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FIELDS OF ATHENRY 10KM 09

St. Stephen's Day 2009 RACE PROGRAMME



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County Galway **5km Series** - 2009

Athenry 28th April * Tuam 5th May * Craughwell 12th May * Claregalway 19th May
* Loughrea 26th May * Galway 2nd June

*Believe in yourself, know yourself,
deny yourself and be humble*



Athenry AC 5k - Race 1



Tuam AC 5k - Race 2



Craughwell AC 5k - Race 3



Clare River Harriers 5k - Race 4



Loughrea AC 5k - Race 5



Galway City Harriers 5k - Race 6

SOLD OUT!

Chairman and Race Director's words

The words any prospective runner hates to see. You train away, putting in the miles. Maybe it's your first time taking on the 10km distance or maybe you'd run it in your sleep. Perhaps the Fields of Athenry 10km is part of your regular Christmas routine or perhaps you finally decided to get up in time to take it on.



Anyway, it's a few weeks before the race, so you decide to have a quick look on www.athenryac.com to see if there's any news, or just show up on the day.

SOLD OUT!

What the hell is going on here? How can it possibly be sold out? You write an enraged email demanding answers. You call the race director and explain that your circumstances are different and require special consideration. You call Joe Duffy. All to no avail – you've missed out.

Such was the fate of possibly hundreds of potential runners this year.

But not you!

You know that this is a good race.

You've been coming for years, or your friends and clubmates have told you it was something special. You kept a close eye on the website or to the email you got and as soon as entries were available, you entered straight away (or maybe you left it a bit tight!).

We hope that you'll go away this year with an even better impression of the race.

We've been working harder than ever to improve our race. We've switched to chip timing and allocated even more stewards to parking and on-course safety. We took a big decision to limit entries so that we could grow at a manageable rate, and iron out the little problems we had last year. The club is full of road runners who see very good things and very bad things at races up and down the county all year, and we bring that experience to the table for our own race.

We hope you have a great day, and if not, let us know, and we'll do what we can to improve for 2010.

Alan Burke - Chairman Athenry AC (Senior).

Paul Hession's 2009



I would like to take this opportunity to wish everyone involved in the Fields of Athenry 10km this year the very best of luck. This race is a credit to the vibrant club that we now have in Athenry. The fact that the race has grown from strength to strength and actually has to have its numbers limited reflects the work that everyone in the organising committee put in each year. Every year it has been consistently bigger and better. I will be an interested spectator again this Christmas!

2009 was another solid year for me. I came so close, yet again, to making a world final, but am building up a lot of experience along the way. Berlin was frustrating in so many ways, but I guess it is a reflection as to how far I have come that I am disappointed to be 'only' 10th in the World!

Next year could potentially be massive for me, if I get it right. I have the European Championships in Barcelona at the end of July. I am hoping that, because it is during Race Week, a good few people will be able to make the trip out to shout me on. If you do then, I look forward to seeing you all there! It is hard to put an exact target on the Championships but, if all goes well, I should be in the running for a medal. When I came home from Beijing last year, I said that I would bring home a medal from Barcelona so I will be doing my utmost!

Of course, London 2012 is on the horizon as well. It is now a year closer and we won't feel it before the hype begins again. Hopefully there will be even more athletes from the West of Ireland, joining the likes of Olive and myself there. Her medal-winning achievement in Berlin is an inspiration to us all!

Good luck to all today.

**Seasons Greetings &
Happy Running from:
Revitalise
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**Offering a range of classes
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2009 Galway May 5KM Road Race Series

A Short Report

James London

The Galway 5KM road race series moved gracefully through its fourth year of existence with further records being broken all along the way. The race locations were the same as 2008. On-line entry via www.runireland.com proved very popular with the series selling out its allocation of places in less than one day (22 hours), leaving very many people bitterly disappointed. As with such limited-entry events, the only fair way of allocating places is on a first-come first-served basis, with very few exceptions. The entry fee was increased very marginally, to €25. Where else in the world will you get such top-class entertainment (punishment?) for so little?

