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As chairman of Athenry AC, one hundred thousand welcomes to the 14th iteration of the Fields of Athenry 10K road race. We are always delighted and deeply humbled to see the huge numbers who turn up year after year to our annual club race.

We have another record entry this year, bucking the trend of many other races across the county, and indeed the country in general. I would like to introduce our new race director, Jim Leahy. He has big shoes to fill, following Frank Burke, in this most important of roles. I know he will do the job very well. He is ably assisted by his wife, Frances, who organised the club's F4L race a few weeks ago!

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".

Christmas can begin in earnest once you get to the finish line today! Get inside and have a cup of tea and meet old & new friends. Make sure to get yourself a copy of this booklet - given that you are reading this you probably already have - and read it from cover to cover.

Tony Killarney.

Race Director's Note



Dear runners and walkers,

You are all very welcome to Athenry and the 14th running of the fields of Athenry 10K road race which is hosted by Athenry AC.

The big news this year is that RunIreland.com have come on board

as our main race sponsor. Ray O'Connor and his team at Run Ireland have been invaluable in their help and support to us in organising the race.

This year as every year and for the past number of years we are delighted and humbled with the huge numbers of race entries.

Our club is committed to running a top quality race for people of all abilities both runners and walkers alike and have spared no effort to make sure that this year's race lives up to the high standards of previous years.

As always the preparations for this race started back in September and since then a small army of club members have been working away organising the event and to these people I want to say a very big thank you. The race wouldn't happen without you.

I would like to thank our sponsors for their kind and generous support. You will find them on our web site and their advertisements in this booklet. Please support them.

Once again we are delighted to support the tidy towns who do a great job around the town all year around.

Last but not least, I'd like to thank you, the runners and walkers whether you're from down the road or far flung shores whether you're here to win the race or this is your very first 10k you are very welcome and I hope your race goes well for you and wish you all the very best for 2016.

Jim Leahy.

2015 Galway 5K Series Report

(www.5km.ie)

James London



Atherry 28th April Loughrea 5th May Craughwell 12th May
 Cleregalway 19th May Galway City 26th May Tuam 2nd June

"On a day that you're too busy to run, you're too busy!"
 Amby Burfoot

The Galway 5K Series continues to amaze, with another bumper year in 2015. All existing records were broken again, in the 10th iteration of the series.

The now well worn on-line entry process stretched ActiveGlobal.com to the limits of its processing capabilities on Friday evening, 13 March at 8PM. Seven hundred people entered via this mechanism. Cost of entry was unchanged at €30 and if you hadn't registered within 10 minutes, you missed out, unless you were patient (as well as smart) and some unfinished entries became available a short while later to those who kept trying. A limited number of other people were able to enter off-line through their affiliated club thereafter, to bring the numbers entered to over 900 – a long way from the on-the-day entry mechanism of the first few years and the 69 who ran the very first leg back in May 2006.

The series started, as usual, in Atherry (same course as 2014), then onto Loughrea (new two loop town circuit), Craughwell (back after a one year hiatus around their usual circuit), Cleregalway (same as 2014), GCH (another new course at Carmmore airport) and finally Tuam (same as 2014). The 'afters' party was held at the Ard Rí Hotel.

Atherry had a record single leg completion number of 722 (previous record was 699 at the same venue the year before). The handover of numbers went smoothly at the Atherry Medical Centre, like 2014. Jim Leahy was new race director on the wet evening. (Editor Note: good practice for today for the man!)

Loughrea was next, over two inner loops of the town. The evening started dry but finished wet. The 5K crowd enjoyed the change away from that hill (Tulla Hill!). The inner loops would have brought back memories for the old timers of the famous road races of the 70s and late-90s/early-00s around the same circuit. Martin Smyth and his crew did a good job to cater for the runners afterwards.

Craughwell were back in 5K Series action next, over the traditional course, starting at the local NS and finishing at the slightly humped railway bridge road. The route had hardly changed at all since 2013 and was always a fast course. Keith Devane and the rest of Craughwell AC did a fine job with the 700 finishers. Elvis made a fleeting appearance too, cape and all!

Cleregalway were fourth up again. Everything about this leg is traditional and this was no different. There was almost no one at the Business Park at 7:15PM but come 8:00PM, there was a flash mob of over 640 people baying for Andrew Talbot to blow his horn. The final run-up on the new footpath does not get any easier but the finish line eventually comes, much to all our relief. Rock Road going downhill is not the worst either.

Carmmore was the new venue for the Galway (GCH) leg. Niamh Hennelly and her helpers cooked up a route that twice went up and down the closed airport runway in Carmmore. It was a fine evening for running but the venue was very exposed, obviously so being an airport! There were some fine images captured of the line of humanity huffing and puffing up and down the not-so-flat airfield terrain.

Patricia and Brendan Monaghan marshalled the usual suspects into place for the final leg of the series out in Tuam in early June! The actual finish line was slightly changed at the bottom of the housing estate, and this seemed to catch some unprepared people unawares. A good evening for running with a number doing PBs. The five weeks of preparation culminated in many fast times for those who trained and raced well in May. The new motorway will adversely affect the Tuam course eventually, so expect big changes there in years to come, which may not make the Gardenfield/Balgaddy course any faster than it was that evening.

The 2015 technical top was red in colour and 710 were eligible for one by the Tuam leg in the hotel. Amby Burfoot put it well (again!) when he said, "On a day that you're too busy to run, you're too busy!"

Janeann Meehan won four of the six legs, with Regina Casey (Atherry) and Grainne Ní Uallacháin (Carmmore) sharing one leg each. John Greaney (Atherry, Craughwell and Tuam) and Damian Larkin (Loughrea, Cleregalway, Carmmore) shared three leg wins each!

The excess of €9,614 from the series was given to the Galway AAI county board for the continued advancement of both adult and juvenile athletics in the county. This is the 7th year that an excess has been generated and on all occasions it has been given to the local county board, for which they are deeply grateful. Martin Smyth, 5K Series treasurer, presented the cheque to

the county board at its September meeting.

Two 5K series stalwarts remain standing after the 2015 series: Gary Doherty (Atherry AC) and Tony O'Callaghan (Craughwell AC). Each has successfully completed all 57 legs to date (2006: 4; 2007: 5; 2008-2015: 6 each)! Jim Maher (HP Running) was away for the last three legs due to work commitments but sent a message to his two long-term fellow travellers on the morning of the fourth leg passing along his best regards. Adrian Fitzmaurice continues to speak quietly of being at all 57 legs but has run only 56, stewarding one of the very early years in Cleregalway!

Mick Rice has said that he is stepping down after 10 years as 5K Series co-ordinator – he will always be the 5K Series father/creator. We would all like to thank Mick for his work in guiding the 5K Series to where it is today: an example of how a club-organised series has become a huge part of over 700 people's lives each and every May. It may be no-frills but it's far from being frilly or unimportant in most people's minds. It is one of the pillar events in the Galway road racing calendar, deservedly so. Thank you, Mick!

Race	No.	Director	Date
Atherry	722	Valerie Glavin	28 April
Loughrea	659	Martin Smyth	5 May
Craughwell	700	Keith Devane	12 May
Cleregalway (GCH)	641	Andrew Talbot	19 May
Carmmore (GCH)	654	Niamh Hennelly	26 May
Tuam	631	The Monaghans	2 June

Races Run per Person	No.	Gender	No.
Six	268	Male	441
Five	277	Female	437
Four	165		
Three	72		

Club	No.
Atherry AC	103
Galway City Harriers	68
Tuam AC	52
Craughwell AC	50
Loughrea AC	34
HP Galway	29
Maree AC	21
South Galway AC	14
Castlegar AC	14
East Galway AC	13
Clare River Harriers	6
Corofin AC	3
Connemara AC	1



The Rural Jogger

Marie O'Connor (Curran)



The ditch, a ruminant's belly
Sucks at her shadow
Spits her up again.
Throws her long angled
On top of the asphalt,

Both feet never once reaching together

One buoyantly cresting a wave
The other kicking off—
This subsidence and propulsion
Balanced between the linings
Of an expansive summer ditch.



Mind Control & How to Do It

Mick Rice

You've heard it said that running is a mental sport, and I'm here to tell you that it's true.

Virtually all decisions in a runner's life are dictated by their state of mind at the time of answering. The good news is that it's not complicated, as there's really only one decision that makes any difference.

That one 'big' question is;

'Will I go out that door and run today?'

How you answer that question – in the privacy of your own mind – makes all the difference. At a mundane level, it might make the difference between going for a run and watching the 3,742nd episode of Coronation Street. More fundamentally, it might make the difference between health and happiness and something a lot less than that. Only you can tell.

As a runner, I've always been good at answering this question in the affirmative. All other things being equal, I'll usually decide to run when I have the chance. This isn't because I'm unusually determined, or even just plan crazy – although some may disagree on that point – it's because I have a plan.



THESE ARE MY SECRETS;

1. Run in Company – It's so, so much easier to run with friends than it is to run alone. This is an open secret that every member of a running club is aware of. If you want to make running a part of how you live, no matter how gently, consider joining a club and run with friends as much as possible.

2. Have a Target – You may not want to complete a marathon – or even a 5km – but it helps to have a target of some sort. If you have a reason to run, you have a reason to run.

3. Gather Ye Rosebuds – Have in mind that what we might do today, we may not be able to do tomorrow. Be thankful for opportunity.

4. Keep in Touch – We live closeted lives. We generally move seamlessly from one clean, dry and warm environment to another. There's a childish pleasure in heading out for a run into the rain and muck when 'sensible' people are settling in to watch the Champion's League. Keep in touch with your inner-child.

5. Know How Cool You Really Are – Many years ago, the poet Pat Ingoldsby told me how much he still yearned to play football on the streets with his boyhood friends, but was embarrassed at the thought. Never give in, never give up. 'Cool' is not age-related. Discover your inner 'cool'.

6. Break the Rules – Concern for what others might think can often hold us back. Rebel! Wear those pink socks with the lime-green leggings and let Mrs Doyle from next door say what she likes. Go running at 11PM if that's what you want to do. If you make your own rules they're harder to break.

7. Do It For Yourself – The only valid reason to run regularly is because you want to. Once you've decided that what you want to do, remember that it's ok to be a little selfish about it. Why? Because you're worth it!

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Your Journey, Our Passion

DCM Survivors ...Stalwarts

Peadar Nugent



A total of 1,420 participants completed the first staging of the Dublin City Marathon on Monday, 27 October, 1980. The gender mix was 1,379 males and 41 females (3% of the total). Move forward 35 years. On Monday, 26 October, 2015, the recorded finishers totalled 12,938, of whom approximately 30% were female. Only 15, including one female, of those who completed the course in 1980, have retained an unbroken link, by completing all 36 DCMs to date. For the record, hereunder are the names, present age category, best times and years they were achieved:

Frank Behan (M70), 3:20:53 (1995); Peadar Nugent (M70), 2:58:50 (1992); Stephen J McNeill (M70), 3:25:08 (1983); Billy Harpur (M70), 3:09:08 (1985); John McElhinney (M65), 3:12:00 (1981); Patrick Gowen (M65), 2:46:50 (1983); Donal De Builteir (M65), 2:46:06 (1985); Frederick Hickey (M60), 3:04:56 (1981); Mary Nolan-Hickey (F60), 2:57:18 (1981); Dominic Gallagher (M60), 2:36:52 (1982); Donal Ward (M60), 3:25:36 (1981); Michael Carolan (M60), 2:45:48 (1983); Séamus Dunne (M55), 2:35:05 (1981); Séamus Cawley (M55), 2:35:24 (1985); Martin Kelly (M50), 2:47:30 (1981).

DCM 2015

Anne Lyng



Everyone has a story to tell, and when it comes to the marathon, it's truer than most. Whether it was Jane Ann's second Senior Woman in the National Marathon (see other article) or Michael Glynn's PB of 5:40, they all count, especially to the people who did them. To say nothing of Peadar's 36th DCM in a row or Liz Broderick's injury on the week of the race which prevented her from competing.

Congrats to all who competed & finished. Hopefully the 48 people listed below is definitive. The now traditional photo of the AAC crew pre-marathon is a highlight and underpins this article every year. Long may it continue.



Jane Ann Meehan 2:54:46
Ollie Kyne 4:57:04
Kieran Guiry 3:11:45
Kieran Walsh 3:36:28
Orla Stevens 3:49:30
Ronan McCarthy 3:22:35
Caroline Freeney 4:35
Pat McDonagh 3:18:40
Sinéad Keogh 3:59:58
Martin O'Hara 3:24:50
Paul Daly 3:43
Mike Mitchell 4:27:38

Sean Flaherty 3:49
Angela McManamon 3:30:43
Ray O'Connor 4:56
Chris Deakin 3:09:50
Jim Leahy 2:58
Mary Kealy 3:31:35
Michael Duane 3:18
Martin Keane 4:48:06
Gearoid Rohan 2:54:46
Peadar Nugent 5:35:24
Kenneth O'Dea 3:18:43
Majella Cummins 4:39

Patrick Forde 3:34:55
David Noone 3:16
Valerie Glavin 3:49
John Daly 3:43
Ray Somers 2:49:31
Mick Rice 2:52:58
Maeve Noone 3:37:14
Frank Burke 3:08:19
Marguerite Wilkinson 3:54:04
Brendan Galvin 3:16
Mary Rohan 3:37:54
Basil King 4:14:04

Kevin Devane 4:19:23
Claire Mitchell 4:27:37
Assumpta King 4:40:45
Marie Montgomery 5:08:42
Lisa Gilmore 4:37:16
Maire Treasa Beatty 5:35:24
Paul Giblin 3:11:25
Mark Mitchell 3:25:25
Colin Duane 3:34:39
Aidan Madden 3:35:38
Heather Porter 3:54:24
Michael Glynn 5:40:41

Jane Ann Meehan Brings Home National Senior Medal From 2015 Dublin City Marathon

Anne Lyng

Jane Ann Meehan finished 2nd Senior Woman in Dublin City Marathon in October, beating pre-race favourite Sarah Mulligan in the process. Her race time was 2:54:43, which is a course record for her having competed in this event five times. She is the first Senior Women's National Medallist in Galway in a generation. Jane Ann has had a very successful year's running achieving PBs in every distance she has run. Her success is due to natural talent, a lot of hard work, a very supportive husband (David) and other committed club mates with whom she trains, especially Gearoid Rohan, who was her 'racing shadow' in most of her 2015 successes.

