOSS) 58; 18, Celia De Maria (Leeds Univ DOSS) 63; 19, Jane Rosbottom (Liverpool Univ) 73; 20, Victoria Hemmings (Leeds Univ DOSS) 74; 21, Karen Moore (Univ of Derby) 92; Catherine Kelly (Manx Harriers A) 92.

Men's final team positions: 1, Leeds City AC 'A' three pts; 2, Leeds Univ DOSS AC 'A' eight; 3, Leeds City AC 'B' nine; 4, Oxford Univ 10; 5, Manx Harriers 'A' 16; 6, Liverpool Univ 'A' 17; 9, Northern AC Vets 30; 17, Northern AC 'A' 46; 19, Manx Harriers 'A' 16; 6, Liverpool Univ 'A' 17; 9, Northern AC 'West 15.

Women: 1, Oxford Univ three pts; 2, Liverpool University 'A' eight; 3, Glasgow Univ 13; 5, Manx Harriers seven (from two

★ Individual race positions in Friday's Manx Independent.

Read Friday's

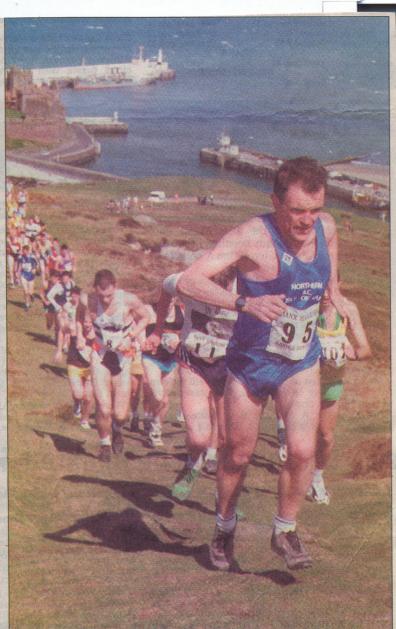
Manx Independent for a full round-up of all the Easter weekend sporting action — including reports on the Manx FA Cup Final, the Easter Monday Car Rally, the motorcycle road racing curtain raiser at Jurby, and a look back at all the athletics events



(Above) New resident Jackie Ashman finished second overall in the women's (JW)



Lawrence Dyer of Northern AC struggles up the steepest part of Peel Hill (JW)





Phil Cain of Northern AC was the highest placed veteran in the Easter Athletics Festival, pictured here at a blustery Peel on Saturday afternoon. He was 34th at Peel and 41st overall in the Festival (John Watterson)



Medical Parish Walk, now is the time to think about getting into shape. Over the coming weeks, we shall be offering basic training advice and hints to make your participation in the UK's largest walking event as enjoyable and memorable as it possibly can be.

JUNE 20th

Training - Week 1

WEEKEND Start off with a strong of up to an hour. The most important thing is for it to be leisurely!

TUESDAY Another easy stroll.
No hard efforts yet. Make it 30 to 45 minutes if you can.

THURSDAY Only 30 minutes - start easy, but try to walk a bit faster for the last 5 minutes. It'll get easier!

This is an outline of the type of training that willhelp you and is only a guide. Adapt the sessions to your needs depending on the time available and how keen you are!

Don't Forget 'End to End'

Walk Sunday 2nd May

WINNING TIP No1

Now is the time to start thinking of the shoes you will be wearing for the big day. If you are going to get new shoes, do it now and you'll have plenty of time to 'break them in'.

Entry forms available now - tel. 674566



Manx Harriers chairman Andy Fox finished 13th overall and second local in the Easter Athletics Festival promoted by his own club (JW)

