



# Fields of Athenry

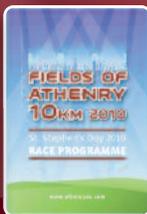
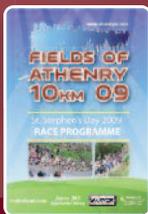
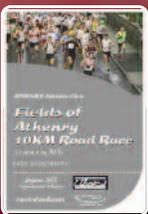
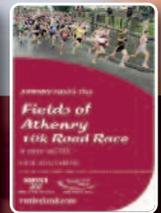
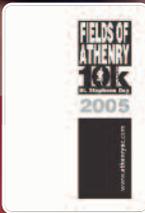
10km Road Race 2014



Race Programme  
St. Stephen's Day 2014



Celebrating the  
**10th year** of our Race Programme



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# The Tommy Madden Medal

The Tommy Madden Medal – which will be presented to the first man and first woman home today – has been produced to commemorate the life and running career of the late Tommy Madden of Derrydonnell. Tommy was, quite simply put, one of the finest runners that Galway has ever produced. His achievements in athletics, both as a runner and as an administrator, will be remembered for many years.

In 1954 Tommy won the County Galway Junior Cross-Country championship in the colours of Athenry AC. Just a few months later, Tommy was amongst a small number of athletes that founded the soon-to-be famous Derrydonnell AC. It was to this club that he devoted the rest of his athletic career.

Although he was a formidable performer on the 'country', road and track, Tommy will perhaps be best remembered as a cross-country runner. Amongst many other achievements, he won four Galway titles and featured on several All-Ireland winning Galway teams.

The last occasion upon which Tommy won an All-Ireland medal was as a member of the victorious Galway team that claimed the title in Dromoland in 1966. Tommy went into that race as Galway Champion and was only just beaten to the line that day by one of his Galway team-mates, the legendary Mick Molloy of Oughterard.

The Tommy Madden Medal is an exact replica of the ones that were awarded to Tommy and his Galway team-mates as All-Ireland Champions on that occasion.



Tommy Madden in the colours of Athenry A.C., pictured with local supporters following his victory in the County Cross-Country Championships in 1954 in the grounds of Mellowes College, known then as 'The Farmyard'. Carrying Tommy are Dinny Sullivan (Club Secretary) and John Joe Ruane. Also in the picture are Michael Freaney, Tomsie Cannon, Frank Rabbitte, Ned Qualter and Michael Madden.

# Chairperson's Note

As the 2014 chairman of Athenry AC it gives me great pleasure to welcome you to the 13th Fields of Athenry 10K. We are always delighted and humbled to see the huge numbers that turn up year after year to our annual club event. You are what makes it successful and we thank you wholeheartedly.



The race has been growing in popularity every year since it started and this year is no exception with all previous entry record numbers being exceeded. Of course getting bigger brings more complexity and the race would not be the success that it is without the hard work of the Race Director, Frank Burke, his committee and all of the club's volunteers who turn up year after year. The club is indebted to you and we thank you all.

But the most important person is you, the participant. No matter what your reason is for getting to that starting line (and let's face it, sometimes it can be pretty difficult after the excesses of Christmas day) we want you to enjoy it. Your goal may be to win, set a PB, beat your best friend/enemy or just get around in a reasonable time. But no matter what your goal, measured in minutes and seconds is, take the time now and again to look at the fields of Athenry and say to yourself "I am running, I am alive, I am in a good place".

Then, when the race is over relax, enjoy the hospitality, brag a little to your friends and hopefully we will see you again next year.

**Tony Killarney**, Athenry AC chairperson.

# Race Director's Address

It gives the members of Athenry AC great pleasure to host this year's Fields of Athenry 10K road race. I would like to warmly welcome each and every runner and walker to Athenry on this, the 13th running of the event.



It is our hope each year to host a top-quality event that caters for runners and walkers of all abilities in a safe environment and enjoyable atmosphere. To do this requires a lot of work and, as a club, we are very proud that so many members come to help out each year and make the organising and running of this race an easy task.

We get great support each year from the Athenry community and this is reflected through our sponsors who are all local businesses which employ local people. You will find their advertisements throughout this booklet; please support them.

We are delighted to support Athenry Tidy Towns again this year. They do great work in the town for everyone's benefit.

Thank you for coming here today and making this race a successful one. Having a race at this time of year is slightly different from other times as we have a lot of runners from overseas, some on holidays and others home for Christmas. We hope you enjoy your break over the holiday period running around The Fields Of Athenry.

**Frank Burke**, Fields of Athenry 10KM Race Director.

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## 2014 Galway 5km Series Report ([www.5km.ie](http://www.5km.ie))

James London

The Galway 5K series continued to grow in 2014, surpassing almost all the records set the previous year...yet again. It was the 9th year of the series and there have now been 51 series legs since early May 2006.

The entry process was, as usual, frenetic when it opened on Thursday, 13 March at 8pm on-line. Six hundred got through on ActiveGlobal.com; the entry process being overseen by long-time series co-ordinator and founder, Mick Rice of Athenry AC. Entry was €30 and if you hadn't registered within 35 minutes, you missed out.

The series started, as usual, in Athenry (another new course, starting close to the train station and doing a figure of 8 to finish near the pitches in Raheen), then onto Loughrea, Maree (welcome aboard!), Claregalway, GCH (another new course starting and finishing under the new grandstand in Ballybrit racecourse) and finally Tuam. The "afters" party was again held close to the finish line in Tuam, at the Ard Ri Hotel.

Athenry had a record single leg completion number of 699. The handover of numbers went very smoothly at the new Athenry Medical Centre beforehand, as did the race itself, over what felt like a very fast course. Tony Killarney and Athenry AC were delighted with the organisation of the event, the course and a dry evening.

Loughrea was next, over the now familiar up-and-down-and-up-and-down course. The evening was challenging with heavy rain greeting the runners, as it has on a number of years in the past at this venue. It didn't dampen the spirits of the runners or Loughrea AC though. This venerable club added a nice touch to their leg, having a race clock at the one mile mark, to mark Roger Bannister's first sub-4 mile on that very day 60 years before (6 May 1954).

Maree was next, taking the place of Craughwell. A cool but dry evening greeted the competitors at the Maree Community Centre. The course was basically the same as that used for the Boston Scientific charity 5K over the previous few years, a loop that took in the entrance of Renville Park. It was a fast course, even with an uphill finish and a lot of good times were recorded that evening, with numerous very efficient photographers on hand to capture the finishing line action.

Claregalway was next, with Andrew Talbot and crew serving up a quality race. It even stopped raining about five minutes before the off. This was confidently predicted by the race director at 7pm, to the incredulous runners who were congregating in the Business Park, sheltering from the rain at the time. Over 250 people earned their technical top with their 4th race finish – four were required to earn the technical top, down from five in recent years.

Ballybrit racecourse hosted the GCH leg for the second time, on a beautiful evening for racing. The runners started and finished under the superb grandstand. GCH put on a great show with efficient parking and stewarding at all times on show. The course

was modified to make it more straightforward and was a fairer test of the competitors. The course was basically two laps of the racecourse itself. It was the 50th leg in the series since 2006.

Patricia and Brendan Monaghan and all in Tuam AC were well prepared for the series finale in Tuam, starting and finishing close to the Ard Ri hotel, in what has turned into the fastest course on the series, not for the first time either. The evening stayed dry but cloudy. Many runners ran big PBs that evening over the new very familiar course. For some outstanding information on the 5K courses run this year, check out [mareeac.com](http://mareeac.com)!

The technical top was royal blue in colour and 666 were eligible for one by now. Amby Burfoot put it well when he said, "To get to the finish line, you'll have to try lots of different paths."

In the female category, Regina Casey won five of the six legs, with Sinead Brody winning the GCH leg. Regina ran a superb 17:32 in the last leg in Tuam. There were five different male winners, with Peter O'Sullivan winning twice (Loughrea and Maree), while John Greaney (Athenry), Owen Byrne (Claregalway), Conor Dolan (GCH) and Matt Bidwell (Tuam) each won one leg. Bidwell won Tuam in a series best time of 15:23!

The excess of €10,437 from the 5K series was again donated to the Galway AAI county board for the advancement of both adult and juvenile athletics in the county.

All three 5K series stalwarts remain standing after the 2014 series: Gary Doherty (Athenry AC), Jim Maher (HP Running) and Tony O'Callaghan (Craughwell AC). Each has successfully completed all 51 legs to date (2006: 4; 2007: 5; 2008-2014: 6 each)! All three are delighted to have reached 50+ intact, though each has his own tale to tell as to how close each of them came to missing a leg over the 9 years of the series. Adrian Fitzmaurice has been at all 51 legs but stewarded at one Claregalway leg, finishing all other 50! So close but...

Thank you, Mick Rice, for making the 5K series the outstanding success that it has been since it started over 9 years ago. It is the highlight of the year for many road runners in Galway. Long may it continue!

Race	Number	Director	Date
Athenry	699	Tony Killarney	29 April
Loughrea	638	Martin Smyth	6 May
Maree	658	Catherine Bourke	13 May
Claregalway (CRH)	571	Andrew Talbot	20 May
Galway (GCH)	573	Cormac O'Connor	27 May
Tuam	612	The Monaghans	3 June

Races Run per Person	Number	Gender	Number
Six	215	Male	387
Five	285	Female	403
Four	166		
Three	81		





## Mick Rice

As runners, we are handed a wonderful opportunity each and every day; the chance to put into practice in our training what we have learned through our own experience.

### **It is often a fiendishly difficult opportunity to grasp.**

The majority of runners whom I have known train compulsively. This is to say that they often run when they'd much rather not. When they cannot train – because of injury or for some other plainly legitimate reason – they experience guilt. On other occasions, they'll head out the door late in the evening and into pouring rain just because they need a few more miles to hit a weekly target.

None of this behaviour is – on the face of it at least – rational. Actions like these are why non-runners fail to understand the runner's world-view. Simply put, non-runners, not being caught up in the often destructive compulsive mind-set, cannot see the logic behind these apparently irrational activities. Runners, of course, can.

Although many such habits are obviously counter-productive, it could be argued that a sense of compulsion is almost a prerequisite for competitive success. How else are you going to convince yourself that running twenty miles through wind and rain on your own is a good idea? Dreams of future success, the logic of deferred gratification and other mental tricks will work to some extent, but it seems that a formless, doom-ridden, guilt-laden compulsion works best for those who want to go deep.

So, what has all this got to do with anything?

In working my way back from a long-term injury, it occurs to me that I have the chance to abandon some of my more destructive compulsions – to start afresh in some ways, if not others. Experience tells me that compulsion is a double-edged sword. Perhaps I can improve my experience of running by ditching some of the patently self-defeating behaviours which I've exhibited in the past.

For example, I know from my own experience that I need not train every day in order to improve my fitness. I know that I need not train when sore and tired from either racing or training. I know that I should sometimes be more focused in terms of what training sessions I do, rather than just going along with the general flow because it's easier. I know that good sleep is great training. I know that eating well will support me in training well. I know that success is not guaranteed and that I have only limited influence over the outcomes of my training. I know that everything is temporary. I know that none of this stuff really matters.

If I can keep this knowledge with me as I run this year, I may enjoy myself a little.



## Runner's Yarn

by Marie H Curran

A pair of runners accompany a backdoor  
Between a rise of muddy garden boots,  
And a fabric moulded slipper shoe.  
One pair, never stepped a foot outside  
The other, roamed a grass green pen.  
But the runners, they tell tales  
Of travels far beyond these garden gates.

In legs and ankles, rocket fuel  
I dashed past ditches  
Verges, seasoned trees. Potholes  
Tractors, cars whizzed me.  
I ran alone in space and time,  
Partnered other running soles.  
5k, 10k, marathons, I've raced, I've jogged  
Both road and trail, been soaked  
By storm, and dried by gale.  
I travelled counties up and down.

Looking to the garden boot and slipper shoe,  
The runners finish up their yarn:  
Who cares the world retires me now,  
I've lived my life, a life as me.  
And so, these travelled soles take rest.  
But as the shoe correctly states,  
A life was lived, what more attest!



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# A Marathon Challenge

Peadar Nugent

Have you ever thought of doing a marathon but told yourself that you'd never make it? Well nothing is impossible to those who try. Many moons ago I had a teacher in primary school who used tell pupils, who would claim they couldn't sing, that singing was only speech beautified. The same positive principle could be taken on board in approaching participation in a marathon. Adopt the optimistic motto "Is féidir liom."

A 26.2 miles' jaunt is not to be taken lightly, but is eminently doable by anyone who is in a reasonable state of health. Preparation is the key, whether one is planning for one's first or 31st such undertaking. The same prescription for success is entailed, whether one intends to walk, jog or run. Bear in mind the adage attributed to soccer legend Roy Keane: "You can prepare to fail if you fail to prepare"

The length of the preparation period depends on one's level of fitness. If you are a totally unfit beginner, you will require a six months' training schedule, but I will leave that to another time. You will survive the big day in two months' training if you normally complete about five miles on three or four times a week. This article is aimed at those in the latter category.

You would need to train on five days each week for the preliminary eight weeks, including one gradually increased outing each weekend. One of the other four weekly sessions should be a sharp four or five miles at 5K race pace. Get one or two like-minded individuals to join you if you can, especially for the weekend slog. Giorraíonn beirt bóthar. It's important that the add-ons be at your own level of fitness. The successive weekend sessions, taken at the same even pace throughout the full distance, would ideally increase through five, eight, twelve, fifteen, eighteen, and two twenties, and a fifteen to finish with on the weekend before the marathon. I'm referring here to miles and not kilometres. Have a bit left in the tank always at the end of each long weekend spin to satisfy yourself that you could go farther if you had to. A rest day is recommended on both the day before and the day

## AAC @ DCM14

Aaron Turner	3.20.18
Aidan Madden	3.48.26
Angela McManamon	3.58.04
Angela Sweeney	5.23.19
Aonghus McGuinness	3.56.08
Brian Burke	4.33.43
Caroline Freney	4.54.21
Cheryl Winston	5.01.39
Chris Deakin	3.30.50
Claire Forde	4.35.34
David Noone	3.09.27
Deirdre Quinn	3.24.43
Enda Fox	4.38.54
Esther Leahy	4.02.28
Fiona Doughan	4.12.58
Frances Leahy	4.20.22
Gearoid Rohan	3.04.55
Jane Ann Healy (Meehan)	3.04.41
Jim Leahy	3.49.55
John Langan	3.10.26
Kenneth O' Hara	3.53.20
Kieran Guiry	3.35.07
Lezan Kimutai	2.22.33
Lyall Guiney	2.58.21
Maeve Noone	3.32.41
Maire Treasa Beatty	5.30.41
Mairead Blake	4.06.02
Mairead Sullivan	3.24.39
Majella Cummins	4.59.59
Maria Hehir	4.47.03
Martin Keane	5.05.56
Martin O' Hara	3.30.18
Martina Passman	4.34.01
Mary Rohan	3.58.04
Mick Rice	2.49.13
Orla McCluskey	4.22.30
Pat McDonagh	3.23.21
Patrick Forde	3.14.34
Peadar Nugent	5.30.41
Peter Brandon	2.33.26
Ray Somers	2.53.06
Ronan McCarthy	3.54.35
Roseanne Trehay	3.34.15
Sheelagh Earls	3.59.32
Siobhan Guinan	3.33.08



following the long outing. One should not do more than 20 or 25 minutes, at a very easy relaxed pace, on each day during the week immediately preceding the marathon.

Most of those reading this article will, presumably, be reasonably conditioned physically. I won't go into detail here with regard to eating, other than to say that you should eat your normal meal the night before and in the morning. Eat what is easily digested and avoid food which is unfamiliar to your stomach. I'm not a nutritionist, however, and am relying on personal experience. I won't deal with injuries either as I'm not a medical doctor

All the training will be in the bag at the end of the two months and the big weekend arrives. You will feel elated and confident, so enjoy the day or two before the big one. Get to the registration area in plenty of time, collect your number and the goody bag, soak up the atmosphere and relax. Return to your accommodation and empty the bag. Read the list of instructions slowly and carefully. Ensure you have everything that's listed. Then take out your own marathon gear. The essentials comprise a singlet, shorts, shoes you have worn over the longer distances and are comfortable, and socks which are not brand new or washed specially for the day. Attach your number to the front of your singlet with the four safety pins from the goody bag, ensuring not to pierce the timing chip with any of them. A small container (tin) of Vaseline (petroleum jelly) is also a must. Apply the Vaseline before the marathon starts, at the back of both armpits and other sensitive areas liable to chafe from perspiration or to blister from friction. Toes may need some Vaseline also but this depends to a great extent on what type of sock you wear.

The 1000 Mile sock, since its arrival in the market, has helped toes greatly and reduces the risk of blistering or blackening of the toe-nails

The starting signal is sounded and you are on your way. Put your plan of action into play immediately and don't get carried away or distracted by the huge crowds milling around you. Strict personal discipline is critical if you are to attain your primary objective of getting to the finish line in a reasonable state. You have done a couple of 20s so the extra six miles will be no bother to you. You will get there if you move from the very start at about one minute a mile slower than your speed in your last 20 mile outing. If you go too fast early on you will burn out and suffer. The late and great Noel Carroll used say that it's the pace and not the distance that kills. Don't set yourself too ambitious a time. Set one which is achievable. You will feel over the moon if you equal or better that target. Don't think too much about the actual full distance as you move along the route. Forget about hitting the wall. Divide your projected time by 26 and try to maintain that speed to the very end. All the miles are clearly marked along the way and just take them one at a time. Stay relaxed but determined at all times. Take some drink at every watering station, even if you don't feel thirsty. Dehydration can be a killer.

Sometimes, for one reason or another, the best preparation and plans don't work out. In that event, remember the long miles you have traversed to get here, so simply walk as fast as you can, though that may be slower than you would like, but you will get to the finish line. You may not have achieved the time you had hoped for but you will have accomplished a mighty achievement. Go n-éirí leat!

A promotional poster for the Forest Marathon Ireland. The top half features the text "Forest Marathon Ireland" in a large, green, sans-serif font, with a green leaf icon above the word "Forest". Below the text is a photograph of several runners in athletic gear running along a paved path through a lush green forest. The bottom right corner of the poster has a green background with the date "13th June 2015" and the website "www.forestmarathon.com" in white text.

**Forest Marathon  
Ireland**

**13th June 2015**  
[www.forestmarathon.com](http://www.forestmarathon.com)

# 2014 Road Races in Galway

James Lunden



## Road racing in Galway had another busy year with 64 AAI permitted events (down from 70 in 2013) taking place.

There was a number of casualties this year for a wide variety of reasons; there was also a number of races refused permitting at National, again for a wide variety of reasons. New races were inserted into the calendar to compensate, which we all hope will run annually from here on out. All the pillar races held their own in what is now a crowded market, both locally and nationally. Some of the smaller races saw some decline in numbers but those races that have strong marketing and who provide a good race experience all held their own in 2014!

Twelve different Galway clubs sponsored at least one road race permit during the year.