She is extremely disciplined and very determined. She is incredibly committed to her training, running 6 days a week and sometimes twice a day! At the peak of training for an event Jane Ann can run up to 80 miles a week. Jane Ann ran her first marathon in 2008 and since then her goal has been to run a sub-3 hour marathon. After many years of some very close calls and disappointments earlier this year Jane Ann made a few changes to her diet and the way she trains. In April 2015 she finally achieved what was looking like an elusive goal and completed Manchester marathon in 2:54:10.



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2015 Road Races in Galway

James London



Road racing in Galway had another busy year with 60 AAI permitted events (70 in 2013 and 64 in 2014) taking place.

We are officially in transition when it comes to the boom that has been experienced in road racing over the last half decade. A number of events were lost this year, while others did not apply, or were unable to qualify, for an AAI permit. A number of events were unfortunate to have to be postponed due to adverse weather conditions or a clash with a race in another county – the AAI's regulations regarding permitting need a very radical overhaul to deal with a much-changed environment from the time they were originally constituted. A new development which is being seen at smaller event is the advent of the dual race strategy, a shorter and a longer distance, usually at the same time, both of which are permitted.

The pillar events continues to buck the slightly downwards trend. By "pillar" I mean The Streets, The Fields, The 5K Series, Galway Bay, Connemara Marathon, Tuam, Headford etc.

Twelve different Galway clubs (Athenry, Craughwell, East Galway, CRH, South Galway, Loughrea, Tuam, GCH, Clúb Chonamara, Maree, Corrib, Corofin) sponsored at least one road race permit during the year.

5th Galway (Resolution Run) 5K, 1 January
11th Tuam 8K, 18 January (Club)
3rd Coldwood 5K, 25 January
8th Maree 8K, 8 February (Club)
4th Gort (Gorgeous) 4M, 15 February (Club)
7th Kilconieron 5M, 22 February
1st Clonbur 10K, 1 March
5th Kinvara (Rock n Road) 10K & Half, 7 March
3rd Abbey 10K, 15 March
1st Ballybrit (PREDA) 5K, 21 March
6th Craughwell 10M, 22 March (Club)
4th New Inn 5K, 29 March
5th Colemanstown 10K, 4 April
1st Loughrea 5K, 6 April (Club)
14th Connemara Marathon Half & Full, 12 April
12th Connemara Marathon Ultra, 12 April
2nd Claregalway 5K, 14 April
4th Labane 10K, 18 April
10th 5K Series #1 @ Athenry, 28 April
10th 5K Series #2 @ Loughrea, 5 May
10th 5K Series #3 @ Craughwell, 12 May
10th 5K Series #4 @ Claregalway, 19 May
5th Oughterard (Mayfly) 10K, 24 May (Club)
10th 5K Series #5 @ Carnmore, 26 May

10th 5K Series #6 @ Tuam, 2 June
4th Tonabruckry 6K, 6 June
6th Portumna (Forest) Half & 50K, 13 June
1st Bullaun 8K, 20 June
9th Annaghdown 10K, 21 June
6th Monivea 5K, 27 June
3rd Monivea Half, 27 June
11th Headford 8K, 4 July
6th Beagh 10K, 12 July
2nd Castleblakeney 5K, 19 July (Club)
4th Castleblakeney 8K, 19 July (Club)
7th Connemara 100M, 8 August
30th Streets 8K, 8 August (Club)
30th Claregalway 10K, 22 August (Club)
4th Clonbur Half, 31 August
3rd Monivea (Run in the Woods) 5K, 5 September
2nd Killeeneen (Back to School) 5K, 10 September
4th Oranmore (Coast Road) 5K, 16 September
17th Loughrea 10K, 27 September (Club)
13th Galway Bay 10K & Half, 4 October
1st Galway Bay Full, 4 October
5th Conamara 10K, 10 October
5th Moylough 10K, 11 October
1st Crumlin 5K & 8K, 24 October
6th Corofin (Winning Ways) 8K, 1 November (Club)
6th Athenry AC F4L 5K, 7 November (Club)
2nd Killannin 5K, 21 November (Club)
6th Carnmore (Turkey Trot) 5K, 6 December
1st Kiltullagh 10K, 13 December
5th Abbeyknockmoy 4M, 20 December (Club)
14th Fields 10K, 26 December (Club)



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The Fields Don't Lie In Athenry

James Landon



Long day at the office. Had hopes of breaking 42 before the off. Conditions very quickly mitigated against it, once I exited the hall after my meet & greet duties at 10:40am. I never warmed up the whole race (or before) and my two thighs were like blocks of ice the entire time. Two very dead pieces of ice!

Took Monaghan the guts of one KM to pass me though, and then the "40" pacer (sans balloon) passed me at the roundabouts on the Tuam road. Then this person, then that person, then two women, together. Then an auld man...

Got to two KM. Got to three KM. Still raining. Still freezing. Got to 4KM, up that slight hill towards Castle Ellen house. A place where a lot of time can be lost if not switched on. I wasn't switched on to switch off! Not feeling too bad though. Got passed by a fella who called me "sir", who was older than me. He asked me what I was hoping to do. I said 42. He shrugged and moved on. Nothing surprises me any more, on the road!

I got to the water. It felt like sand. It was still raining though not as bad as '12 at this stage of the race. My mood did not lighten. Up the hill at 'the cut' and was starting to struggle now. Got to Johnny at the clock, just before 5KM. I was still in the 20:40s when I first saw it but it took me another 20+ seconds to pass the five KM mark at the top of that hill. Johnny wasn't holding onto it though, like in '12 :-)!

I coasted down the hill to St Mary's and the next water stop. I declined the bottle this time. The cheering I got at these two turns only darkened my mood. I shook my head and kept going.

I nearly drowned on the road back into Athenry during the '12 Fields, low-lighted by AT committing a run-by splashing. It wasn't quite as back in the '14 Fields but I had to go to the opposite side of the road to get anything approaching a dry line on three different occasions.



The inward 5KM was going to be painful as I was slowly being broiled. 42 was fading into the distance as people kept passing me – they weren't all getting quicker as I was logging it out at the same pace, were they? It is always bad news when two people pass you, one of each side. It happened to me at 7KM. It is a bit insulting actually, as neither of them seems to know each other. I was roadkill!

The second half of the Fields is harder than the first half, or that is my impression from my two runnings of same. There are a few dirty inclines between Moonbaun and Raheen, plus the new link road chicane to traverse, where more people were shouting out my name. Groan...

I just wanted to get to the finish ASAP. I was still being passed, by man, woman and child (!).

Up past Raheen and the small mercy of the 9KM marker. A sub-4 to finish the race in negative territory for one KM. No chance. Not even close! Talbot captured me at the level crossing. Thanks, mate! Almost as bad as the aforementioned splashing in 2012.

The last 500M is a blur as I shuttled as quickly as I could to the Northgate (the arch), not before more people passed me. I'm still not sure whether Tony Nevin got past me in the last few yards or not, though he is behind me in the results.

The clock did not have any good news for me, ticking over 42:40, worse than the disaster that was '12 Fields. I have a proper date with this race again, when I'm going better, was the only thing on my mind after I stopped having to lean on the barrier in the finish chute. John O'Connor got a few lensfuls of me immediately after the line, again! I've probably look better!

Monaghan was over to me pretty sharpish soon after, proffering his watch like a child at Christmas: 39:40. WOW! I thought he'd blown whatever chance he had of a sub-40 at the '13 Fields. I certainly didn't think he had any chance of doing anything much under 41:30 this time around, given that he struggled to break 20 in Carnmore three weeks ago. The upside for me is that he will do me a report this time, unlike last year. He will be haunted until he does this time, unlike last year!

If Monaghan can do it at 50, feck it I can do it at 46 and a half! Feck it!

Onwards to 2015: some proper training, some proper racing, as well as nothing remotely like 44 races in the year!

See <http://connect.garmin.com/modern/activity/657300385> – note my cadence chart where I slow down by upwards of 10 strides per minute over the last two miles, ouch!

4:03.9 - 4:03.7 - 4:12.5 - 4:23.3 - 4:22.8 = **21:06**

4:11.3 - 4:22.2 - 4:30.2 - 4:32.5 - 4:07.9 = **21:44**

42:50



Fields of Athenry
10km Road Race 2014



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 Ní 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	29:57	Teresa McGloin	35:17	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
2014	Mick Clohisey	30:18	Norah Pieterse	37:02	1145	85	467	865	39:06

2015 Stalwarts

The following 8 people hold the distinction of competing in all 13 "Fields of Athenry" 10km races to date. We wish them all the best of luck on their 14th outing this year.

Name	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
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	48:07
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	38:25
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	51:24
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	55:02
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	1:09:56
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	50:41
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	1:00:29
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	38:38

2014 Prize Winners

Category Pos Name

Women Senior	1st	Norah Pieterse
	2nd	Jane-Ann Healy
	3rd	Cushla Hehir
	4th	Catherine Thornton
	5th	Grainne Ní Uallachain
	6th	Sinead Brody
Women Junior	1st	Hazel Kilkelly
	2nd	Leanne McAndrew
Women V40	1st	Maggie Vahey
	2nd	Clare Rowe
Women V45	1st	Melanie Donnellan
	2nd	Mary Connolly
Women V50	1st	Mary Kealy
	2nd	Bernie Mulryan
Women V55	1st	Bernie Kelly
	2nd	Cushla Murphy Hehir
Women V60	1st	Judith Roche
	2nd	Adrienne Walsh
Women V65	1st	Margaret Glavey
	2nd	Gabrielle Warnock
Women Team	1st	Galway City Harriers (2:48:51)
	2nd	Athenry AC (2:51:20)
	3rd	Tuam AC (3:09:19)

Men Senior	1st	Mick Clohisey
	2nd	Sean Hehir
	3rd	Matthew Bidwell
	4th	Peter Mooney
	5th	Bernard Roe
	6th	Brian Furey
Men Junior	1st	Justin Cooney
	2nd	Barry Smyth
Men V40	1st	Gerry Carty
	2nd	Ciaran Diviney
Men V45	1st	Dan O'Rourke
	2nd	Lawrence Kelly
Men V50	1st	Eddie Newman
	2nd	Brian Kelly
Men V55	1st	Mark Rabbittie
	2nd	Pat Callanan
Men V60	1st	Martin Kearney
	2nd	Vinny Clohisey
Men V65	1st	Martin McEvilly
	2nd	Martin Hynes
Men V70	1st	Tom O'Connor
	2nd	Martin Keane
Men V75	1st	Roger Rushe
	1st	Jerry Forde
Men Team	1st	Raheny Shamrock AC (2:15:06)
	2nd	Galway City Harriers (2:23:08)
	3rd	Westport AC (2:24:59)



amphibian
king

2014 Galway Athletic Awards



The idea of an annual awards night came up at a County Board meeting a few years back. It was put forward as a way of recognising athletes who had excelled in their particular grade over the previous year. It was also mooted as a way of recognising lifetime achievement, as well as outstanding contribution to athletics in the county, and further afield.

Nominations would come from the clubs themselves. The winners would be selected by a select group of people who themselves make up these clubs based on the quality of the nominations and citations received.

The County Board would sponsor the event given that this organisation was now in receipt of substantial funds arising out of the 5KM Road Race Series, which has been a resounding success since it started back in 2006. Many thanks goes to Mick Rice for the original idea of the 5KM Series.

These monies have allowed the County Board initiate improvements in many different areas and to strengthen the impact that the board and its constituent clubs have on both juvenile & adult athletics and road running locally, so much so that we are now seen as a leading light in many different athletics initiatives nationally.

Two thousand and thirteen was the first year of the awards and they were a resounding success with all winners attending to receive their specially-commissioned crystal awards. The event also received much positive coverage in the local media.

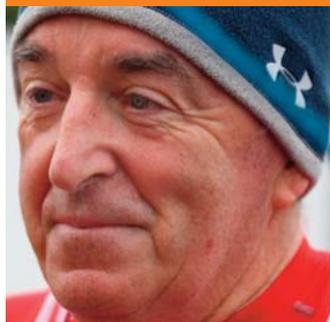
We hope that all the winners and their families and friends have a good night and appreciate the effort that has gone into organising the event, with special thanks to Brendan Monaghan (local organiser & Tuam AC), Brian Bruton (county board chairperson & GCH), Iain Shaw (county board secretary & Athenry AC) and James Lundon (county board treasurer & Athenry AC).

Finally, Athletics Ireland Galway County Board would like to extend its sincere condolences to the family of Tommy Madden, who died soon after last year's awards. That night was Tommy's last public appearance and we were told that he felt very honoured to be selected as the initial Hall of Fame recipient, together with his Derrydonnell AC team mate, Willie Morris. May he rest in peace!

Female 12-15 years old – Lydia Doyle (GCH)
Male 12-15 years old – Daniel Callanan-Forde (Craughwell AC)
Female 16-19 years old – Alanna Lally (GCH)
Male 16-19 years old – Conor Duggan (Craughwell AC)
Female Senior – Nicola Duncan (GCH)
Male Senior – Sean Breathnach (GCH)
Female Master – Judith Roche (Loughrea AC)
Male Master – Martin McEvilly (GCH)
Team – Junior Women's team of
Maebh Brannigan, Laura Ann Costello, Roisin Dobey, Kate Greaney, Alanna Lally, Elizabeth Maher & Emma O'Hara (GCH)
Outstanding Contribution – David Evans (Tuam AC)
Hall of Fame (joint) – Roger Rushe & Mickey Kelly (Tuam AC)

Ode to the Volunteers

Brian Geraghty GCH



There is much talk today about volunteers now that it is almost 2016 but the volunteers that are closest to my heart are not those in military attire but those in civvies and bibs which help to make The Fields of Athenry 10k road race so enjoyable and memorable.

