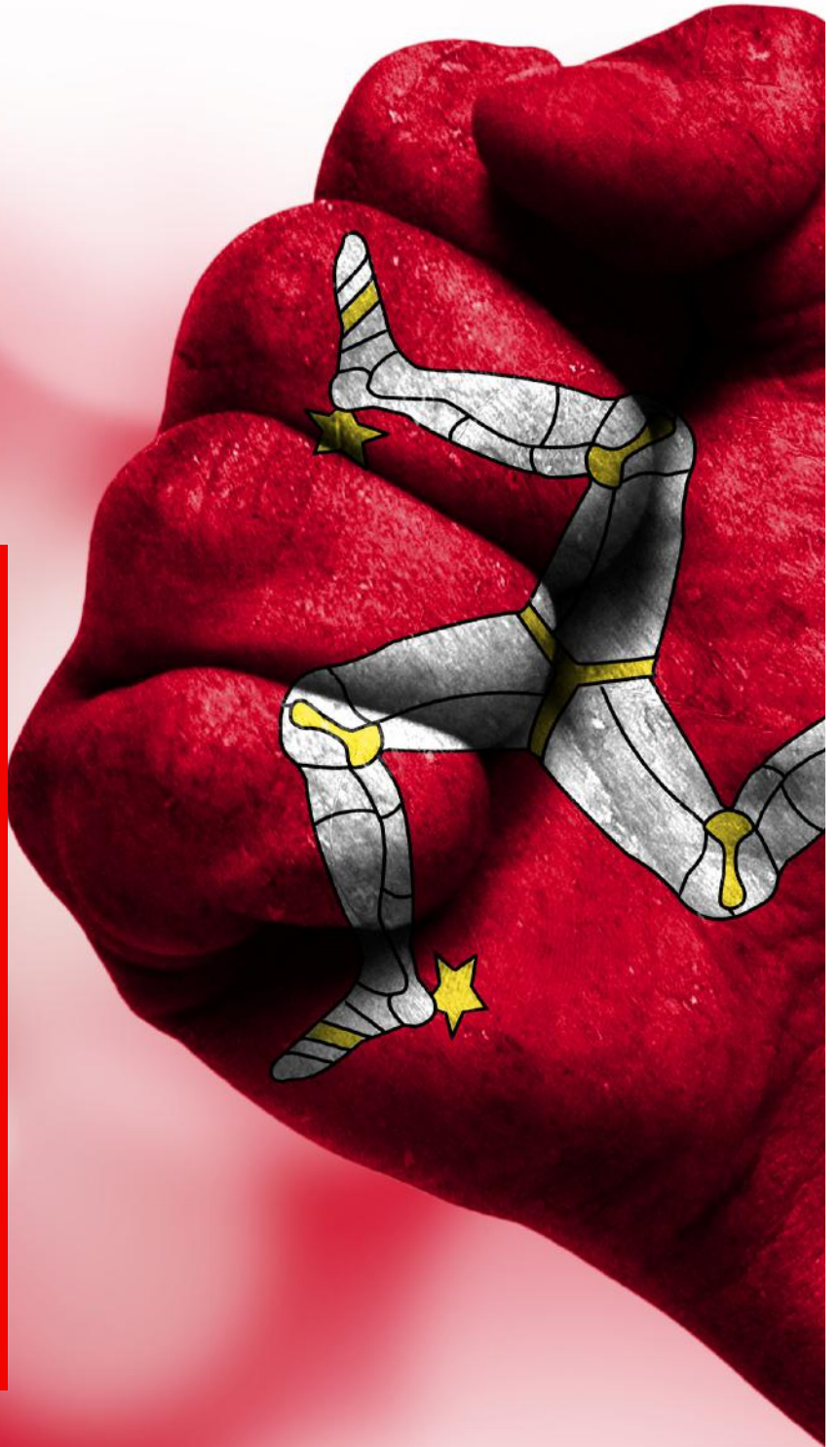




NEWSLETTER

SUMMER 2024



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CONTENTS

3 | ISLE OF MAN SPORTS AWARDS
2023

4 | INTRODUCING:
NIKKI ARTHUR AND ALICE ASHE

6



8



13



10

YOUR SPORT REVIEW
2019-2023



12

ISLAND GAMES 2029



14

SUPPORT FOR SPORT
2024/25



15

IOM SPORTING EVENTS
CALENDAR 2024



ISLE OF MAN SPORTS AWARDS



The Isle of Man Sports Awards is an inspirational evening where the Island's top athletes and officials gather at the Villa Marina to celebrate the sporting achievements and success stories of the year. Many congratulations to all the nominees and the final winners!

The winners of the 2023 Isle of Man Sports Awards are:

Sportswoman of the Year - Lizzie Holden (Cycling)

Sportsman of the Year - Bevan Rodd (Rugby)

Under 21 Sportswoman of the Year, sponsored by Newfield - Sienna Dunn (Hockey)

Under 21 Sportsman of the Year, sponsored by Suntera Global - Corrin Leeming (Athletics)

Disability Sportsperson of the Year, sponsored by Standard Bank - Duncan Watterson (Special Olympics)

Sports Team of the Year, sponsored by Crowe IoM - Isle of Man Women's National Cricket Team (Cricket)

Sports Administrator of the Year, sponsored by Media Isle of Man - Joy Gough (Archery)

Sports Ambassador of the Year, sponsored by Department for Enterprise - Mark Cavendish (Cycling)