The weather gods smiled on all six races again. We retain our 100% no-rain record over the four year and 21 race lifetime of the series.

Things started brightly, in Athenry, with a slightly longer course than other years greeting the 373 who lined up at the start. The race director for the evening was yours truly. A real 'learning experience' for me.

Tuam was the same as last year with the hill up to 2KM as daunting and undulating as ever, as was that long stretch in Gardenfield after 3KM. (It was the closest I got to a sub-20 in 2009.) The threat of rain scared many away that evening – their loss! – as did the prospect of two English Soccer teams doing battle in some minor european club competition.

They packed the rafters in Craughwell as the locals allowed some entries on the night. A record 475 crossed the finish line for what will probably be known as the 'Elvis' leg from now on: there is a make-shift shrine to the great man just before 4KM on the course. Beautiful organisation made that evening even brighter than it was already.

Clare River Harriers changed the course for their leg of the series, starting outside the new business park on the Oranmore Road, while finishing about 100 metres in on the access road to the park itself. It did not prevent Rock Road being traversed though, a heartbreaker in more ways

than one for some! Gerry Ryan recorded a series best of 15:19 there.

Loughrea served up their usual compliment of road race treats. Again over 400 lasted the pace, many of whom guaranteeing their bright Red ronhill technical tops in the process!

The Dangan course was changed due to building work down in the lower part of the circuit but it did not affect the GCH leg in any way, finishing instead behind the sports centre itself. The start was the same and it allowed the field of 332 to find their legs before narrowing to go up by the Corrib for the first time. Gerry won his fifth series race in a row. In a small change with previous years, the hangers-on adjourned to the Westwood for some refreshments and the spot-prize giving.

Over €6865 was raised this year and Mick Rice (as series co-ordinator) did the honours in handing over the cheque to the local AAI County Board for use in the promotion and support of juvenile & adult athletics within Galway. There were also nearly three hundred bright red tops handed out that last evening, of which 145 owners ran all 6 races: tops were given to those who ran five or six races. It's an item that will be hard to miss for many years to come on the local road racing circuit. Athenry's own Johnny O'Connor worked his design magic on the top again.

The 5KM series retains three stalwarts: Gary Doherty (Athenry), Jim Maher (HP Running) and Tony O'Callaghan (Craughwell).

Race	Finishers	#Race Ran	Count
Athenry	373	Six	145
Tuam	327	Five	151
Craughwell	476	Four	65
CRH	404	Three	39
Loughrea	403	Two	23
GCH	332	One	35



Going the Distance in Denmark **Martin Keane**

They say there are three stages in a person's life: youth, middle age and 'you're looking well'. I think Athenry AC is well covered in that age span with the result that when Peadar Nugent and I meet rather than say 'Good Morning' or 'Good Day' we greet each other by saying 'You're looking well'. Sorry, Dermot, if I left you out there!

The European Veterans Road Race is held every two years. In 2007 I competed when they were held in Germany and this year's event was in Arhus, Denmark. As most know, veteran athletes are the same as other sports people, playing the second half of their game, but in my case it's extra time. My wife Mary, although she rarely attends local races (Ballycotton or Ballybofey?), like a good government minister, mention the words Foreign Junket and she's available at the drop of a hat. Others from Galway who travelled were TJ Beatty (Loughrea), Martin McEvilly (GCH), Mary Cronin from Woodford now living in Limerick, as well as over 20 others from around the country. In preparation for this event, in the 10 previous weeks I ran 400 miles in all sorts of weather.