To those special lady volunteers who man the heavy metal "Burco boilers" that spew out copious amount of boiling water to make the fresh sweet appetising cuppa tea, I say a heartfelt thank you. Every year the smiling ladies provide homemade buttered currant cake, doorstep sized "hang sandwiches" for the hungry après-race mob.

Moving outside, the external volunteers are clearly visible in their high-vis bibs as they manfully control hundreds of enthusiastic athletes as they negotiate the often muddy terrain and flooded roads. We like to hear the welcome voice of the volunteer compère from the "Fr Ted" caravan where she seems to know everybody including their name, age, club, sex and marital status.

This great race doesn't just happen on its own, as months of intense preparation go towards making it one of the great races on our calendar. The almost invisible hardworking committee who after spending hours and nights planning to make this road race seamless are to be congratulated and often we athletes forget just how much work and planning goes into making this such an excellent race, and as one of the oldest swingers, I just want to say a big thank you on behalf of all the runners.

Happy Feet?

Jane Ann Meehan



Flat feet, bunions, hammer toes, skin rubbing and callosities (rough skin) are all signs of foot dysfunction. Some of these signs can be corrected by a muscle strengthening programme, others need this and more, often in the form of a customised insole (known as an orthotic) in a shoe, that improves foot function.

So, what are orthotics? Well, the basic definition is that orthotics are inserts placed in the shoe to alter foot function.

Orthotics support and alter the bony architecture of the foot so that the mechanical function of the region improves. This improves alignment of the leg to the foot and even up into the hip region, lower back and higher up the spine.

Does everyone need orthotics?

Certainly not!

Lots of people will never need orthotics. Even if their feet are less than perfect, a very sedentary lifestyle where much of the day is spent sitting or mooching around puts minimal pressure on the feet. In such cases minor foot imperfections will not

cause any problems and so can may not require correcting. Orthotics come into their own where people stand for prolonged periods of time or are on the move all day.

So, how or where do you get orthotics?

Assessment for prescription orthotics is done by a Chartered Physio-therapist, podiatrist or orthotist. An assessment, prescription process and ongoing care may include a specific exercise programme tailored to the individual's foot and leg dysfunction. Gluteal strength is a key factor in preventing leg injuries and getting the most out of your orthotic. The type of activity, shoe style, age, weight and actual diagnosis are all important considerations in prescribing the correct orthotic.

Correctly prescribed orthotics, coupled with appropriate exercises and good advice can have a dramatic effect on quality of life and can prevent or reduce bone and joint damage in the future and prolong your running career.

www.athenryphysio.com



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A Brief History of Timing

John Cunniffe



Next October sees the 100th anniversary of the Heuer's Mikrograph stopwatch, the first commercially available stopwatch that would time to 1/100th of a second. It was the first of three major innovations in the 20th century that have transformed timing accuracy in sports. Today's athletes have become used to GPS stopwatches, photofinish systems and chip timing to quickly report of their performances, but it is worth a look at the journey sports timing technology has taken over the last century to see what has improved and what limitations remain.

In the early 1900s, timing at almost all sporting events was done by manual timekeepers with hand watches. For athletics events at the track or on the roads, a watch would be started at the drop of the start flag or starting gun and the finish time recorder would stop the watch as the athlete crossed the line. The best manual timers are accurate to about 1/10th of a second with most of the error coming from the delay in perceiving the start signal and the variability in pressing the buttons on the watch. Prior to the introduction of the Mikrograph most timing watches displayed time to 1/5th of a second, but with watches now displaying 1/100ths of a second human variability in hand-eye coordination became the biggest factor.

The 1920s saw the second key innovation in sports timing begin its development: the photofinish camera. These cameras involved spooling a continuous photographic film strip past a slit aperture focused on the finish line. This continuous record of every athlete crossing allowed very close finishes to be separated. The main financial incentive to develop

these systems came not from athletics but from the horse racing industry. Here the concern was less with the exact duration of the race but with eliminating corruption in determining the finish order of the horses.

By the 1930s the single most important contributor to improved accuracy in sports timing over the last 100 years emerged with the quartz crystal oscillator. These fragments of crystal are placed in a simple electronic circuit designed to keep the crystal vibrating at its natural frequency. Just like a plucked guitar string or the pendulum in a grandfather clock, the crystal oscillates at a frequency determined by its physical length and structure. In the 1920s they had been included as more stable oscillators in early radio broadcast transmitters. A typical radio transmitter oscillator would operate in the hundreds of thousands of oscillations per second (Long Wave broadcasts) up to 100 million oscillations per second (FM broadcasts) and beyond to VHF and UHF bands. A typical watch timing crystal will vibrate over 32,000 times a second. Just like the mechanical escapement on a clockwork stopwatch, the vibrations of the crystal can be counted by an electronic counter and act as a basis for counting time. The change to an electronic time base allowed the next major steps to follow with the inclusion of an electronic starting signal from the starting pistol and from a signal from a photobeam across the finish line to stop the timer. This removed the human uncertainty from the timing process. These systems were coupled with photofinish cameras which by now included a pulsing light in the film

image to give a reference timing mark for use in reading the athletes' times from film to produce what became known as Fully Automatic Timing (FAT) systems.

Following initial introduction of photofinish systems in horse and greyhound racing in the mid-1940s, the first use of Fully Automatic Timing in human sports came in the post-war Olympics in early 1948 at St. Moritz (Winter Games) and then London (Summer Games). The time accuracy available from the photofinish systems was about 1/1000th of a second but official times for record purposes still had to be rounded to 1/10th of a second. This maintained compatibility of records with the older manual timing procedures with stopwatches. FAT systems were used at all Olympics from then.

The shortcomings of listing track performances to 1/10th second became increasing clear through the 1960s. The men's 100m track record improved to 10.0s in 1960 and was then equaled by a further nine men by 1968. This was improved to 9.9s in 1968 by Jim Hines (USA). He was joined by eight more men on an official 9.9s by the end of 1976. Through the 1960s the women's 100m record saw similar ties at 11.1s and 11.0s until Renate Stecher (nee Meissner) (East Germany) successively brought the mark to 10.9s and 10.8s in 1973. The official world records were still quoted to 0.1s until January 1st, 1977 when the IAAF switched to 0.01s and Fully Automatic Timing became required for all official records. This remains the situation today.

The electronics revolution in the 1960s and 70s brought improvements in the quality, size and cost of quartz crystal manufacture and in the microelectronics used in timing technology. Inexpensive quartz wristwatches and sports stopwatches gradually replaced mechanical timepieces and allowed accurate timing and split watches to become widely available.

Photofinish cameras advanced from the early film strips to TV camera tubes to digital imaging chips and now record up to 3000 finish line images per second. In colour!

Timekeeping within these cameras is still based on a piece of quartz ticking away.

Through the 1960s quartz oscillators were overtaken in accuracy by atomic clocks as the gold standard in stable frequency references at national standards laboratories. These atomic clocks are now used to determine the international time system but are too large and bulky to transport compared to crystal oscillators. Thankfully we have access to the time signals from

these atomic clocks via the network of Global Positioning Satellites orbiting the earth. Each of the GPS satellites has four atomic clocks which are kept synchronised with earth-based national time standards. Using a GPS receiver a local quartz-based timepiece can be kept in step with the exact international time standard over the long term.

Timepieces have come a long way from early spring driven clockwork pieces like the sophisticated Mikrograph. Many of you reading this will be wearing a GPS sports watch which offers a combination of short term timing accuracy from the crystal oscillator and long term corrections from the GPS atomic clock standard. A GPS watch's accuracy in determining distance covered over time is significantly poorer than its timing accuracy but that is another story!

Ceartlár Mo Dhaoine

Seán Ó Conchúir (Edenhill77)



Andy Talbot – tá clú agus cáil air le fada. Nuair a bhí mé i lóistín i Bettystown bhí a theach dúchais trasna an bhóthair. Tá a thairbhí tabhachtach i lúthcleasaíocht na Gaillimhe. Cleachtadh a dhéanann máistreacht.

Bhuaigh **Catherina McKiernan** rás na mban i mbliana i Maolla. Sa bhliain 1998 bhain sí amach 2:22:23 sa mharaton in Amsterdam. Ba mhór an gaisce é sin. Is am iontach an t-am sin do fear gan bac le bean. Tá an luas fós aici. Rinne Regina a dicheall (dara áit) ach cur amú ama é, Catherina – lúthcleasaí agus duine spéisiúil i mar i ndiaidh an ráis bhí sí ag caint is ag cadráil le Regina agus thus sí cómhairle críonna di.

Mar fhocal scoir **Martin McEvilly** an fear is fearr. Is as Killannin (Cill Ainín) é agus ba mhór an onóir a lámh a chroitheadh ag Rás na Gaoithe ina áit dúchais i mí na Samhna. Bhuail muid le chéile in Ollscoil na Gaillimhe sna seachtóidí. Sa lá inniu is ceann de na reathaí is fearr dá aois. Is iomaí Craobh Domhanda a bhfuil buaite aige. Cúpla bliain ó shin leag fia(1) é sa Phoenix Park (Pairc an Fhionnuisce). Baineadh geit as an bhfia – bhí sé tinn le cúpla uair ach bhí Máirtín ceart go leor.

Mar a scríobh **Tomás Ó Criomhthain** (1929): Thugas iarracht ar mheon na ndaoine a bhfuil i mo thimpeall a chur síos chun go mbeadh a dtuairisc inár measc mar ná beidh (ní bheidh) ár leithéidí arís ann.

Le déanaí d'ordaigh **James A. Landon** dom píosa as Gaelige a scríobh don iris seo. Ní raibh aon rogha agam mar dar le Tomás Porter ní thuigeann Seamas an focal "NIL". Ach bhí fadhb agam. Cen ábhar? Ach bhí leabhar in aice láimhe – Hollymount International Road Race – ar siúl (ag rith) ó naoi déag seasca sé. Bhí sé agam – Maolla Cáoga. Bhí mé i Hollymount ar an gcúigiú lá déag de mhí na Samhna. Lá fluich geimhridh, báisteach ag titim, gaoth ag séideadh, tuillte ar na bóithre. Ach bhí séisear [Brian Geraghty, Mick Molloy, Regina Casey, Andy Talbot, Catherina McKiernan agus Martin McEvilly] í láthair agus ba mhór an onóir buadh leo sa sráidbhaile clúiteach seo i gCondae Mhaighéó. Laochra dom iad go léir.

Is reathaí iontach é **Brian Geraghty**. Sa bhliain 1970 bhí sé sa tríú áit sa chéad Morton Mile i Santry – Frank Murphy sa dara áit agus Kíp Keino sa chéad áit. Bhí luas den scoth aige and rith sé rásaí ar na bóithre, trastíre agus ar an raon reatha. Cibé áit ar rith sé chuir sé a chroí san obair. Bionn dearcadh dearfach aige i gcónaí. I

Maolla níor tharraing sé siar. Ba laoch mór é dom thar na blianta agus an focal fial duit i gcónaí.

Bhuaigh **Mick Molloy** an rás sa bhliain 1968. An bhliain céanna rith sé sa mharaton sna cluichí Oilimpeacha i Mexico (Meicsiceo). Ba reathaí cumasach, láidir e Mick. Ni fhaca mé Mick le fiche bliain ach bhuail mé leis san ionad pobail i Maolla nuair a bhí an rás thart. Nuair a tháinig sé abhaile ó Meicsiceo dúirt Liam Kavanagh liom gur rith siad An Bearna 15 agus bhí an bóthar faoi uisce i Knocknacarra (Cnoc na Cathrach). Níor chuir aon rud isteach ar Mick riamh. An reathaí is fearr agus is cróga dár rugadh i nGaillimh riamh.

Anois an bhanríon – **Regina Casey**. Le deich bliana anuas sí an banreathaí is tapúla agus is gleoite i lúthcleasaíocht na Gaillimhe. Faoi láthair tá Jane Ann ag iarraidh an choróin a bhaint di. Cé gur lúthcleasaí iontach Jane Ann ní sé éasca Regina a shárú. As seo amach b'fhéidir Caron Ryan an trí athlete maith as Baile Athá An Ri mar sílim go bhfuil todhchaí gheal i ndán di.

Sub 40

Brendan Monaghan



Friday, 26th December 2014. D-Day for me but this story starts exactly 15 years before on Christmas Day 1999.

On that day I was in peak physical condition and perfectly proportioned, I was a suit salesman's dream customer: 18 and a half stone with a 48 inch chest and 42 inch waist. All the better if the suit was red and came with a false beard! I enjoyed that Christmas as much as I had the previous 36 and the turkey probably walked into the oven when he saw me as he knew he had no chance. Christmas came and went and a week later everybody was set for the new millennium, apart from those who believed the millennium bug was going to destroy civilisation?

It was also the day that I decided 18 and a half stone was not as good as it looks as I had always believed. We went to Galway to watch the fireworks spectacular on New Years Eve; on the way I bought a Power Walker from Champion Sports for £99. They also threw in an "Ab Cruncher" as they probably thought I needed it more than most, or they just had a wicked sense of humour?

I gave both items serious stick over the next 6 months until the Power walker gave up the ghost. I got down to about 15 and a half stone in the process. I was delighted with myself and took up walking, late in the evenings around Tuam, but I was absolutely positive that I could not run. Around this time I also started to help my good wife Patricia (Trish) with coaching at Tuam Athletic Club. I had done a bit of Shot Putt at schoolboy level in England and I was also interested in the other throwing events.