Sports Coach of the Year, sponsored by Duke Travel - Sally Green (Cricket)

Veteran Sportsperson of the Year, sponsored by Crowe, Isle of Man - Sarah Webster (Athletics)

The Leonie Cooil 'Courage & Inspiration' Award - Sally Green

Lifetime Achievement Award, sponsored by CM Partners - George Peach

Sports Leader of the Year, sponsored by Sure - Ellie Johnson

Achievement on the Isle of Man Award - Lorna Gleave

Hall of Fame Recipients - Lizzie Holden and Bevan Rodd

With thanks to our sponsors:

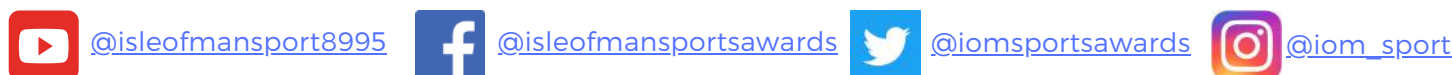


Missed it?

Check out the highlights of the Awards by clicking on the image or this link:


<https://www.youtube.com/watch?v=WqxIFW8Qihk>

You can also view the full Awards online on our Youtube channel and find more information on our social media!



INTRODUCING: NIKKI ARTHUR AND ALICE ASHE



Get in touch: 
nikki.arthur@gov.im
alice.ashe@gov.im



Nikki Arthur

Nikki Arthur joined Isle of Man Sport in January 2024 as Student Athlete Development Co-ordinator. Nikki has a huge volume of experience in education over the last 15 years, as well as involvement in both athletics and boxing, the latter of which she was involved with as IOM Boxing Team Manager at the Commonwealth Games in Birmingham in 2022.

The Student-Athlete Development Co-ordinator role is completely new within Isle of Man Sport, tell us more about your role and remit.

This is a really exciting new role which has been developed to help deliver world class support to the IOM's next generation of high performing athletes.

My role focuses on working alongside athletes to ensure they have an integrated and collaborative performance support team across all aspects of their lives, including working closely with their schools/UCM. I am also working closely with the IOM Sport team to deliver our Sport Aid Academy to our promising and engaged 14-16 year old athletes.

What is TASS Dual Career Accreditation and what are the plans for this on the Isle of Man?

TASS is a Sport England funded partnership between talented athletes, delivery sites and National Governing Bodies of Sport, working together to bring the best out of our country's most exciting young talents. The TASS programme helps athletes (aged 16-plus) to balance sport within the rest of their lives, be they in education, training or another form of personal development. All of the IOM Government-funded schools and UCM are towards the end of a year-long process of becoming accredited to deliver the TASS Dual Career scheme. This scheme recognises the education institutions' commitment to dual career support for high performing athletes who are in full time education. The scheme allows an enhanced level of academic flexibility and understanding within the institution, allowing our highest performing young athletes to balance their studies with a hectic sporting schedule. This is an opportunity for IOM Sport and Education to work hand in hand - it is a really exciting opportunity for our athletes and it is great for our education institutions to get formal recognition for the commitment and support they have been providing to our athletes for many years.

Why is having a dual career approach so important and how are you collaborating with schools to help student-athletes?

There is a large amount of research into the benefits for athletes who focus on dual career, not just within their academic life but it has been shown that having a dual career focus helps to improve performance. Sporting success can go hand in hand with achievement in many other areas of life - be it work, training or education. TASS Dual career will help our high performance athletes realise their ambitions on and off the field and it is important that all of our athletes have the tools to reach their potential as an athlete and in life. Schools and UCM have identified staff who will become a Dual Career Coordinator within their institution. They have attended a CPD course run by the TASS team which has trained them to help deliver this programme in junction with IOM Sport and I will be meeting with both staff and athletes within each institution to ensure our athletes have the best support to develop and progress.

Alice is no stranger to Isle of Man Sport. As a Sport Aid alumni, she has a wealth of sporting experience to share and following her appointment as Sport and Exercise Nutrition Lead in May 2024, she tells us a little bit more about her role and the importance of nutrition in supporting athletes to achieve not only their best performances but also to maintain a healthy lifestyle.

Tell us a little bit more about yourself and your role.

I am a Manxie, born and raised in Douglas, now living in the North of the Island. As a youth athlete, I represented the Island in many different sports, including Netball, Hockey, Athletics and my main love which was Football. My love and drive to play at the highest level, took me to trials at Chelsea Ladies F.C, where, at 15, I was selected for the Chelsea Academy and Development squad, whilst studying sport. I trained and played alongside top players, including Millie Bright, a current England 11 Player and a UEFA Women's Euros 2022 winner! Once moving to Sheffield to play for Doncaster Rovers Belles, I also captained and vice-captained our Sheffield Hallam University first team, where we had great success winning the league and moving into the premier division. After coming away from playing football, I began my career as a Sport Science / Sports Nutrition practitioner, achieving my BSc in Sport and Exercise Science and a MSc in Sport and Exercise Nutrition from Loughborough University. Alongside this, I gained experience working within Loughborough Lightning Netball Team, Leicester City, and working 1-1 with a number of Professional athletes and some CWG athletes.



Alice Ashe

What are you most looking forward to within your role?