### AAI Permitted races in 2014

4th Galway (Resolution Run) 5K, 1 January  
10th Tuam 8K, 19 January (Club)  
2nd Coldwood 5K, 26 January  
7th Maree 8K, 9 February (Club)  
3rd Gort (Gorgeous) 4M, 16 February (Club)  
6th Kilconieron 5M, 23 February  
4th Kinvara (Rock and Road) 10K & Half, 1 March  
2nd Abbey 10K, 16 March  
5th Craughwell 10M, 23 March (Club)  
1st Killannin 5K, 29 March (Club)  
3rd New Inn 5K, 30 March  
1st COPE 5K, 5 April  
13th Connemarathon Half & Full, 6 April

9th Connemarathon Ultra, 6 April  
1st Claregalway 5K, 8 April  
4th Colemanstown 10K, 19 April  
3rd Labane 10K, 21 April  
1st Cappagh Road (Foroige) 5K, 27 April  
9th 5K Series #1 @ Athenry, 29 April  
9th 5K Series #2 @ Loughrea, 6 May  
1st Tuam (Community Games) 8K, 11 May  
9th 5K Series #3 @ Maree, 13 May  
4th Roundstone 8K, 17 May  
9th 5K Series #4 @ Claregalway, 20 May  
4th Oughterard (Mayfly) 10K, 25 May (Club)  
9th 5K Series #5 @ Ballybrit, 27 May  
9th 5K Series #6 @ Tuam, 3 June  
3rd Tonabrocky 6K, 7 June  
5th Monivea 5K, 7 June  
2nd Monivea Half, 7 June  
5th Milltown (Run for Olle) 10K, 14 June  
5th Portunua (Forest) Half & 50K, 14 June  
1st Galway Simon (10M) 10M, 22 June  
6th Galway Simon (Mini-Marathon) 10K, 22 June  
4th Oranmore (Renville Park) 5K, 25 June  
10th Headford 8K, 5 July  
2nd Barnadearg 10K, 13 July  
1st Castleblakeney 5K, 20 July (Club)  
3rd Castleblakeney 8K, 20 July (Club)  
29th Streets 8K, 9 August (Club)  
6th Connemara 100M, 9 August  
29th Claregalway 10K, 23 August (Club)  
3rd Oranmore (Coast Road) 5K, 27 August  
3rd Clonbur Half, 31 August  
2nd Monivea (Run in the Woods) 5K, 7 September  
7th Clifden (Lifeboats) 10K, 14 September  
1st Killeeneen (Back to School) 5K, 18 September  
2nd Brooklodge 5K, 20 September  
2nd Marconi Half, 20 September  
16th Loughrea 10K, 28 September (Club)  
12th Galway Bay 10K & Half, 4 October  
4th Conamara 10K, 11 October  
4th Moylough 10K, 12 October  
5th Corofin (Winning Ways) 8K, 2 November (Club)  
5th Athenry AC F4L 5K, 8 November  
4th East Galway (Abbeyknockmoy) 4M, 16 November (Club)  
6th Clarinbridge 10K, 23 November  
5th Carnmore (Turkey Trot) 5K, 7 December  
2nd Ballinderreen 10K, 14 December (Club)  
13th Fields 10K, 26 December (Club)



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# An incidental PB –

## a ramble around Kinvara and its environs on a March day

James London



I missed the first three years of this race as it always clashed with Ballycotton. Not this year, with The Classic taking place a week later. Had been training hard enough for Ballycotton, racing too, but to no great effect. Was a bit depressed about the lack of "bounce" in me after putting in six 20M+ (good for me) weeks' training. It would be my 8th race of the year, having taken part in every local race in Galway in 2014 (Resolution, Indoor 3K, Tuam, Coldwood, Maree, Gort, Kilonieron). All sub-my-usual-standard times but was using them as a leverage to my longer runs, so not unduly worried about race position etc.

Ran 7M the previous Sunday and then a hard-ish 9M on Tuesday but nothing for the rest of the week for various reasons. I would be fresh, come Saturday at noon in Kinvara. This would still give me over 29 miles for my week, the week before my 10th Ballycotton, always my main early season target. I really pushed the boat out for Kinvara, forgoing chips for lunch the day before too. I couldn't resist the Thank Crunchie It's Friday call – I never said I was perfect.

Got there in good time on race morning (1 March 2014). Parked up at the holiday homes across for the castle on the Ballinderreen side of the village – to get away quickly afterwards but didn't realise that I was still a good distance out from the village itself. Strolled up the 800m (mental note: don't ask TOC for estimated distances in future, he said it was only 300m) to the Community Hall to collect my number. Nice atmosphere and a good crowd milling around already. Traffic through the village was busy, needless to say. Met a few Kinvara GAA lads I'd crossed swords with the week before, as well as a few likely Athentry AC lads who were helping out CD on race day. Playful banter ensued; the usual insults being swapped etc. Also met MF, SF and BK, who had radically different targets for the race. Each to his/her own devices; each runs for his/her own reasons; each is still able to run, most importantly.

Not a warm morning, but clear and should stay dry, I thought. A slight wind but not a gale. Got greased up and reached the start line with the minimal warm-up possible. What more did I

need: my first two miles would act as enough of warm-up/wake-up.

What did I expect from the race? I wasn't sure to be brutally honest. Sub-1:45? Hopefully! Sub-1:40? Maybe!! Sub-1:38? Well!!! It was only my 8th ever half marathon. It's not a distance I have travelled that often in my 13 years running. Two Connemara marathons ('03/'04), three Nationals ('04/'09/'12), Eddie Murphy ('12) and a Cork Relay ('09). Ballybofey in '09 is my PB in 1:36:16.

The race started without much ado. We probably expected a few words from the organisers, but got just a whistle or some other sound to signify the start. I was turned in the opposite direction at the time. There wasn't exactly a rush by those behind me, so wasn't trampled. Wouldn't take that chance in Ballycotton! ☺

One quick circuit of the town and off we went out the Cartron/Killina road. The wind gently buffeted us the whole way out to the 5 mile mark and the turn at Roo. I missed the first and second mile markers, or did they miss me?

Hooked up with JC after a few miles – his Garmin beeped at two miles to give me that split for those who study such things below. Had spoken to him briefly beforehand as we compared pre-race targets. He was now going to provide some local knowledge, as well as having run the race at least once before. We were going at roughly the same pace. The 1:30 pacer was already almost out of sight, with the 1:40 still behind us, we thought. Both were carrying little yellow signs atop thin timber poles. As to how far behind the 1:40s were, I had no idea but didn't hear a stampede, so thought that they had to be a good distance back ☺

I was passed by the usual suspects as we stretched out to three miles, the good runners, who started slower than I did, as well as the lunatics who were going too fast and who would crash and burn spectacularly later on, of which there were a few of each!

"QBE" man passed around now, almost tripping me. There obviously wasn't enough road for him on either side of me to pass properly and I told him as much. Funny that, as a car could have comfortably passed on either side of me and not knocked me over, or perhaps my eyesight is failing as well? I can tolerate a lot on the road, but people getting too close to me when passing is not something I can let go without comment, as nicely as I can though. I knew no one up ahead I could establish a fix on.

Passed three miles in sub-22. A decent pace and against the gentle breeze too. Got to five miles, with JC just up ahead, surging a bit too much for my liking. He claimed he was just drafting, but it was surging. Got to 4M under :30 and 6M under :45, albeit I dawdled during that mile, in what looked to be a downhill stretch and with the wind at our back. I became annoyed for the only time in the race. PM, behind a wall, snapped me around now. A really good shot in good light, that

captured the effort very well on my ageing and balding head. I was disappointed to have lost time to 7:30s for that mile but didn't lose any position, with a group of 6 or 7 runners ahead of me, across the entire road. Twelve miles in 1:30 and see from there...?

Half way and the Burren Yoga Centre! Passed CB around then, and caught up with JC again. A little over 49 at halfway on the road. Forty nine times two is 1:38. A realistic target, with a negative split thrown in! Up the hill and around the right corner at Cappacashen, and downhill. It was the first time I remember ever being on this dazzlingly straight stretch of road – the signature part of the half course. The wind was now at our backs, or so we thought? Where else could it be?

By 7M, there was a bunch of 8 or more runners running as a group. This is a quite unusual occurrence at my "mid-mucker" level, where it usually consists of a procession of runners struggling just to finish, who usually do not help (or are incapable of doing so) each other, or who do not have the skills or experience of running in a real group. Personally, I do not like running in a group at any time, as I have to run someone else's race and at their pace, and just feel mentally and physically cramped. I ran behind a woman for the entire mile 7 to 8 stretch, probably just to sit tight until we got to 8M. Sub-59:20. Not great but not too bad either!

Five miles plus to go! Time to step up or step out! I pushed on. Someone went with me. I thought for a while it was JC but didn't look around and felt that it wasn't him as he wasn't talking ;-). This fella didn't say anything and except for me nudging into him twice in error, for the next 36 minutes, didn't say a word. The way I like it. He was never more than 1.5 strides away from me for the rest of the race but was no weight.

We really pushed on! Clocked a sub 7 followed by another sub 7 and we started passing people. It's nice to be passing people of any sort towards the back end of any race, short or long. People who had passed me earlier were coming back into sight. These were half-decent runners and were not buckled on the side of the road holding their knee/hamstring/cahf. I was breathing heavily but wasn't feeling too bad. Left ham was twinging a tiny bit but nothing at all serious. I didn't take on any water, other than to wet my mouth on three occasions. My travelling companion was neither talking, nor breathing heavily in any way. I knew that he was just tagging along for the journey, and admitted as much at the finish line afterwards. He had been tracking me from 5 miles. I was humbled that he thought enough of me, from just seeing my humped back and tilted torso, that I might be worth keeping an eye on...

I was happy to cut out the pace, clocking another sub-7 to get to mile 11, and the narrow lane I'd run the week before, never thinking it was part of the race course so late. I had no idea how far back the group at 8 miles were. I did the first 10 in 73 and a little bit. Would be disappointed with that on Sunday week!

Had reffed a game in Kinvara the previous Saturday and ran four miles afterwards. It was up and down that narrow boreen, including the stiff hill after 11M in Trellick. I knew what to expect. I could now see PMcD up ahead but he stayed sufficiently far out of my sights as not to become a serious target for me for the rest of the race. MOH was a bit further up again but was never on my radar at all. I could also see "QBE" man, who was a little bit ahead. Was he worth the effort to try and pass?

I was starting to feel quite 'stretched' at this stage, after putting

in three hard sub-7s. The pace slackened off a tad, as the hills were injected into the contest again. Got to 12 around the pitch; the last 2K were going to be an exercise in digging in. Nine minutes to home and I would be in the 1:35s. That was a tasty opportunity. The first time I genuinely thought about the race being a PB possibility. (My half PB is very soft, what with a 10M PB of 65:40.)

Concentrate on getting home as quickly as I could, while keeping the wheels on the pushchair. My friend was still stuck to me like a silent limpet, but still wasn't a weight to me as he kept his racing distance perfectly. I knew that he could push on at any stage he wanted, but didn't.

Up past the GAA pitch and onto the main road. There were a goodly number of spectators, as there were runners coming in the opposite direction: veterans of the 10K that had finished earlier. I thought we would run down the main road and through the village but, instead, took a left and went down the side road (Green Road) to pop back out behind the Pierhead Restaurant and the finish line on the quay side. I wasn't going to pass anyone else, not "QBE" nor PMcD; my companion from 5M didn't really count.

I could hear DeQ from a good 200m away screaming her head off. She must have heard me pounding down the road? I had just about enough energy to raise my arms in a salute of sorts. Also JW just before the finishing turn. I went in under the arch with my 'shadow' in close attendance but quickly realised that it wasn't the real finish, and had another 9 or 10 ticks to stumble across to get under the proper finish line. Sub 1:35:30. 7:17 pace. Last five miles in 35:25!

I had given the race a fair crack but wasn't 100% "balls out": that 5% that one doesn't give except in the most extreme circumstances, that 5% that takes more than a week to recover from. No point going down to Ballycotton and leaving any chance of a half-decent time after me in Kinvara? I will only know for sure in Ballycotton around Ballymaole House when the pressure comes on after the first 5M are completed in 34 or 35 something!

Saying that, any day I do a PB at any classic distance is not to be sneezed at. Is it? Spoke to my usual fans afterwards, including DiQ and BC. DeQ also came along. She'd run in the 10K after a short injury lay-off. As did SF, who was second woman in the 10K, in under 40 again. I also made sure to congratulate my travelling partner on a job very well done. Up Belmullet! Also crossed paths with GL and RS afterwards, both in the late 1:30s. JC finished less than a minute behind me, and was happy with efforts on the day.

I was sore, so sore that I wasn't able to do a warm-down of more than 400m without having to stop. Perhaps I didn't have that extra 5% in the tank that I thought I had. I'll know for sure next Sunday in Ballycotton. Or two weeks after that in Craughwell, failing that.

There is always another race around the corner in some part of Galway, or the country! They are like rush-hour buses at the moment, unlike in the mid-noughties when you might have to wait a few months for another chance to race a preferred distance.

Any PB day is not a bad day, eh?

7:32.52 – 7:32.52 – 7:12.21 – 7:26.02 – 7:26.46 –  
7:38.04 – 7:10.19 – 7:20.04 – 6:55.64 – 6:57.32 –  
6:57.43 – 7:14.88 – 7:19.89 – 43.99

**1:35:27**

## Race Result History

Year	Men's Winner	Time	Woman's Winner	Time	Finishers	<40:00	<50:00	<60:00	Top 50
2002	Paul McNamara	31:15	Kathryn Casserly	36:57	69	13	44	59	n/a
2003	Noel Kelly	32:46	Fionnuala Keane	38:18	171	30	92	126	n/a
2004	Paul McNamara	31:11	Lucy Brennan	36:36	253	38	130	179	n/a
2005	Gary Thornton	30:34	Lucy Brennan	37:30	351	51	168	252	n/a
2006	Gary Thornton	30:12	Lucy Brennan	37:03	470	42	211	339	n/a
2007	Gary Thornton	30:02	Orla Ni Mhuircheartaigh	38:52	617	50	253	457	39:59
2008	Gary Thornton	30:40	Catherine Conway	36:53	838	58	359	642	39:29
2009	Gary Thornton	<b>29:57</b>	Teresa McGloin	<b>35:17</b>	517	53	238	406	39:54
2010	Gerry Ryan	31:12	Catherine Conway	35:53	546	49	253	426	40:10
2011	Sean Hehir	31:07	Lizzie Lee	36:27	1042	65	434	794	39:08
2012	Mick Clohisey	30:57	Elish Kelly	35:45	1041	87	426	824	38:15
2013	Mick Clohisey	30:48	Elish Kelly	35:45	1132	71	481	880	39:17

## 2013 Stalwarts

The following 8 people hold the distinction of competing in all 12 "Fields of Athenry" 10km races to date. We wish them all the best of luck on their 13th outing this year.

Name	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
Bernie Kelly	45:48	49:31	52:05	44:20	46:08	47:46	45:46	47:23	45:50	45:43	1:58:12	49:43
Danny Carr	36:15	38:11	36:00	36:41	38:06	38:06	37:29	38:38	38:27	45:54	59:59	39:05
Kevin O'Dea	48:27	50:16	51:25	46:44	53:49	53:35	45:57	42:33	40:35	44:23	40:39	42:55
Martin Keane	51:20	50:02	54:48	51:17	50:44	52:27	53:42	52:49	52:42	52:09	53:15	53:34
Mary Mullins	1:05:50	1:00:37	1:06:27	1:07:22	1:11:31	1:05:23	1:07:36	1:06:30	1:05:32	1:11:20	1:10:18	1:11:51
Roger Rushe	45:07	44:29	46:15	44:33	45:24	45:52	44:48	46:52	49:02	49:46	50:57	53:02
Tom Mac Lochlainn	49:57	56:35	50:10	52:23	56:58	FNSED	56:32	59:05	57:06	56:41	1:04:17	58:59
Tommy Joe Whyte	36:35	36:16	36:29	38:40	36:58	37:15	37:39	37:11	37:20	38:11	37:37	37:56

## 2013 Prize Winners

Category	Pos	Name
Women Senior	1st	Elish Kelly
	2nd	Norah Newcombe
	3rd	Janeann Healy
	4th	Marie Hyland
	5th	Claire Beatty
	6th	Sinead Brody
Women Junior	1st	Hazel Kilkelly
	2nd	Fiona Murtagh
Women V40	1st	Clare Rowe
	2nd	Jane Walsh
Women V45	1st	Mary Connolly
	2nd	Mary Kealy
Women V50	1st	Bernie Mulryan
	2nd	Annette Burke
Women V55	1st	Cushla Murphy Hehir
	2nd	Bernie Kelly
Women V60	1st	Judith Roche
	2nd	Andrea Ridge
Women Team	1st	GCH (2:47:51)
	2nd	Athenry AC (2:55:13)
	3rd	Craughwell AC (3:10:09)

Men Senior	1st	Mick Clohisey
	2nd	Kenneth Rodgers
	3rd	Declan Fahey
	4th	Peter Mooney
	5th	Matthew Bidwell
	6th	Vincent McGuinness
Men Junior	1st	Brian Hyland
	2nd	Conor Ludden
Men V40	1st	Gerry Carty
	2nd	Sean Hanley
Men V45	1st	Dan O'Rourke
	2nd	Niall Murphy
Men V50	1st	Eddie Newman
	2nd	Tommy Joe Whyte
Men V55	1st	Mike Harvey
	2nd	Tony Killarney
Men V60	1st	Andrew Talbot
	2nd	John O'Leary
Men V65	1st	Martin McEvilly
	2nd	Martin Hynes
Men V70	1st	Roger Rushe
	2nd	Martin Keane
Men Team	1st	Raheny Shamrock AC (2:17:36)
	2nd	GCH (2:19:59)
	3rd	Craughwell AC (2:33:09)

# Boston Showtime – Fit Magazine

## 1st May 2014

Deirdre Hassett

If you have any big running ambitions, and are injury free, a trip to one of the marathon majors (the big world-class marathons) is a bucket list must-do. I've run in two of the majors – Berlin and New York – but nothing prepared me for the Boston Marathon this year. I knew it was going to be a special event, with the city rallying to commemorate the 2013 bombing and show unity and strength for this year's race, but arrival into Boston was a true descent into Planet Running. Every restaurant, every shop bore the blue-and-yellow race colours and the 'Boston Strong' logo.

Boston is a unique marathon as most of its runners are made up of people who have qualified by reaching a set time standard, which makes for a very fast field. On top of that, this year there were many invitees from the field of runners who had not made the finish line before the bomb went off in 2013, so there was a record field of 36,000 people running. Boylston Street and its surrounds were thronged with runners clad in the distinctive Boston Marathon running jackets from previous years. The city felt emotionally charged with the expectations of this year's race.

Runners are a hail-fellow community at the worst of times and with the city packed with athletes, every queue for coffee or for a table at a restaurant became a chat: are you here for the marathon? Running? Supporting? Everyone exchanged tales of qualifying, of last year's marathon, of supporting friends and family. I lapped it all up. At the marathon expo, I met a hero, Kathrine Switzer, who was the first official female entrant in the Boston Marathon in 1967 and who became instrumental in the introduction of the women's marathon event to the Olympics. Her motto for promoting women's running is 'Fearless', and I packed away the word for the race ahead. Later I attended a talk by father-son duo Team Hoyt, who have run in over 30 Boston Marathons. Dick Hoyt (now in his seventies) pushes his son Rick, a quadriplegic, in a wheelchair (with an astonishing marathon personal best for the duo of 2:40). Their story,

now Boston Marathon legend, is moving beyond belief. Their motto (long before Obama) is: Yes, you can. I drew on the energy and inspiration and hoped that, yes, I could run Boston Strong.

### This Week...

A sign on the Boston Marathon route said: run the first part with your legs, the second part with your head and the third part with your heart. I'd trained well; my legs were ready. My

head: I'd crammed as best I could by reading Boston Marathon-centric autobiographies (Duel in the Sun and Kathrine Switzer's Marathon Woman), and pored over the route map and elevation change points all weekend. As for my heart, only the race would tell.