FRIDAY Road Race (Douglas/Onchan) 5.3 miles: Men 1, Greg Hull (Leeds City) 27 minutes 23 seconds; 2, Andrew Beevers (Leeds) 27.29; 3, Larry Matthews (Oxford University) 27.34; 4, Martin Roscoe (Leeds) 27.43; 5, Mick Hill (Leeds DOSS) 27.52; 6, Raymond Keéney (Ald Farn & Dist) 27.55; 7, Scott Mitchell (Leeds) 28.05; 8, Simon Deakin (DOSS) 28.08; 9, Piran White (Leeds) 28.09; 10, Dez Fielden (Lough Kabbadi) 28.16; 11, Martin Hilton (Leeds) 28.24; 12, Tom Richardson (Oxford) 12, 10th Alchardson (Oxford) 29.02; 13, Chris Quine (Manx Harriers) 29.04; 14, Andy Fox (Manx) 29.11; 15, Paul Low (DOSS) 29.17; 16, John Heap (DOSS) 29.17; 16, John Heap (L'pool Uni) 29.19; 17, Kevin Murphy (L'pool) 29.25; 18, Chris Birchall, tirst junior (Leeds Uni DOSS) 29.27; 19, Carl Saint (Leeds) 29.31; 20, Chris Daniels (Oxford) 29.45. Other locals 28, Paul Curphey (Manx Harriers) 31.03; 31, Paul Clarke (MH) 31.19; 34, Bernard Capnan (Northern AC) 31 28; Clarke (MH) 31. 19; 34, Bernard Cannan (Northern AC) 31.28; 35, Murray Lambden, first vet-eran o/40 (Manx) 31.28; 37, Phil Cain, 2nd vet (NAC) 31.37; 43, Richard Radcliffe, 3rd vet (NAC) 32.02; 54, Steve Kelly, first o/45 (NAC) 32.58; 55, Peter Hughes (NAC) 33.07; 57, Terry, Bates. 2nd. o/45 (InM Peter Hughes (NAC) 33.07; 57, Terry Bates, 2nd o/45 (loM Veteran Athletes Club) 33.20; 61, Alan Postlethwaite, 1st o/50 (NAC) 33.40; 67, John Crellin (MH) 34.26; 72, Robert Webb (MH) 34.56; 73, Ian Crawford (loMVAC) 34.59; 87, Dave Ronan (MH) 37.42; 88, Tony Fallon (MH) 37.54; 91, Alan Pilling (John/C) 38.18; Alan Pilling (IoMVAC) 38.18; 92, Jack Murphy (MH) 38.33; 93, Lawrence Dyer (NAC) 38.38. There were 111 finish-

ers.
Women 1, Mara Myer (Oxford Uni) 30.57; 2, Jackie Ashman (MH) 32.12; 3, Megan Clark (Oxford) 33.41; 4, Sarah Taplin (Glasgow Uni) 35.01; 5, Jill Varley (Liverpool Uni) 35.11; 6, Martha Hall (Derby Uni) 35.42; Hsu-Min Chung (Oxford) 35.46; 8, Jude Nutt (Liverpool) 35.53; 9, Ruth Schofield (Leeds Uni DOSS) 36.51; 10, Helen Simpson (MH) 36.51; 12, Janet Tolson, first vet (Red Rose) 37.05. Other locals 20, Gill Kennaugh (Unattached) 40.13; 24, Anne Cain, 4th vet (IoMVAC) 41.12; 25, Rachel

Carey (U/A) 41.31; 33

Catherine Kelly (MH) 46.05. There were 36 finishers.

Men's teams 1, Leeds City AC 'A' 7 points; 2, Leeds Uni DOSS 'A' 28; 3, Leeds City AC 'B' 35; 6, Manx Harriers 'A' 55; 10, Northern AC Vets 134; 18 Northern AC Vets 134; 15, Manx Harriers Vets 174; 17, Northern AC 'A' 182. Women: 1, Oxford Uni 11 pts; 2, Liverpool Uni 'A' 30; 3, Manx Harriers 45.

Harriers 45.

Race walk results: Men 1,
Allan Callow (MH) 45m 43s; 2,
David Griffiths (MH) 51.50; 3,
John Stubbs (U/A) 55.22; 4,
Ralph Martin (MH) 56.11; 5,
Brian Brough (MH) 57.20.

Women 1, Elizabeth Corran
(MH) 48.47; 2, Maureen Cox
(MH) 52.24; 3, Elaine Bawden
(MH) 55.21; 4, Donna Davies
(MH) 56.33; 5, Karen Locking
(MH) 56.38; 6=, Heather
Latham (U/A) and Angie Aire Latham (U/A) and Angie Aire (U/A) 66.10.