I want to embed the importance of nutrition in benefitting and improving athletic performance and general health. I am passionate about providing evidence-based nutrition support (none of the FAD or bro science here!). I have an athlete focussed approach and love the challenge of problem solving on an athlete-to-athlete basis, 1-1 and within a multi-disciplinary team. I am super excited to be a part of the team here at Isle of Man Sport, as it feels like a full circle experience for me personally, from being a youth athlete going through the system, to now working alongside the great coaches within it, I am most looking forward to combining the knowledge we all have in our individual areas to give a holistic and well-rounded service to each of the athletes within Isle of Man Sport!

What are the different aspects of nutrition and why is it so important for health and performance?

There are many different aspects to performance nutrition and many areas that I would deem important, especially with our focus this year being on developing our talented youth athletes. The key focusses in the 1-1s and workshops will be:

Nutrition for general training & health: Making sure athletes understand the importance of nutrition for their training day-to-day and that they each develop their own nutrition ritual so that they are preparing, sustaining, and recovering from their sessions optimally. This also includes cooking tips, tricks and workshops to develop cooking skills that will benefit them throughout their athletic career and life.

Nutrition for competition: Making sure athletes have a well-rehearsed nutrition plan for competition – including how to prepare when they compete away (which as we know is key for Manx athletes, as most will compete off island). This also incorporates hydration and recovery strategies, including sleep.

Nutrition for immunity: Athletes cannot train and compete if they are ill! You may not believe it, but athletes are more susceptible to illness than the general population, due to the high level of stress training places on the body's immune system. Therefore, the athlete must practice eating the right foods and getting in enough crucial vitamins and minerals, so that they recover efficiently and minimise days off competition due to illness.

ATHLETICS: VOLUNTEER AWARD SCHEME



Isle of Man Athletics are pleased to share their new Volunteer Award Scheme that officially kicked off on 1st June 2024!

The scheme aims to recognise and reward the incredible contributions of the dedicated volunteers at club events across the Isle of Man, to keep the sport thriving. It is the latest innovation of the new Isle of Man Athletics Development Officer, Ollie Lockley, who started his role in December 2023, following the Isle of Man Athletics Association (IOMAA) receiving support from Isle of Man Sport's Sport-Specific Development Officer funding programme.

We caught up with Ollie to find out more about this new scheme and how people can get involved!

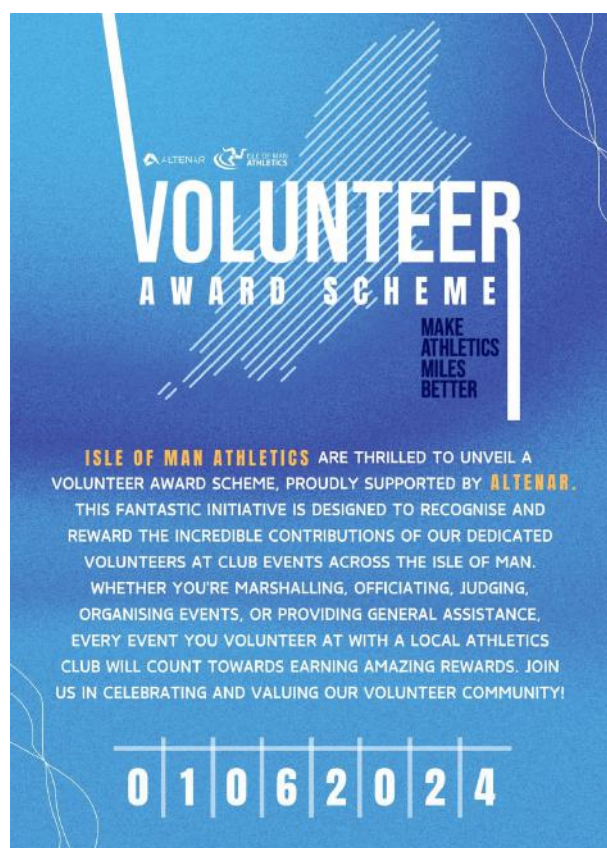
Tell us a little bit more about the IOMAA's new Volunteer Award Scheme.

The IOMAA's Volunteer Award Scheme, proudly supported by Altenar, is a fantastic initiative designed to retain and increase volunteers within club athletics on the Isle of Man. For every event someone helps out at, whether it's marshalling, officiating, judging, organising the event, or providing general assistance, every event you volunteer at with a local athletics club will count towards earning rewards. Volunteers reaching milestones of 5, 10, 15, 20, 25 and 50 stamps can convert these into kit and merchandise, as a token of our appreciation for their dedication and hard work. Moreover, each event you volunteer at also earns you one entry into our annual tombola, which includes the opportunity to win a grand prize, awarded at an annual IOMAA "Thank You" Volunteers Evening.

Why should people get involved?

Volunteering with local athletics clubs on the Isle of Man offers numerous benefits, both for the community and for the volunteers themselves. Here are several reasons to get involved:

- **Strengthening Community Bonds:** volunteering helps bring people together, fostering a sense of community and shared purpose
- **Networking opportunities:** expand your social network, connecting with like-minded individuals, community leaders and potential professional contacts
- **Skill Development:** help you develop new skills or hone existing ones. This could include coaching, event management, fundraising, communication and leadership skills
- **Giving back:** ensure that others can have similar opportunities



- **Mental and Physical Health:** volunteering is known to have mental health benefits, including reducing stress and increasing feelings of happiness and purpose
- **Sense of Achievement:** contributing to the success of local athletes and clubs can be incredibly rewarding. Seeing the positive impact of your efforts can provide a strong sense of accomplishment
- **Unique Island Community:** the Isle of Man has a close-knit community where local involvement is especially impactful and means making a significant difference in a relatively small community

Volunteering with local club athletics on the Isle of Man offers substantial benefits, enriching both the community and individuals involved. It's an opportunity to make a meaningful impact, develop personally and professionally, and be part of a supportive and dynamic community.