The day was a bit warmer than expected, peaking at around 21 °C, which took runners by surprise. The easy downhill start in Hopkinton is deceptive – five or six miles of fast gravity-assisted running soon takes its toll on the quads, leaving runners drained for the tough hills in the second half. By mile 16, past the screaming Wellesley College girls, I was feeling the

heat and sure enough, my legs were burning from running downhill.

I had made my marathon time goal of 3:15:00 known to lots of people – a mental trick which commits me to my target on race day. As I passed over each timing mat, I envisioned friends tracking and willing me on, which helped to keep me motivated. I usually love the mental and physical battle of the last portion of a marathon – not today. The heat and hills left me drained and I found myself battling to hold pace. My focus narrowed to one goal: run each kilometre as a single entity, slowing down for that kilometre as little as possible. Chanting: fearless. Boston Strong. I desperately wanted to be finished. After I gritted my way over Heartbreak Hill (at mile 21), I knew my target was close.

I'd dreamed of the finish down Boylston Street for weeks, the screaming crowds urging us on over the last few hundred metres. The reality: an anguished blur, chasing the elusive clock; running so that I could stop running. I sprinted over the line to clock 3:14:21, a new marathon personal best, earned with heart over some of the hardest miles I've ever raced.



# Inaugural Galway AAI County Athletic Awards Winners for 2013



Male 12-15 years old – **Oisín Lyons** (Craughwell AC)

Female 12-15 years old – **Loaise Geraghty** (GCH)

Male 16-19 years old – **Evan McGuire** (GCH)

Female 16-19 years old – **Alanna Lally** (GCH)

Male Senior – **Sean Breathnach** (GCH)

Female Senior – **Ruthann Sheahan** (Athenry AC)

Male Masters (joint) – **Tommy Farragher** (Corofin AC)  
& **Gerry Ryan** (Craughwell AC)

Female Masters – **Mary Barrett** (Loughrea AC)

Team – **Eileen Finn-Graham, Maria McArdle & Marie Rooney** (Craughwell AC)

Outstanding Contribution – **Pauline Harrington** (GCH)

Hall of Fame – **Tommy Madden & Willie Morris**  
(Derrydonnell AC)

AAI Women's Leadership Award – **Bernie Kelly** (GCH)

## Ruthann's citation for the Female Senior award was:

"2013 was a less than ideal beginning for Ruthann as she was carrying an injury that prevented her from competing in running events and restricted any running to just a few short miles.

The priority had to be recovery so a heavy focus on cross training and some speed work followed as Ruthann focused on two goals that would get her back on the road and on her way to the ultimate goal of her next 24-Hour Ultra World Championships

The first goal was to run national qualifying time at the Portumna 100K Nationals in June, and the next was to achieve the A Standard for women at the National 24-hour championships scheduled for Belfast the following September.

She built a training plan consisting of speed work and cross training, and would build up to the all important long runs – in this case marathons – which would be crucial to the build-up for both events. The first hurdle was passed in early May when she completed her first marathon with no signs of injury. This became the first of more than 20 marathons completed in 2013 in the 8 months from May to December.

She then focused on Portumna, which was just a few weeks after that first marathon for 2013. The course consisted of 5K loops of a forest trail and was run in conjunction with the Marathon and 50K events on the same circuit. Ruthann successfully met the National standard by completing the 100K race in under 9 hours and was the first lady home. However, some hard lessons were learned at this race; the final miles were a major challenge and a very strong reminder that an athlete's race nutrition plan has to be as tailored to an event as the rest of the training.

All attention then switched to preparation for the 24-hour National Championships in September. The training plan changed to incorporate more focus on speed work and distance training with a small reduction in cross training. The typical programme consisted of training twice daily four times per week, a rest day on Friday and back-to-back long runs on Saturday and Sunday.

When September finally arrived, Ruthann found herself on the starting line at the 24-hour Championships with a host of running mates. The Irish Men's team was represented in force by John O'Regan, Eddie Gallen and Eoin Keith. Athenry AC was represented by Ruthann and David Noone, along with almost a dozen members from the Marathon Club Ireland amongst others.

The mercury came close to 30°C in Belfast on the day and Ruthann completed more than 225K in the 24 hours. In the process, she had not only achieved the women's A Standard for the 24-hour event, but she also broke the previous Irish Women's 24-hour track record by more than a full Marathon distance. Ruthann was placed second overall – with the overall winner being Eoin Keith, who set a new Irish Men's 24-hour track record on the same day

After a shaky start to the year, Ruthann had gained a second Irish 24-hour Women's record (Road and Track), met the National Standard for the 100K distance and completed more than 20 Full marathon distance events over an 8 month period. She is a regular on the pacing circuit, working at both Cork and Dublin City Marathons last year, with a 2013 running portfolio that shows she completed more marathon and Ultras in 8 months than the shorter races!

Ruthann is currently focused on the 2014 24-Hour World and EU Championships where she is looking to go further again."

# A runner's guide to Pelvic floor control - a real pain in the butt!

Jane-Ann Meehan, Chartered Physiotherapist  
[www.athenryphysio.com](http://www.athenryphysio.com), (091) 874922



Poor bladder control day to day or whilst running is not normal and should not be accepted. You should not leak if you cough, sneeze, run or laugh. You should not have to visit the toilet "just in case".

SYMPTOMS	CAUSE	ACTION	EFFECT
<b>Stress incontinence</b> Leaking bladder when you cough, sneeze, laugh or run	Weakness in pelvic floor. Linked to pregnancy, menopause.	Weight does not help this either. Start pelvic floor exercises.	Within 6 weeks results will be seen. **This is common in men post prostate surgery.
<b>Overactive bladder;</b> Urgent desire to pass urine.	Waking at night to go to toilet a few times.	Retrain muscles to have more control. With this it's about retraining you to take control of your habits and stop going to the toilet 'just in case'.	Once a diary is kept and exercises adhered to this can be helped within 4 weeks
<b>Urge Incontinence;</b> Sudden overwhelming desire to pass urine and linked to leakage before you reach the toilet.	Weakness in the pelvic floor and an over activity of the pelvic floor muscles	Start exercises. Keep diary.	6 weeks

## THE EXERCISES:

Sit comfortably on an upright chair, knees apart

Make sure you are sitting with your weight on both buttocks

Imagine your pelvic floor is a lift. Try to take the lift up and down to different floors.

Continue to breathe deeply, breathe in deeply and then all the way out.

Take the lift to the first floor by tightening the lower abdominals and back passage

As soon as you have tightened and have reached the 'first floor' resume breathing normal.

Release the muscle completely

Now try contract the muscle and take the lift to the 'second floor'. Release completely.

Repeat this process to the 'third floor'

At all times it should not be obvious you are doing this exercise, so no big gut contractions and lifting off the chair.

Like every muscle in order for you to retrain it and increase its strength and endurance exercise compliance is imperative.

To train the muscles you need to try and squeeze harder, hold for longer and repeat the stages daily.

## QUICK POINTERS:

Practise holding when coughing/laughing.

Control the urge; stop and take a few breaths, tighten muscle and then holding the pelvic floor at the 'first floor' walk to the toilet.

Stop going to the toilet 'just in case'.

Avoid tea/coffee/ excess weight gain.

Avoid constipation.

If you suffer with any of the above please contact Elaine or myself (Jane-Ann) at Athenry Physiotherapy and Performance Clinic and we will get you started on the path to the new laughing, bouncing, white trousers wearing athlete that you are.

Do not suffer in silence.

# Cheating in Road Races

John Cunniffe – RedTag Timing



At race timing, when checking through race results we regularly see strange times and finish placings and wonder how did that athlete get in that position on the list. Most of these odd finishes are accidental or unintentional. Athletes or their timing chips end up crossing start and finish lines at strange times and when you eventually get the story it makes some sort of sense.

You have the early starters who "Have a match to get to", "have an appointment in town earlier than I thought", or just "don't want to hang around" and decide that setting off half an hour ahead of the official start won't worry anyone "because I'm not in contention for a prize". Well they are now well among the age group prizes after completing their 70minute 10K in an apparent 40 minutes!

The accidental husband and wife number swap in which the numbers are brought back to the car from race sign on and he ends up pinning on her number. He goes on to place 2nd in the W40 category.

Injured athletes abandoning and getting a lift back with a marshal to collect their things. Still wearing their race chips they go down to the finish area to cheer their friends home. Standing right at the finish timing line their chips are detected and they record decent finish times.

And then there is the race official or maybe a county secretary standing at the start line (and later the finish line) with uncollected timing chips about his/her person ... recording quite competitive times ... requiring a steward's inquiry to weed them out of the prizes!

Those are just the everyday things that happen at races. A few enquiries and they are sorted out.

The real gems however are the cheaters. The people who set out to deliberately con their fellow runners and race organisers. Overall race statistics are hard to come by but for big city marathons it seems to come in around 1% of athletes disqualified for not completing the course correctly.

Generally, cheating will fall into two categories.

## The Amateurs or Opportunists

Opportunists tend not to have a fully developed game plan for cheating ahead of race day but as things unfold they see an opportunity and things escalate from there.

In the 1904 Olympic Marathon in St. Louis, Fred Lorz dropped out with exhaustion at mile 9. His manager picked him up in his car only for it to break down at mile 20 as they headed back to the stadium. Fred jogged back into the stadium to cross the line first in 3h03m. Initially claiming the win only to admit the car journey when it had been pointed out by spectators that he had been waving to them from the car as he drove along the course.

Over one hundred years later, Rob Sloan followed a similar path when dropping out of the 2011 Kielder Marathon in the north east of England. Either tiredness or injury led him to stop on the course and take a public bus back to finish area. Having got off the bus and walking back, he popped out of the crowd near the end of the run course and "finished" third. Unlike Lorz, he didn't immediately admit that he had shortened the road and was interviewed on his great race performance by a local TV reporter in the finish area. The irate "fourth" place runner hovering in the background of the TV shot, was not amused and along with other witness reports led to his disqualification.

Cutting the course on out and back sections or availing of transport opportunities has always been around. The advent of chip timing from the mid '90s has provided intermediate timing points which highlight course cutting or ridiculous splits. The amateur/opportunist tends not to think this through and may go

on to record an incredible time (or even a world record!) for a section of the course cut short.

A recent example in Dublin 2012 was the top-10 finisher in the Irish Marathon Championships and finishing just outside 2h30m. This was especially impressive after recording 38min 10K, and 1h23m halfway splits. Any Irish runner closing with a 67min half marathon (a faster second half than any on the Irish men's podium) was going to be mentioned in dispatches, but missing the 20 mile timing mat and somehow gliding unnoticed past the battle on the road for the women's overall title, was always going to lead to suspicion.

What all of the above share is that something happened on race day and what started out as a vague intent on just getting back to the finish ended up with them deciding to "enjoy their moment" in the finish area and then failing to alert the officials.

## The Professionals

The second category of cheater will have a far more focused approach. There is a definite race target and plan and they set out to execute it on race day. Whether it is for money, medals, a qualifying time or recognition there is normally more at stake than for the opportunists.

**Personation.** We regularly read of an athlete running with someone else's number to get him/her a qualifying time for one of the marathon majors. Since a runner has genuinely run the time, the identity change is hard to detect without checking photos of every finisher against the race he/she qualified at. The practice can be taken to extremes though. In China, some university entrance exams offer bonus points for candidates with competitive sports performances. The marathon benchmark was 2h34m. A mini-industry grew up of athletes-for-hire, who for the appropriate fee, would run with your chip and get you an official race result. Over 30 "finishers" were disqualified from the top 100 of the Xiamen Marathon in 2010 after investigations revealed some athletes had used vehicles to short cut the course and some athletes-for-hire were wearing multiple timing chips.

**The Relay Race Option.** The prize money on offer in the Comrades Marathon (89K) led the Motsoeneng brothers to enter a joint effort for the 1999 race. Initially it appeared that Sergio Motsoeneng (age 21) had finished 9th but subsequent witness statements and photographs indicate that he and brother Fika (age 19) had swapped race vests, shoes and timing chip at a number of Portaloos along the course as they each ran multiple legs in a two-man relay. The photographs indicated that each brother had also worn a different colour watch strap on opposing wrists. It's the little things that trip you up. The result was subsequently stripped and they were banned from future Comrades.

**Perfect Splits.** The downfall of many an amateur is to leave a trail of suspicious splits in the results system. The professional will have thought this through and will have a plan to avoid suspicion. The most notorious attempt to systematically beat the system was by Kip Litton in a three year spell from 2007-2010. Litton, a dentist from Michigan had publicly set himself a

charity fundraising target with the aim of running a sub-3 hour marathon in all 50 states in the US. His valid race times would appear to indicate that he is approximately a 4h to 4h30m marathoner, but he had racked up around fifteen sub-3 hour marathon results by the end of 2010.

These results would have gone unnoticed except that these sub-3 hour performances put him finishing among a number of veteran runners who had never heard of him or seen him on any of the race courses but suddenly he was finishing on age group podia ahead of them when the results were published. This led to detective work on his races focusing, in particular, on his chip timing results and on-course photos.

His races over the three years followed much the same pattern:

- Started at the back of the race pack so he would not be racing among his age group peers
- Absent from most mid-course race photos
- Some missed timing split points
- Occasional changes in on-course clothing.

Given that many of the age group awards in larger marathons are based on chip time rather than gun time, his back of the pack starting position meant he was able to appear high up in the age category results without any of the main sub-3 hour runners having seen him on the course. Gradually, the picture emerged of someone who in most races was very careful in scouting out the positions of the timing mats on the course ahead of time and on ensuring that he crossed them at believable times.

His best performances in deception would appear to have come in Boston 2010 and the Deadwood Trail marathon in South Dakota the same year. Here he has a full set of splits which are all sufficiently evenly paced to pass a basic inspection. Again he started from late in the pack, so wasn't seen by his peers.

Photos from the half way split in the Deadwood race, perhaps, the best illustrate his method. In this race he again had no on-course photos with a visible race number, but at the time of his half way split a male spectator in a rain jacket walks through the road-side edge of the timing mat, with his jacket raised just enough for the chip mat to detect his race number but not enough for it to be seen by the timing guy standing at the roadside. This walker had the same build as Litton and was wearing the same shorts, shoes and cap that he was later photographed in as he finishes in 2h57m. He was subsequently disqualified.

Despite an open offer from doubters of \$2000 to run a monitored 3h30m marathon at any venue of his choice, he has yet to take up the opportunity.

The psychology of it all remains hard to fathom. The potential gains are usually so small and the reputation loss so large it would hardly seem to be worth it. Yet, every year we see more stories of those who give it a go. In these days of increasing numbers of timing split points, it is getting harder to beat the system but it seems the constant that catches cheaters out, remains the same as always: athlete vigilance and cameras. Lots of cameras.

  
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## AN EYE OPENER

Brian Geraghty

**I decided I would put my toe back into the water again, i.e. race again after a few years' absence, so I entered for the National Masters Athletic indoor championships in Athlone on Saturday the 25th January, 2014.**



I chose the 3000 metres, i.e. 15 laps as I believe that in view of having absolutely no speed work done for years, it would be a more suitable race rather than the fast 800 metres or 1500 metres. I really wanted to run in the new national stadium in Athlone. What a magnificent area. A six-lane banked track with an upstairs warm-up area of four lanes of almost 200 metres. A heated, bright area with very modern dressing room, shower and toilet facilities, and a multi-tiered seated accommodation for spectators.

I duly warmed up with my over-70s colleagues and we were finally lined up with the over 60s and over 65s. At the start I lined up at the back, not knowing what to expect or what I could run. The gun went off and away we went. I could not believe what was happening. After 100 metres I was a good 20 metres back and blowing hard. In fact I was knackered after a lap. I felt like dropping out after two laps. I was suffering as bad as I ever was, eyeballs-out stuff. I kept going, saying "I will go one more lap." In the meantime I was being lapped non-stop by the entire field of 16 runners as I moved in and out of the inside lane to the second lane to allow them pass. I ended up with two laps to go with all the other runners having long finished – an embarrassment. I got the usual sympathetic applause, not just for the last lap but also for the second-last lap. I finished doubled up, coughing, spluttering, trying to get my breath back and eventually being ushered off the track

before the next race. As I tried to recover, a few athletes were leaning over me saying: "I got you at last ; I never thought I would beat you". After 10 minutes I left the inside of the track, knackered. It was a milestone. The tide had definitely gone out, so bad that it caused me to write for the very first time about a race.

I got some consolation from knowing that I left everything on the track and at least finished the race, despite continuous pain and discomfort for 15 minutes, 50 seconds.

I do recall during the race a chap in the stand who shouted encouragement to me at each lap. I began to recognise the voice, that of an old friend and great athlete and competitor of years gone by, one Mick Hayden from Tullamore Athletic Club. After the race I went to look for him and found him in the top row, in a quiet corner. If I was feeling sorry for myself, it soon vanished. There beside Mick were his crutches discretely hidden. He told me that after a serious illness he could not walk without them. He told me that I was blessed to be able to run and wasn't he right. When I got home, one of my sons said "Dad, do you know that that there are performance-enhancing drugs and that you are on the exact opposite type?"

It's good to have friends.

# The Fields of Athenry 2013

Judith Roche (Tierney)

**There are many people out there, organisers athletes etc who are far more qualified or experienced than I to write some words that would do the Fields of Athenry 10K justice. However I shall endeavour to describe my own humble experiences, in particular the Fields of 2013.**

Well it all began for me when I was in the F55 category, unattached, that I ran my 1st Fields 10K in 2007. I was hooked from then on. I've run all of them since, I am now well in the F60 category and 6 years a proud member of Loughrea AC.

The Fields of Athenry has always been a notable date on our running calendar. I say 'our' because down the years it has become somewhat a family event, when maybe my husband, son and daughter and I took to the Fields, adding to the excitement of Christmas and to the 10K itself. Unfortunately the weather of 09 and '10 interfered annoyingly with travelling home for Christmas plans and for the Fields 10K to be run on St. Stephen's Day. Usually after card games and Scrabble, and the all important weather forecast all participating in the run are early to bed on Christmas night and early to rise on the 26th. Having cleaned, decorated, shopped and cooked for Christmas, I personally always look forward to the day off for the Fields.

There, everyone is sure of a welcome; there are comrades to meet as well as new friends to make and maybe, a challenger or two! It is THE place to meet the great and the good and be inspired. The Fields were lucky with the weather in 2013 and the powers that be made the correct decision to delay the race start due to some icy conditions out on the course. I personally am very nervous of running on icy roads and certainly would not have taken part on that day otherwise. Boy, did I struggle out on the road! It was mainly due to the fact that I got a bad flu virus and nasty chest infection towards the end of October which flattened me for several weeks. As a result, I had to forego taking part in the Dublin City Marathon. I was only getting back to good health and fitness over the previous few weeks. Not even Pete St. John's "Fields of Athenry" on my iPod could lift me on my lonely struggle round the course. However a Loughrea club mate ran alongside me at about 3K, and unselfishly encouraged and paced me, despite my protestations, until we crossed the finish line in a very respectable 50.50mins. Thanks TJ, I couldn't have done that time without you. That's what friends are for. You're a gentleman. I have to mention Mr. James Lundon who was



in the right spot at the finish with his photo opportunity and caught the moment! Thank you James! One of many he has snapped, which at my age, I'm not a bit ashamed to say, I treasure! I found my running form again at the Fields '13, came 1st in the F60 category, but most importantly, could look forward again to running and competing in various events from road, track and cross country in the new year ahead.