Northern AC's Richard Radcliffe was runnerup in the veteran's section of the Festival to clubmate Phil Cain



Easter Festival round-up

SATURDAY

Peel Hill Races: Men 1, Phil Mowbray (Hunters Bog) 21.35; 2, Greg Hull (Leeds) 21.53; 3, Martin Roscoe (Leeds) 22.16; 4, Mick Hill (Leeds) 22.32; 5, Andrew Beevers (Leeds) 22.34; 6, Tom Richardson (Oxford) 22.39; 7, Martin Hilton (Leeds) 22.42; 8, Andrew Fox (Manx H) 22.46; 9, Chris Quine (MH) 22.50; 10, Piran White (Leeds) 22.57; 11, Paul Low (Leeds) 22.59; 12, Andrew Frown (Leeds) 23.19; 14, Simon Deakin (Leeds) 23.27; 15, Carl Saint (Leeds) 23.28; 16, Chris Daniels (Oxford) 23.33; 17, Dez Fielden (Lough Kabbadi) 23.37; 18, Chris Birchall, first junior (Leeds) 23.36; 19, Raymond Keeney (Ald Farn & Dist) 23.56; 20, Larry Matthews (Oxford) 23.58. Other locals 29, Paul Clarke (MH) 25.07; 34, Phil Cain, first veteran (Northern AC) 25.33; 43, Bernard Cannan (NAC) 26.10; 52, Terry Bates, first vet o/45 (IoMVAC) 26.48; 56, Richard Radcliffe, 2nd v/40 (NAC) 27.03; 58, Mark Corkish (MH) 27.25; 62, Steve Kelly, 2nd v/45 (NAC) 27.40; 68, Robert

Webb, 3rd v/45 (MH) 28.09; 69, Peter Cooper (IoMVAC) 28.16; 74, Ian Crawford, 3rd v/40 (IoMVAC) 28.50; 75, Ian Watson (NAC) 28.59; 86, Tony Fallon (MH) 31.05; 87, Paul Condisn. (Unattached) 31.07; 88, Lawrence Dyer (NAC) 31.23; 89, Alan Pilling (IoMVAC) 31.25; 99, Stuart Temple (U/A) 34.50. There were 113 finishers. Women 1, Mara Myer (Oxf) 17.57; 2, Jackie Ashman (MH) 19.04; 3, Megan Clark (Oxf) 19.54; 4, Jenny Harrison (Leeds) 20.12; 5, Emma Brady (Manchester) 20.26; 6, Hsu-Min Chung (Oxf) 20.38; 7, Jill Varley (Liverpool) 20.43; 8, Ruth Schofield (Leeds) 20.49; 9, Jude Nutt (Liverpool) 30, Catherine Kelly (MH) 28.45. There were 31 finishers.

Men's teams 1, Leeds City AC 'A' 10 pts; 2, Leeds Uni DOSS AC 'A' 29; 3, Leeds City AC 'B' 35; 5, Manx Harriers 'A' 46; 11, Northern AC Vets 153; 14, Northern AC 'A' 173. Women 1, Oxford Uni 10 pts; 2, Leeds Uni DOSS AC 'A' 29; 3, Liverpool Uni 'A' 37; 4, Manx Harriers 42.

SUNDAY

Men's team relays (NSC, Douglas) 4x5km legs: 1, Leeds City AC 'A' (G. Hull 15.14, M. Roscoe 15.37, A. Beevers 15.32, M. Hilton 15.37) 1 hour 02 minutes 10 seconds; 2, Oxford Old People (C. Daniels 16.05, A. Gaskell 16.21, T. Richardson 15.26, L. Matthews 14.58) 1.02.50; 3, Leeds City AC 'B' (S. Mitchell 15.45, C. Sain 16.12, A. Brown 16.25, P. White 15.47) 1.04.09; 4, Leeds Uni DOSS AC 'A' (M. Hill 16.20, C. Birchall 16.21, S. Deakin 15.34, P. Low 16.14) 1.04.29; 5, Manx Harriers 'A' (C. Quine 15.46, P. Clarke 16.55, A. Fox 16.12, P. Curphey 17.13) 1.06.06; 6, Liverpool Uni 'A' 1.07.46; 7, Loughborough Kabbadi Kings 1.08.54; 8, Leeds Uni DOSS AC 'B' 1.09.39; 9, Northern AC Vets (R. Radcliffe 17.01, S. Kelly 18.26, A. Postlethwaite 18.33, P. Cain 17.47) 1.11.47; 10, Lagan Oxford 1.11.50. Other local teams: 13, Isle of Man Veteran Athlete's Club (T. Bates 17.54, P. Motley 18.47, I. Crawford 18.38, D. Gray 18.12) 1.13.31; 14, Menx Harriers Andy's Dream Team (M. Lambden 17.02, G. Butterworth 18.37, J. Halligan 18.48, M. Corkish 19.47) 1.14.14; 19, Northern No-Hopers (P. Hughes 17.57, L. Dyer 20.54, M. Bridson 20.45, B. Cannan 18.15) 1.17.51. There were 27 teams.