How can people get involved and where do they get a loyalty card from?

If you are interested in becoming a volunteer, please contact your athletics club to learn how you can help. If you are not a member of an athletics club, you can reach out to Ollie Lockley, the Isle of Man Athletics Development Officer, for more information on volunteering (contact details below).

Loyalty cards can be obtained from your club or directly from Ollie. These cards will also be available at the check-in desk at club events, where you can also collect stamps for your volunteer efforts.

Once you reach a milestone, you can pick up your rewards from your athletics club or from Ollie.

If anyone wants to get involved in Athletics, what other opportunities are there?

There's a range of opportunities beyond volunteering, catering to various interests and commitment levels:

- **Joining a club:**

1. Training: many athletics clubs offer training sessions for different levels from beginners to advanced athletes
2. Competing: clubs often participate in local, regional and national competitions, so this can give you an opportunity to compete in track and field events, cross country, road races and more!
3. Social member: if you enjoy the social aspects but don't wish to compete or train, many clubs offer social memberships, allowing you to participate in social events, support the club at competitions and be part of the IOM athletic community!



There are also a variety of other opportunities, including becoming a coach, official or getting involved in administration and management. Read more about them in the full article here: <https://www.isleofmansport.com/news/2024/jul/iomaa-launch-volunteer-award-scheme/>

How to get started: By exploring these opportunities, you can find an athletics role that matches your interests, skills and commitment level. For more information, contact Ollie Lockley at iomado@hotmail.com to discover the most suitable role for you.

Want to know more? Get in touch with us!

[✉ iomado@hotmail.com](mailto:iomado@hotmail.com) [f Isle of Man Athletics](#) [@IOMathletics](#) [X @IOMathletics](#) [🌐 www.iomathletics.com](http://www.iomathletics.com)

ISLE OF MAN HOCKEY TALENT ACADEMY



The Isle of Man Hockey Talent Academy is a joint England Hockey (EH) and Manx Hockey Association (MHA) initiative to help provide on-Island opportunities for high potential junior hockey players and local coaches to learn from England Hockey Talent Academy Coaches.

We caught up with Kim Carney (MHA Chair) and Lesley Shimmin (MHA Head of Performance) to find out a little bit more about this initiative and the impact this has had for hockey on the Island.

What is the Isle of Man Hockey Talent Academy?

The Isle of Man Hockey Talent Academy (IOMTA) is a series of six monthly sessions for Island-based EH Talent Academy players as well as aspiring and high potential young hockey players. The aims of the Academy are to:

- Provide extra 'touch points' and coaching time for existing EH Talent Academy players who cannot attend mid-week sessions in the UK
- Provide an environment where other players who aspire to Talent Academy status can be invited to take part and be considered by the EH coaches delivering the sessions
- Provide an environment where players who have elected to focus on their studies can receive coaching from EH coaches to help them continue to develop their hockey
- Provide an environment for local 'talent development' coaches to upskill and familiarise themselves with the standards, terminology and delivery methods utilised by the EH coaches, with a view to improving the local coaching offering and driving standards up



How many players have been involved in the Isle of Man Talent Academy (IOMTA)?

The recently completed second year of the IOMTA started with 22 players and others were added for one or more sessions, resulting in 28 young players enjoying the experience of being coached by EH coaches. The average group attendance over the sessions was 24, which reflects the growth from Year 1 which started with 16 and grew to an average of 20 (with 25 individuals attending one or more of the sessions over the year).

This includes the players selected for England Hockey's North West Talent Academy (NWTa) as it is a requirement that they attend the sessions.

Nominations follow observations at the IoM Junior Squad training sessions and long discussions between the coaches (focussed on the players who show potential to be nominated for NWTa observation/assessment and who also fall into the correct age categories).

What happens at a typical session?

Each session is led by an England Hockey Talent Academy coach with local coaches assisting and observing. All sessions are scheduled to run from 10.30 to 15.30 (on the pitch for 2 hours in the morning, 1 hour lunch and theory break, then back onto the pitch for 2 hours). The theory break forms part of an education programme to help prepare athletes for the demands of junior international hockey and includes individual player support through player profiling, individual development plans & regular coach feedback.

Anyone who is interested, including parents, coaches and players of all ages are welcome to observe the pitch sessions from outside the pitch. Anyone wishing to be involved in the sessions can contact Lesley Shimmin by email: mhaperformance@outlook.com.

What have been the successes of the Isle of Man Hockey Talent Academy?

The Isle of Man has some high potential young hockey players. So far, 14 individuals have been selected to be involved in the England Hockey North West Talent Academy (NWTa) over the last three years. Five of these individuals (4 locally based and 1 Manx player who attends school in England) were also selected to represent the NWTa in the Talent Academy Cup last year.

We are currently waiting to hear regarding selection for this year's TA Cup which may feature some of the 7 Manx players who attend NWTa at present. Over the last couple of months, there have been a series of matches against various TA's in the UK in order to select the final squad and all IoM players involved in NWTa have had some involvement in these matches.



We are also particularly pleased that, following the October and November sessions this year, we nominated 2 players for initial observation at NWTa and this resulted in one being added to the NWTa squad with immediate effect. A further 5 players have been nominated for assessment for the 2024/25 cohort but due to school exams and other commitments, some will not be assessed until early September.