The afterglow of the Fields is something special. The tea, coffee, cake, biscuits and sweets (for the kiddies and ME!) are real treats and are always looked forward to by young and not so young, so many thanks to all responsible for them. Its always brilliant to see Athenry AC and the Fields 10K being so well supported by the various clubs, runners, joggers and walkers alike, year after year – a testimony to great organisation, course etc. Their hats of many different colours are distinguishable throughout the running year. Personally it's always a privilege to meet various like-minded athletes e.g. Roger Rushe from Tuam AC who are an inspiration to us 'older' folk and I sincerely commend Athenry AC for acknowledging the veteran ladies categories as they do for the veteran gentlemen; fair play. I always feel humbled and proud if I get to receive a memorable piece of Galway Crystal crystal in Athenry.

Having my best supporter, my long suffering husband, walking the Fields in the early years of our participation, and progressing to jogging the course (his words) is very special. I'm very proud of him and eternally grateful for his undying love and support. So thank you Fields of Athenry for the memories, especially The Fields of 2013 where I got my mojo back. Here's to great running in 2014, especially on 26th December when we'll meet again, "round the Fields of Athenry".

# Athenry AC (Senior Section) down through the years



**CLUB POSITIONS** (Martin Keane and Peadar Nugent have been joint presidents of the senior section since 2010)

Year	Chairperson	Secretary	Treasurer	PRO	Club Captain
2003	Mick Rice	Peter Delmer	James Landon	-	-
2004	Mick Rice	Peter Delmer	James Landon	-	-
2005	Mick Rice	Peter Delmer	James Landon	-	Gary Doherty
2006	Mick Rice	Peter Delmer	James Landon	-	Johnny O'Connor
2007	Mick Rice	Peter Delmer	James Landon	James Landon	Brian O'Connor
2008	Alan Burke	Iain Shaw	James Landon	James Landon	Maria Hehir/Mick Rice
2009	Alan Burke	Iain Shaw	Valerie Glavin	Brian Bruton	Maria Hehir/Mick Rice
2010	Maeve Noone	Iain Shaw	James Landon	-	Valerie Glavin/Brian Bruton
2011	Maeve Noone	Iain Shaw	James Landon	Deirdre Hassett	Brian Bruton/Valerie Glavin
2012	Mick Rice	Iain Shaw	James Landon	Philip Magnier	Tomas Mangan/Deirdre Quinn
2013	Deirdre Hassett	Ruthann Sheahan	James Landon	Philip Magnier/ Kenneth O'Hara	Iain Shaw & Frank Burke/ Mairead Sullivan
2014	Tony Killarney	Kieran Guiry	Patrick Forde	Kenneth O'Hara	Ray Somers/Maeve Noone

## CLUB MEMBER OF THE YEAR

Year	1st	Points	2nd	Points	3rd	Points
2006	Alan Burke	76	Gary Doherty	72	Mick Rice	56
2007	Johnny O'Connor	65	Paul McNamara	57	Alan Burke	56
2008	Maire Treasa Beatty	68	Gary Doherty	62	Maeve Noone	61
2009	Valerie Glavin	69	Mick Rice	57	Maeve Noone	51
2010	Ray O'Connor	102	Valerie Glavin	88	Owen Curran	69
2011	Mick Rice	79	Marie O'Connor	75	Janet Clancy	70
2012	Ruthann Sheahan	86	Ray Somers	77	James Landon	72
2013	Ray Somers	113	Ruthann Sheahan	101	Mairead Sullivan	83

## CLUB RACE DIRECTORSHIPS

Year	Fields 10KM	5K Series Leg
2002	Mick Rice	-
2003	Mick Rice	-
2004	Mick Rice	-
2005	Mick Rice	-
2006	Mick Rice	Alan Burke
2007	Mick Rice	Alan Burke
2008	Mick Rice	Alan Burke
2009	Alan Burke	James Landon
2010	Alan Burke	James Landon
2011	Alan Burke	Frank Burke
2012	Iain Shaw	Tony Killarney
2013	Frank Burke	Tony Killarney
2014	Frank Burke	Tony Killarney



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All age categories

**Women:**  
35, 40, 45, 50, 55, 60, 65

**Men:**  
40, 45, 50, 55, 60, 65, 70

**First 2 teams  
Men and Women**



***amphibian  
king***

# Fields of Athery Results 2013

1	Mick Clohisey	30.48	111	Pat O'Dwyer	41.25	221	Richard McCarthy	44.30	331	Tom Mitchell	47.16	441	Fiona Murrall	49.25
2	Kenneth Rodgers	31.50	112	Aidan Wyatt	41.25	222	Darragh D'Arcy	44.31	332	Ruth Fahy	47.16	442	Kieran Donnellan	49.26
3	Declan Fahy	32.48	113	Padraig Hawkins	41.26	223	Ruth Maher	44.32	333	Claron Coyle	47.17	443	Gary Larkin	49.27
4	Peter Mooney	33.35	114	Brian Mooney	41.26	224	James Kenny	44.34	334	Eoghan Hynes	47.21	444	Davin Higgins	49.27
5	Matthew Bidwell	34.05	115	Bobby Dooney	41.28	225	Paul Gallagher	44.35	335	Regina Glynn	47.22	445	Michele Biggins	49.29
6	Vincent McGuinness	34.13	116	Roisin Farragher	41.29	226	Patrick Conneely	44.36	336	Kerneth Fess	47.24	446	Hayne O'Connell	49.31
7	Michael Kelly	34.30	117	John O'Leary	41.30	227	Ollic Dealy	44.36	337	Stephen Hanrahan	47.25	447	Daire Canavan	49.32
8	Brian Bruton	35.00	118	Parag Oates	41.30	228	Daniel Forde	44.37	338	Ruth Dervan	47.25	448	Aime Kelly	49.33
9	Ernest Gorman	35.38	119	Eithne O'Riadhery	41.31	229	James Garry	44.37	339	John Murphy	47.25	449	David Kinsella	49.33
10	Rooy Mooney	35.20	120	Fergal O'Dowd	41.37	230	Martin Rabbitt	44.38	340	Paul Ruane	47.29	450	Pauline Robinson	49.34
11	Geordy Hynes	35.24	121	Pat McDonagh	41.39	231	Padraig Cannonan	44.39	341	Isis Oregon	47.31	451	Gerry Rohan	49.35
12	Gerry Carly	35.31	122	Dave Watson	41.41	232	Michael Connolly	44.41	342	Niel McCarthy	47.32	452	Tom Quinn	49.37
13	Elish Kelly	35.45	123	Morgan Mchugh	41.42	233	Bruy Smyth	44.42	343	Paul Doyle	47.32	453	Una Redington	49.37
14	Sean Hanley	35.56	124	Kevin Grady	41.50	234	Tish Gaverly	44.42	344	Bob Quinn	47.35	454	Rosie Kelly	49.37
15	Gavin Curran	36.00	125	Vinny O'Clery	41.56	235	Gerrard Reid	44.42	345	Anita Murphy	47.36	455	Mark McCaffrey	49.38
16	Eddie Newman	36.06	126	Brendan McArdle	41.58	236	Diarmuid Grimes	44.43	346	Killian O'Brien	47.38	456	John Redington	49.38
17	Vincent Andrew Clohisey	36.20	127	Benny Niland	41.58	237	Andrew Ward	44.43	347	Ian McDonald	47.39	457	David Murray	49.39
18	Colm Daly	36.34	128	Michael Conroy	42.03	238	Kevin Bacchus	44.44	348	Shane Tighe	47.39	458	Caro Barrett	49.39
19	Thomas Niland	37.02	129	Damien Cosgrove	42.04	239	Tony Baly	44.45	349	Ken Fawley	47.43	459	Niall Cullinane	49.39
20	Lonan O'Farrell	36.49	130	Jim Leahy	42.04	240	Martin McGrath	44.46	350	Martin Hynes	47.43	460	Irene Saltire	49.39
21	Norah Newcombe	36.50	131	JP Rafferty	42.08	241	Kevin Murray	44.48	351	Collette Kelly	47.44	461	Niel Coffey	49.42
22	James Elgar	36.52	132	Michelle Lynch	42.12	242	Shane O'Meara	44.49	352	Harriet Naughton	47.44	462	Kieran Walsh	49.42
23	Mark Daly	36.54	133	Brendan Kelly	42.13	243	Emmett Hartigan	44.51	353	Mary Kealy	47.45	463	Paul Treacy	49.43
24	Thomas Niland	37.02	134	Pat Mag Linnain	42.17	244	John McDonald	44.51	354	Vincent Cosgrove	47.46	464	Bernie Kelly	49.43
25	Anthony Sharkey	37.02	135	John Palmer	42.19	245	Bernie Murlivan	44.52	355	Padraic O'Dea	47.53	465	Deirdre King	49.45
26	Damian Larkin	37.31	136	Matthew Conroy	42.20	246	Gabriel Gardiner	44.52	356	Martin Ruane	47.57	466	James Duffin	49.45
27	Paul Keane	37.32	137	Niel Griffin	42.21	247	Colin Gibbons	44.53	357	Tommy Grealy	47.57	467	Darragh Geraghty	49.45
28	Dan O'Rourke	37.35	138	Gabriel Watson	42.21	248	Carmel Coyne	44.56	358	Sean Doyle	47.59	468	Bruy Moran	49.46
29	Niall Murphy	37.42	139	John Deeganhy	42.23	249	Alan Donohue	44.58	359	Alan Donohue	47.59	469	David Donohue	49.46
30	Declan Curry	37.46	140	Robert Bremner	42.27	250	Aion Larkin	44.58	360	Aion Bailey	48.04	470	Paschal Silk	49.48
31	David Kearns	37.53	141	Kevin Naughton	42.27	251	Neville Hynes	45.04	361	Mark Burke	48.05	471	Patrick Scully	49.49
32	Tommy Joe Whyte	37.56	142	Kieran Whyte	42.28	252	Michael Cooke	45.07	362	Catherine Burke	48.05	472	James Ewold	49.50
33	Alan Daniels	38.18	143	Paul Gilmartin	42.28	253	Brendan Doyle	45.07	363	John Ludden	48.06	473	Sean Barrett	49.50
34	Andrew Hynes	38.27	144	Sean Smyth	42.29	254	John Freyne	45.08	364	John Freyne	48.06	474	Michael McGarran	49.51
35	Niall Rabbitt	38.35	145	John Newell	42.31	255	John Lawlor	45.08	365	Shane Coughlan	48.06	475	Edan Curry	49.54
36	Janeann Healy	38.44	146	Michal Mincuzyc	42.36	256	John Whirskey	45.09	366	Andrew McGhee	48.09	476	Declan Furey	49.54
37	Marie Hyland	38.49	147	Pat Morrissey	42.40	257	Sinead Foran	45.11	367	Gerard Kelly	48.09	477	Mark Higgins	49.56
38	Michael Flanagan	38.50	148	Eoghan Kelly	42.40	258	Jarath Fitzgerald	45.13	368	Aiden de Paor	48.10	478	Dona Walsh	49.57
39	Donal Ryscard	38.54	149	Fergus Scott	42.47	259	John Blannan	45.13	369	John Blannan	48.11	479	Michael Grady	49.58
40	Colin Joyce	38.54	150	TJ Hynes	42.50	260	Rosanne Trehy	45.14	370	Niall Mulloy	48.11	480	Fergus Walsh	49.58
41	Vincent Jordan	38.59	151	Brendan Kennelly	42.50	261	Declan Madden	45.16	371	Fergal Coleman	48.14	481	Stephen Costello	49.59
42	Diarmuid Murray	39.01	152	Damian Caulfield	42.51	262	Mike O'Rourke	45.18	372	Kevin Reidy	48.14	482	Griffin Paul	50.00
43	Padraig Kelly	39.03	153	Dave Kelly	42.52	263	Daniel Dunn	45.22	373	Padraig Moran	48.14	483	Shane Gavanagh	50.02
44	Niall Healy	39.04	154	Robert W. Geraghty	42.55	264	Derek Donohue	45.23	374	William O'Connor	48.16	484	Shadi Kilmorris	50.05
45	Danny Carr	39.05	155	Mike Kerrins	42.55	265	Derek Gallagher	45.27	375	William O'Connor	48.16	485	Tadhg Kilmorris	50.05
46	Paul Madden	39.07	156	Kevin O'Dea	42.55	266	Mary Connolly	45.30	376	Philip Faherty	48.16	486	John Gill	50.08
47	Conor Fahy	39.10	157	Kevin Sheridan	42.56	267	John Quinlivan	45.30	377	Frank McHaid	48.17	487	Keith Nevin	50.12
48	Kieran Donohue	39.13	158	Shane Geraghty	42.59	268	Brian Gillen	45.33	378	Daniel Quinn	48.20	488	Kieran Gully	50.13
49	Michael O'Connor	39.14	159	Ronan McCarthy	43.01	269	Seamus Daly	45.36	379	Riona Daly	48.21	489	Conor Stout	50.14
50	Geardoi Rohan	39.17	160	Alexandre Beauf	43.01	270	Mike McCartin	45.36	380	Niel Gorman	48.24	490	Tom O'Connor	50.15
51	Eoin Ward	39.17	161	Paul Curran	43.02	271	Dan Burke	45.36	381	David O'Reilly	48.25	491	Liam Moloney	50.19
52	Peter Walsh	39.19	162	Ronan Lyons	43.09	272	Cian Burke	45.38	382	Una Murphy	48.27	492	Brendan Mc Grath	50.21
53	Marin McEvilly	39.23	163	Eddie Corbett	43.12	273	Gerry Carroll	45.40	383	Peter O'Halloran	48.28	493	Declan Kelly	50.21
54	Michael Conway	39.23	164	Olivia Morrissey	43.15	274	Dan Hogan-Murphy	45.41	384	David Hogan-Murphy	48.28	494	Alan O'Callaghan	50.22
55	Cillian Collins	39.25	165	Niall Nevin	43.15	275	Derek Kane	45.42	385	Maria Dudly	48.30	495	Patrick Corry	50.24
56	Clare Beatty	39.25	166	Alan Moran	43.16	276	Stephen Broderick	45.44	386	Padraig Sullivan	48.31	496	Aidan Pety	50.24
57	Mark McDonagh	39.26	167	Shane Craovan	43.16	277	Dennis Moran	45.46	387	Aidan Mulvaney	48.31	497	Wojciech Celusz	50.25
58	Niall Keane	39.29	168	Colin O'Grady	43.17	278	John Kelly	45.49	388	Kevin Murphy	48.32	498	James Biggins	50.26
59	James McKenna	39.32	169	Philip Roby	43.27	279	John Kilraie	45.50	389	Sarah Donohue	48.34	499	Mark Kilroy	50.31
60	Tom Birmingham	39.35	170	Conor Devaney	43.28	280	Martin Lohan	45.51	390	Niel Murphy	48.34	500	Martin Burke	50.32
61	Niel O'Leary	39.37	171	John Rushe	43.29	281	Kieran Moran	45.52	391	Niam Flavin	48.35	501	Margaret Glavin	50.33
62	Christopher Magee	39.39	172	Michael McCarthy	43.29	282	Collette Gill	45.53	392	Kathleen Waters	48.35	502	Ruth Flaherty	50.33
63	Niel Igoe	39.42	173	Aidan Monahan	43.29	283	Martin Ryan	45.56	393	John Burke	48.36	503	Eleanor Walsh	50.34
64	Aidan O'Boestle	39.45	174	John O'Boestle	43.29	284	John Daly	45.59	394	John Daly	48.36	504	Conor Madden	50.34
65	Aidan Connaughton	39.48	175	Niall Callanan	43.29	285	John Daly	45.59	395	Kieran Cannon	48.38	505	Gerald Morley	50.34
66	Ray Somers	39.47	176	Brian O'Donnell	43.35	286	Pat Burke	46.02	396	Cushla Murphy Hehir	48.38	506	Brendan Ruane	50.35
67	Derek Naughton	39.49	177	Marian Kelly	43.37	287	Ray Treacy	46.02	397	Kevin Kith	48.39	507	John Mc Manus	50.39
68	Sean Heavey	39.54	178	Patrick Moloney	43.41	288	Alan Kelly	46.04	398	Alan Kelly	48.42	508	James Higgins	50.42
69	Derek Kelly	39.54	179	John McDonagh	43.42	289	Diarmuid Kearney	46.05	399	Aian Gaultfield	48.42	509	Ann-Maria Mc Hale	50.43
70	Jim Maguire	39.54	180	Gerard Kelly	43.44	290	Gráinne Ní Fhlátharta	46.06	400	Brian Moloney	48.42	510	Gillian Mooney	50.42
71	Paul McDonagh	39.57	181	Michael Dermody	43.45	291	Maurice Dempsey	46.07	401	Ross Scully	48.43	511	Louise Arrigan	50.44
72	Aidan Spellman	40.01	182	Jarath Monaghan	43.45	292	Declan Moran	46.09	402	Conor O'Hare	48.43	512	Roy Madden	50.46
73	Seamus Coyne	40.01	183	Tom Kilraie	43.48	293	Steven Lally	46.10	403	Seamus McGowan	48.44	513	Conor Madden	50.46
74	Jonathan Cunningham	40.12	184	Ry Clark	43.49	294	Aonghus McGuinness	46.10	404	Nicola Condon	48.45	514	Colin Breheny	50.46
75	Sinead Brody	40.14	185	Claire O'Ray	43.50	295	John Burke	46.11	405	Ronan Corbett	48.46	515	Aian Mulvaney	50.49
76	Niall Hardiman	40.14	186	Patrick Kelly	43.51	296	Shane Conroy	46.11	406	Mark Moran	48.46	516	John Fahy	50.49
77	Brian Hyland	40.19	187	Conor Lawless	43.53	297	Daniel McKeluep	46.12	407	Thomas Mannion	48.48	517	Marjorie Duffy	50.51
78	John Spellman	40.23	188	Ross Mooney	43.54	298	Alan O'Leary	46.15	408	Alan O'Leary	48.46	518	John Finnegan	50.51
79	John Fitzmaurice	40.23	189	Jane Walsh	43.54	299	Shane Kenny	46.16	409	Fergal Lynch	48.51	519	Ann-Maria Mc Hale	50.52
80	Derval Devaney	40.24	190	Maurice Headd	43.54	300	Mark Kenny	46.18	410	Mary Rohan	48.51	520	Niel Ford	50.58
81	Jim Phelan	40.26	191	Declan McCaffrey	43.57	301	Heath Killeely	46.26	411	Maura Meenehan	48.56	521	Judith Roche	50.59
82	Brendan Monaghan	40.27	192	Matthew Treacy	44.01	302	Stephen Crowley	46.27	412	Thomas McDonagh	48.56	522	TJ Beatty	51.01
83	Frank Killeely	40.28	193	John Kelly	44.01	303	Alan Connaught	46.28	413	Alan Conneely	48.57	523	John Campbell	51.02
84	John Lynch	40.37	194	Don Nyhan	44.06	304	Darren Kelly	46.30	414	Pat Callanan	48.58	524	Seamus Mc Caffrey	51.02
85	Liam Hughes	40.42	195	Tomás Flanagan	44.06	305	Gavin Murphy	46.30	415	Franis Ryan	48.59	525	Eric Delaney	51.03
86	Richie Campbell	40.43	196	Aislinn Conolly	44.06	306	John F. Fahy	46.31	416	Catherine McVeigh	49.01	526	Kevin Newell	51.09
87	Mike Harvey	40.43	197	Paul O'Dea	44.08	307	Colm O'Maille	46.32	417	Niel Coffey	49.01	527	Graham Martin	51.10
88	David Devaney	40.46	198	Denis Fallon	44.10	308	Philip Devaney	46.33	418	John Devaney	49.01	528	John Devaney	51.10
89	Reamonn Canavan	40.47	199	James Rohan	44.11	309	Stephen Carty	46.35	419	Morgan McGrath	49.06	529	Dara Freeman	51.17
90	David Kenny	40.48	200	Alan Thornton	44.11	310	Eddie McDaid	46.39	420	Fergal Foran	49.04	530	Lorna Freeman	51.17
91	Colman Greene	40.50	201	Paul Sweeney	44.13	311	Malcolm Hennigan	46.44						