On Wednesday morning we all assembled at Dublin Airport to get flights to Billund. Although this left us with about 60 miles still to go to Arhus, this was the cheapest way, thanks to Michael O'Leary. For this we got a bus to Vegle and then a train to Arhus. At Vegle train station the language barrier prevented me from booking reserved seats, resulting in us travelling in 'steerage' for the journey. Martin McEvilly got acquainted with our two nearest passengers, a lady and her collie dog. A lot of hugs and whispering took place with one of them but again the language barrier prevented any conversation with the lady owner. We took a taxi to our hotel, which was about 6 miles outside the city. As we had not eaten since early morning we made a hasty visit to the dining room. I had to get assistance from the waiter as his menu was written in Danish, to order a soup and a steak. When the waiter came with the soup, which was ice cold, with his other hand he threw a shot of Vodka into it – not recommended for runners I'd say. When he came with the steak it was completely covered with strawberries - a rather odd combination I thought. As I have spent my whole life selling 'straws', as we called them to hotels and restaurants, I can never recall a chef asking for a few to 'thatch' his steaks. Maybe a collision occurred with another waiter and some other diner had to settle for a half portion of dessert? After my meal, in a quiet TV room I watched the

Champions League Final between Manchester United and Barcelona, to be joined by the hotel chef with thoughts of _Fawlty Towers_ ringing in my head. This was our first and last time to eat at the hotel. We were just on the Bed & Breakfast rate there and it was OK, otherwise set in the middle of a farming area.

We spent the early part of Thursday 'Arhusing Around' and in the evening we went out to the 10K course to collect numbers etc. This was in a big park which housed the local soccer stadium and various sporting facilities, both indoor and outdoor. As we were going in there we met some local teenagers having an end-of-school-term 'Craig Day' dressed in the most outrageous attire you could imagine - if veteran athletes have their fling so must the youth, I suppose.

All competitors are given accreditation which entitles them to free transport on local buses so we got a bus to get back to our hotel. This is a 20 minute journey but more than an hour later were still on the bus knowing things weren't going to plan as all the other passengers had got off. When the bus stopped at the terminal, the driver, his colleague and an inspector came to us at the back to more or less say 'Where the XXXX are ye going?' We explained we were trying to get to our hotel and thought we had the right number bus. They said yes we did get the correct bus but got it on the wrong side of the road and had finished up miles off. This was like getting the bus from Oranmore to Galway and finished up in Oughterard. I noticed right away that Danish Tourism PR was coming into play and in less than 15 minutes, a company car was provided and they broke their own rules by allowing four to sit in the back seat and even took a longer journey back to show us the more scenic route. Not alone would they not accept payment, they wouldn't even take the price of a drink, their only request being to drop an email to their company HQ if we thought we were well treated. Later I was to hear that their company were part sponsors of the weekend's athletic events.

Friday was 10K day, in very hot conditions. The race was extremely well organised. The 10K course was four 2.5K laps. Each lap you completed, your number and time came up on a big screen as a result of your timing chip. If Alan Burke or Mick Rice reads this, they would probably say we can use that on 26 December and hang the big screen on The Arch under the Christmas tree. I finished after a so-so run in 51:25.



Martin Keane, Martin McEvilly and TJ Beatty

On Saturday, Mary and I went to a heritage site which was about the way people lived hundreds of years ago and I believe it to be in the top attractions of its type in the world. TJ and Martin competed in the Cross-Country Team event and won bronze medals and although the craic was mighty along the canal bank bars we had to behave as Sunday was half marathon day. This also meant we had to abstain from going to The Eagles who were playing a concert in a stadium nearby.

As I have not broken two hours for a half marathon for a good few years, this was the target I set for myself. As the day progressed, it got warmer with temperatures varying from the mid- to high-twenties. It would make it a struggle to finish in one piece. The course was in a very scenic area which circled around a lake called Brabrand. I ran nice and steady to reach 16K in 1:30 and thought to myself that I should get my target today but then two tough hills with the baking heat knocked the stuffing out of me. The steps got shorter and slower as the pain kicked in and to use golf terminology, I had a few bogeys from here to the finish. Turning in to the finish with about 150 yards to go, I looked at my watch and between the drops of sweat I could see 1:59something. From there, I legged it as best I could to the gantry and pressed my watch only to see a big dirty 2, three 0s and a 6: two hours and six seconds.