Over the next two years I attended a number of competitions in Nenagh

and at the track in Dangan and also a number of Cross Country races in Craughwell, Galway and Loughrea. I was fascinated by Senior and Masters competitors who were around my own age and older and in serious physical condition. I started to compete in the Shot Putt events at the Galway Indoors and Outdoors, against the likes of Tom Finnegan of Craughwell AC, and also joined a local gym in Tuam as I thought the various weights' machines would help my throwing.

There was a number of treadmills in the gym and as part of my warm up I started to use them before doing the weights. I can clearly remember the day that I ran on the treadmill for two minutes, without stopping or blowing a gasket, and in the next few weeks I managed to get to five minutes non-stop. The day I passed 10 minutes without stopping was a major milestone as I found it much easier after that. I was soon up to 30 minutes without stopping and had lost interest in the weights.

Fast forward 15 years to the 26th December 2014. I have been obsessed with breaking 40 minutes for 10K for the last 10 years. Last year at this race I ran a PB, finishing in 40.22. The rest of 2014 went very well apart from a torn calf muscle that caused me to miss all but one of the 5K series. I had been injury free and had PBs at 5K and 8K during the summer.

We arrived in Athenry on a nice cold and wet morning which suited me fine. There was no real wind and we arrived in plenty of time and everything was going just as smooth as you would expect with Frank Burke looking like a very relaxed race director. I had a chat with many of the

good friends I have made since I started running and then went for a warm up on my own out to the 1K marker on the Tuam Rd and gave myself a bit of a talking to.

Back at the start line by 10.55am everything was set and I lined up beside my very good friend James London. He gave me his usual bit of advice, 'Monaghan don't go out too hard'. For once in my life I listened as I knew the only real drag on this course is up to the water tower at about 500m and it is a very fair course after that

I followed James up to the water tower and he was probably stunned that I hadn't taken off at my usual 3.45 first km pace which usually sees me dying at halfway. I passed the 1K mark in 3.53 but my hands were too wet and cold to push the split button on my watch. Ironically Trish had bought me a Garmin for Christmas but I was afraid to use it straight away in a race! I pushed on towards the 2K mark and I could see a group ahead of me that included Pat O'Dwyer of GCH and then further ahead was Martin McEvilly who is an absolute legend and a runner that everybody I know aspires to be like.

I latched on to Pat O'Dwyer's group which also included Sinead Brody who is a very strong runner. If I am going really well I can just about manage to keep up to her. The rain was fairly heavy at this stage but the wind was behind us and I felt very good. I kept pushing and as we turned left at 4K. I knew I had to work hard up the slight rise to the halfway mark.

I went through halfway in 19:47 on my watch and just as I did I heard Ray Somers behind me telling everyone that he was pacing 40 min runners. Ray had passed me the previous year at 7k, bang on target for 40:00 but I could not keep up with his group. I was slightly worried that he had caught me at 5K and I knew 5 to 6 was downhill so I upped the pace slightly. As I approached 6K I was alongside Martin McEvilly and had a major decision to make: should I go past him like I did in the Cross Country in Loughrea and then watch him disappear into the distance like Mo Farah, or should I stay beside him for as long as I could and hope that he would bring me home in sub 40?

I took the sensible option and stuck to him like glue. I don't know how he didn't hit me between 6 and 8K as there was only millimetres between us. I must have been driving him mad but this was my big chance to go under 40 and he was going to get me there even if he didn't exactly know it.

I passed 8K in 31.35 which was a new PB for me and I was feeling very good but I knew I had to keep everything together and not get excited. I also had the benefit of Ray Somers coming alongside and giving me great encouragement. Unlike the year before he wasn't surrounded by a group of runners either. We went through the new roundabout and started to climb up to the 9K mark and Martin McEvilly did what he always does and opened a gap that I could not close.

Thomas Porter was in his usual position at 9K shouting 'Come On Tuam' and told me I was in 72nd place.



The last K is definitely downhill and I ran as hard as I could. I was definitely the happiest man in Ireland at that stage and gave the thumbs up to another hero of mine, Andrew Talbot, who was taking photos at the railway crossing (see image). I was genuinely sorry that injury had ruled him out of the race. I tried to avoid the actual train track and my legs wobbled as I kind of jumped over the tracks but I got going again and I could hear the beautiful sound of Mary Porter near the finish line.

I turned the last corner and saw the beautiful Mrs Monaghan in the cabin with Mary and gave her the thumbs up but she could not see the clock and couldn't tell from my expression if I was happy or constipated! Thankfully I was happy in fact I was very, very, very happy as I passed the finish line in 39:40 seconds.

I might never beat that time for 10K again but I will certainly keep trying. Roll on 2015.

Craughwell AC's Field of Dreams

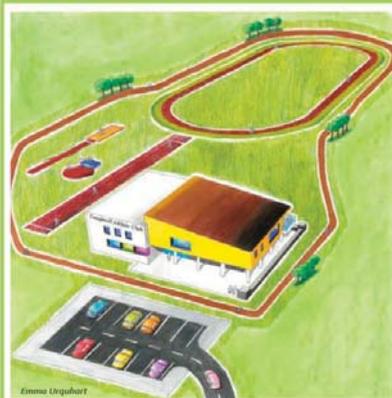
It's just over a year since Craughwell AC completed the purchase of its prime 8-acre site in Craughwell Village and the intervening 15 months have seen remarkable progress with the installation of floodlighting, the development of cross-country running routes and the completion of a public roadway into the facility.

The club are not for standing still and next year will see this progress ramp up further with the installation of 24

more floodlights and the construction of a car-park, a high jump area, sprint lanes and a long jump area. All of this work will be done in a way to protect a particularly precious commodity – grass running routes that are flood-lit and available all year around. In fact, the sports park is open for business to Galway's running community if they wish to avail of these routes. Park membership costs less than a euro per person per week with details and availability outlined at

www.craughwellac.com. All income is literally ploughed into the ground to improve the facility.

Once 2016 is out of the way, the club has ambitious plans in 2017 to launch into developing the jewel in the crown – a state of the art indoor training facility. To be able to train in or coach in such a facility on your doorstep is still a dream ... but in Craughwell ... dreams become reality!



Craughwell AC Sports & Recreation Park

An investment in your health!

Current facilities

- Grass running routes
- Flood-lighting until 10.30pm

Future facilities

- All-weather walking/jogging perimeter pathway
- Tartan sprint lanes and long jump run-way
- Car parking
- Toilets and showers
- Indoor multi-sport centre
- Community gym
- Standard IAAF 400m tartan track

Want to use it?

- Already built into juvenile membership fees
- Membership for adults/members of the public: €50/year
- Discounts available for families and over 65s
- All welcome but you need to sign-up to help pay for the facility
- No dogs allowed on the facility
- Hours of use: Fri-Sun all day, Mon-Thurs all day excluding 6-9pm
- Contact: Michael @ 087 6591879 for more details



€250,000

Oct 2015
€117,370

Sept 2015
€17,370

July 2015
€7,497

Fields of Athlete Results 2014

1	Mick Clohisey	30:18	113	John Fitzmaurice	41:04	225	Carisa Geraghty	44:49	337	Hazel Killeen	47:42	449	Shane Colleran	49:44
2	Sean Hehir	30:59	114	Brian M Geraghty	41:08	226	John Kilarine	44:50	338	John Coleman	47:42	450	Annamarie Grehan	49:44
3	Matthew Bidwell	32:46	115	Kenneth Noel Colleran	41:11	227	David Smyth	44:51	339	Brian O'Donnell	47:43	451	Gian Burke	49:45
4	Peter Mooney	33:02	116	Brian Mooney	41:12	228	Michael O'Sullivan	44:52	340	John O'Connell	47:43	452	Paul Hession	49:45
5	Bernard Roe	33:42	117	John Lynch	41:19	229	Thelma Kelly	44:56	341	Paul McDonagh	47:47	453	Marguerite Duffy	49:46
6	Brian Furey	33:49	118	Eoin Cotter	41:20	230	Brian Davison	45:01	342	Kevin Madden	47:49	454	Tommy Kelly	49:47
7	Dermot Gorman	33:49	119	Niall Hardiman	41:21	231	Kenneth Duane	45:02	343	Jonathan White	47:53	455	Gavin Murphy	49:47
8	Patrick O'Toole	33:52	120	Liam Kenny	41:22	232	Declan Cormican	45:06	344	Jack Donohue	47:54	456	Theresa Moore	49:48
9	Michael Gibson/Brabazon	34:00	121	Conor Flanagan	41:23	233	Conor Flanagan	45:07	345	John O'Leary	47:55	457	Healy	49:48
10	Gerry Carty	34:58	122	Liam Rabbit	41:33	234	Pat Callanan	45:11	346	Andy Ryan	47:55	458	Esther Leahy	49:52
11	Gavin Curran	35:14	123	Malachi Murray	41:37	235	Colin O'Rourke	45:12	347	Mark Burke	47:56	459	Mark Anderson	49:53
12	Brendan Conway	35:49	124	Muhibh O'Connell	41:44	236	Dave Moran	45:18	348	Mike O'Rourke	47:56	460	Brian Healy	49:54
13	Philip Niland	35:57	125	Michael Farragher	41:44	237	John O'Leary	45:19	349	John O'Leary	48:00	461	John O'Connell	49:54
14	Clairan Dwyne	36:05	126	Paul Curran	41:46	238	Bernie Mulyan	45:14	350	Kieran Heneghan	48:01	462	Seamus McGuinness	49:55
15	Eddie Newman	36:09	127	Gabriel Walsh	41:46	239	Stephen Carty	45:16	351	Yvonne Croke	48:06	463	Peter Burton	49:55
16	Brendan Gill	36:27	128	John Moran	41:46	240	Antony Ryan	45:22	352	Tom MacCarthy	48:07	464	Conall Hawkins	49:57
17	John Lenehan	36:55	129	Tommy Niland	41:47	241	Fionnaisas Glynn	45:27	353	Bernie Kelly	48:07	465	Mary Lynch	49:58
18	Norah Pieterse	37:02	130	Brendan Kelly	41:47	242	Michael O'Sullivan	45:25	354	Colin Gibbons	48:08	466	Malcolm Hennigan	49:59
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27	Padraig Kelly	37:46	139	John Fitzpatrick	42:13	251	Michael Morris	45:42	363	Ben Vahey	48:19	475	Nicola O'Donnell	50:08
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30	Vincent Clohisey	38:08	142	Michael Noonan	42:16	254	Caroline Moore	45:49	366	Michael Glynn	48:20	478	Zoe N'Duimhin-Bhig	50:12
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38	Richard Peyton	38:33	150	Michael Lee	42:28	262	Eoghan Curtin	45:57	374	Katherine Kissane	48:30	486	Marion O'Hara	50:29
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42	Colin Daly	38:42	154	Philip Joyce	42:43	266	John O'Connell	46:03	378	John O'Connell	48:33	490	John O'Connell	50:52
43	Neil O'Leary	38:48	155	John Nevin	42:48	267	Eoin Larkin	46:03	379	Richard Corne	48:33	491	Aoife Keane	50:51
44	Alasdair Conway	38:41	156	Emmet Mahony	42:49	268	Donal Leahy	46:05	380	Clare McGuinness	48:33	492	Mark Moran	50:52
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48	Paul McDonagh	38:54	160	Paul Carty	42:56	272	Darragh Geraghty	46:12	384	Diarmuid Keane	48:36	496	Yak Tuohy	51:01
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51	David Meahan	39:09	163	Noel Griffin	43:00	275	Mike McCarlin	46:21	387	John O'Connell	48:44	499	Tom O'Connor	51:04
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61	Gerard Kenny	39:31	173	Fintan Dwyne	43:27	285	John O'Connell	46:36	397	John O'Connell	48:51	509	Andrew Enright	51:17
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74	Patrick O'Dwyer	39:48	186	Dalith Murphy	43:45	298	John O'Meara	46:56	410	Dave Ryan	49:09	522	Clairan Charlton	51:28
75	Cathal O'Reilly	39:49	187	John O'Grady	43:47	299	Al Callanan	46:57	411	Tom Elwood	49:11	523	Alan Joyce	51:28
76	Aodan MacCarthaigh	39:50	188	Alan Ochsans	43:52	300	David Donohue	46:58	412	Ruth Butler	49:11	524	Martin O'Halloran	51:29
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78	David O'Neill	39:52	190	Don Nyhan	43:56	302	Gerard Kelly	46:58	414	Thomas McDonagh	49:11	526	Peter Walkin	51:31
79	Stephen Donnelly	39:52	191	Frank Power	43:59	303	Aidan Kelly	46:59	415	Wynn Burke	49:13	527	John Paul Garrett	51:31
80	Padraig Hawkers	39:52	192	John O'Connell	43:59	304	Robert Schutzb	47:00	416	John O'Connell	49:13	528	John O'Connell	51:32
81	Padraig Burke	39:55	193	Sean Hynes	44:02	305	Julia Mangano	47:00	417	Joan Burke	49:16	529	Ashling Barrett	51:33
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83	Vincent Jordan	39:57	195	Claire Morrissey	44:04	307	Deirdre Heverin	47:05	419	Dave Maddocks	49:19	531	John Morgan	51:35
84	Graine Ni Uallachain	39:58	196	Alan O'Brien	44:05	308	Barry Croke	47:06	420	Bernard Keane	49:20	532	Nathan Sweeney	51:37
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86	Morgan McCallaghan	40:00	198	Adrian Flaherty	44:09	310	Elio Fuscaldi	47:10	422	Andrew Ward	49:20	534	Linda Killely	51:40
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88	Mark McDonagh	40:12	200	Peter Feeney	44:10	312	Maurice Dempsey	47:11	424	Paul Hynes	49:23	536	Marin Gormally	51:46
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90	Justin Conroy	40:18	202	Colm Bushell	44:14	314	Kevin Fitzpatrick	47:12	426	Joe Kerrins	49:25	538	Declan Farrell	51:49
91	Thomas Birmingham	40:19	203	James Rohan										