551 Brian Healy	51.30	668 Liam Byrne	54.15	785 Donal Leech	57.29	902 Teresa Hennigan	1.00.30	1019 Mary Rose O'Neill	1:07.02
552 Grainne Falty	51.30	669 Gary Falty	54.15	786 Karen Swamy	57.37	903 Jill Gill	1.00.30	1020 Raymond Burke	1:04.04
553 Mary Keogh	51.51	670 Lorraine Patricia Corcoran	54.15	787 Padraic Cummins	57.39	904 Louise Collins	1.00.31	1021 Ann Marie Seery	1:07.04
554 Helen Moran	51.52	671 Marguerite Wilkinson	54.16	788 Ellis Donohue	57.40	905 Sharon Fay	1.00.38	1022 Fiona Birmingham	1:07.36
555 Margaret Roddy	51.53	672 Sharon Nevin	54.16	789 Caroline Whiskey	57.41	906 Brian Murphy	1.00.42	1023 Michael Brennan	1:07.42
556 James Byth	51.54	673 Eilish McNulty	54.23	790 Aoife Warr	57.42	907 Anne Marie Dyar	1.00.42	1024 Mary Duane	1:07.58
557 JP Gilmartin	51.54	674 Gerry Hurley	54.23	791 Sheela King	57.42	908 Fiona King	1.00.44	1025 Marco De Simone	1:08.05
558 Hugh Mc Fadden	51.55	675 Roisin McNulty	54.24	792 Nuala Cosgrove	57.45	909 Martin O'Hara	1.00.45	1026 Elaine Quinn	1:08.08
559 Brennan Cieran	51.55	676 Patricia Daly	54.24	793 Shane Egan	57.45	910 Rachel O'Malley	1.00.47	1027 Dorothy Quinn	1:08.08
560 John Cieran	51.56	677 Mairead McNulty	54.25	794 Gerard Larkin	57.47	911 Justine O'Toole	1.00.49	1028 Gerald Connor	1:08.17
561 Annette Burke	51.56	678 Mike Moores	54.26	795 Alan Slattery	57.49	912 Ethna Moran	1.00.52	1029 Claire Moran	1:08.23
562 Sean Brennan	51.56	679 Gerry McLaughlin	54.27	796 Patrick Kelly	57.54	913 Fergal King	1.00.54	1030 Eileen Moran	1:08.34
563 Clara De Barra	51.58	680 Tomas Quinn	54.27	797 Barry Conneely	57.59	914 Mary Berry	1.00.57	1031 Patricia Dolan	1:08.34
564 Aiden Fay	51.58	681 Sarah Comer	54.27	798 Janet Laffey	58.00	915 Vanessa O'Brien	1.01.00	1032 Niamh Feeney	1:09.02
565 Tommy Newell	51.58	682 Denise de Paor	54.27	799 Fergal Leahy	58.04	916 De McGrath	1.01.11	1033 Angela McCuskey	1:09.24
566 Steven Moran	52.01	683 Evelyn Watson	54.29	800 Kenneth Greaney	58.04	917 William Joyce	1.01.20	1034 Anita Harvey	1:09.32
567 Patrick Mc Loughlin	52.02	684 Eileen Kelly	54.30	801 Niall Fallon	58.05	918 Fergal King	1.01.22	1035 Michael Buihl	1:09.33
568 Lorraine Reynolds	52.02	685 Rick Patel	54.32	802 Michael Moran	58.05	919 Henry Lavelle	1.01.24	1036 Grace Kelly	1:09.52
569 Maire Patey	52.03	686 Sandra Marty	54.34	803 Liam Maddocks	58.06	920 Adrian Carey	1.01.25	1037 Linda McCuskey	1:10.02
570 Tony Hansberry	52.04	687 Dolores Foley	54.35	804 Alan Malone	58.06	921 Bernice Egan	1.01.42	1038 Florence Burke	1:10.06
571 Hills Dooly	52.06	688 Eilish Kilmerly	54.36	805 Theresa Kitt	58.06	922 Laura Shaugnessy	1.01.50	1039 Agnes Burke	1:10.10
572 Siobad Monaghan	52.09	689 Tony Murray	54.38	806 Michelle Whelan	58.06	923 Christopher Freyne	1.01.54	1040 Eileen Daly	1:10.11
573 John Soares	52.13	690 Noel Kelly	54.38	807 Davey Maddocks	58.06	924 Maura Ryder	1.01.55	1041 Helena McGrath	1:10.12
574 Jean Mac Key	52.14	691 Martin Gormally	54.38	808 Lu Broderick	58.08	925 Margaret Morrissey	1.01.56	1042 Maigella Lennon	1:10.13
575 Mary Kate Dilger	52.15	692 Lesley Kelly	54.39	809 Siobhan Spellman	58.09	926 Christina Gills	1.02.01	1043 Alexandra Kamm	1:10.16
576 Peter Mc Kieran	52.15	693 Eimer Grealy	54.39	810 Olivia Havel	58.10	927 Deirdre Byrne	1.02.02	1044 Paul Feighery	1:10.20
577 Eileen Shea	52.16	694 Ann McKeown	54.39	811 Eileen Fallon	58.10	928 Michael Moran	1.02.04	1045 Michael Moran	1:10.20
578 Margaret Glynn	52.16	695 Kevin McGinley	54.43	812 Shirley Hanley	58.12	929 Mairead Byrne	1.02.09	1046 Catherine Scanlon	1:10.33
579 Dan Burke	52.16	696 Triona Cleary	54.43	813 Sharon Cummins	58.12	930 Michael Curran	1.02.12	1047 Molly Rafferty	1:10.38
580 Tony O' Callaghan	52.18	697 Aina Murphy	54.44	814 Margaret Stevens	58.13	931 Pat Hession	1.02.14	1048 Maria Cheung	1:10.45
581 Conall Hawkins	52.20	698 David Feeney	54.44	815 Mike McArdle	58.12	932 Judy McCaffrey	1.02.18	1049 Davina Whiskey	1:10.46
582 Irene Fallon	52.22	699 Pat O'Driscoll	54.46	816 Eileen Kelly	58.12	933 Eileen Connolly	1.02.22	1050 Eileen Connolly	1:10.47
583 Donagh Tierney	52.22	700 Clifford Louise	54.47	817 Emer Martyn	58.18	934 Ruth Joyce	1.02.24	1051 Donata Donohue	1:10.58
584 Gerry Hession	52.23	701 Maggie Duff	54.51	818 John Copeman	58.18	935 Linda Davely	1.02.24	1052 Robert Marsh	1:11.04
585 Sharon Newell	52.26	702 Zuzi Doherty	54.52	819 Anne Marie Connolly	58.18	936 Enno Hapey	1.02.25	1053 Claire O'Leary	1:11.09
586 Miriam Duff	52.26	703 Michelle Jordan	54.54	820 Ashleigh Lindsay	58.19	937 Tom Newell	1.02.31	1054 Kristina Cleary	1:11.11
587 Fergal McGrath	52.27	704 Margaret Barrna	54.57	821 David Donohue	58.22	938 Eileen Connolly	1.02.38	1055 Jennifer Feilly	1:11.21
588 Monika Rajca	52.32	705 Peadar De Barra	54.58	822 Brendan Walsh	58.26	939 Mary Mitchell	1.02.44	1056 Jennifer Joyce	1:11.37
589 Jon Davies	52.33	706 Sinead Goaley	54.59	823 Sharon Dolan	58.27	940 Lorraine O'Hara	1.02.46	1057 Peter Sartin	1:11.42
590 Robert Coffey	52.33	707 Fideima Killilea	55.02	824 Laura Cahill	58.28	941 Conon Tannan	1.02.52	1058 Mary Mullins	1:11.51
591 Karen Clarke	52.34	708 Philip Barry	55.04	825 Fiona McGinley	58.31	942 Frances Egan	1.02.52	1059 Caroline Feeney	1:12.01
592 Maud Molloy	52.34	709 Damian Costello	55.04	826 Eileen Conneely	58.32	943 Marie Collins	1.02.54	1060 Eileen Connolly	1:12.01
593 Deirdre Reddington	52.39	710 Niall McCann	55.04	827 Julia Hayes	58.33	944 David Noone	1.03.02	1061 Mary Cummins	1:12.07
594 Mason Storr	52.40	711 Fiona Lyons	55.05	828 John O'Neill	58.39	945 Mary Shaugnessy	1.03.06	1062 Alison Flynn	1:12.07
595 Louise Cahill	52.42	712 Donal Murphy	55.06	829 Anne Lyng	58.40	946 Catherine Feroe	1.03.07	1063 Gail Quinn	1:12.23
596 Fiona Jordan	52.43	713 Andrea Mullin	55.07	830 Andrea Ridge	58.41	947 John Farragher	1.03.07	1064 Mary McCann	1:12.29
597 Geraldine Carr	52.44	714 Kevin De Barra	55.07	831 Paul Kilkey	58.42	948 Eileen Connolly	1.03.09	1065 Eileen Reddington	1:12.30
598 Mary Hadden	52.45	715 Eileen Molloy	55.08	832 Aine Charlton	58.43	949 Christina O'Gorman	1.03.22	1066 Aoife Higginbottom	1:13.07
599 Ray Foley	52.46	716 Valerie McCreel	55.11	833 Anne-Marie Fox	58.44	950 Sabrina O'Regan	1.03.23	1067 Albert Dolan	1:14.00
600 Elaine Power	52.46	717 Claire O'Halloran	55.13	834 Frank Dunleavy	58.44	951 Catherine O'Halloran	1.03.23	1068 Martin Grenham	1:14.03
601 Gillian Rafferty	52.48	718 Theresa Molloy	55.16	835 Bryan Fox	58.46	952 Joseph Carroll	1.03.24	1069 Maigella Monaghan	1:14.11
602 Michael Glynn	52.49	719 Niamh Brennan	55.16	836 Siobhán Conneely	58.46	953 Eileen Connolly	1.03.24	1070 Eileen Connolly	1:14.14
603 Liam Mulloy	52.50	720 Breege Boyle	55.17	837 Katie Varley	58.48	954 Iona McClearn	1.03.25	1071 Colm Glynn	1:14.15
604 Naola Furey	52.54	721 Rena Stankard	55.21	838 Patrick O'Toole	58.48	955 Karen Connole	1.03.26	1072 Dawn Stevia	1:14.15
605 Mary O'Toole	52.57	722 Karen Mohan	55.24	839 Roisin O'Leary	58.50	956 Aine Conroy	1.03.27	1073 Nicola Donohue	1:15.05
606 Keith Connolly	52.59	723 Sean Shanley	55.26	840 Orla Marley	58.54	957 Eileen O'Connor	1.03.27	1074 Catherine Bruen	1:15.26
607 Roger Rushe	52.02	724 Siobhán Brennan	55.26	841 Tom McLochlainn	58.56	958 Jim Glynn	1.03.32	1075 Eileen Connolly	1:15.32
608 Shane Daly	53.04	725 Duncan Moore	55.31	842 Cian Mac Lochlainn	59.02	959 Edie Molloy	1.03.33	1076 Mary Molloy	1:16.03
609 Geraldine Hynes	53.04	726 Aidan Power	55.32	843 Margaret Leary	59.01	960 Maura Canavan	1.03.36	1077 Timothy Hernon	1:16.23
610 Anne Marie Giblin	53.05	727 Aine Marie Walsh	55.33	844 Sharon Shanley	59.02	961 Kevin Burke	1.03.38	1078 Ann Tierney	1:16.47
611 Eileen Reddy	53.05	728 Aine Marie Walsh	55.34	845 Frances Griesbach	59.03	962 Frances Griesbach	1.03.38	1079 Eileen Quinn	1:16.47
612 Carolyn O'Malley	53.06	729 Patricia Mac Eoin	55.36	846 Sarah Mulkerrens	59.03	963 Nicola Corcoran	1.03.40	1080 Allen Moran	1:17.38
613 Philip Mc Mannus	53.06	730 Ken O'Hara	55.42	847 Bernie Mulkerrens	59.04	964 Caley Coffey	1.03.40	1081 Liam Roche	1:17.54
614 Ronan Berry	53.08	731 Sharon Nolan	55.43	848 Aishling Hanrahan	59.07	965 Lisa Cofey	1.03.47	1082 Emma Connell	1:18.07
615 Rebecca O'Malley	53.09	732 Jordan Tony	55.45	849 Geraldine Mitchell	59.17	966 Alison Coffey	1.03.47	1083 Amy Hartney	1:18.28
616 Brian O'Keefe	53.13	733 Shailei Walsh	55.49	850 Siobhán Henkens	59.18	967 Siobhán Cumiskey	1.03.47	1084 Stacey Weir	1:19.01
617 Adrienne Walsh	53.12	734 Cathy Dillon	55.47	851 Noel Gannon	59.19	968 Susan Kelly	1.03.48	1085 Susan Kelly	1:19.01
618 Deo A'Arcy	53.16	735 Paul Mitchell	55.49	852 Catriona Geraghty	59.23	969 Diane Collins	1.03.53	1086 Ronan Carr	1:19.22
619 Ger Lynch	53.18	736 Aoife Nevin	55.49	853 Aidan Kelly	59.24	970 Cathal Duane	1.03.56	1087 Liam Muldoon	1:20.25
620 Tom Fay	53.18	737 Ian O'Brien	55.50	854 Michelle Cannon	59.26	971 Orla Zustaink	1.04.01	1088 Ciara McClearn	1:20.27
621 Keimighean Walsh	53.19	738 Deirdre O'Leary	55.51	855 Eileen Kelly	59.26	972 Eileen Kelly	1.04.05	1089 Eileen Kelly	1:20.35
622 Laura Rouke	53.19	739 Sarah Fox	55.51	856 Sinead Mulloy	59.27	973 Lorraine Lee	1.04.06	1090 Maria Scanlon	1:22.36
623 Paul Creaven	53.21	740 Vinny Coyne	55.51	857 Shene Conway	59.27	974 Sharon Connolly	1.04.09	1091 Bridget Scanlon	1:22.37
624 Sheelagh Egan	53.21	741 Marie Haniffy	55.51	858 Deborah Nolan	59.29	975 Caroline Duane	1.04.13	1092 Della Nohilly	1:22.48
625 Mark Tyran	53.22	742 Aoife Tuohy	55.52	859 Olive Kelly	59.35	976 Laura Deehan	1.04.17	1093 Louise Guest	1:22.50
626 Alison Mac Donagh	53.22	743 Maria Deehan	55.53	860 Eileen O'Donnell	59.37	977 Eileen O'Donnell	1.04.17	1094 Teresa Donohue	1:23.32
627 Diane Fitzgerald	53.22	744 Michael Carr	55.57	861 Mannion Maria	59.36	978 Laura Sullivan	1.04.19	1095 Darina Cooke	1:23.35
628 Colm O'Conaire	53.23	745 Pat Reidy	55.59	862 Mary Rohan	59.40	979 Marie Conneely	1.04.22	1096 Fiona Somers	1:26.09
629 Catharina Begley	53.23	746 Deirdre Duffy	56.00	863 Sylvia Matkena	59.41	980 Angela Reid	1.04.23	1097 Veronica Earls	1:26.10
630 Sarah Ryan	53.24	747 Aiden Allen	56.03	864 Aine Glennon	59.43	981 Jennifer Lyons	1.04.42	1098 Mary Staunton	1:26.34
631 Declan Farrell	53.27	748 Helen Greene	56.03	865 Karen Lynch	59.45	982 Frances O'Neill	1.04.43	1099 Oisín Moran	1:26.41
632 Jamie Fitzgerald	53.27	749 Darragh Craughwell	56.05	866 Anne Marie Moore	59.47	983 Joan Waters	1.04.45	1100 Sinead Walsh	1:26.43
633 Shane Gannon	53.28	750 David McDonagh	56.07	867 Michael Whelan	59.50	984 Caoimhe Reidy	1.04.46	1101 Eilias Sullivan	1:29.43
634 Colm Dolan	53.30	751 B Burke	56.07	868 David Leahy	59.50	985 Emma Ryan	1.04.50	1102 Susan O'ara	1:29.44
635 Julia Mangán	53.33	752 Alan Fitzpatrick	56.08	869 Shauna Carr	59.51	986 Mary Jennings	1.04.50	1103 William Greene	1:30.07
636 Ray Hanley	53.33	753 James O'Donnell	56.08	870 Eileen Coffey	59.51	987 Eileen Jennings	1.04.50	1104 Martina Feeney	1:30.13
637 Laura Kitt	53.34	754 Martin Casserly	56.10	871 Enda Fox	59.51	988 Helen Kelly	1.04.56	1105 Teresa Naughton	1:30.20
638 Martin Keane	53.34	755 Aidan Casey	56.11	872 Caroline Deehan	59.52	989 Jenette Murray	1.04.59	1106 Aisling Concanon	1:30.44
639 Thomas O'Rourke	53.35	756 Pamela Ryan	56.13	873 Deirdre Deane	59.53	990 Mark Cronin	1.05.03	1107 Lorraine Fay	1:31.32
640 John Mc Gee	53.36	757 John Middleton	56.13	874 Michael O'Malley	59.54	991 Kieran Duane	1.05.04	1108 Maigella Mahon	1:31.32
641 Noel Farrell	53.37	758 Yvonne O'Leary	56.13	875 Eileen Kelly	59.54	992 Eileen Kelly	1.05.04	1109 Teresa Donohue	1:31.42
642 Aoife O'Grady	53.38	759 Paddy Burke	56.15	876 Maria Maher	59.56	993 Sandra Morris	1.05.08	1110 Gerard Donohue	1:31.54
643 Kevin Malone	53.40	760 Paddy Broderick	56.20	877 Michelle King	59.57	994 Caroline Lyng	1.05.15	1111 Fionnuala Kelly	1:33.10
644 Dermot Hession	53.40	761 Tom Newman	56.20	878 Jacinta Loftus	59.58	995 Martin O'Keefe	1.05.19	1112 Teresa Costello	1:33.14
645 Petrina Egan	53.41	762 Patrick Collins	56.25	879 Mairead Morley	59.58	996 Teresa Sheerin-Ryan	1.05.22	1113 Irene Judy	1:33.16
646 Cate King	53.41	763 David Keane	56.25	880 Eileen Conneely	59.59	997 Eileen Conneely	1.05.25	1114 Martina Feeney	1:33.20
647 Cora Cleary	53.41	764 Marie Rooney	56.29	881 Judy Greene	1.00.00	998 Mary Flannery	1.05.31	1115 Assumpta Glynn	1:34.51
648 Brian McKern	53.42	765 Kieran O'Leary	56.30	882 Aisling Thornton	1.00.01	999 Sinead Killilea	1.05.32	1116 Catriona Glynn	1:34.52
649 Kevin Burke	53.45	766 Jennifer Morgan	56.31	883 Hanna Kelly	1.00.06	1000 Carmel Mitchell	1.06.07	1117 Brid Sheehan	1:35.44
650 Caroline Feeney	53.45	767 Fideima Walsh	56.35	884 Valerie Burke	1.00.07	1001 Mary McCarthy	1.06.09	1118 Don Brown	1:35.56
651 Anitra Hobbler	53.49	768 Frank McKeown	56.37	885 Eileen Kelly	1.00.09	1002 Eileen Kelly	1.06.10	1119 Eileen Connolly	1:36.58
652 Sheila Hession	53.49	769 Bridghn Cannon	56.37	886 Sinead Hynes	1.00.10	1003 Ann O'Toole	1.06.12	1120 Caroline Duffly	1:35.59
653 Aonghus Collins	53.49	770 Fiona Dinevy	56.38	887 Ms Byth	1.00.11	1004 Ailbhe Galvin	1.06.13	1121 Aisling Costelloe	1:36.02
654 Fiachra Collins	53.51	771 Donna Lee	56.44	888 Ciaran Smullen	1.00.11	1005 Deirdre Kelly	1.06.15	1122 Gwen Frazer	1:36.23
655 Cara Gleeson	53.51	772 Gerry Gonan	56.44	889 Brian Jordan	1.00.13	1006 Brendan Galvin	1.06.17	1123 Helena O'Connell	1:36.25
656 Carmel Corbett	5								



Christmas should be a time for spending time with family & friends, enjoying a few days off and celebrating but we all know that accidents happen at any time and unfortunately Christmas tends to be peak season for accidents and injuries.