As everyone knows I don't run very fast and may be more suited to the shallow end of the pool but at these events the standard is very high. Anyhow there's no point making excuses as it was the same conditions for everyone. With all the running over, Mick Fennell organised a get-together down at the canal and here in an Argentine restaurant, I got a lovely steak (sans strawberries) and washed it down with a few beers (better than cold soup, even if laced with

Vodka). I must say that the area along the canal banks was lined with all kinds of restaurants with most people eating outdoor and as the late evening got cooler, outside heaters were turned on and an offer of shawls for the ladies who might need them.

Monday was going-home day and this time we got a direct bus to the airport which travelled along the E45 motorway. This motorway is almost 5000 kilometres long, starts in Sicily and ends in Northern Sweden, not to be confused with the E45 skin cream which thick-skinned male vet runners wouldn't know much about.

As Billund is the home of "LEGO", we spent a few hours at LEGOLand theme park where everything is built of LEGO, a place well worth a visit. France is the next venue for this event in two years. I don't know if I'll be 'looking well' or not by then. In the meantime I'll work on Mr Obama's advice and see how it goes.

To Mary who did a lot of general duties on the trip, could you put up with me for a few more years as much as the last 37? To TJ, thanks for all the help & assistance. To Martin McEvilly, the fastest man on two legs. To team leader, Mick Fennell, and all the gang, marvellous people to be with.

Thanks for the memories!

P.S. Conversation overheard during that weekend between Martin McEvilly and an unnamed English competitor:

English competitor - did you hear any result from the Lions tour in South Africa?

Martin - No, haven't a clue. Did you hear anything how Galway got on against Laois in Portlaoise?

James Lundon

Sunday, 11 January - Tuam 8KM
 Sunday, 15 February - Maree 8KM
 Sunday, 22 February - Craughwell Fit4Life 5KM Trial
 Saturday, 28 February - Kilconieron 5M
 Sunday, 22 March - Connemara Marathon Half/Full/Ultra
 Saturday, 28 March - Celtic Plate 100KM, Salthill
 Sunday, 5 April - Ballinasloe 10KM
 Tuesday 28 April; 5, 12, 19, 26 May; 2 June -
 Galway 5KM Series of 6 races
 Sunday, 10 May - Kilcomran 8KM
 Saturday, 16 May - Inishbofin Half
 Sunday, 24 May - Roundstone 5M
 Friday 19/26 June, 10/24 July - Craughwell 5KM Series
 Sunday, 21 June - Annaghdown 10KM
 Sunday, 28 June - West of Ireland mini-marathon (10KM)
 Saturday, 4 July - Independence Day 5KM, Salthill
 Saturday, 11 July - Headford 8KM
 Saturday, 18 July - Mick Molloy 10KM, Oughterard
 Wednesday, 22 July - Boston Scientific 5KM, Maree
 Saturday, 8 August - Streets of Galway 8KM
 Saturday, 15 August - Connemara 100M

Saturday, 15 August - Claregalway 10KM
Friday, 4 September - Renmore 5KM
Sunday, 13 September - Clifden 10KM
Sunday, 20 September - Castledaly 10KM
Sunday, 27 September - Loughrea 5M
Saturday, 3 October - Galway Bay 10KM/Half/Full
Sunday, 15 November - Clarenbridge 10KM
Saturday, 26 December - Fields of Athenry 10KM

Another very busy year on the roads of Galway with many new races added to the calendar. There are now races every month of the year, all the way from 5K to 100 miles! Long may it continue.

To qualify, the event has to be an open-to-all-entries road race that produces a result/list of finishers.

www.athenryac.com hosts a fantastic events calendar and will contain details of all upcoming races in Galway, Connacht and further afield.