This helps demonstrate a clear progression and pathway for aspiring young players on the Isle to transition from club hockey, through IOM Junior Squads, IOM Hockey Talent Academy and EH NWTa to England Hockey Age Group squads (following in the footsteps of Sienna Dunn, current England U21 Hockey Player and IOM Sport Aid Performance Athlete Grant recipient).

Isle of Man Sport, through the Manx Hockey Association and the Support for Sport Programme, have been able to provide some financial support towards the Isle of Man Hockey Talent Academy and the individuals selected to attend the EH NWTa (previously Performance Centre). This includes assisting with travel to attend trials, training sessions and the England Hockey Talent Academy Cup that is one of the key selection routes to the England Hockey Age Group Programme.

Over the last three years, Isle of Man Sport have invested over £12,000 towards supporting the Isle of Man Hockey Talent Academy initiative and the individuals selected to attend England Hockey Talent Academy activity in the UK.

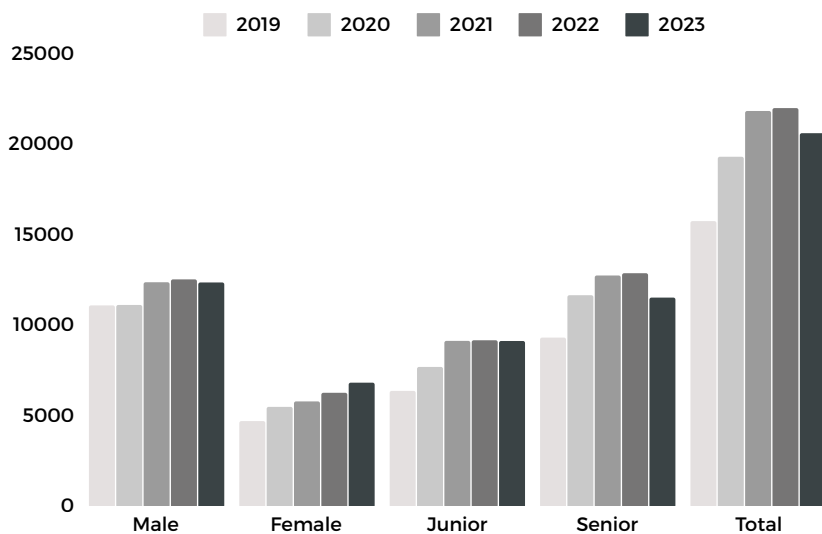
YOUR SPORT REVIEW

Thank you to all our recognised sports for submitting their Your Sport Review's at the end of January. We are now able to build a much better picture of sport on the Island and how the Support for Sport programme has contributed towards Isle of Man Sport's objectives of:

- increasing participation across all levels, from grass roots to elite
- Improving coaching, officiating and volunteering to enhance performance
- improve governance of governing bodies and member clubs

We are pleased to share some of the highlights of the Review and progress that has been made across all 28 recognised sports on the Isle of Man, with the help of funding from the Support for Sport programme.

Participation



31%

increase in the number of registered members of sports clubs from 15,708 in 2019 to 20,566 in 2023.

46%

increase in the number of female registered members. In 2019, there was 4,658 which has increased to 6,781 in 2023.

44%

increase in the number of junior registered members from 6,327 in 2019 to 9,084 in 2023.

Coaching

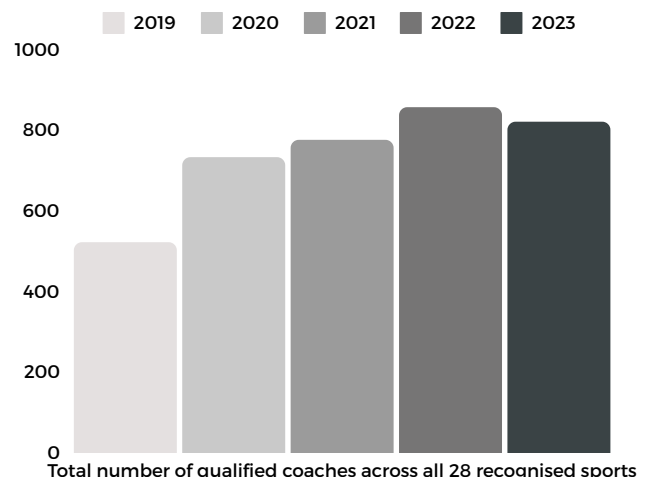
57%

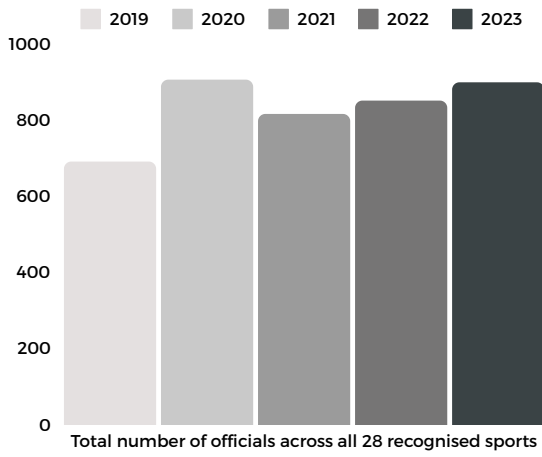
increase in the number of qualified coaches over the last 4 years.

In 2019, there were 522 qualified coaches, which has risen to 821 in 2023, across all 28 recognised sports.