561	Aiden Kelly	52:15	679	Patrick Boyle	55:00	797	Padraig Cummins	58:10	915	Brian Jordan	1:00:57	1033	Marie Allen	1:06:56
562	Adrian Bushell	52:16	680	Adrian Sweeney	55:00	798	Siobhan Slattery	58:11	916	Ann Marie Moore	1:00:57	1034	Kevin Burke	1:06:57
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601	Don Browne	53:10	719	Chris Browne	55:59	837	Aine Grialais	58:51	955	Mairaed U'Churainn	1:02:21	1073	Aideen Allen	1:11:12
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603	Sarah Burke	53:13	721	Ross Lawlor	56:00	839	Fiona Hession	58:52	957	Paul Clabby	1:02:23	1075	Diane Collins	1:11:21
604	Peter Griffin	53:14	722	Chris Murray	56:00	840	Maeve Heneghan	58:53	958	Adrian Brannely	1:02:24	1076	James Crane	1:11:22
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606	Maclara MacLochlainn	53:17	724	Brian O'Curainn	56:06	842	Michele Jordan	59:00	960	Olivia Gilmarin	1:02:25	1078	Emma Ryan	1:11:31
607	Patrick Scully	53:18	725	Fiona Diviney	56:09	843	Martin Burke	59:03	961	Aine McGuinness	1:02:29	1079	Laura Browne	1:11:43
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609	Pearse McCrann	53:19	727	John Cloonan	56:11	845	Aoife Conroy	59:12	963	Gerry Hurley	1:02:33	1081	Mark O'Ryan	1:11:46
610	Sabriel Leslie	53:19	728	Maeve Carr	56:12	846	Michelle Ryan	59:13	964	John O'Connell	1:02:33	1082	Caran Joyce	1:11:46
611	Thomas Cooley	53:19	729	Ailish Killilea	56:12	847	Keith Wanneck	59:15	965	John Kelly	1:02:37	1083	Angela Molloy	1:12:19
612	Jim Leahy	53:20	730	Deirdre Kelly	56:12	848	Shane Egan	59:16	966	Lorraine Bvine	1:02:38	1084	Cait Quinn	1:12:34
613	Gary Larkin	53:22	731	Mary Kelly	56:15	849	Louise Kearns	59:17	967	Saorín Ní Fhatharta	1:02:41	1085	Robert Marsh	1:12:52
614	Tony O'Callaghan	53:22	732	Fiona McKeown	56:15	850	Michelle O'Fatharta	59:22	968	Michelle O'Fatharta	1:02:41	1086	John O'Connell	1:12:52
615	Daniel O'Brian	53:28	733	Darren Lavelle	56:23	851	Conal Burke	59:29	969	Martina Jakubova	1:02:43	1087	Liam Roche	1:13:37
616	Brian Burke	53:30	734	Fiona Lane	56:23	852	Louis Burke	59:33	970	Niamh Connor	1:02:47	1088	Preeti Mehta	1:14:08
617	Annette Burke	53:34	735	Joe Kelly	56:25	853	Aine Moran	59:35	971	Aine Tierney	1:02:50	1089	Yvonne O'Connell	1:14:57
618	Helen Moran	53:37	736	Kevin Framo	56:26	854	Michael Moran	59:36	972	Margaret Reddington	1:02:51	1090	Jonathan Santen	1:15:08
619	Ainta Daly	53:37	737	Pauline Kelly	56:27	855	Michelle O'Kavanagh	59:37	973	Michelle O'Connell	1:02:51	1091	Michael Lockhart	1:15:08
620	John Davenport	53:42	738	Philip Brady	56:32	856	Sharon Linnane	59:42	974	Keelin Moran	1:02:54	1092	Ann Santen	1:15:29
621	Laurence Smyth	53:43	739	Katie Curran	56:32	857	Aine Coen	59:43	975	Padraig Kirrane	1:02:58	1093	Lorraine Feeney	1:15:42
622	John Howley	53:44	740	Franky Nally	56:33	858	Rob Coen	59:44	976	William Joyce	1:03:02	1094	Paul Killeeny	1:17:14
623	Damon Costello	53:44	741	Ray Joyce	56:34	859	Niamh Colleran	59:46	977	Miles Maynard	1:03:08	1095	Dora Ryan	1:17:40
624	Yvonne Donnelly	53:45	742	Carla O'Neill	56:37	860	Michelle McLough	59:47	978	Suzanne Keating	1:03:08	1100	Aggie Burke	1:17:58
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632	Aine Lyng	54:00	750	Sinead Kelly	56:56	868	Karen McGuinness	1:00:01	986	Louise O'Connor	1:03:37	1104	Gerard Hickey	1:19:00
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635	Paddy Broderick	54:04	753	Pat Reidy	57:06	871	Cara Haverly	1:00:03	989	Liz Broderick	1:03:52	1107	Tom Newell	1:19:19
636	Diane Fitzgerald	54:05	754	Aisling Martyn	57:07	872	Aoife Burke	1:00:03	990	Mark Cronin	1:03:54	1108	Maria Scanlon	1:19:25
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638	Fiona Lyons	54:06	756	Aine Killiea	57:08	874	Michelle O'Connell	1:00:04	992	Michelle O'Connell	1:03:54	1110	Anna Curran	1:19:55
639	María Carolan	54:07	757	Frank Duneleavy	57:11	875	Joseph Clancy	1:00:08	993	Joanne Keating	1:04:00	1111	Teresa Coen	1:19:59
640	Stephane Noone	54:11	758	Michael Carr	57:11	876	Davian Allen	1:00:09	994	Séamus Keating	1:04:01	1112	John Fenlon	1:20:02
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642	Emer Kelly	54:13	760	Derek Fanning	57:14	878	Declan Carran	1:00:13	996	Martin Daly	1:04:04	1114	Mary Quinn	1:25:57
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645	Cate King	54:17	763	Leona Mahony	57:15	881	Sharon O'Regan	1:00:15	999	Fiona Tighe	1:04:16	1117	Fergal Leahy	1:27:58
646	Gerald Connor	54:18	764	Rebecca Collins	57:17	882	Clymnetta Jakobczyk	1:00:15	1000	Fiona Mannion	1:04:16	1118	Aising Deely	1:28:00
647	Michael Ryan	54:21	765	Sinead Kelly	57:18	883	Rita Feeney	1:00:19						

The Fields Stalwarts

The Fields 10KM have had the same number of stalwarts since 2011, losing only one since 2008. Most are well known on the local circuit; some a little less so though!

Bernie Kelly doesn't need more press, so she isn't going to get any more, other than to say that the woman walked the Fields in 2012 when very badly injured. Kudos and madness in equal measure!

Danny Carr is originally from Athenry and still considers the Fields his home race, even though he's been a member of GCH for many years. He was also injured in 2012 but limped around to keep his stalwart status intact.

Kevin O'Dea is legendary for his early race pacing but has always lasted the course in Athenry. He came very close to breaking 40 in 2010 and 2012, and will come again, no doubt. A credit to Clare River Harriers.

Martin Keane is a legend in Athenry, and much further afield too. His Fields stalwart status is but one of many strings to his bow. His hard-won DCM words are elsewhere in this booklet.

Mary Mullins is probably the lowest key member of the 8 stalwarts. Every year, she comes, she runs, she has a cup of tea, she goes. A gentlewoman, if ever there was one. Still a member of Galway M&T, which celebrated 25 years on the road a few years back. Lives in Clarinbridge.

Roger Rushe represented Ireland for the first time in 2015, his 77th year on Earth. Imelda and his four daughters, as well as all around Abbeyknockmoy and Tuam AC were immensely proud of this achievement.

Tom Mac Lochlainn is not that well known as a runner, being much better recognised in education and Connemara pony circles – he even made an appearance in The Phoenix



Mary Mullins

magazine earlier this year but that is a story for another day. A frequent contributor to this booklet and a huge supporter of the Fields too. Up Sarsfields!

Tommy Joe Whyte is another legend of the highways and byways of Galway, but is particularly partial to the fields of Galway and the Fields of Athenry, being both an outstanding cross county runner but also a stalwart of the Fields. Danny and himself almost always get a top-50 T-shirt for their efforts too.

Long may each continue to make it to the finish of the Fields!

Boys of Derrydonnell – Chapter 8

Frank Greally

The pungent aroma of wintergreen always evokes for me summer evenings in the late 1960s and dressing-rooms in far-flung villages and towns of Connacht. The familiar smell would greet you before you reached the door as runners inside lathered hamstrings, calves and even elbows with the 'magic rub'.

There was always a great air of expectation and excitement in those dressing-rooms – male-only domains in an era before women became part of the rich fabric of the road-running circuit.

Often the town or village in question was hosting its Summer Festival – a week-long celebration of music and dance and carnival fun – and a group of

us from Ballyhaunis would land to stage a raid on the midweek Festival Road Race.

The hometown festival was a time when emigrants took a couple of weeks' respite from the building sites of London and Manchester to the factories of Coventry to come home and drink porter and regale family and friends with tall tales of rough and rowdy days working with McAlpine and Murphy and Wimpy.

These young and not so young emigrants brought back for the duration some light relief and even some colour to the small towns and villages of Mayo, but the downside followed when the fun ended with tearful partings on rail



platforms at Westport, Castlebar, Claremorris and Ballyhaunis, when the whistle down the track as the train approached was the lonesome summons that caused many strong men and even stronger women to break down.

I was one of those who stayed at home until a US scholarship beckoned, and it was in those small towns that I learned something of the craft of road racing from such hardy perennials as Willie Morris, Tommy Madden and Kevin Ryan – mighty men of Derrydonnell Athletic Club who put their own stamp on Irish distance running.

In Ballyhaunis AC we always wondered if the Derrydonnell men would show up for our road race, because the arrival of their minibus virtual guaranteed the destiny of the main prizes.

They were rugged but friendly characters who never failed to encourage us youngsters. We looked on them as professionals – teak-tough men who arrived looking fabulously fit and gave no quarter in the heat of battle. Stories circulated about their savage training runs in Connemara. That they had their own bus added to the mystique.

I often travelled to road races with runners from Tuam AC, another group of seasoned campaigners that included Tom Flanagan, Roger Rushe, Mickey Kelly and Tom Lardner.

I was a young runner full of passion and enthusiasm, blissfully unaware of the need to learn about pacing, sprinting flat out from the gun. Long before I was up to it, I would try to match strides with Madden and Ryan and Sean Reilly and Brendan Mooney.

Holding on grimly in the closing miles of those early races, in maybe fifth or sixth position, it happened more than once that from behind came the steady and relentless patter of feet, the feet of the veteran Willie Morris pacing himself to perfection in the heel of the hunt and snatching priceless team points for Derrydonnell.

After a race from Easkey to Dromore West in Sligo, Willie – by then about 50 but still a sprightly and shrewd campaigner and a legend out west – approached me and bestowed a nugget of wisdom: ‘You’re a great little runner and you have great heart, but you must learn how to pace yourself and run your own race.’

It was a lesson that I never forgot but didn’t always obey.

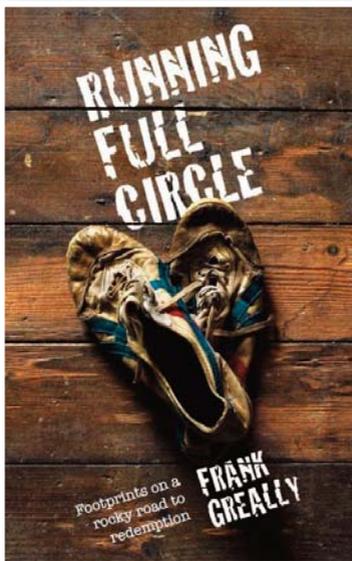
And then there came days when I was able to match and even beat the great men of Derrydonnell – in those heady days they were delighted I had learned my trade well. My mentor Willie Morris was especially pleased and told me so.

Noel Henry was another great mentor and supporter and, like Willie Morris, had an uncanny sense of pace that helped earn him a national marathon

title. He was also a pioneer of ultra-distance running and had lovely running form on road and track.

Ronnie Long was another early influence and often went miles out of his way driving me to and from sports and road races. I learned much from running those evening road races and have fond memories of victories in the likes of Kiltimagh, Claremorris and Westport.

I was also showing good track form, especially over three miles and 5,000 metres, distances at which I notched up Mayo and Connacht titles.



There were great Open Sports in those days and almost every summer Sunday would find me hitching to places like Mayo Abbey, Ballyglass, Aughagower and Newport. It could be well after midnight when I made it home, often laden down with cups and medals.

There were days I travelled to village sports with Joe Freely, a talented sprinter from Ballyhaunis who had made a name for himself in schools competitions – he was a boarder at Gormanston College, County Meath. Joe and his father, Mike, and myself enjoyed some great days on track and road and always returned home with prizes.

Those sports were my proving ground and great preparation for when I moved to Dublin and joined Donore Harriers.

I was always a bag of nerves before races, but once the gun went the nerves vanished. I was a front runner and it never mattered how good the opposition was – I just took off, putting everyone under pressure, including of course myself.

It was the same when I attended training organised by Padraig Griffin, coach to the Leddy Brothers, PJ and Eddie. Padraig was ahead of his time, and he and kindred pioneers such as Murt Hynes and Liam Kavanagh organised brilliant training weekends in Galway.

Even though still a junior learning the trade on those weekends, I would challenge senior elites like Tom O’Riordan, Mattie Murphy, Fr Paddy Coyle, Eddie Spillane and Jim McNamara on the Sunday morning long run. I knew no other way but running from the front.

I made a trip to Dublin during those early years to sign up for what was known as the BLE Summer School on the grounds of UCD Belfield. I stayed in a B&B in the city centre and each morning got the bus to Belfield, and it was there I met Jack Sweeney, an early coach to Ronnie Delany.

Jack took me under his wing but could not understand why I did not want to learn about field events or hurdles, all part of the week-long curriculum.