Athenry AC at this Year's Dublin City Marathon

Peadar Nugent and Martin Keane take equal pride of place in this year's 30th running of the Dublin City Marathon. Peadar completed his 30th Dublin, in the company of club-mate, Maire Treasa Beatty – he is one of 29 remaining ever-presents (see Peadar's article).

Peadar was also the subject of a nice feature in a recent Connacht Tribune.

Martin Keane ran in the second-ever Dublin but missed a few in-between over the intervening years. It didn't stop

him coming home in 3rd place in the V7 category of this year's National Marathon Championship (incorporated into Dublin) in a little over 4:30. A super achievement and a first national medal for a stalwart of the Fields race itself.

Our women's senior team were 4th while notable achievements amongst the others from Athenry AC included Owen Curran's three hour run (plus seven seconds but who's counting) and Peter Strange's first sub-four after 11 attempts.



Name	Actual Time	Chip Time
Brian Bruton	2:45:50	2:45:41
Owen Adye-Curran	3:00:37	3:00:07
Michael Rooney	3:08:06	3:07:34
Tony Killarney	3:12:38	3:12:08
John Donnellan	3:15:15	3:14:44
Eimear Butler	3:19:15	3:18:55
Lyall Guiney	3:19:41	3:19:24
Adrian Fitzmaurice	3:19:50	3:19:31
Frank Burke	3:20:43	3:20:12
Deirdre Hassett	3:23:10	3:22:51
Grainne Ní Uallacháin	3:25:17	3:25:36
Miriam Wall	3:35:06	3:34:48
Patrick Forde	3:36:17	3:35:49
Breege McGath	3:49:50	3:45:41
Ray O'Connor	3:46:57	3:46:57

Name	Actual Time	Chip Time
Maeve Noone	3:52:48	3:51:46
Denise Donlon	3:53:09	3:52:08
Barry O'Sullivan	3:54:28	3:52:56
Tony Daley	3:57:11	3:55:47
Peter Strange	3:59:01	3:57:06
Martina Fahy	3:58:47	3:57:46
James London	3:59:40	3:58:09
Peter Lowney	4:13:49	4:11:22
Philip Magnier	4:20:02	4:19:02
Edward Egan	4:21:51	4:20:11
Martin Keane	4:30:43	4:29:13
Bridget-Ann Walsh	4:35:05	4:31:28
Maire Treasa Beatty	5:19:50	5:19:46
Peadar Nugent	5:19:49	5:19:46

Athenry AC (Juvenile) 2009 Overview

Sean Kindregan

Athenry AC has a very active juvenile section. There are two parts: "6 to 9 year old Fun and Athletics" and "Juveniles from 9 to 18 years of age".

We have run the 6 to 9 year old group for three years. It has gone from strength to strength. We have 14 adults who organise the sessions, 11 of whom recently completed two AAI Leader courses. Seventy children regularly take part in the sessions, which are held in two local school gyms.

It is very popular with the children and their parents, many of whom would never have been involved in athletics before. This programme shows children and their parents that there is something for all in athletics. For further information please contact Sinead @ (087) 6330527.

The second part of the juvenile club is involved in preparing and training children from 9 to 18 years to compete at county, provincial and national level in various athletic events. We have over 80 members in this age group at present.

Athenry AC athletes took part in all disciplines this year: Cross Country, Indoor T&F, Outdoor T&F and combined events. Our athletes have won national medals in all these disciplines over the 12 months..

I want to thank Paul McNamara and the AAI who provided the Leader courses and Mick Curley and the County Galway Local Sports and Partnership body who provided some funding for the courses.

We train at various venues around the town. New members of all ages are always welcome. For more information on the juvenile club, contact Sean @ (087) 6486048



**At the 2008 All-Ireland Cross Country Championships,
Dermot McNamara with medal winners Jack Fitzpatrick and Rachel O'Brien.**

Jarlath Fitzgerald - 100 (and counting) Marathon Man

James London

The 100:

Ireland [18]: Dublin * 6, Belfast, Longford * 3, Connemara * 3, Burren, Cork * 2, Newry, Dingle.