£61,295

Invested through the Support for Sport programme specifically towards maintaining and upskilling coaches with recognised National or International Governing Body qualifications and CPD at all levels





£16,794
 Invested through the Support for Sport programme specifically towards supporting officials to achieve and maintain recognised National or International Governing Body officiating qualifications

Officiating

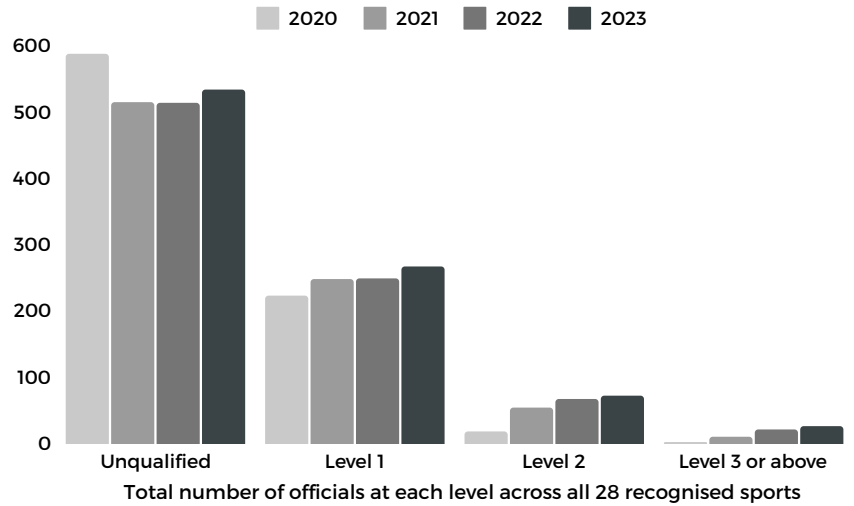
30%

increase in the number of active officials in the last 4 years. In 2019, there were 691 qualified officials overall across all 28 recognised sports, which has risen to 899 in 2023.

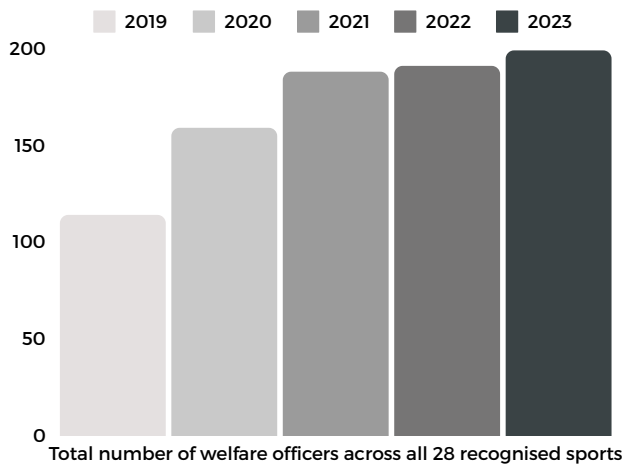
Over quadruple

the number of highly qualified officials.

In 2020, there were 18 Level 2 qualified officials and 2 Level 3 or above qualified officials across all 28 recognised sports. Now, in 2023, there are 72 Level 2 qualified officials and 26 officials holding Level 3 or above qualifications.



Governance



75%
 increase in the number of welfare officers from 114 in 2019 to 199 in 2023.

£13,576
 Invested through the Support for Sport programme and in providing the IOM Sport Coach Education Programme at nil cost to all recognised Governing Bodies of Sport. This equates to training for the following number of individuals:

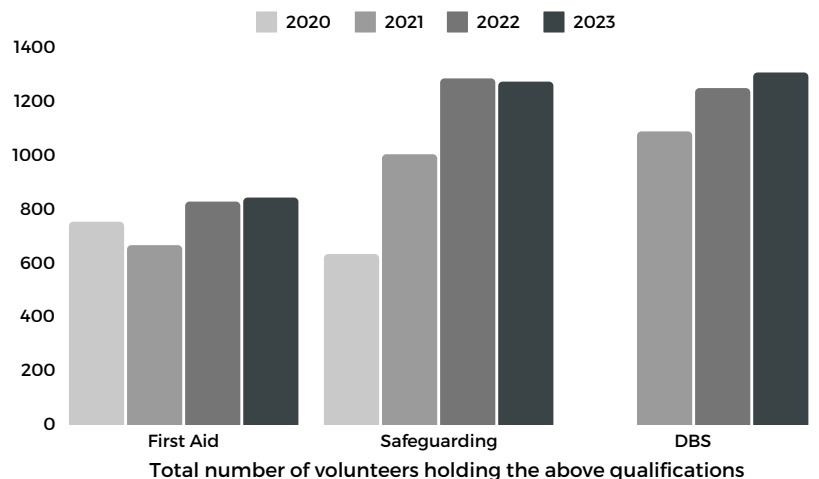
- First Aid: 136
- Safeguarding: 184
- Welfare Officer: 5
- DBS checks: 437

20%

increase in the number of volunteers that have a DBS, from 1,088 in 2021 to 1,307 in 2023.

Over double

the number of volunteers that are safeguard trained. There was 632 in 2020 and this has increased to 1,273 in 2023.



ISLAND GAMES 2029



The Isle of Man Bid Committee members officially presented the Isle of Man bid to host the Island Games in 2029 at the International Island Games Association (IIGA) AGM held in Orkney on 13th July 2024. The Isle of Man was successful in its bid and has now been confirmed as the 2029 host for the Island Games.