‘I only came here to learn more about running and that’s all I’m going to do,’ I told him.

It was at the same Summer School that I first got to train with Eddie and PJ Leddy. It was a big deal for me to get to train with two of my special heroes, and I could not wait to get back home and share the experience with Michael Joyce and Pat Cribbin.

Dublin City was strange and wonderful to me, but after a few days away I was keen to return to Ballyhaunis and put what I had learned about distance running into practice. I was living and breathing athletics at the time. How I wish that innocent passion had lasted longer than it did!

Running Full Circle by Frank Greally is available to purchase online at: www.irishrunner.com.

Track Development

Iain Shaw
Chairman, Athenry AC Juvenile Section



Athenry Soccer
All-Weather Pitch

I joined Athenry AC sometime in 2007, I think it may have been at that year's AGM, although many miles have been run and shot-putts thrown since and I forget exactly. I do know that it was very early on into my membership that I heard of some ambitious plans to build our very own track in Athenry. Being an ex-track athlete, I was obviously excited about the prospect of our very own piece of Tartan being laid in the town and kept a close eye on proceedings. Below is an extract from the minutes of the Athenry AC AGM held on 22nd January 2008.

"Club Track:

Paul McNamara gave an update on the project to build a 400m track in Athenry on a 16 acre site about 2 miles outside the town. The track is part of a joint development by Galway Utd FC, Athenry FC and Athenry AC. Paul is leading a committee of Athenry AC delegates from both the juvenile and senior clubs. Planning permission has been sought. The three clubs are working well together. A Sports Capital Grant application is being drawn up and will be submitted in February."

I still have those plans at home. It consisted of a 400m, 8-lane track with a high-quality soccer pitch inside, with a further 4 training pitches outside of the track area. Facility for 60 car parking spaces was also included in the plans. The plan was certainly ambitious, and were it not for the generosity of Peter Gilhooley with regard to the land we would have had no hope of even thinking about the development. The costs anticipated were immense, but similar developments around the country were receiving large Sports Capital Grants and so we felt optimistic. However, that site is still grass, and the new Athenry-Tuam motorway will soon pass very close to where the development was proposed, so what

went wrong? Well, to put it simply, 2008 happened and the global economic crisis which left the coffers empty for a lot of projects, the land was put in doubt and the likelihood of anything being built was almost zero.

Fast forward to 2013 and again the prospect of a track reared its head again in Athenry, this time very actively spearheaded by Athenry FC who were desperate for expansion. A plot of land was identified, adjacent to the current football club land in Moonbaun, and its suitability as a site for a track and pitch combination was assessed. The land was smaller than the 2008 plot of land, and only a track and single pitch was considered.

Galway United were at the time going through their own financial troubles and were not part of the equation, so just AC and FC sat down to discuss options. A lot of back and forth took place, a more suitable plot of land was identified (at the rear of the soccer club lands) and on 2nd April 2014, at an EGM of Athenry AC Senior Section it was decided to commit club funds to the purchase of a plot of land. The purchase would be a three way agreement, between the juvenile section of Athenry AC, the senior section of the club, and Athenry FC, and to facilitate this a separate company would be formed which would protect the interests of the constituent clubs.

On the 22nd May 2015, all clubs signed cheques that were then delivered to the solicitors to purchase the land and in a truly momentous occasion for Athenry AC we held a formal launch night in the Athenry FC clubhouse on 12th June 2015 where we revealed the plans, and a visual mock-up of what the facility would look like. It was a very emotional night for me personally, to be part of something I committed to 7 years before, and it was a great privilege to speak at the launch and set out my vision for what this means to athletics and sports development in the community.

The launch was attended by both clubs, local dignitaries and representatives from several community groups that will benefit from this development. It is important to note, that this is a development not just exclusively for the two clubs, but also a community facility, available to our local schools for their sporting development and other community groups. It was particularly important to hear the words of Ciaran Cannon on the night and to get his full support for this development, and the positive impact that it will have on Athenry AC, Athenry FC and also Athenry in general. His support will be vital over the next few years as the project enters its next stages.

So, as you run round the streets of Athenry and you pass the Football Club in Moonbaun, take a quick glance to your right, as this may be the last time you see that view looking like that, because 2016 will be a big year for our track development. We have been working away in the background, arranging insurance so we can use the ground, preparing the materials we will need in our various applications to capital grant schemes, and getting an idea of what we need to do in progressing the development. In early 2016 we will break ground on the project and start to get a visual presence on the land. We hope to have a rudimentary running area around the perimeter of the site up and running fairly quickly and start to prepare the grounds for the pitch area.

We have come a long way, and we have a long way yet to go, but we are on the right track (and pitch) and we will hopefully soon be able to welcome you all into our facility and see what we hope will be an asset to our young athletes and footballers for many generations to come.



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Ben & Jack

Lindie Naughton

For many years, my late father Ben Naughton placed an ad in the Connacht Tribune advertising the Ashling Hotel on Parkgate Street, Dublin.

Dad was a familiar figure in Galway and especially in Connemara where he had managed Renvyle House Hotel from 1954 until 1961. In Renvyle, he led the nightly sing-songs playing a mixture of Irish ballads and popular classics on his accordion, and throwing in an occasional yodel – a skill he had learned during four years at hotel school in Lausanne, Switzerland. In Renvyle, he was to fulfil a dream when he developed a nine-hole golf course beside the hotel.

When we moved to Dublin, the Ashling became a home from home for many Galwegians – including Galway GAA teams. That was how "Father Pat", the genial brother of the celebrated Galway footballer Jack Mahon came into our lives. Our Scottish mother kept a close eye on her children's consumption of sweet things (essential when you live in a hotel) but, to her despair, Fr Pat would arrive at our house with his pockets filled with Mars bars and other goodies. We loved Fr Pat.

Fast forward a few years and Jack Mahon decided to organise a charity run from (I think) Oughterard to Galway, a distance of about 16 miles. By this stage, Jack was principal of Moneenageisha Community College, a member of Cospóir (the precursor of the Irish Sports Council) and an enthusiastic participant in the many road races that sprung up

during the "first" running boom. For my part, the Women's Mini Marathon had happened and, in addition to my day-job as a sub-editor, I was writing a weekly column on running in the Evening Press.

Through the family connections, I was invited to Galway to run. How could I refuse such an invitation – especially since also running would be Galway running legend Mick Molloy?

Mick had run the marathon for Ireland at the 1968 Olympics, and was a pioneer of what is now called ultra running. In 1974, he had set a world

record of 2:44:47 for 30 miles on a track at Walton-on-Thames in England. That same year, he won a marathon in Belgium, despite being led astray by the lead car. He set an Irish record for 100km, picking up the 50m best along the way. That was in 1978. To say I was in awe was an understatement, but this gentle giant of athletics ran alongside me and we chatted away the miles.

A year or so later, in 1986, came the inaugural Streets of Galway road race. Jack was involved, as was Cospóir. I have a memory of coming to Galway

and being introduced by Jack to a line of race officials as "Ben's daughter". I felt like the queen. My only memory of the race is of running along the Salthill prom and past a football stadium. Brendan Hilliard, who I knew well from the UCD athletics club, won the race. Niamh Keane from Galway was first woman.

Jack Mahon died in October 2005. My father followed him in June 2006. They were two men that left their mark – on my life and on the world around them.

Gone but never forgotten.



Jack Mahon



Ben Naughton



Ciaran Cannon TD

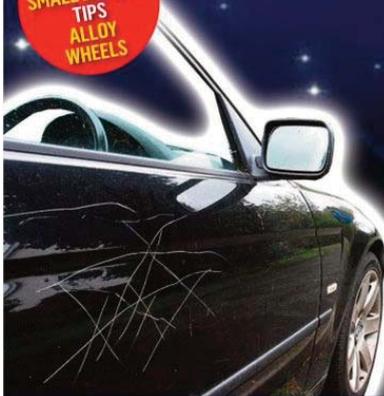


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2015 NYC Marathon

Lyall Guiney

2015 has been a tumultuous year for me, and the running aspect has definitely seen its share of peaks and troughs.

Jan – Mar:

The first three months were wiped out completely with Achilles problems.

Apr – Jun:

I resumed gentle running in early April and managed a half-decent 5k series (albeit sans PB). As always, I ran the Cork marathon on the June bank holiday. And as usual, I went out way too hard and faded by about 4 minutes in the second half – but came home with a 2:48, which was delightful, considering a deficient lead up.

By the end of June I was psyched for New York on the 1st of November. I had five months, a good summer marathon in the bag, no injuries, and desire. This was going to be the year I would break 2 hours 40 minutes. I knew this, believed this, to the same extent that I believed I would break 3 hours in Cork in 2013 (and ran 2:53).

Jul – Sept:

I started running in and out to work, minimum 9 mile roundtrip, and most evenings I was adding in extra mileage. All of it hard running. Weekends were a mess, but I still managed to bring my 10k time down to low 35-minute territory. Not enough for a sub 2:40 marathon maybe, but getting there. August wasn't great – illness put me down for a few weeks – but by the end of the month I had picked things fully back up.

September was magnificent. I ran a 1:16 half marathon in Athlone and was clocking up 60+ mile weeks despite minimal weekend running (no long runs yet). I ran a solid 21-miler in the last weekend of the month to top 80 miles in a single week for the first time ever. There were four more training weekends available. Peak for the race™.

October – the good part:

I ran the Cork to Cobh 15 mile race and placed 6th with a good time. Two days later, I hammered out the Tuesday speed

session – despite feeling totally jaded. The jaded feeling had me a little worried. I slept for 15 hours solid the following Saturday night – but then ran a sub-7 minute average 23 miler on the Sunday around the Phoenix Park. All good?

Well. For the previous few weeks I'd been developing two problems: first, there was the aforementioned sense of holistic fatigue, above normal levels, which I put down to the increased mileage combined with insufficient sleep. Second, my left calf had been behaving strangely: occasional spasms of pain followed by momentary weakness that made my leg half-collapse from under me. This had started to happen both while running and while walking. I put it down to tight calf muscles that I probably just needed to foam-roll more. Everything else was going well so I wasn't too worried.

October – the bad part:

The next Tuesday speed session was the hardest ever. It took everything to run home, get out to the Phoenix Park, and do the "6x 6-min off 90" workout. I still banked a good session, but my left leg was throbbing afterwards. I ran to work the next day – hobbled really. I had yoga that evening, and then skipped the run to work on the Thursday morning. That evening was supposed to be a 10 mile tempo run, but it became a slow, fairly painful jog, punctuated by several spasms of pain up the left leg. Not great. I ran to work again on the Friday morning – 4.5 miles of gritted teeth, spasms of pain, and worry. I bailed on the Friday evening run. The leg was in pain, and moreover, it was sharp pain.

I took Saturday off, and instead went for a 70k bike ride down to Wicklow. I had planned to come back and knock out a big long run Sunday morning. But the leg was in agony Sunday morning. Oh god. Two weeks to the New York marathon and suddenly things appeared to be going pear shaped!

I had read about the "Five Stages of Grief" that people go through upon hearing of a terminally ill friend or relative. I think I had most of the stages with this injury. At first, on the Thursday and Friday, I simply refused to believe that there could be a problem at all –



denial. By the Saturday and Sunday, emotions were turning to dismay and frustration, tinged with anger. I think I skipped the "bargaining" phase – I was only really interested in my A-goal of sub 2:40, nothing else – so I went straight to the depression phase for the rest of that week.

By the DCM expo the following Sunday, I was reaching acceptance. I would run and run badly, or I would run and run well, or I would not be able to run at all. One of those three. Shit happens. It could be five months of training down the drain, but such is life with marathon running.

November:

Everything felt marginally better the night before the race. After all, I was in a hotel in south Manhattan. Fifty thousand other runners were all crawling into their beds and getting ready to rock in the early morn. The leg was sore, but soft it – I could still run. There was no way I wasn't turning up.

My start corral lined up on the top level of the Verrazano Bridge; two years ago I started on the bottom level. We were on the north side of the barrier, while the professional men were on the south side – a couple of hundred metres behind us, because of slightly different routes the three corrals take for the first few miles. I was only a few rows from the front, which meant that a few hundred metres into the race, the likes of Wilson Kipsang, Stanley Biwott, Meb Keflezighi, Yuki Kawauchi and more had

caught up and were running level with me. I stole a few glances at them, grinning at the sight of the pros loping up the same bridge as me, then decided to focus on not tripping up in the melee on my side.