Men's individual positions (Sunday) 1, Larry Matthews (Oxford) 14.58; 2, Greg Hull (Leeds) 15.14; 3, Tom Richardson (Oxf) 15.226; 4, Andrew Beevers (Leeds) 15.32; 5, Simon Deakin (Leeds)
15.34; 6=, Martin Hilton and Martin Roscoe (both Leeds)
15.37; 8, Dez Fielden (Lough Kabbadi) 15.42; 9, Scott Mitchell (Leeds) 15.45; 10, Chris Quine (MH) 15.46; 11, Piran White (Leeds) 15.47; 12, Kevin Murphy (Liverpool) 16.00; 13, Paul McTigue (Leeds) 16.02; 14, Chris Daniels (Oxford) 16.05; 15=, Carl Saint (Leeds) and Andy Fox (MH) 16.12; 17, Paul Low (Leeds) 16.14; 18, John Heap (Liverpool) 16.15; 19, Mick Hill (Leeds) 16.20; 20=, Alex Gaskell (Oxford) and Chris Birch all, first junior (Leeds/DOSS) 16.21. Other locals 24, Paul Clarke (MH) 16.55; 26, Richard Radcliffe, first veteran (Northern) 17.01; 27, Murray Lambden, 2nd vet (MH) 17.02; 29, Paul Curphey (MH) 17.13; 41, Phil Cain, 3rd vet (NAC) 17.47; 42, Terry Bates, first vet over 45 (IoMVAC) 17.54; 43, Peter Hughes (NAC) 17.54; 43, Peter Hughes (NAC) 17.54; 43, Steve Kelly, 2nd vet 45 (NAC) 18.24; 56, Alan Postlethwaite, first vet 50 (NAC) 18.33; 58, Glenn Butterworth, first u/17 (MH) 18.37; 59, Ian Crawford (IoMVAC) 18.38; 65, Phil Motley (IoMVAC) 18.39; 50, Mark Corkish (MH) 19.47; 90, Mark Bridson (NAC) 20.45; 92, Lawrence Dyer (NAC) 20.54. There were 109 finishers. Women (Sunday), 5km road

Women (Sunday), 5km road race 1, Mara Myer (Oxford) 17.22; 2, Jackie Ashman (MH) 17.48; 3, Jenny Harrison (Leeds) 18.36; 4, Megan Clark (Oxf) 18.46; 5, Jill Varley (Liverpool) 18.57; 6, Sarah Little (Glasgow) 19.08; 7, Lois Joslin (Leeds) 19.20; 8, Emma Brady (Manchester) 19.27; 9, Jude Nutt (Liverpool) 19.33; 10, Martha Hall (Derby Uni) 19.52. Other locals 29, Catherine Kelly (MH) 25.32; 31, Carol Bates (Western) 27.32. There were 32 finishers. Women's team result 1, Oxford Uni 16 pts; 2, Leeds Uni DOSS AC 'A' 24; 3, Liverpool Uni 'A' 32; 4, Glasgow Uni 42; 5, Leeds Uni DOSS AC 'B' 67; 6, Manchester Uni 'B' 76.



(Above centre) Helen Simpson of Manx Harriers had two fine top ten finishes on Good Friday and again at Peel on Saturday. She is pictured here, in close company with Ruth Schofield of Leeds University Doss (JW)

(Left) Mara Myer of Oxford University won the women's section of the Easter Athletics Festival at the first attempt with a hat-trick of individual race wins (JW)