The Isle of Man hosted the very first Island Games in 1985 and then again in 2001, both of which were catalysts for promoting sport on the Island and creating a lasting legacy of health and well-being. Hosting the Games again in 2029 will provide an opportunity to mobilise our community once more, to generate new interest in sport on the Island and enthuse people to become active and enjoy the benefits of being involved in sport.

It is a fantastic event to engage local schools, sports clubs and the wider community and provide an opportunity to build the next generation of coaches, officials and volunteers to ensure a continued legacy of sport on the Isle of Man. The Games will also provide an opportunity to showcase our Island to our member Islands and the rest of the World, aligning with the Isle of Man 15-year Economic Strategy to attract people to visit the Island and to grow the Island's population to 100,000 by 2037.

The strategic vision for the 2029 Island Games includes the following:

- Sports which can facilitate and deliver a high quality spectator experience
- Sports which have high numbers of female participants

- Sports which can be facilitated predominantly in the East of the Island
- Minimal journey time on Games transport to move between accommodation and competition venues, least environmental impact as possible
- Events and competitions that are as low cost as possible to deliver

There are 18 International Island Games Association (IIGA) sports from which a host Island can select a maximum of 14. The Isle of Man's successful bid included the following 14 sports who were selected based on their potential to best align to the Strategic Vision of the 2029 Island Games:

- Archery
- Athletics
- Badminton
- Basketball
- Cycling
- Football
- Golf
- Gymnastics
- Table Tennis
- Tennis
- Triathlon
- Squash
- Swimming
- Volleyball

Andrew Inkster, Chair of the IIGA, said:

“We were delighted to receive the Manx bid and even more so to confirm our event will return to its spiritual home in 2029. Since the Isle of Man hosted our inaugural event in 1985, we have grown steadily and I am confident the Isle of Man will build on this success.”

The Isle of Man will now start to begin preparations to host the Games in 2029 and look forward to delivering a Games that creates a legacy for the next generation!

PARIS 2024 OLYMPICS



The 2024 Olympic Games begins in Paris on 26th July and runs until 11th August 2024.

The Isle of Man has a proud history of Manx Olympians and Manx National Heritage has recently opened a temporary exhibition entitled 'Manx Olympians' at the Manx Museum ahead of the Paris Games. The free exhibition looks back at more than 100 years of Manx participation in the world's most famous sporting event and celebrates some of the Isle of Man's greatest sports stars. It is open until February 2025 and features the gold medal awarded to Peter Kennaugh in 2012 at the London Games.

For more information, please click the link below:

<http://www.manxnationalheritage.im/whats-on/detail/manx-olympians/>

Want to know what's on in Paris 2024 and when?



Scan the QR code or click the link below to see the full schedule of the Paris 2024 Olympics Games!

<https://olympics.com/en/paris-2024/schedule>



Yasmin Ingham

Isle of Man Sport are delighted to share that Isle of Man Sport Aid Performance Athlete Grant Recipient, Yasmin Ingham has been selected as part of Team GB's 16-strong Equestrian Squad for her first Olympic Games with her horse, Banzai du Loir. She is the alternate combination for the Eventing Squad and the Equestrian events will take place in the ground of the Palace of Versailles, about 10 miles west of Paris.

Yasmin, who was named the 2023 Sportswoman of the Year at the Isle of Man Sports Awards, won individual gold on Banzai du Loir at the World Eventing Championships in 2022 and Team GB head into the Olympic Games as reigning Eventing champions having won gold in 2021.

All at Isle of Man Sport and Isle of Man Sport Aid wish Yasmin and the Squad the best of luck as they start their Olympic campaign on 27th July!

SUPPORT FOR SPORT 2024/25

Due to the Covid-19 pandemic, sport was brought to a standstill and opportunities to participate, compete and travel were limited over a period of two years. As a result, the Sports Liaison Committee were able to allocate unprecedented amounts of funding to the Support for Sport programme to help kick-start sport post-Covid. During this time, it was communicated to recognised sports that this level of funding was not sustainable long-term and therefore allocations to sports were expected to reduce significantly from 2024/25 onwards. In this time, we have also seen the number of recognised sports increase and we expect this may continue in the coming years, whilst overall Isle of Man Sport funding has remained static, therefore resulting in individual funding allocations to sports being reduced accordingly from 2024/25 onwards.

Isle of Man Sport's three Priorities and Objectives, which it aims to achieve in partnership with the Island's Governing Bodies of Sport, are:

- Increase participation in sport across all levels from grass roots to elite
- Improve and develop coaching, volunteering and officiating to enhance performance across all levels; and
- Improve governance of governing bodies of sport and member clubs

The Sports Liaison Committee identified several areas within these IOM Sport Priorities and Objectives, linked to the Isle of Man Strategy for Sport, that have been prioritised for funding in 2024/25. These areas are (in no particular order):

- Initiatives that directly improve the standard of coaching, officiating or volunteering on the Island (this includes off-Island travel for relevant courses, qualifications and CPD)
- Initiatives that directly improve the governance of Governing Bodies of Sport and their member clubs
- Initiatives that directly increase participation or improve participant experience in on-Island sport
- Funding for off-Island travel in relation to participation for individuals or teams attending:

-Recognised International level competition

-Recognised National Governing Body talent pathway activity

£157,214

Funding allocated to recognised sports in 2024/25 via the Support for Sport Programme

£81,293

Funding allocated to recognised sports in 2024/25 via the Sports-Specific Development Officer Funding Programme

161

number of initiatives funded via our programmes in 2024/25

28

number of recognised sports supported in 2024/25

SPORTING EVENTS CALENDAR 2024

Isle of Man Sport is pleased to bring you this sporting events calendar from our current recognised sports, highlighting some fantastic opportunities to participate, watch and support local, national and international sport, right here on the Island!