Miles 1 – 5: The Bridge always makes the first mile super slow, and the second mile super quick. After that I fell into whatever felt comfortable. That happened to be sub-6 minute pace. The spectators and bands lining the streets were brilliant in these early miles. I was smiling ear to ear. Splits: 6:31, 5:25, 5:52, 5:53, 5:55

Miles 6 – 10: Continuing up Brooklyn's endless 4th Avenue, I consciously tried to back off the pace a bit. I got a strong shout somewhere around 7 miles: "go on Athenry!" Took the first gel before the 8 mile marker. I felt good, but not amazing. Mile 8 and 9 had some climbs in them, so overall I stayed very steady in this section, but was working hard. Splits: 5:52, 5:56, 6:05, 6:09, 5:56

To halfway: Still felt okay. I knew I had banked some good early miles. This comforted me a little, although I was gagging for the second gel, feeling just a little weary. Took that ahead of the 12 mile marker. This was slightly earlier than normal, but I really needed it. It was a hard pace after all. The last 1.1 mile split here looks ominous, but it's not really – the last few hundred yards to the half-way marker includes the steep uphill of the bridge from Brooklyn into Queens. Still, dropping below the magic 6:06 mark wasn't ideal. Splits: 6:16, 6:04, 6:14 (0:46 to 1:18:54 half)

Miles 14 – 16: Down the far side of the bridge into Queens, and things didn't feel right. This was only half-way. Another mile followed that was outside target pace, and then it hit me. The Queensboro Bridge, from Queens into Manhattan. This is about a mile and a half long, and the first half is all uphill. long, torturous drag. And it broke me. I toiled all the way up, and didn't even look at my watch when I took the mile 15 split a little before the apex. I knew. It felt like loads of runners passed me in this mile. My legs had turned heavy and in the space of mere minutes had lost any free-flowing stride or kick. Almost all of the banked time had evaporated, and I was starting to fade. The long dash down the slope to First Avenue stemmed the decline, but my mind was in turmoil. Splits: 6:12, 6:48, 6:38

Miles 17 – 18: You round the corner at the bottom of the bridge, and turn onto

First Avenue, and suddenly crowds through the pavements, several layers deep. A ten mile long U-turn awaits. The Bronx is three and a half miles up the road, and the finish line in Central Park is just over a mile to the west. This is where I had to decide how I would finish this race. The A-goal was dead. I had enough clarity of thought to know I would never recover the pace. But I could lose 5 whole minutes in the remaining miles and still end up with a new PB. So I began to fight for a newly formed B-goal: anything under 2:45. Also took the third gel coming up to the 17 mile marker. Splits: 6:30, 6:30

Miles 19 – 20: Ah. Now it became tough. Mile 19 is dead flat, but the fatigue and heavy legs that I had tried to ignore came gushing back. I hated myself as I arrived at the end-of-mile water station – because I needed this too much. To further compound the mental struggle, I slowed to walk for a few seconds to ensure I consumed the full contents of both cups – Powerade and water. But I had slowed to a walk: an admission of defeat. Restarting with a snarl, I recovered just a little in mile 20, despite having to deal with the short, sharp incline across the bridge into the Bronx. Splits: 7:21, 7:10

Miles 21 – 22: I stayed steady for mile 21, for whatever it was worth. Took the last gel somewhere here. I was now walking through every water station, ever since First Avenue. Towards the end of the mile, I remember having my last positive thought: I saw a clock, did some feeble math, and reasoned that if I could only reign in the decline, and re-establish a stronger pace, I could still hit the B-goal. The thought became fully formed, lasted for a few moments, but all hope quickly faded. Mile 22 put it to bed. I even got some spasms of pain from the injured left leg, as if the general capitulation wasn't enough. Splits: 7:03, 7:38

Mile 23: Mile 23 comes straight down Fifth Avenue on the way to Central Park. And somewhere here, my left hamstring tightened up like a guitar string. I gasped from the sudden pain, clutching at it as my stride collapsed entirely. I hobbled to the side of the road out of the way of runners, then propped my leg on the sidewalk, trying to stretch it out, cursing loudly from the pain. I turned again, tried to restart, but the twang of the hamstring pulled me up short again. I limped a few steps and eventually broke back into something like a run. Split: 8:06

Mile 24 – 25: This was horrible. It should be celebratory, entering Central Park. But I just wanted it to be over. I could feel my cadence slowing all the time as the weariness became more and more pronounced. Then in mile 25 my right hamstring cramped up. Yeah, the other one. I had to stop again for a few moments. The crowd became toxic in my mind. "Keep running!" they shouted. I sneered internally at their buoyant support, which was the last thing I wanted. Splits: 7:59, 8:08

Mile 26 and the end: The final mile: utter fatigue. Arms, legs, feet were all leaden. The cramp eased, but still, this was the worst feeling yet. I was completely out of energy. I told myself, with a silent deadpan voice, to finish. Just keep moving. You're done if you stop. You'll never forgive yourself if you stop. Just finish... Splits: 8:25, 2:00 to 1:34:42 half.

Finish: 2:54:36 (+15:48)

In Connemara '07, my first marathon, I ran a 1:41 / 2:18 split. But I finished strongly after walking a few of the middle miles. And it was my first marathon, and I ran it in a Leeds United shirt! Also, in Chicago '10, I died a death from about 18 miles to the finish. But at 18 miles, it had reached 30 degrees Celsius – it was roasting!

Those two were tough days, but at least I can explain the results. This one feels like the worst ever, and I can't even pin down why.

The façade of a 2:54 finish means nothing. To many people, it's a good marathon time. But consider the near 16 minute degradation in the second half; the inexplicable physical fatigue creeping up and then washing over you; the nagging self-doubt that you stifle for miles despite the early warning signs; the gradual collapse of your mental resistance as your A-goal followed by your B-goal wither irreparably; the stabbing leg pain and hamstring cramp flanking you on both sides; the memory of the hundreds of now fruitless training hours; the realisation that you told everyone you were nailed on for 2:40, that training had gone great and that this marathon would be the start of a journey towards real sub-elite territory.

So was it a good marathon time? Not quite a slam-dunk anymore.

I suppose I'll try again in Cork next June.



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

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20 Questions for ANDREW TALBOT



1. What shoes do you train in?

ASICS DS trainers, or anything with an AS on them.

2. How many miles did you run last week?

20 approx. with quality over quantity, at 8:30 pace or slower, trying to keep the heart rate below 140bpm, save the good stuff for racing.

3. What's your favourite racing distance?

10k, but also like the odd half marathon.

4. Where's your favourite place to train?

At present around Lydican Carnmore, nice 8 mile loop there or South Park for a bit of grass.

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

No favourite, like them all and really enjoy the crack afterwards, hard to beat good tea & cake. But if you really push me hard to beat "The Streets".

6. What annoys you most at races?

People who just pass you and then cut in without indicating.

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

Boston Marathon, if only!

8. What was your best-ever running performance?

Four mile in Limerick 1970, finished in 22:32 but down the field.

9. What was your worst-ever running performance?

Dublin Marathon 1981, ran 3:04 when I had hoped to run 2:40s, wheels came off at 20, bad pacing.

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

Nothing to report, in 50 years of running the roads of Galway have never come across anything strange.

11. Favourite piece of running gear?

Good socks, that I don't put my big toe through after one or two runs.

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

McEvilly, if I could ever get near him! London, if he was ever ahead of me!

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

Don't stop.

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

Yes, not sure if I will call it that, then.

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

Not well, but have had a good run to date.

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

No, but had to seek refuge under a car at one stage to get away from a vicious Alsatian.

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

Not during a race: what I start with, I finish with.

18. Favourite post-race food?

Cake followed by lashings of tea.

19. Most embarrassing ever running-related moment?

Don't do embarrassing.

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

Has to be Sonia O'Sullivan.

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Maybe This Is A Young Person's Sport After All – 2015 DCM

Martin Keane

Monday (26 October 2015) had it all! The good, the bad and the ugly.

First, the training went fine: 440 miles over 11 weeks, including three 50 miles weeks.

Five LSRs (Editor's note: Long Slow Runs) of 20 mile plus, and plenty left after at all those too.

The Good

Travelling to and meeting the gang went fine. Got a queue-free loo and the weather not too bad at all.

Got in with the 4:30 pacers but drifted back a bit, though never lost sight of the them.

Half way in 2:15 and running close to Majella Cummins from the club.

The Bad

Around 20 miles going OK but shortly after my watch battery died and later on my legs suffered a similar fate. I got a bottle of <sports drink name removed> from Colm 'Gooch' Cooper at about 22 miles and I went downhill from there. Not the fault of the drink, may I add. Or 'Gooch'!

After 23 miles, wheels are off the wagon and it's tough going from here on, and of course Harry Gorman (not bad!) is at the finish line.

The Ugly

It starts to lash rain and trying to get tracksuit bottoms on in the wet and eating a packet of crisps I found in the goody bag at the same time isn't easy.

The Rest

11th of 38 0/70, but vital minutes lost in the last few miles. Checking results later I must have passed an old rival, Billy Harpur from Wexford and DCM stalwart, somewhere along the way without recognising him.

A suggestion for the organisers: let the old fellas finish out at Roebuck Road rather than make them run the last few miles.

Like the Late Late Show, everyone in the audience gets one: the finisher's medal.



The Mirinda Project (Ironman Canada Race Report)

Deirdre Hassett



<https://aquicktenmiles.wordpress.com/2015/08/11/the-mirinda-project-ironman-canada-race-report/>



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Jane-ann Meehan

CHARTERED PHYSIOTHERAPIST & ATHLETICS SPECIALIST

Bsc Hons Physio, Msc Sports Medicine, Dip acupuncture.

ph: **091-874922.** fax: **091-874923.**

e: **athenryphysio12@gmail.com** w: **www.athenryphysio.com**

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Athenry AC Juvenile - A year in Review

Iain Shaw

I am going to start off with an apology. In writing this, I am bound to miss someone out, and that is not intentional. There have been so many great performances this year by our juvenile athletes, both in competition and on the training pitch that it is impossible to capture every single great moment. I would love to give each and every one of our juvenile athletes a mention, and detail how they have all grown and progressed during the year, but the editor just won't give me the space I need.

The juvenile section of the club has been in existence for over 20 years, and it is only in recent years (2002) that a senior section was added to the club to make it what it is today. Probably like a lot of the coaches and helpers in the juvenile club, I became involved when my own children were old enough to join the club. For a small parish club, we certainly have punched well above our weight. Juveniles from the club have gone on to have great success over the years and have competed at Olympics, World and European Championships, and across the full spectrum of athletics from Track and Field to Cross Country to Road Racing. This club pedigree was very much on my mind, and there was a big set of boots to fill as I took up the role of chairman of the juvenile section in 2015.

The athletics calendar now really gets underway each year in the fantastic surroundings of the Athlone International Arena in AIT. This world-class facility always brings a smile to my face as I enter it, and it seems to bring out the best in all athletes who compete there. The club certainly seems to thrive at the AIT arena and Athenry AC bought home 32 medals, including 9 gold, 16 silver and 7 bronze. The club performed particularly well in the technical events, especially those where we can draw on the experience of our head coach Dermot McNamara (but more on Dermot later). As the indoor season marches on, the mind is always drawn to the Connacht indoor championships, these are important as they serve as the qualifiers for the national indoor championships. Each and every athlete who went to the Connachts gave a fantastic performance

and we bought home 18 medals, from 12 different athletes. It could have been more, particularly with our under 12 boys relay team missing out by just 0.04s (this is approx. 20cm on the track). The results enabled us to send 12 athletes to the national finals across all the age groups. At the national finals, we again performed very well, with Brandon Lee taking home a bronze in the 60m hurdles. Calum Healy was agonizingly close to a medal in the U12 high jump, only missing out on count back. The number of PBs achieved in the championships was a testament to the athletes and the hard work that was put in in the early part of the season.

With the indoor season coming to a close, and the warmer weather and longer days teasing us, the focus of the club switched to the outdoor season. The county outdoors are great in allowing even our younger athletes to get in some competition with the U9/U10/U11 team competitions, where competitors are paired, and a combined time/distance achieved. These young athletes, some competing for the first time, held up well in the face of stiff competition and there were medals-a-plenty at the end of the day, and lots of qualification for the Connacht championships. The older age groups, as usual at this time of year, were depleted in numbers due to communions and confirmations but there was still a good set of results coming back down the road to Athenry from Dangan.

Perhaps a performance of the day, well for laughs and entertainment anyway, was Brandon Lee who won in both U15 long jump and high jump. Brandon's high jump 'technique' was particularly 'impressive'. If we could convince Brandon to train more often who knows where he could get to.

June brought what has to be one of the funniest events for a long time in juvenile athletics – the Connacht championships. Severe weather had been forecast, and we were not disappointed. On top of a hill, in a very exposed Claremorris, the wind and rain were brutal. At one point I registered a +10.3m/s wind speed in a 60m sprint event. That is not a typo, it really did exceed 10m/s. You could jump in the air and get carried along the track, and the going was very tough for anyone that had to run into that wind. Out in the field, there was probably the only ever recorded instance of a NEGATIVE javelin distance in the turbo javelin. The competitors were throwing into the wind, and one particularly strong gust blew the 300g javelin back behind the competitor after it had been thrown. Again, there were lots of competitors qualifying for the national championships in Tullamore, ensuring that Athenry AC would be well represented at the pinnacle of juvenile athletics. Of particular note on this day was a breakthrough performance by Calum Healy, winning the U12 60m in fantastic style, coming back strong against two excellent Ballinasloe and

U17 Girls Relay





U12 Boys Relay

District athletes to win gold in a PB and a time that was one of the fastest outdoor 60m times recorded for many years. Unfortunately due to the non-legal wind this will not make it into the record books. For the older ages there were 13 athletes competing, and they achieved 18 medals and progression to the national championships. Sarah Gilhoolley took home three medals, in the 250m hurdles, 800m and long jump, and Brandon Lee once again took gold in hurdles and long jump and silver in the sprint. We were however deprived of a repeat performance of his Galway-style win in the high jump.

At the national juvenile championships, held in Tullamore in June, there were podium finishes for Calum Healy in the long jump (silver), Brandon Lee in the hurdles (gold), and Shannen Lee in the steeplechase (bronze). There were many PBs achieved over the championships, and each and every athlete should be proud of their performances.

This year, we only gave the athletes a short break over the summer, as we were keen to prepare them for the schools indoor combined events and the impending cross country season. At the Connacht indoor combined events there were a few new faces to the joys of indoor multi-eventing. Aoibhe Deeley, Saoirse Healey and Sarah Gilhoolley were competing in the minor girls, Ryan McNelis, Brandon Lee and Cian Naughton competing in the junior boys, Patryk Woleniuk in the Intermediate Boys, and out oldest juvenile, Evan Quirke in the seniors. There were medals for Brandon, Ryan and Evan and they each earned the right to go ahead to the national finals. Brandon and Ryan competed, but Evan has other things to contend with this year, with leaving cert and college viewings having to take priority.

Unfortunately for Brandon and Ryan, the competition was very hot this year, and neither took home any medals.