United Kingdom [25]: London, Sutton, Blackpool, Dartmoor, Luton, Old Bury, Robin Hood, Kent * 2, Compton, Cornwall, New Forest, Shakespeare, Stevenage, Windermere, Wolverhampton, Leicester, Hasting, Hallstead, Two Bridges, Cardiff, Speyside Way, Fife, Edinburgh, Lock Ness.

Europe [27]: Berlin, Rotterdam, Venice, Prague, Stockholm, Lausanne, Paris, Budapest, Barcelona, Athens, Coast (Belgium), Copenhagen, Lisbon, Trieste, Reykjavik, Malta, Vienna, Wroclaw, Belgrade, Helsinki, Kosice, Oslo, Istanbul, Roma, Ljubljana, Cyprus, Zagreb.

North America [14]: New York, Boston, Chicago, San Diego, Washington, Toronto, Houston, Los Angeles, Eugene, Miami, San Francisco, Nashville, Niagara Falls.

Rest [16]: Auckland, Beijing, Comrades & Two Oceans (South Africa), Dubai, Saroma (Japan), Beirut, Siberia, Rio de Janeiro, Lala (Mexico), Khon Kaen (Thailand), Jamaica, Manila, Tel Aviv, Mumbai, Barbados.

Jarlath Fitzgerald of Loughrea AC was recently admitted to the 100 Marathon Club in the UK by completing his century of 26.2+ miles in the rarefied climes of Barbados on 6 December 2009. He came home in a leisurely 5:03 in difficult conditions.

Jarlath started his marathon odyssey in 1990 in that year's Dublin City Marathon and has traversed the world since in search of the ultimate marathon experience, run on all 6 land continents in the process. He ran his 50th in Siberia a short four years ago. Over the last seven calendar years, he has run 11, 10, 17, 7, 10, 16 and 10 marathons.

His PB of 3:24 is from Malta in 2005, though he's had his share of speed bumps along the way, coming home after 9AM one morning in Manila, having start at 3AM that day – the race starts in the middle of the night due to very adverse-for-running local weather conditions during daylight.

He has completed 12 ultra-marathons as part of the 100, including a 100KM race in Saroma (2004) as well as the 56 mile Comrades (2002) and two Connemara Ultras of 39.3 miles. Jarlath hopes to reach 150 marathons before he turns 50 in a few years time, including races in Kuala Lumpur, Seattle, Kenya and Ethiopia. In between all those marathons, he's also racked up 50 halves.

Certainly a man in a hurry!



Fields of Athenry 10KM

Race Result History

Year	Men's Winner	Time	Woman's Winner	Time	Finishers	<40:00	<50:00	<60:00
2002	Paul McNamara	31:15	Kathryn Casserly	36:57	69	13	44	59
2003	Noel Kelly	32:46	Fionnuala Keane	38:18	171	30	92	126
2004	Paul McNamara	31:11	Lucy Brennan	36:36	253	38	130	179
2005	Gary Thornton	30:34	Lucy Brennan	37:30	351	51	168	252
2006	Gary Thornton	30:12	Lucy Brennan	37:03	470	42	211	339
2007	Gary Thornton	30:02	Orla Ni Mhuircheartaigh	38:52	617	50	253	457
2008	Gary Thornton	30:40	Catherine Conway	36:53	838	58	359	642

2009 Stalwarts

The following 10 people hold the distinction of competing in all 7 "Fields of Athenry" 10KM races to date. We wish them the best of luck on their 8th outing this year.