Thankfully, we are on hand to provide emergency care.

The Galway clinic accident and emergency department is a highly valuable facility for patients who need immediate medical attention but prefer to receive this treatment without delay in a private hospital.

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A standard ER fee of €110 will be charged for all patients who attend The Galway Clinic Emergency Department.

Call 091-785999 for GP referrals or 091-785000 should you require any further information.

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**Athenry Office:** Monday - Saturday: 9.30am - 5.00pm.

**Kilkerrin Office:** Monday - Saturday: 9.30am - 12.30pm

**Menlough Office:** Thursday - Saturday: 10am - 1.00pm.

# EIGHTEEN MONTHS

Ronan McCarthy

**“I’ve given you my shoe rack, I just can’t be looking at all them runners on the floor anymore.”**

It was an evening in June this year that my fiancé uttered these words to me and as I took a moment to ponder on how I’d ended up with more pairs of shoes than a member of the opposite sex, I started to think back on what 18 months with Athenry AC has done for me and my life.

Although I did a bit of running in school, I only started running as an adult (at the time I thought it was running, but I wouldn’t necessarily call it “running” today) in the summer of 2012. My company were organising a little mini-triathlon as a fundraiser for charity and I had decided to do a bit of training and give it a go, it went well, the chain of events had started. It was then, through a chance meeting with Ray Somers in one of Gerry Cronnelly’s classes, that joining Athenry AC entered my thought process. The 2013 Galway 5K series was on the horizon and having just run the New Inn 5K in 22:25 Ray in his wisdom said...“a bit of training and you’ll be running sub 20 minute 5Ks no bother”. What planet is this lad on I thought? I’d almost collapsed across the line in New Inn and here’s this lad telling me I can go 3 minutes faster. At the time I was a lot more fond of going for a few beers on a Tuesday evening after work rather than be out in the rain running around like a mad eejit, so I thought, ‘If the running doesn’t get too much in the way of my beer time sure I’ll give it a go’. So after running a few good races early in the 5K Series I handed over my €20 membership to Ruth-Ann after Race 5 in Ballybrit and thoughts turned to my first race for the club in Tuam, decided I’d give it a right good go and see how I stacked up against other club members but, alas, a heavy bank holiday weekend on the beer meant I arrived at the start line in Tuam in a sorry state and at the finish line in an even sorer state, everyone smiling and talking about PBs and me sweating out Heineken and Jägermeister and looking around for a safe place to get sick over a wall. That was the moment... “Something’s got to give here”.

Back to June this year and here I was looking at my collection of runners (now on their lovely shoe rack) having just competed in the County Track & Field Championships and looking forward to doing the Kiltimagh Race2Glory two days later, from a 100 metre sprint to 40kms of road, bog, river, mountain and trail in the space of 2 days. This is where Athenry AC had brought me in a year. I’d gone from looking for an excuse to go on the beer so I didn’t have to do anything resembling physical activity to entering as



many races as possible in order to be able to tell the mates: “Can’t go for pints tonight....have a race at the weekend.” A year earlier I’d never known a place called Ryehill existed. It had now become my essential training ground, whether it was running with the crew on a Thursday evening or heading out there by myself just to get the extra hills in. Indeed one Saturday I spent a lonely 4.5 hours out there in preparation for Gael Force. Many thanks Kenneth for the use of your wall to hide the bike! I’ve also discovered what Speed and Tempo sessions are: Jane-Ann’s Tuesday night sessions, starting off, were like a visit to the dentist, “I really, really, really don’t want to go, it’s the pain, I can’t take it!!!” Now I get mad with myself if I miss a session and try to catch up on my own. I sat down recently on one of my very few trips to the pub in the last 6 months and explained to my friend what a speed session was... “Do ye be right in the feckin’ head at all ye lot” was the response I got. I could only laugh. Maybe it does sound a bit nuts to a non-runner, but there is just no training like it.

But in the last 18 months the main thing that has struck me about being with this club is the value of actually being “in a club”. Running, I always thought, was a solo sport, training was beating out the kilometres (or miles as ye marathon runners who have not yet converted to the metric system like to call them) on a lonely road, with nothing but the sound of your feet and thoughts in your head keeping you company. Racing was only against yourself and the clock. This club has showed me that running is very much a team sport. You still go against the clock in a race but you never do it alone. When I pull on the maroon and white singlet I know I have a crew, almost like a second family around me on the road and there is always vocal support

along the routes. Pulling on the singlet turns a 20 minute 5K into a 19:30 5K, there is a lift, a sense of pride, a little machine inside you that tells you to push just that little bit extra and go that little bit further. You want to get to the line and tell everyone else in a maroon and white singlet exactly how your race went, where you went too fast, where you dropped off a bit, and where you really felt the "Ryehill training sessions" kicked in and dragged you up the hill while others around you were wilting. I've also picked up so many brilliant nuggets of information along the way. It's almost like having a personal trainer at your side. This was never more prevalent than at this year's Dublin City Marathon. Now, the preparation I had done for the marathon I would not advise anyone to do i.e. no preparation! BUT, if you want to do a marathon this is the club to be with, the support during the race from fellow members, friends and family of members was unbelievable, it got me through it. I won't go into detail as I will be here

for another two pages but I was an emotional mess in the home straight and, as I wiped the tears from my eyes at the finish line and looked up ahead I could see the maroon and white singlets, like a battered army exchanging war stories but yet somehow smiling through it all. I limped over and shared my own. This, although not my greatest result, had been by far my greatest achievement to date and had shown me it's not always about the clock, sometimes it's about just getting there, and without this great little club of ours I never would have even dreamed about getting there. So this is my THANK YOU to Athenry AC and each and every one of its fantastic members.

May my new love affair with the maroon and white singlet go on for many more years to come!

Picture: Tuam 5K 2014 "What a difference a year makes" – from puking over a wall to a sub-19 PB.

**Paddy Broderick Groundworks - Gloves, Athenry**  
**Phone: 087-2489349**  
**Email: [paddyilizsh@eircom.net](mailto:paddyilizsh@eircom.net)**

**All groundworks, footpaths, concrete, percolation, lawns, block paving and Tarmac done**

**Wishing the Fields 10K road race many years of continued success!**



# Black Toe-Nails - Crowd Sourcing a Solution for Them



**About 14 months ago, I asked on the Athenry AC mailing list for solutions to black toe-nails. Here is a selection of the responses received... JAL.**

**From: Patrick Forde**

Paint all the ton-nails black. Guaranteed success. Val's secret.

If that doesn't work you can surgically remove all of them! Know of a guy who did this...

**From: Kieran Guiry**

Used to suffer badly from them, but none at all in this training cycle. Only difference I have made is how I lace the runners.

The one I use is the first one on this page [<http://katie.runthis.com/2011/10/04/running-shoe-lacing-techniques/>] though not a specific one for Black Toenails. Works for me anyway!

**From: Philip Magnier**

A larger runner size than one uses for ordinary shoes, definitely, and especially if one is using lighter racer shoes.

Thick runner socks obviously, 1000-Mile is the best brand in my opinion.

Tony Killamey and others know of a way to lace your running shoes which helps with this. I saw it done but forgot it again. Jane-Ann knows it also.

**From: Jane-Ann Meehan**

1st: shoes need to be 1/2 size bigger than foot  
2nd: ASICS very narrow toe box so they can cause same. Mizuna/Brooks better  
3rd: flat feet. So maybe need insole  
Finally, they are generally common; just ignore if not sore and none of above

**From: Iain Shaw**

Remove all the toe-nails with a bottle opener and you will never suffer from black toe-nails again.

**From: Ray O'Connor**

Shorter ton-nails will work.

**From: Kenneth O'Hara**

It's often something as simple as ill fitting runners. I know of people who have suffered with this & they'll swear they have the correct shoe size as 'they've always been a size 8' only to find out that they need a bigger size when running.

I'll hazard a guess that your friend suffers with the toe beside the big toe. There is a condition called Morton's Toe (honestly, Google it) where the second toe is longer than the big toe. When wearing ill fitting runners this is always the toe that takes a beating as it's being hammered against the top of the shoe. Runners need to be sized to fit the longest toe and most people will size it just to the big toe.

Another common reason can be a person unconsciously curling their toes when running, but the number one cause is wrong size runners.

**From: Kellie O'Shaughnessy**

Bigger runners and good chiropodist! Visit [www.istepclinic.com](http://www.istepclinic.com) for a good service.

**From: Valerie Glavin**

Real runners would just have them surgically removed....

**From: Tony Killamey**

I used to try all kinds of things to get rid of them – the best is using a bigger pair of runners and also using the very last lace holes to make sure the shoe is pulled as far forward as possible.

Anyway, I couldn't run all summer due to injuries and the black ton-nails disappeared, but I managed to do a good hard, fast Galway Bay half marathon and the black ton-nails are back. I am delighted to see them!!!!

**From: Laura Garvey**

You can tell your friend if it is any consolation, I suffered from it the first year I started running. I lost four ton-nails that year, I found they toughen up themselves and I never suffer from it now, but as Ray said, keeping them short definitely helps :-).

# 2012 Fields of Athenry Photo Gallery



Fields of Athenry 10km  
**26.12.13**  
Athenry Athletic Club



**ATHENRY Athletic Club**

# Get Out, Get Moving, and Get Fit with Fit4Life Frances Leahy



**So you're half sold on the idea of running? Maybe you previously ran some years ago, and want to make a comeback, or you would just like to be able to run a 5K race or just be a little bit fitter or lose a bit of weight. Whoever you are or whatever your reasons, rest assured that your first step will be the hardest, but once you have made it, you'll quickly realise why running is the simplest and best sport there is.**

It is a sport you can do anywhere at any time. All you need to do is give some consideration to your equipment especially shoes, and away you go. But you might like some words of advice and encouragement to help you on your way and to help you achieve your goals. That's where a Fit4Life programme comes in. It is a programme that operates within the existing Athletics clubs in Villages, Towns, and Cities across Ireland and it is open to people of all ages, fitness levels and abilities.

The Fit4Life programme strongly supports the idea of the recreational runner where people can enjoy the benefits of

running in a social, safe and organised environment and also receive tips and advice on training etc.

Athenry Athletic Club has its own Fit4Life programme and beginners, whether they be walkers, joggers or runners, both male and female, are welcome to join. If you can already run 5K comfortably you can join at any time of the month, otherwise we have beginners sessions starting on the first Saturday of every second month. We meet on Wednesday evenings at 7pm and Saturday mornings at 10am in the Athenry Church Car Park. We group people of similar ability, set out a programme for each group and a dedicated Team Leader then takes that group and helps each person achieve her/his goal, whether it be getting to that first 5K milestone or right up to running a first marathon.

It is as satisfying for us as leaders as it is for the person who crosses that finish line, be it a 5K or marathon, and to see that smile on the face that says "I did it" and it's all down to the Fit4Life programme that they started some time before.

Now I'll finish with a quote, "In running it doesn't matter whether you come first, in the middle of the pack, or last, you can say 'I have finished'. There is a lot of satisfaction in that."

## Marathon Splits to be Proud of!

Deirdre Quinn

Found it a tough day from 20 miles. At mile 22, there was a bit of a hill but it felt like a mountain. It was a struggle to get home and wanted so badly to stop, but kept saying to myself over and over again, "Get the finish, get to the finish." From 23 miles onward, I must have put myself in a trance because I remember almost nothing between there and the finish.

I picked up my pace with 800m to go and was on Mairead Sullivan's shoulder! Just to see that the finish 200m away was a huge relief. I did not have any kick or energy to go with her and Mairead beat me by about four seconds at the finish. Must have been the Red Bull I took from Frank

<b>1 8:03</b>	<b>8 7:15</b>	<b>15 7:45</b>	<b>22 8:04</b>
<b>2 7:43</b>	<b>9 7:21</b>	<b>16 7:40</b>	<b>23 7:54</b>
<b>3 7:29</b>	<b>10 7:30</b>	<b>17 7:55</b>	<b>24 7:54</b>
<b>4 7:49</b>	<b>11 7:57</b>	<b>18 7:39</b>	<b>25 7:57</b>
<b>5 7:48</b>	<b>12 7:41</b>	<b>19 7:39</b>	<b>26 7:27</b>
<b>6 7:38</b>	<b>13 7:44</b>	<b>20 7:39</b>	<b>.2 3:24</b>
<b>7 7:45</b>	<b>14 8:05</b>	<b>21 7:43</b>	<b>3:24:43</b>

around mile 22, or the 7 gels, or the caffeine chewing gum, I wonder? The cheers from the supporters was so positive and deserve special mention...



# Taking a Trip to the Park

Martin Keane

At this stage of my life I'm grateful to the man above that I still enjoy extremely good health. He even allows me to run a bit, though a tad slower every year, unless he's measuring the courses a bit long these days! After completing the 5K series, I took time out for a while, but, as everyone knows, running is an addiction and soon I was back on the road again.

Sometime during the summer I was having a look at the AAI website and saw an advert for the National half marathon to be held on the August bank holiday Monday. Borrowing a slogan from another sporting body 'Nothing beats being there' and I thought why not. I've done a few of those halves in my time, namely Waterford twice, Ballybofey, Crettyard (Co. Laois) and, of course, we hosted it ourselves very successfully in Athenry in 2012.

Ye all know our old club motto 'Be your own inspiration' but training in warm temperatures during July you have to add in 'Lose your own perspiration' as well.

The August bank holiday weekend was a busy one for me. First, I had an afternoon birthday party in Co. Tipperary and then on to Dublin. On those weekends I stay with my daughter Treasa and her husband Colm. They look after me very well, which means picking

me up and dropping me to wherever I need to go. Once I used to feel a bit guilty about scuppering their Bank Monday morning lie in, but now as they have a young baby I'm not the only one making noise early in the morning.

Sunday morning I went to the RDS to pick up my number and in the afternoon I went to Croke Park for the Galway v. Kerry All-Ireland Football game.

No luck for the Galway lads that day but I'll remember the game for a great goal scored by Athenry's own Tomás Flynn. Tom ran almost the entire length of the pitch with the ball and stuck it in the net. Memories of a Maradona goal described by Jimmy Magee as 'different class' came to mind. No surprise here as I'm told Tom was a decent juvenile runner in his earlier years.

First endurance test on Monday morning was to survive an over-crowded Luas tram from Rialto to the city centre. Thoughts of rush hour in Hong Kong came to mind. (Google 'japanese train station during rush hour' sometime!)

The race start was at the Docklands, in a place called North Wall. I remarked to someone I was talking to that it was my first time meeting 'the wall' before the race even started. This National Half is now run in conjunction with a big city race series called the 'Rock 'n Roll'.

Speaking of R n R reminds me of a man who used turn up every year at the Craughwell leg of the 5K series, dressed up in Elvis Presley gear. He'd have the mop of black hair, long side locks to his jaw bone and if he was in a good mood he'd shake his rear end a bit and sing a few bars of Wooden Heart. If he wasn't in good mood, he'd warn everyone near him to be careful not to stand on his runners which were always blue.

No sign of Elvis that day. He had a DNS after his name and out in Croke Park there was no sighting of Garth Brooks either, but we got a Brooks tee shirt in our goody bag. As I've plenty of shirts I'd have preferred one of his Stetsons !!

Wouldn't I look good wearing it on Stephen's day among all the woolly hats!

The course for the race took in many well-known Dublin landmarks: O'Connell Bridge, Christchurch Cathedral through the Royal Hospital Kilmainham grounds, then by the iconic jail nearby, before entering the Phoenix Park; and we still hadn't reached the halfway mark.

After what seemed an eternity I saw a sign for 12 miles, the 'Flamme Rouge' they call it in cycle racing where they sprint like blazes to the finish. Nothing like that for me, with my fuse smouldering badly. I got to the finish line, fulfilling an ambition of getting there before the stewards dismantled the gantry.

Someone once said 'There's no satisfaction without a struggle first.' How true that is! I must say the race was well organised, but I could have done without all them 'R 'n R' bands every mile or two. They say it

makes you run faster; maybe so, to get away from it I'd say. They had plenty of stewards on the course, which was a blessing, as it was very hot that early time of the morning, meaning all the runners were going for the shaded side of the road.

After the race there was a bit of delay getting my baggage from the lorry and long queues for the shuttle buses, but as it was a lovely day I walked it back instead.

Back at Treasa's, I tried to barter a deal with them, as in next year I'd do babysitting if they'd do the running. No agreement was reached!

That day – 4th August – was, to the day, the 100th anniversary of the outbreak of World War 1 and as I was crossing Heuston railway station, a man dressed in period dress handed me a newspaper called the "Flanders Fields Post" dated 4th August 1914. He was standing beside an old two-handled cart that looked equally as old, maybe it was Molly's in her day. For the second time in a few hours the word 'struggle' came to mind.

Back home later that night, in order to get all the rock music out of my head, I went to the Newpark Hotel to hear a real bit of music played by Kevin (father of my fast club mate, Gearóid) and Monica.

Out of 2493 male finishers that afternoon, I finished in 1747th place and placed 3rd in what I call the 'growing into seed' category. [Editor's Note: What Martin doesn't explicitly say is that he was 3rd M70 in the National Half Marathon Championship in 2:05:10 that afternoon.]

Thanks to all in the club for giving me huge support and encouragement at times when I say that I'm going to buy a rocking chair and a pair of bedroom slippers. I sometimes forget my own family who keep me in the straight and narrow at all times.



He was standing beside an old two-handled cart that looked equally as old, maybe it was Molly's in her day.



## One of Those Magic Days - Connemarathon 2014

Lyall Guiney ([www.lyallguiney.com](http://www.lyallguiney.com))

There was some craic on the bus to the start line. A load of the Marathon Club Ireland guys were on it, and once we started passing the Ultra runners after Peacock's hotel they were banging on the windows and shouting at their buddies down on the road. There were lots of sardonic Cork humour and insults and jokes flying around. It was great, it totally took my mind off the run. I'd spent the last 24 hours as a nervous wreck – as usual before a big race – so this was a welcome distraction.