With the nights drawing in, we left our summer base of the Tech pitch and took up residence in our winter venue of the Raheen pitch. This is where all the hard work is done for the cross country season and it was incredibly encouraging that so many children have started to come training on our Monday and Wednesday sessions. At one session in October we must have had nearly 100 children cross country training – I can tell you it was an amazing site to see. The Galway championships this year were held in Tuam (even ages) and Craughwell (odd ages). In the even ages there were some great individual medals. In the u12 boys Rory Fitzpatrick took gold and Darragh McNelis silver, Chloe Quirke ran a superb race taking bronze and was a year out of age. U16 girls Sarah Gilhoolley (gold) and Katie Brogan was also in the top 3. Unfortunately, Katie, by mistake was instructed to run another 1000m and unfortunately a stitch got the better of her and she had to pull out. Both girls were out of age. Fabian Mangan finished 3rd u16 and Brandon Lee 5th. Shannen Lee 3rd. There were also some great team medals among the younger ages, including gold for the U10 boys, bronze for the U12 girls, gold for U12 boys, and bronze for U14 girls. In the odd ages there was a bronze for the U11 girls, including our very own Duracell bunnies, Kayla Madden and Leonore Church who both had great success in schools cross country this year also. The U13 girls ran brilliantly as a team, finishing 3rd, 4th and 5th and taking team silver. In the U15 girls, Sarah Gilhoolley continued a brilliant athletics season with a win and led the team home to gold. Brandon Lee and Aisling Kenny both took bronzes in their respective age groups.

The Connacht cross country events provided some great challenges. In Longford, at the even ages, the course was hilly and tough, whereas the course in Lough Key forest park the following week for the odd ages was reduced to a swamp in places, and spectators risked trench foot. Competitors were running for both club and county here, and places were up for grabs at the national events. Sarah Gilhoolley took her county form forward to win the U16 girls race and lead the Galway team to victory, aided by Athenry AC team mates Aisling Kenny and Aine O'Farrell. In the swamps of North Roscommon, Sarah Gilhoolley once again led the county team home, taking an individual 5th place, and team silver. However, the club performance of the day, and one of the highlights of the year, was our ability to field an U17 girls team, who took silver as a club, and county gold. This is the first time for many, many years that the club has fielded an U17 team, and so Shannen Lee, Aisling Kenny, Aine O'Farrell and Aisling Keane, take a bow, you deserve it. This also meant that we were able to field an U17 team at the national cross country championships. In the nationals, conditions and running was extremely tough and although there were no medals everyone who travelled across the country for the two days of competition should feel very proud of themselves representing club, county and province.

So, the sun sets on another year of juvenile competition, but that is only half the story. There are still athletes who are coming to training week in and week out, who have not competed, but each and everyone have progressed throughout the year, and you should go into 2016 feeling very happy with yourselves. As a coach it is fantastic to see a newcomer increase their fitness, and able to complete sessions with a smile on their faces. It is also good to see the number of athletes interested in the more technical disciplines such as long jump, high jump, hurdles and throws.

Over the past few years we have struggled to keep the older age juveniles, but in 2015 this trend got reversed, and it is good to see that a hardcore group of both boys and girls are coming training and pushing each other to train hard. I hope that we can continue this trend, and next year perhaps we can field an U17 boys team as well as an U17 girls team.

It would be remiss of me to finish without giving a mention and a huge 'thank you' to our core team of coaches and volunteers. Without them there would be no club, and Athenry would be all the more poorer. We train 3-4 nights a week

on average, and near competition time that can be 5 or 6 nights, and the coaches give up most of their evenings to train the athletes. So to Dermot, Sinead, Yvonne, Peter, Mary, Mary Kate, Lorna, Bob and all the other volunteers who help with the indoor coaching (sorry if I have forgotten anyone) – a huge and heart felt thank you – you are amazing.

I am going to end though with highlighting two of our coaching staff who I think are deserving of very high praise. Sinead Healey, the club secretary, registrar, team manager, and all round fantastic organiser really does devote her

life to Athenry AC, and keeps us all in check. Sinead sends out the texts, updates the Facebook page and does all the competition entries. Thank you Sinead, from the bottom of all our hearts for the service you give to the club. Finally, you cannot mention Athenry AC juvenile without having Dermot McNamara in the same breath. Dermot is the heart of the club, and his enthusiasm for athletics and coaching keeps the club alive. To watch Dermot coach is a pleasure, and to watch his charges progress through the years is a fantastic sight. Although Dermot is into his 70s

now, he is still to be seen dragging out the high jump mats, carrying bundles of hurdles and still has plenty of energy to dig and rake the long jump pit. It is a privilege to share the training ground with the man, and long may he continue to impart his wisdom on all that pass through the juvenile section of Athenry AC.

Well done everyone, I am proud of each and everyone of you for what you have achieved this year. Have a great Christmas and see you back training in the new year.

The Galway Clinic would like to take this opportunity to wish all our staff, patients and their families a happy Christmas and good health for 2016.

Accident & Emergency Department Christmas & New Year Opening Hours 2015/2016

Mon Dec 21st	10am -6pm
Tue Dec 22nd	10am -6pm
Wed Dec 23rd	10am -6pm
Thur Dec 24th	10am -4pm
Fri Dec 25th	Closed
Sat Dec 26th	Closed
Sun Dec 27th	10am -5pm
Mon Dec 28th	10am -5pm
Tue Dec 29th	10am -6pm
Wed Dec 30th	10am -6pm
Thur Dec 31st	10am - 5pm
Fri Jan 1st	10am-5pm
Sat Jan 2nd	10am - 5pm
Sun Jan 3rd	10am - 5pm



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In The Morning Early

Tom Mac Lochlainn

Peter Donohue 1882—1972 was a noted runner at the beginning of the twentieth century. He was born and reared in the townland of Gortlemon, two miles northeast of the village of New Inn. At a time when, of necessity, everyone was a runner, it took a special talent to emerge from the pack. Speaking in his seventies Peter recalled “We hadn’t a clue how to train. Now with all these modern gadgets it’s no wonder that they are breaking records”. No skins or Asics in Peter’s day.

“The morning air” he claimed “was the whole secret to success. The earlier you got it the better. I would advise all youngsters to take an interest in athletics. Get out in the morning early and run a few miles. You’ll live a lot healthier and longer.”

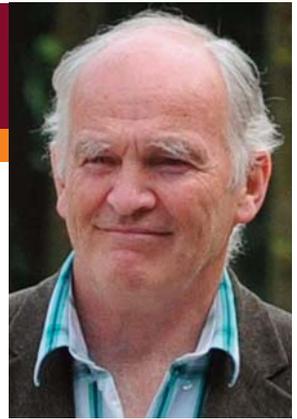
Peter won his first race at the age of fifteen and his last, one for 0.70s at New Inn sports when he was 80 years of age. 3.30 a.m. was Peter’s optimum time for a spot of training. His daughter Lizzie remembers her father explain that he used to slip in and out the back window for his run and then emerge for breakfast as if after a full night’s sleep. His father Patrick, being a hard task master, another reason for the morning session was that he was expected to put in a full day on the farm.

The training paid off and the young New Inn man was soon winning races at all the sports meetings that he could get to on his bicycle. He ran all distances between 100 yards and 10 miles. He joined the Ballinasloe Harriers where he trained under the legendary Black Jack Donnellan. The Harriers had their greatest success in 1905 when with Peter in the team and with Black Jack as non-running captain they won the All Ireland Junior Cross Country title at Clonskeagh in Dublin. Lizzie still has the medal that he won that day in her collection as well as four Connacht gold medals which he won in ‘07 and ‘08 when he was crowned Connacht champion in the 100 yards and the 200 hundred yards in successive years.

Peter never got the opportunity to run internationally but he did rub shoulders with the world’s elite on two occasions. Over five miles he was beaten by a matter of inches by the renowned Alfred Shrubb of Sussex. Shrubb was one of Britain’s best ever middle and long distance runners who in his day set 28 world records. Only a handful could stay with Shrubb.

Peter claimed that the day he enjoyed most of all in his career was on May 24th 1906 when he caused a sensation by beating John Joe Daly in the invitation mile at Ballinasloe. That was the day that he etched his name in the history books. Daly was a richly decorated athlete who had represented Ireland, England and America during his career. A silver medallist at the ‘04 Olympics Steeplechase, he was also American champion at 5 and 10 miles and Canadian champion at 3miles. He also won 3 silver medals in International Cross Country for Ireland so that the occasion on which Peter beat him became the memory of a lifetime. As far as the New Inn folk were concerned he was a world champion. So impressed was the chastened Daly that he offered to bring Peter to America where he assured him of success and stardom but to no avail. Peter was in love and stayed in Gortlemon.

Apart from his running Peter was an accomplished horseman and exhibitor, a family tradition carried on by his grandniece Fiona. His finest win in the show ring was in the Hunter Class in Athenry in 1904 when he brought home the Silver Medal with Tapioca. This beautiful medal is part of Lizzie’s collection. The win was notable as Tapioca beat the best horses that the local gentry could produce, including the entry of Peter’s neighbour Lord Ashtown of Woodlawn. Numerous other prizes came Peter’s way over many years of exhibiting vegetables at Athenry and Ballinasloe Agricultural Shows. He showed his first potatoes in Ballinasloe in 1896 and showed consecutively for the next 74 years. An incredible record.



Peter’s grandsons, Pádraig and Peter Kelly, were well known members of the decorated Sarsfields team of the 90s and Pádraig played for several years for Galway including a Man of the Match display in the ‘93 All Ireland. The evergreen Peter even added a County Championship Junior Football medal to his collection in 2014. Their cousin, Gráinne Costello, embodies the Donohue running genes better than any of the clan having completed the marathon a remarkable 27 times. Unlike her granduncle she doesn’t go for the morning air. She does her training in broad daylight and she has all the gear.

Peter was a character and raconteur. A good man to tell a yarn and deliver a recitation, his favourite being ‘Paudge O Donohue’. There are many stories about him but my own favourite is of the day that the Rás Tailteann came through New Inn. Over a hundred adults had gathered in the village at the scheduled time. Even more youngsters sat on school walls anticipating the peloton. All roads were closed and cleared. The guard was on duty. As everyone looked in the Kilconnell direction waiting for the leaders, Peter cycled serenely into view. The assembled throng roared him on and applauded spontaneously. Being a champion he took it in his stride. The guard looked on bemused. And when someone shouted “Any sign of them, Peter?”, he replied without batting an eyelid “They’ll be here any minute; I passed them in Kilconnell”.

Peter cycled daily to within three weeks of the day he died in his ninetieth year. Maybe there was something in that early morning air.



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Some Random Thoughts on the Hollymount Road Races

A Slow Galway Runner



It isn't that many road races that get to decide when it has run its last lap, as Hollymount are this afternoon (Sunday, 15 November 2015). It isn't too many road races that run for 50 years without fail: hail, rain, wind, sun, or snow – sometimes all on the same race day too; very few races, really, and no others that I know of in Connacht, or around the other three provinces of this island.

It is the end of an era this afternoon in and around Hollymount, but especially for the Reillys and the other long-time organisers of the Hollymount Road Races. Many generations of runners have run this venerable 'old man' of a race. In fact a few of those who ran during the first few years will hopefully trot around today likewise. Maybe a bit slower, but still upright and with the same desire and thirst for the battle that they showed all those years ago. I just hope that I beat a few of them to the finish, though some are old enough to be my parent.

There was a booklet done 25 years ago and the feat is repeated this afternoon. Much kudos to the organisers for doing this. There is something about a book that is much more permanent than any number of web sites or Facebook pages. I have five of the first publication and will attempt to get as many of the latest one too. What other small race in Ireland can boast two booklets of its exploits? None!

I have raced Hollymount many times in the last 15 years but, unfortunately, not at all over the last handful for various reasons. When I first started running back in the early twenty noughties, there were very few races on the local racing calendar, very few indeed. Nowadays, there are races every single weekend in Galway, let alone further afield. How times have changed! Hollymount has stayed the same during all this time though.

Going to Hollymount is still exotic, but was especially so in those pre-SATNAV/"Smart Phone" years. I am pretty sure I got lost coming out of Claremorris the first year I came here. I'm still not sure how as it's a straight run once you find the right road out of the neighbouring town.

My predominant memory of the first year was my battle to get a result from the race for a few days afterwards. I eventually got a FAX (remember them!) of the result as it was the era before XLS, JPG, PDF or even DOC results, let alone every small race clamouring to have electronic timing and on-line entries to make their event more desirable. Hollymount always did things their way. The race never followed the pack; sure they were there before there was a pack to start with.

Hollymount is a race I love and loathe in almost equal measure. It's a bad time of year for me training-wise as it is post Dublin City Marathon and I was severely 'hung over' a few years racing it. The weather can be very variable too, usually cold and dour (see above). The hill up the village has to be

broached four times over the 10KM distance, F-O-U-R times. The third time always hurts the most! There are usually very select fields competing, with little place for a slow coach like myself to hide in/behind, unlike other more popular mass participation events where I will not be similarly exposed. I have never been lapped in Hollymount, but I got mighty close at least one year. It may happen today if I'm not careful.

For every negative, there is a positive. It was always a very welcoming race and venue and I even got a prize here one year, for being a member of my club that placed 8th or 9th in the team event. I ran sub-41 that year, which will rank as one of my finest days on the roads ever. I just wish I had done more in the lead-up to that race but that is a story for another day.

Anyway, I wish the race the very best in its retirement and will do my utmost to line up at the bottom of the town one last time, having said my prayers beforehand that I reach the finish without resorting to walking, or being lapped. Thank you for the memories and for pointing the way to many other races over the many years of your existence. You will be missed but today's booklet, along with its predecessor, will always mean that this race will be close to the hearts of those who know Hollymount for more than just its Gaelic Football teams or Hollymount Estate nearby.

Ready, steady, go!



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A woman with her hair in a ponytail, wearing a white tank top, black leggings, and a watch, is running on a paved path through a lush, green forest. The scene is captured from behind her, showing her right arm and leg in motion. The background is a dense forest with trees in various shades of green and yellow, suggesting an autumn setting. The lighting is bright and warm, creating a soft glow around the trees.

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