Name	2002	2003	2004	2005	2006	2007	2008
Bernie Kelly	45:48	49:31	52:05	44:20	46:08	47:46	45:46
Danny Carr	36:15	38:11	36:00	36:41	38:06	38:06	37:29
Darragh O'Brien	38:16	40:53	39:59	37:13	35:42	35:33	35:06
Kevin O'Dea	48:27	50:16	51:25	46:44	53:49	53:35	45:57
Martin Keane	51:20	50:02	54:48	51:17	50:44	52:27	53:42
Mary Mullins	1:05:50	1:00:37	1:06:27	1:07:22	1:11:31	1:05:23	1:07:36
Patrick Kelly	49:16	51:48	52:15	50:20	50:56	49:52	54:53
Roger Rushe	45:07	44:29	46:15	44:33	45:24	45:52	44:48
Tomás MacLochlainn	49:57	56:35	50:10	52:23	56:58	FNSED	56:32
Tommy Joe Whyte	36:35	36:16	36:29	38:40	36:58	37:15	37:39

2008 Prize Winners

Category	Pos	Name
Senior Women	1st	CONWAY, Catherine
	2nd	BRENNAN, Lucy
	3rd	CUSKELLY, Elizabeth
	4th	CLANCY, Caroline
	5th	CASSERLY, Kathryn
	6th	WHYTE, Tara
Junior Women	1st	O'CEALLAIGH, Nicola
	2nd	RAFTERY, Nicola
Women's V40	1st	GARDINER, Josephine
	2nd	FOGARTY, Valerie
Women's V45	1st	MCHUGH, Mary
	2nd	BEATTY, Maire Treasa
Women's V50	1st	MURPHY HEHIR, Cushla
	2nd	KELLY, Bernie
Women's V55	1st	ROCHE, Judith
		RIDGE, Andrea
Women's V60	1st	HOGAN, Kathleen
Women's Team	1st	GCH
Men's Team	1st	GCH
Wheelchair	1st	FORDE, Gerry

Category	Pos	Name
Senior Men	1st	THORNTON, Gary
	2nd	HEHIR, Sean
	3rd	DUNLEAVY, Emmet
	4th	MCHUGH, TJ
	5th	FAHEY, Declan
	6th	DAVIS, Mark
Junior Men	1st	SCHMIDT, Otto
	2nd	FALLON, Keith
Men's V40	1st	O'DONNELL, Michael
	2nd	EGAN, Ian
Men's V45	1st	CONNELLY, Conrad
	2nd	MEEHAN, Tom
Men's V50	1st	NAYLOR, Ronald
	2nd	O'DONNELL, Máirtín
Men's V55	1st	FLANNERY, Vincent
	2nd	TALBOT, Andrew
Men's V60	1st	MCEVILLY, Martin
	2nd	HUNT, Tom
Men's V65	1st	RUSHE, Roger
	2nd	GERAGHTY, Brian
Men's V70	1st	KELLY, Mikey

What's in a Name

John Walshe



No doubt it won't be too lonely around the fields of you-know-where this St Stephen's Day with an incredible 1,000 entries received by mid-November. Who could have imagined that back in 2002 when just 69 hardy souls turned out?

The huge popularity of the race is a reflection of the current running boom but also a tribute to the organisational ability of the promoting club. What is arguably the best athletics website in the country and the attraction of the famous woolly hat for all finishers are also factors.

So is the marketing of the event, especially the catchy and well-known name. Like it's neighbouring cousin the 'Streets', the title of the 'Fields' is now enough to identify the location – although trying to explain to someone from far-away lands that the 'Fields of Athenry' is actually a road race might prove difficult!

What other road races with quirky titles come to mind? There was one in particular which took place in Kerry in the late-1980s / early-90s called 'The Human Race'. Held from the village of Barraduff on the main Killarney to Mallow road on the August Weekend, it was a straight 5km with the runners bussed out to the start.

The persuasive powers of organiser Mike O'Mahoney brought many of the country's leading runners to the Kingdom venue. The prize-list also helped. In her autobiography, Sonia O'Sullivan recalled how the first prize of an Aer Lingus ticket to New York gave her the incentive to get back training after missing most of her first year at Villanova University through injury.