I lined up with a handful of athletic-looking runners at the front of the field. There weren't many singlets on show, besides my Athenry outfit. Almost 600 lined up behind us. Lezan Kimutai, eventual 4h07m winner of the Ultra, had just passed us in his own Athenry AC singlet, with a third of his race already complete. Ray counted us down. I set my Timex Ironman stopwatch and looked ahead along the shore of Lough Inagh.

I immediately fell into a 'hard but comfortable' pace. Whatever that happens to mean, I've learned to trust myself. I was 6th in the lead pack, with the front five pulling a little ahead, and the sound of footsteps just behind me. A few strides into the second mile I settled into 8th position, as two pairs of footsteps eased past. Frowning at the concession, I glanced at my watch, then afforded myself a little chuckle; this was my 10-mile pace.

I had a decision to make straight away. The wind was behind and to the left – quite advantageous for the first half of the course. I had offered up a blind pre-race prediction to a few friends that I was going to finish no worse than 5th. And despite some significant hypochondria for the previous 24 hours, I felt really great. But having just dropped a couple of places to 8th, and being way inside my established marathon pace, I could easily have thought: "OK, let's be realistic. Let's hang on here for a bit, ease off the pace, and if another couple of lads overtake, there's still a top 10 finish to target."

I thought that for a few seconds. Then I squashed that idea, and replaced it with this one: "I said I was going to finish no worse than 5th. That means that nobody else will pass me. And I must pass three runners in the next 25 miles. Be brave and run hard. Go."

Thus I tucked into a steady, uncompromising cadence, with the tranquil but inspiring notes of Ludovico Einaudi's *Andare* on repeat in my mind – matching the rhythm of my legs. I never listen to music while running, but occasionally something sticks in my head and I find contemporary classical music an almost meditative aid to the flow of running. With this rhythm in place, I focused on catching the handful of Ultra runners up ahead. The marathoner

opponents could wait a while. It was a long way to the finish.

Mile 1: 5:48 – 6th position, falling to 8th just after the marker.

Mile 2: 6:00 – Considered backing off but kept it steady.

Mile 3: 6:08 – Tempered a little by the slight ups and downs.

Mile 4: 5:53 – But only a little, effort was consistent. Ray saluted as he passed me out on the motorbike.

Mile 5: 6:36 – Just a nasty uphill section.

Mile 6: 5:58 – Closing in on John Cronin and Jerome Debye (GCH in 3rd and 4th place in the Ultra). Took my first gel here, ahead of the water station. I knew that later today, with hills and headwinds to come, energy levels would sap – so keep them topped up.

Mile 7: 6:06 – Passed the two GCH lads on the little incline just after the turn onto the N59.

Mile 8: 6:19 – I had stayed within a couple of hundred metres of the 7th place marathon runner. He maintained a more or less constant lead in these miles.

Mile 9: 6:24 – Up a short, sharp climb. Couldn't close the gap on the man up ahead.

Mile 10: 6:00 – Starting the long descent into Leenane. With the strong tailwind now fully at our backs, the splits dipped back into 'serious' territory.

Mile 11: 5:48 – My fear at this point was pounding my quads into a pulp as I thundered down the hill. It had started to rain as well, but it was barely noticeable with it at our backs.

Mile 12: 6:01 – Took 7th position. I'd been gradually reeling him in over the last mile, only half realising it. When it came to it, I sailed past him.

Mile 13: 6:01 – Took the second gel a little ahead of the water station. Very steady along the flat into the town of Leenane.

0:45 to 13.1: 1:19:47 – my fastest ever half-marathon, by well over 3 minutes! It also told me that I was going to PB today, no matter what the second half threw at me. It was not going to be one of those days when it all falls apart.

Mile 14: 6:35 – Now it began for real. First challenge – the hill, from about 13.5 to 14.5 mile distance. Got a shout on from Iain Shaw and, possibly, a couple of other friends, at the turn in Leenane – I was only half aware. All focus was on the work ahead.

Mile 15: 6:44 – The hill finished, but the undulating second half continued ahead. Still, it's always a relief when that seemingly unrelenting drag on your legs finishes; when your lungs get just that little bit of respite. More importantly, 6th place was now in my sights, and I was gaining.

Mile 16: 6:25 – Iain passed me in the car. The third gel got scooped before the water station at the end of the mile. I caught the 6th placed man just after the mile marker. He had slowed to a walk. I shouted at him "Come on buddy", and he started moving again behind me, but I made sure to set a punishing pace for the next half-mile to encourage him to fade away in my wake.

Mile 17: 6:16 – Holding steady, just eating up the miles.

Mile 18: 6:03 – One of the few nice, flat miles in the second half. Cruising past walkers at nearly 6-minute pace, feeling great, feeling solid.

Mile 19: 6:55 – Significant climb in this mile. And the headwind. I had a bleak moment mentally, amidst all the half-marathon walkers, where I felt a wave of weariness wash over me.

Mile 20: 6:13 – Straight back to sub 6:20 once the profile levelled out. I think I was outputting a consistent level effort through all these miles, with the hills, the gusting wind and occasional rain causing most of the variance in pace. Ray passed me again on the bike.

Mile 21: 6:21 – At about this point a cyclist came up beside me and told me I was "7th or 8th"... "Sixth!" I shouted back triumphantly, thinking how any runner after 21 miles would prefer no information to wrong information. And rather optimistically: "And I'm gonna finish fifth!" He didn't seem to think much of that but assured me I was "on for a good time". Genius! :-P

Mile 22: 6:08 – I just burned through this mile, stealing myself for the final climb. Peter Brandon – one of my new Kenyan club-mates! – passed me just after crossing the bridge in Maum – the only half-marathoner to do so before the finish. Fourth and final gel with the water stop at the end of this mile. Fuel for the Hell of the West.

Mile 23: 7:11 – The first few hundred metres are on the flat, but the rest of it is straight uphill. And then it continues relentlessly for another mile, with a gale blowing you back, blowing you off the road. I'm not just saying that for effect – there were some gusts that actually blew me sideways.

Mile 24: 7:22 – There are so many "KOH" signs that cycling clubs paint onto the roads around Connemara, but there are none that make me snarl with satisfaction more than that alongside the 24 mile marker here. And an extra reward: the 5th placed runner was in sight.

Mile 25: 6:33 – My legs were on fire now but I pelted down the hill in chase. No let-up – taking 5th place had to feel inevitable. I was battered by rain and wind, but if I was closing him down, it meant he had to be feeling even worse. So I pushed and pushed, flying past spectators wandering out to the top of the hill. I caught

the runner with a little bit of road still to cover before the mile marker. I didn't look at him, I didn't make a motion or utter a word. No consolation. I ran straight past. Twenty four miles ago I'd promised myself that I was taking 5th position or better, and if there was any fight left in this guy, I wanted to crush it.

Mile 26: 6:50 – For the love of... the last mile is flat, but it had to be the windiest of the whole course. I was fighting for every forward step. But I knew this was it – everything had worked out. I had a massive PB and I had 5th place, on one of the most beautiful, yet terrible, marathon courses in the world.

1:15 to 26.2 – sprinted home, fist in the air, second half in 1:26:04

Stopwatch: 2:45:53 | Gun + Chip: 2:45:51 | Place: 5th

A completely acceptable positive split of 6:17.

This was the greatest athletic performance of my life. Compared to some of my peers, it's not saying much, and I know I've got more to come. But for now, I believe it to be true. I've never ran as bravely in any other marathon. The first half was a foray into the unknown, and I maintained the effort levels from the first mile to the final step. My determination and self-belief has been there in previous long-distance races, but I've always had some reticence in pacing strategy. Today, I literally threw all caution to the wind, and fought tooth and nail for every second.

Ray, Angela, Iain, James, Bridget and Alan should all be able to attest to one thing: I was utterly happy after crossing that line. I was so happy, so crazily happy with how the past two and three-quarter hours had unfolded. Not even that it had finished, as such – this wasn't a feeling of relief. It was simply delight with what had happened. For starters, I'd finished 5th. The final position itself ultimately meant little, but fulfilling the statement of intent meant everything. After the first mile, I had no genuine knowledge that I'd be able to reel in those other runners, just a determination to do so. Furthermore, I'd demolished my previous PB, a time with which I had been really rather content. And to have done so on that course, in those conditions. I've felt ecstatic after races in the past, but this was different. There was a sense of holistic fulfilment this time, which I have never quite felt before.

I could barely stand upright. So, after hugging and shaking hands with all concerned, I wandered off to collect the t-shirt and my gear, and to sit down for a while. Mick gave us a lift back to the car in Oughterard. A Scotties double-stack burger (and a brownie sundae) rounded out the afternoon a little later.

[Addendum: Though I failed to improve on this time in 2014, I managed to complete two other marathons in under three hours: Cork in 2:47 and Dublin in 2:58. The eight week gap to Cork just wasn't enough before another 'A'-race. After holding 2:42 pace till 16 miles, I gradually faded, though never exceeding 6:48 per mile. And while I never got fully engaged with the training for Dublin, I managed an elegant 7-second negative split.

In 2015 though, it's all about Cork. Sub-2:40 is looming.

# Mary Heath Lindie Naughton



## **In August 1928, Mary Heath, athlete, aviator and adventurer, landed her small DH Moth on a beach near Renvyle in Connemara.**

She had flown from Ballybunion to South Park; according to the *Connacht Tribune*, Lady Mary thought she had landed on Galway Golf Course. She pronounced herself delighted with the Claddagh swamp; with an investment of even £1,000, it could be made into an aerodrome for Galway.

At the request of the newly formed An Garda Síochána, worried by the crowds she was attracting, she soon took to the air again, with local man Willie Naughton as a passenger. She was heading for Oranmore, where there had been a commercial aerodrome since 1918. Because of sheep on the runway, it took two attempts before she could land.

It was the day after that, she landed near Renvyle. Like many other visitors before and since, she found the high purple peaks of Connemara almost too beautiful for description, while the shifting and sinister bogs made her reflect on the historic transatlantic flight of Alcock and Brown just nine years earlier; what progress aviation had made since then.

Looking about for a suitable place to land, she landed on a beach 'in a curve of the bold headland of the extreme northeast'. Getting her small plane down safely, she half-taxed and half-pushed the machine up the shore and fastened it down with sacks of stones tied to its wings and tail.

In Connemara, Lady Mary got a warm welcome from her host Oliver SJ Gogarty but on the way back to Dublin, with

Gogarty as passenger, she got stuck in the sand at Tullaghbawn Strand where they had decided to land for a swim. 'Immediately the plane began to sink...Fishermen rowed to our aid, ropes were obtained and, after strenuous efforts, we got the plane clear and safe on a patch of solid strand 100 yards away. The only damage done was to the tip of the propeller.' A phone call to London followed and a replacement arrived within a day.

It was not Lady Mary's first visit to the west. In 1921, Lady Mary, then known as Sophie Mary Elliott Lynn, was a regular at local meets in Ireland, among them a sports day held in Ballygar, where she recorded a height of 4ft 9ins (1.448m) in the high jump, equalling the best known performance in the world for a woman at that time.

When she moved to London in 1922, Lady Mary became one of the best known women athletes of the time, travelling to meets in Paris and Scandinavia and representing the WAAA at International Olympic Council meetings.

She set a disputed world record for the high jump of 1.48 at Brentwood, London in August 1923, just a few weeks after she had won the javelin at the first ever WAAA Championships. Her book "Athletics for Women and Girls" was published in 1925.

A few years later, she became the first person to fly a small plane from Cape Town to London and was celebrated world wide. Her trip to the west came later that summer. Only an unfortunate and fatal accident in 1929, while in the USA, cut short a remarkable career.

"Lady Icarus – The Life of Irish Aviator Lady Mary Heath", is still available online; see [www.ladyicarus.blogspot.com](http://www.ladyicarus.blogspot.com).

# New Athenry AC (Senior) Club Crest



The committee's guiding principles for the crest's design were;

- 1. Deeply connected to Athenry**
- 2. Reference running as the prime activity**
- 3. Be inclusive, non-sexist, etc**
- 4. Refer back to the original logo.**

1. Athenry is so full of history that we were spoilt for choice on this front. However a lot of the history is pretty violent e.g. Felim O'Connor, the last high king of Connacht was killed in the battle of Athenry in 1316. Also Meiler de Bermingham who built Athenry castle around 1250 was no saint. However, the Dominican priory has an interesting history (see below) and the Dominicans have a really nice logo which we decided to base our new logo on.
2. Running as the prime activity. We achieved this first by coming up with a new motto "To run, to compete, to enjoy" which in Latin is Decurrere, Contendere, Utores. Then we incorporated the swoosh and male figure from the old logo.
3. Inclusivity. Female figure added to logo (plus the story of the Friary construction below).
4. Use of the old symbol on the new logo.

So that's the story of the design. Hopefully you will wear it with pride and achieve great things with it!

The Dominican order was approved by Pope Honorius III (1216–27) on 22 December 1216 – almost exactly 800 years ago!

The story of the building of the Dominican Priory in Athenry

Dedicated to SS Peter and Paul, building got off to such a fine start that a provincial chapter was held there in 1242. Both the native Irish and colonizing Anglo-Normans co-operated in sponsoring the construction work: Felim O'Connor, King of Connacht and founder of the Abbey of Roscommon, built the refectory, Eugene O'Heyne the dormitory, Cornelius O'Kelly the chapter-house, Walter Husgard the cloisters, Arthur MacGallyly the Infirmary, Bernard O'Trasy (?Treacy) and his wife the guest-house, and Rodolf Hallatune gave the altar in the chapel of the Blessed Virgin; Thomas O'Kelly, Bishop of Clonfert, built a vault near the north side of the high altar. The priory was completed in 1261.



**Best of luck to all the participants  
in the Fields of Athenry 10K**

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# London's Crashing and Burning

London Marathon **2003** Mick Rice

**All of this nonsense started maybe ten months before the race. On the 'Runner's World' UK site I read an article which lauded the Flora London Marathon (FLM) as 'the best marathon in the world'. I had my doubts. Having recently returned from the 106th running of the Boston Marathon I felt like I had taken part in something that would be very difficult to surpass in any regard. Then one day my foolish eye fell on a link on the bottom of the screen that enticed...'Start a Discussion About This Article'. I did. My line was that although London was undoubtedly amongst the great Marathon races of the world, it could not lay exclusive claim to being 'number one'. My reservations arose from a few basics. London, in the first instance, could not lay claim to the long and interesting heritage that underpins the Boston race. Many marathon runners set great store by the aura of tradition, stability and, whisper the word, elitism, that attaches to the 'Beantown Beano'. I have to admit I'm one of those runners, although the case for Boston is sometimes over made. In some other regards, like the difficulties of dealing with such large numbers, the relatively slow (and slowing) finishing times and the entry lottery made me sceptical about such an ambitious claim. In the heel of the hunt there was nothing else for it but to put my legs where my mouth was and enter the race. Thankfully the 'Good for Age' system enabled me to avoid the dreaded lottery and to 'pass GO!', collect my number and proceed directly to Maze Hill Station and the Green Start for the 2003 running of the Flora London Marathon. Perhaps the race had started to prove the claim that had been made on its behalf already.**

Fast forward to the second Sunday in April and at just past 8:00am and I'm walking towards the wrong start of the FLM. The huge numbers that run this race each year necessitate three separate race starting points, which merge during the early miles into a single bobbing mass of running humanity. There were a few bad omens knocking around. I'd left a bag containing my energy gels and mobile phone in the taxi that had taken me to Charing Cross tube station and had then taken the wrong train to the start. Luckily the transportation arrangements were fairly idiot-proof and all I had to do was walk a little further than planned to arrive at my designated departure point. There were stewards everywhere and not Irish type stewards either. In Ireland, race stewards are, more often than not, a t-shirt wearing volunteer whose sole expertise will be in actually being present. We normally ask no more of such

people, certainly not that they are actually informed or involved. In contrast the FLM stewards were everywhere and each seemed to be working to a plan. These non-Irish stewards appeared to want to help in any way they could. Very weird!

The Green start was to host 'Good for Age' runners, celebrity runners and 'others'. I still haven't worked out who the 'others' were but I hope they had fun. I also saw a number of wheelchair athletes around the green start, but can't be sure if they actually set off from this start. I spotted amongst them Cork's very own Jerry Forde, a winner recently of the Connemara marathon. I said hello but poor Jerry was taken by surprise and I got a very tentative and confused "Howareye" in reply. As the minutes ticked by I tried to refocus. I wanted to take this race fairly seriously and had trained hard by my standards. The scene at the start was one of carnival. Hot air balloons dotted the horizon and people milled in all directions, variously eating, drinking, stretching, changing and queuing up for a last minute pee. I had targeted this race for an attempt to run under three hours and, to be honest, I was feeling quite a bit of self-imposed pressure. Although training had gone well and recent race times were encouraging, to meet this target would mean chopping over nine minutes off a personal best that I was quite happy with. I was trying to deal with these nerves by ignoring the negative and accepting that all I could do was set out at the correct pace and see how long I could last without the metaphorical wheels falling off.

The 'correct pace' in this context is 6:51 per mile or thereabouts. I knew from experience that running a long distance at that pace would not be a simple matter for me. I'd raced at a faster pace before but never at anything over half-marathon distance. So this was to a large extent a voyage into the unknown. Basically, I knew I could run the required pace but hadn't a notion about how long I could last. I was seeded in pen number one which was a novelty and I managed to line up about halfway down the pen itself. As always the last few minutes seemed endless. All of the preliminaries, both practical and verbal, were at an end. Roughly four months of effort had been invested in this project and I just wanted to get on the road.

And then the moment arrived and we were on our way. It took a mere eighteen seconds to cross the starting line but runners remained tightly bunched as we jogged into action. The first mile away from Blackheath Common was through some narrow suburban streets and it was a little unusual, I thought, to have to dodge parked cars and unmarked traffic islands but I escaped unscathed. Seven minutes even was the feedback from mile marker number one. After the first mile things started to loosen out a little but not that much. Soon the runners from the blue and red starts would be joining in the fun. I kept my head down and focussed on pace. The next four miles were 6:45, 6:26 (downhill), 6:35 and 6:28 giving a five-mile time of 33:14. I was now over a minute ahead of an aggressive schedule and knew I needed to moderate things a little. I was feeling good and was trying to see past the milling runners to the fantastic crowd support. I needed to

start hitting 6:50's or thereabouts and I got back on schedule with splits of 6:56, 6:56, 6:54, 6:48 and 7:02 over the next five miles. Although I felt strong I was quite aware that this was faster than I had ever started a marathon before. In my own terms I was 'clipping' along and hoping for the best. I felt I needed to hit around 1:29:30 for the halfway point to feel like I had some prospect of success. Despite a minor taste of panic, when I momentarily confused the thirteen mile marker with halfway, I was happy enough to see that three more mile splits of 6:45, 7:04 and 6:57 left me on schedule with a 1:29:33 half marathon total. The train was still on the rails.

It was only at this stage, at mile thirteen or fourteen that I started to get genuine running room. Up until then the running had been less than comfortable as heels were regularly clipped, elbows jostled and going around corners in a crowd was very tricky. As the crowd loosened out a bit I could concentrate on keeping an even stride. I was tiring by this point of the race, but I suppose that's part of the deal, and was trying to focus on rhythm and breathing in order to try and conserve energy. The first five splits after halfway were solid at 6:43, 6:48, 6:51, 6:52 and 6:47. By eighteen miles I had to concentrate harder and harder at maintaining a regular pace, even though I was managing to succeed thus far. My body wasn't shouting at me to stop but it was whispering urgently in my ear that it would really like to slow down a little. All the while famous landmarks came into view and receded behind. It was like running through some weird Austin Powers set with Big Ben, Tower Bridge and all the rest on view. Groovy baby! At one point, and I swear this is true, someone even shouted, "Come on gov'nor". I had to check twice to make sure I wasn't in an episode of 'Only Fools and Horses'.