Every effort has been made to ensure that the details are correct, but please check with the event organiser before attending. You can view the full calendar and what's on, along with submitting new events, on our website here: www.isleofmansport.com/whats-on/

| EVENT: | DATE: | VENUE: | WEBSITE: |
|--|---------------------------------------|-------------------------------|---|
| Super Manx Summer Series | Weekly (26th June - 14th August) | Various | www.facebook.com/MVWcc |
| Manx Rugby Summer Touch Rugby Series | Weekly (27th June - 18th July) | Various | www.facebook.com/manxrugby |
| Winter 5km Series | Monthly (1st October - 3rd December) | Ramsey | www.northernaciom.com |
| Isle of Man XC League | Monthly (6th October - 1st December) | Various | www.iomathletics.com |
| Winter Hill League | Monthly (12th October - 7th December) | Various | www.manxfellrunners.org |
| Isle of Man Swimming Galas | 7th and 21st September, 5th October | NSC | IOMSA Facebook |
| JULY | | | |
| Gran Fondo Isle of Man | 27th - 28th July | Mooragh Park, Ramsey | www.granfondoisleofman.com |
| Manx Rugby Beach Rugby Series | 27th July | Various | www.facebook.com/manxrugby |
| IOM Tennis Junior Open 2024 | 27th July - 3rd August | Ramsey Tennis Club | IOM Tennis Junior Open 2024 |
| AUGUST | | | |
| The Viking Cup Polo Tournament | 2nd - 4th August | Ballacooiley Estate | www.thevikingcup.co.uk |
| Manx Rugby Beach Rugby Series | 3rd August | Various | www.facebook.com/manxrugby |
| Manx Masters Carriage Driving | 3rd - 4th August | Marnoch Bungalow, Crosby | www.manxhorsecouncil.com |
| Le Dans | 3rd - 4th August | Jurby Racecourse | www.dankneen.shop/le-dans |
| IOM Cricket Female Super Series | 4th August | KWC / Various | www.iomcricket.co.uk |
| IOM Tennis Ramsey Town Cup | 10th - 17th August | Ramsey Lawn Tennis Club | IOM Tennis Ramsey Town Cup 2024 |
| Isle of Man Senior Golf Championships | 11th August | Comis Mount Murray | www.isleofmangolf.im |
| Isle of Man Marathon Championships | 11th August | Ramsey | www.isleofmanmarathon.com |
| Manx Hockey Association Mixed Summer Sixes | 11th August | NSC | www.mha.org.im |
| Lawn Bowls IOM National Championships | 24th August - 25th August | Onchan Park (Flat Green) | www.lawnbowlsiom.com |
| IOM Tennis Island County Championships | 24th - 31st August | Douglas Lawn Tennis Club | IOMLTA County Championships |
| SEPTEMBER | | | |
| Manx Mountain Bike Club MTB Series | 1st September | Ballaugh | www.manxmtbclub.com |
| IOM Cricket Female Super Series | 1st September | KWC / Various | www.iomcricket.co.uk |
| IOM Pony Club One Day Event | 1st September | Pony Club, Andreas | www.manxhorsecouncil.com |
| September Crown Green Bowls Festival | 2nd - 6th September | Nobles Park and Various | www.iombowls.com/festival |
| Special Olympics Isle of Man National Games | 6th - 8th September | NSC/Bowl | www.facebook.com/SOisleofMan |
| IOM Dinghy Championships | 7th - 8th September | MS&CC, Ramsey | www.msandcc.org |
| IOM Triathlon Championships | 8th September | Ramsey | www.manxtriathlon.com |
| Isle of Man 20km Walking Championships | 8th September | NSC | www.manxharriers.com |
| LTA Fast4 Open Regional Tour | 14th - 15th September | Douglas Lawn Tennis Club | LTA Fast4 Open Regional Tour |
| Dave Karran Memorial Squash Tournament | 24th, 26th and 27th September | NSC | www.iomsra.com |
| Manx Horse Council Hunter Trials Championships | 28th September | Pony Club, Andreas | www.manxhorsecouncil.com |
| OCTOBER | | | |
| Western 10-mile Race | 13th October | Peel | www.westernac.org |
| Manx Horse Council Dressage Championships | 26th October | Conrhenny Equestrian Centre | www.manxhorsecouncil.com |
| NOVEMBER | | | |
| Arena Eventing Finals | 3rd November | Kennaa Equestrian Centre | www.manxhorsecouncil.com |
| Isle of Man Swimming Association Championships | 8th - 10th November | NSC | IOMSA Facebook |
| Manx Horse Council Showjumping Championships | 17th November | Ballavartyn Equestrian Centre | www.manxhorsecouncil.com |
| Isle of Man Swimming Association Championships | 22nd - 24th November | NSC | IOMSA Facebook |
| DECEMBER | | | |
| The MVW Reliability Ride | 15th December | TBC | www.facebook.com/MVWcc |
| The Ridged Turkey Cross Relay | 22nd December | Nobles Park | www.facebook.com/MVWcc |
| The Hamper Cycling Race | 29th December | Jurby Parish Hall (TBC) | www.facebook.com/MVWcc |

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