The problem increasingly now was getting my legs to behave. As usually happens at this stage of a race I was tiring mentally. At each of the mile markers I would hit the split button but then forget to check the time for the previous mile. As I was wearing a pace bracelet, in theory it should have been easy to judge easily how I stood against the clock. In reality the simple task of comparing the time on each mile clock with the schedule on my bracelet was regularly impossible. In retrospect, the next four miles from eighteen to twenty-two were the end of the beginning. With some great difficulty I managed figures of 6:47, 6:57, 7:04, 7:07. It was at this stage and this stage precisely that the entire exercise went pear-shaped.

Just after the cobblestones outside of the Tower of London there was a water station. I have a vague recollection of a traffic tunnel around the same area. A tired runner who looked in almost as much trouble as myself veered across my path, lured by the bottles of spring water on offer. I had to pull up sharply and my left leg went into cramp. I came to a shuddering halt, grasped the back of my leg in agony and shouted after him, "Gosh! That was a tad careless young man!" It was words to that effect anyway. Although I'm prone to cramps in the later stages of a marathon I had had none of the usual warning signs this time. From experience, I knew how to deal with it. I stretched out, started to walk and eased into a jog. I was back running fairly quickly but it was only at that stage that I realised how deep in trouble I actually was. And my problems were nothing to do with my running friend who had steering issues.

My initial intention when I got going again was to catch the guy who had caused me to pull up. I wanted to ask him how he felt and how easy he thought it might be to run with a shoe up his arse. As I jogged by the side of the Thames, with four miles remaining, I realised immediately that any hope of either getting stropky with 'broken steering guy' or breaking three hours was history. From that precise point on it was a question of survival and it wasn't going to be pretty. I had developed pains in my waist, chest and arms. In brief, I was a wreck. Then I had to walk. I'd never walked in any race before. I walked and tried to draw deep breaths. As I went slowly forward the pains eased back and I jogged again. After another half mile I walked for another thirty seconds and jogged again. When I look back and see that that mile was 7:38 I'm astounded, genuinely. I was still cramping but being forced to switch to a lower gear had helped, as had the walking, but I was crashing and burning in award winning style. Mile twenty-four was 8:02, mile twenty-five was 9:22 and mile twenty six was a spectacular 9:55.

Even for someone like me, who takes joy in overstatement and who revels in the dramatic, it's impossible to exaggerate how much discomfort was involved in those last two or three miles. I was a shell and all that I contained was pain. Even though I managed to run some of the remaining distance it wouldn't be what we'd normally describe as running. I did my share of weaving and grimacing and groaning. In short, it was a bloodbath. I tottered over the line in 3:06:24 for a PB by a little over three minutes. I've never felt less enthused about a personal record before. To run such a time in different circumstances would have given me great satisfaction. On this day, I wanted to curl up and die.

Having written all of the above, I realise that it will appear to some as being hugely self-indulgent and probably obsessive and that's only because it is. When caught in the moment I can get lost in running and perhaps lose some perspective. The account I've given here of this one race is very much from the perspective of being 'in the moment'. Hopefully, though, I can pull back, once race day has passed and take a more balanced view. I realise that the world and all its problems care not a jot for my marathon races. I've tried to describe the process partly for therapy and partly because I get great enjoyment out of writing about these races. I've also had great support from the nice people who read these reports and I suppose I have a duty to my 'public'. I haven't lost heart and I hope I've learnt a few things. In the first instance, I think I know now that a sub-three run is in me. If I can hold the pace for twenty-two miles, I can hold it for twenty-six with better training. I also know that I need to take on some fuel during the race and leaving the gels in the taxi was hardly a masterstroke in race preparation. Lastly, I suppose I've come to realise, particularly in the few days since the race, that no matter how spectacularly things may go wrong, that there'll always be another day.

To finish, just a quick word on the question of whether London is really the best Marathon race in the world. I now know the answer to that question without a shadow of a doubt. I feel I can talk with great authority on the issue having run both races in less than a year, just about. If, however, you want to hear that conclusion you'll have to go and collect my gels from the taxi man, because I just haven't got the energy to type any more.



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# EARLY DAYS

Tom Mac Lochlainn

**His famous family of Connemara ponies that found its way all over Europe in the '50s drew me initially to Martin 'Mugs' Welby of Poul-na-clough. The ponies included Wild Flower, Anner Spring, Gentle Heaven, Sunflower and Kilroe Star. The latter was the mount of Hollywood star Angelica Huston when she lived on the St. Cleran's estate in Craughwell.**

Hearing that Martin had been a runner in his youth, I checked with Michelle Lynch of Galway City Harriers to find that he was on the Connaught team for the interprovincial cross-country championships in 1905. That race was won by Thomas Hynes of 'Thomas Hynes Road' fame in the city. Hynes was runner-up in an international cross-country race in the same year. He was one of the country's top runners between 1900 and 1910.

Tim Keady lived in Lisagurraun, the townland adjoining Poul-na-clough and overlooking the Galway to Clifden road. Hynes came there regularly to put him and Welby through their paces. Barefoot altitude training!

Tim Keady's son Peter tells of his father, aged 18, buying his first pair of shoes in 1904 when he travelled to Dublin for the first time, to run at a meet in the athletics ground on Jones' Road. The ground was later bought by the GAA and became what is now known as Croke Park. In those early days the GAA promoted athletics, as much as football and hurling. Whether Tim didn't get his shoes in time or whether he ran too much in his bare feet, Peter recalls that he was plagued with corns all through his adult life.

Other runners from that era were Hehir, Carter, another Keady (Tim's brother) and the four Mac Donagh brothers from Knockrasser, south-west of Poll-na-clough. As Ms. Lynch points out "...cross-country running back then was very much a team sport – only full teams could enter – and the pack was full of Moycullen men"

A little older than the above was John Joyce who went to America in 1900. Joyce was American 10M flat champion in 1903, '04, '05. He was 5M flat champion in '04 and American senior cross-country champion in '03.

The concentration of runners in Moycullen in the early 20th century is intriguing. The GAA, as stated, promoted athletics. Its founders Cusack and Davin were athletes, both of whom specialised in weight throwing. Davin held the world hammer throwing title and the world record for the 56lbs for distance for several years in the 1870s. It was as

late as the 1920s that the GAA handed over responsibility for athletics to the newly formed NACA. But other factors were at work. The Galway Harriers, founded in 1899 provided opportunities, while Hynes gave leadership and Joyce's exploits in America gave inspiration. Sinn Féin and Conradh na Gaeilge instilled pride and self-reliance.

The Harriers offered Moycullen's young men a chance to measure their athletic talent, to test their prowess. They provided an arena in which to compete. Running gave a welcome diversion from the spade, the sleán and the scythe, and a frisson of excitement to dissipate the ennui of the bog on a slow day.

Then as the first decade of the 20th century came to a close, hurling and football took over. We find Welby on the Moycullen Junior Football team, Clann na nGael, that defeated Athenry by 1-1 to 0-2 in the West Board Junior Final in 1915.

Going back to the 19th century cricket was the dominant game in Moycullen. It was sponsored by the Landlord class and regular matches were held between the estates. The Campbell estate, north of Moycullen village, boasted one of the best teams in the county until the Land Acts. In particular the 1903 Wyndham Act put an end to that way of life for ever. It seems that athletics briefly found a niche for itself between the demise of cricket and the upsurge of Gaelic games.

The Keadys, Mac Donaghs, Welby and Hehir came from the southern half of the parish, An Taobh Garbh (the rough side) as opposed to the northern fertile An Taobh Min (smooth side) Those young men did not have recourse to facilities of any kind except what was on their doorstep – small meadows, mountain tracks and bog roads. But they had talent, grit and were naturally fit. They made the best of what they were given.

As a runner (kind of) and having spent my youth chasing ponies on An Taobh Garbh I feel a strong affinity with those young men of a century ago. I am privileged to be telling their story. I am happy for them and proud of them. Happy that running brightened their lives and broadened their horizons. Proud of their achievements with the Harriers and proud of their courage in facing that harsh landscape. They did not let it inhibit them. On the contrary, they made it the theatre of their dreams.





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# Craughwell AC – Sports & Recreation Park

**A journey that began in 2008 finally reached its destination in September 2014 when Craughwell AC completed the purchase of 8 acres adjoining the school grounds and the GAA grounds in Crinnage and not far from the village. Spearheaded by Michael Tobin, along with Chairperson Tony Fitzpatrick in earlier years and later with Tony's successor Mark Gillen, the quest for a site near the village was a long one that was hampered by the legacy of Celtic Tiger prices and by the unwillingness of financial institutions to back the project.**

As land prices fell, the preferred size of the site grew and the club negotiated a number of different prices/sizes with the landowner over the years, but were still unable to get financial backing for the project.

With such massive growth in juvenile numbers – tripling in size since 2007 to almost 600 today – the club was rapidly running out of time to find a solution to accommodate its numbers and would have had to cease taking new members. So in December 2013, Mark and Michael decided to make one final effort to get the site we wanted or else look elsewhere. Hammering out a new purchase agreement for 8 acres, the club still struggled to get financial backing and decided to go to parents for loans. A mass email from the club had the surprise outcome of a phone call from UCIT, a social finance company headquartered in Ulster. A one-hour meeting followed later that week and bingo, UCIT agreed to support the project as did Loughrea Credit Union a few weeks after that.

And the rest is history! Craughwell AC is now the proud owner of a prime 8-acre site with pedestrian access from the school grounds and vehicular access from an adjacent side-road. The club is now embarking on an ambitious development plan which will include an 800m running trail, a 400m grass track, tartan sprint lanes, jumping and throwing facilities, and a state of the art indoor training building.



# Why do we run The Fields of Athenry?

Peter Mooney

**Over the years, myself and my brother Rory have run hundreds of races. At the time of writing we have run 69 and 59 marathons respectively, scattered amongst all of the other half marathons, 10Ks, 5Ks, etc. Geographically we're lucky fellows. Our home place is situated in the south west tip of County Meath, just a stone's throw from the River Boyne. Counties Kildare, Westmeath and Offaly are only very short runs away from our back door and can all be visited briefly over the course of a marathon training run.**

From a racing-logistics perspective this means that throughout the year we are spoiled for choices for road-races. We are within a short drive of some of the Midlands (and perhaps Ireland's) greatest road races: Dunshaughlin 10K, Dunboyne 4 Mile, Mullingar Road League, Bohermeen 5K, Tullamore Half, Athlone Half, Castlepollard 5K, K-Club 10K, etc. So when asked for our plans for winter running season eyebrows are quickly raised when we say "we are heading to Athenry on St. Stephen's Day for The Fields of Athenry 10K". The response is often "why are you heading all the way down to Galway for a race when there's plenty in the Midlands at Christmas?" Every time I hear that I think of the great motto of Harley Davidson bike riders who when asked what is it like to ride a Harley Davidson, they respond with "if I have to explain, then you wouldn't understand". That's the Fields of Athenry 10K in a nutshell for us. Before we made our first visit down the M6 to Athenry in 2011 we wondered what it was all the fuss about. All it needed was one visit.



The motorway on a day like St. Stephen's Day can have an eerie feeling. There's no commercial traffic to speak of. Cars speed by in both directions in irregular intervals. Going somewhere. Visiting home. Going home. Going away. The Hot House Flowers' song Don't Go comes to mind as they watch "the cars going by with smiles in the windows". How many are heading to Athenry? Upon exiting the motorway for Athenry the town appears to be still asleep from the Christmas festivities just past. There seems to be a hushed feel about the place. But then slowly the race atmosphere starts building. Barriers are erected. Parking management begins. Registration. Warming up. Nerves. Runners meeting and greeting. Festive handshakes and hugs.

The Athenry course is a fair, fast and testing 10K course. As many runners often cryptically say about races: "there's something in it for all types of runners". We've never really figured out what that means. But the Athenry course is certainly PB standard for all runners, joggers or fun-runners. Starting from Athenry train station the race quickly brings you northwards into the stone walled laneways of the wonderful fields around Athenry. After the 5K mark you're heading back for Athenry town on roads with real Irish character – twists and turns and ups and downs. The final kilometre is mostly downhill and the wonderful last 500m brings you through the winding streets of the town, with the cheers of spectators, to finish directly under the Medieval Arch on North Gate Street. Last year, 2013, brought record crowds of over 1,100 participants finishing the race under the historic Arch.

In our three visits to Athenry in 2011, 2012 and 2013 the organising committee have grown the race each year. They always appear prepared for anything the Irish winter weather can throw at them. In 2012 there was torrential rain of biblical proportions. This didn't stop the race or the

participants. Pools of water, knee deep in certain places on the course seemed only to add to the mystique of the race. Runners, joggers and walkers finished under the Arch only to hurriedly continue to seek shelter in the school gym. In 2013 a sharp ground frost had left the roads very icy in places. Runners were doubtful. The race director and his committee calmly instructed people that the race would be delayed by 30 minutes to allow some thaw. The race went ahead in near to perfect road racing conditions.

There's a sense of pride amongst the members of Athenry A.C. and the many volunteers who have driven and shaped 'The Fields' into what it is today. That pride is multi-dimensional. It's pride in their locality. Pride from their attachment to Athenry A.C and the camaraderie that that attachment brings. But from our conversations with people on race day the most important feeling of pride and accomplishment is derived from knowing that amongst the thousands of races staged in Ireland on an annual basis this one (their own race) is up there with the very best of them. It's our prediction that in years to come 'The Fields' will be held in the same reverence as the standard-bearers of road racing in Ireland such as the Dunshauglin 10K, Ballycotton 10 and the Raheny 5 mile amongst others of a similar vintage.

While no one knows what the future may bring, it is our sincere hope to be visiting Athenry for many, many years to come on December 26th as participants in this wonderful race. We'll bring our cameras too, of course! We'll meet old running friends and make new ones. We'll enjoy those post-race analyses in the noisy sports hall with a cup of coffee in our hands. We'll leave Athenry wearing the famous hat (whatever colour it might be that year) looking back on the wonderful event but also looking forward to returning next year.

If you've run The Fields of Athenry before then you'll understand what makes it a special race. If you haven't then it should be on your list for 2015. You won't regret signing up for the most professional of race organisations, the most friendly of Irish and Galway welcomes and a wonderful festive atmosphere. And never mind what that song says. On December 26th every year it's anything but "lonely round the Fields of Athenry".

Peter and his family are known for running and also race-day photography. Their Flickr account at <https://www.flickr.com/photos/peterm7/sets> contains all of their photography. Peter can be contacted at [petermooney78@gmail.com](mailto:petermooney78@gmail.com)

2011: <https://www.flickr.com/photos/peterm7/sets/72157628575384797/>

2012 ('The Wet Year'): <https://www.flickr.com/photos/peterm7/sets/72157632343684441/>

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# 20 Questions for OLLIE KYNE

**1. What running shoes do you train in?**

ASICS, but might as well be two left wellies.

**2. How many miles did you run last week?**

Fields 10K route – Saturday morning club run.

**3. What's your favourite racing distance?**

200m terminal speed = MACH1.

**4. Where's your favourite place to train?**

Renville Wood.

**5. What's your favourite event or race each year?**

Rough Diamond adventure race against two nephews.

**6. What annoys you most at races?**

Long-winded speeches right before the start. ".....watch out for low flying aircraft, blah blah blah."

**7. What race, that you haven't yet run, would you most like to take part in?**

Athlone 3/4 Marathon.

**8. What was your best-ever running performance?**

PB for 10K on Saturday 6th December 2014, under 50mins...woohoo!

**9. What was your worst-ever running performance?**

Dublin City Marathon 1995; hit the wall at 14 miles.

**10. What's the strangest thing that you've ever seen on a training run?**

Me overtaking someone.

**11. Favourite piece of running gear?**

Skins.

**12. Who would you most enjoy beating in a sprint for the line?**

Derval O'Rourke.



**13. What was the best bit of training advice you were ever given?**

Stop chattin' up de wimmin.

**14. In ten years time will you still be running?**

Yes and will probably be faster.

**15. If for some reason you were told you could never run again, how do you think you'd react?**

Horrible thought! Must get new chat-up lines.

**16. Have you ever been bitten by a dog while running?**

Nope. But I may have bitten one or two myself. Woof!

**17. Have you ever had to stop for an emergency "Paula" during a race?**

Ha ha, who's Paula... a paramedic? I likes wimmin in uniforms.

**18. Favourite post-race food?**

Milk and fig rolls.

**19. Most embarrassing ever running-related moment?**

Dublin City Marathon 1995; sprinted the last 200m to get to a Portalo. Never ever eat five bananas before the start of any race!

**20. The greatest Irish Athlete of all time is/was?**

My horse Driz.



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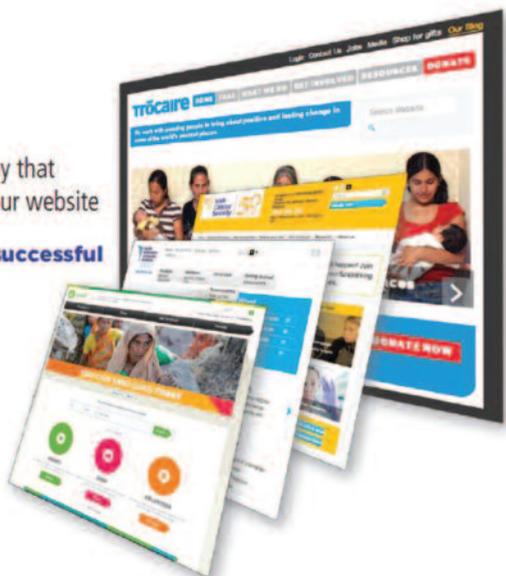
We are a web design and development company that can help your organisation make the most of your website

**Our solutions are graceful, powerful and successful**

Custom Website Development  
Practical Internet Advice  
Drupal experts

### Satisfied clients include

Trócaire	HIQA
Irish Cancer Society	Oxfam Ireland
The Wheel	NALA
NCBI	GLEN



Contact Alan or Stella on 01 524 0312  
or email [hello@annertech.com](mailto:hello@annertech.com)

[www.annertech.com](http://www.annertech.com)



**Great Membership Rates NOW AVAILABLE**



**Zumba, Kettlebell, Pilates, TRX, Aqua Aerobics, Boxercise, Adult & Child Swim Tuition, Yoga.**

## SPA SUMMER OFFERS

ONLY **€40**

### Girly Package

CHOOSE ONE 30min TREATMENT

- \* Indian Head Massage \* Reflexology \* Mini Facial
- \* Hot Stone Back Massage \* Swedish Back Massage
- \* Chill out with a Complimentary Cocktail
- \* Use of pool, Jacuzzi, steam & sauna



### Summer Delight

- \* Hot Stone Back & Leg Massage
- \* Quick fix facial & eye treatment
- \* Mini Pedicure \* Tea or coffee
- \* Use of Pool/Jacuzzi/Steam & Sauna Room

ONLY **€85**

## KARDIO KIDS

- **KIDS CLASSES:** Gymboree, Baby Massage, Ballet, Gymnastics & Irish dancing.
- **KIDS SUMMER CAMPS**
- **BIRTHDAY PARTIES**



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