Like the Athenry booklet, the event also had a very informative and lavish race programme. The 1994 edition boasted contributions from the likes of John Treacy, Jerry Kiernan, Noel Berkeley and John Downes along with an article on injuries from a certain Paula Radcliffe. That was one of the last races as the ever-increasing work load on the shoulders of the small organising committee became too much and it sadly ceased.

A new addition to the Cork race calendar appeared last May called the 'Cheetah Run'. Held in Fota Wildlife Park, this four mile event was an instant success with almost 700 runners turning out on a Thursday evening.

A famous race with another unusual name across the water celebrated its 50th birthday two weeks ago. Known as the 'Hog's Back', it takes place near Guildford in Surrey. Back in the 1960s and 70s it regularly attracted the top British distance exponents of the day. Initially held over an approximate nine-mile distance, it developed into a ten-miler for a while before police and traffic restrictions meant a change of venue although it still goes over the Hog's Back climb from whence the name comes.

Twice as old is the 'Race for the Diamonds' which took place for the 100th time in the town of Berwick in Pennsylvania last Thanksgiving Day. First held in 1908 when just 13 men took part, this nine-mile event now attracts in the region of 1,000 participants each year. The name comes from the fact that the first seven men and women are rewarded with diamonds.

Of course the Americans are always good for the eccentric title. Still on the pork theme, there is the Flying Pig Marathon in Cincinnati, the Flying Monkey Marathon in Nashville and the Big Sur Marathon in California, not forgetting Grandma's Marathon (won by Irishman Roy Dooney in 1992) which takes place in Duluth, Minnesota.

One of the biggest mass-participation events is the Bay to Breakers 12km in San Francisco which was recognised by the Guinness Book of Records as the world's largest footrace in 1986 when an estimated 110,000 took part.

The Bay to Breakers inspired a similar event in Sydney over 14km called the 'City to Surf', so maybe it's true what they say about imitation being the best form of flattery.

However, Athenry needn't have any worries as it is unlikely that any other road race will have the word 'Fields' in its title!

Fields of Athlery

1	30.40	THORNTON, Gary	102	41.54	BARRY, Colin	203	45.55	NOONE, Eoin	304	48.35	O'CONNOR, Alan
2	30.56	HEHR, Sean	103	41.58	CONNOLLY, John	204	45.57	CASTELLO, Cyril	305	48.35	O'HALLORAN, Peter
3	31.29	DUNLEAVY, Emmet	104	41.58	FLANNERY, John	205	45.59	O'DEA, Kevin	306	48.36	O'CONNOR, Jamie
4	33.22	MCHUGH, TJ	105	42.08	DONOHUE, Shane	206	45.59	GLYNIN, Sean	307	48.36	MAHER, Therese
5	33.28	FAHEY, Declan	106	42.10	BROWNE, Rymal	207	46.04	SMYTH, Barry	308	48.36	CORCORAN, David
6	33.39	DAVIS, Mark	107	42.16	LALLY, Michael	208	46.06	CROWIN, Daniel	309	48.37	BRENNAN, Bryan
7	34.06	REID, Wayne	108	42.19	HEAVEY, Brian	209	46.07	GREENE, Joseph	310	48.37	LYNCH, Peggy
8	34.26	O'DONNELL, Michael	109	42.27	MURPHY, Darren	210	46.07	KENNY, David	311	48.37	CANNON, Amanda
9	34.39	MOLONEY, Conor	110	42.28	SCOTT, Fergus	211	46.09	REDDIN, Cathal	312	48.38	GILLIGAN, Sharon
10	34.49	DOWLING, Sean	111	42.32	BEIRNE, Barry	212	46.12	CONFEEY, Eada	313	48.38	HUSSEY, Tom
11	34.52	MANNION, Paul	112	42.43	FITZPATRICK, Martin	213	46.13	NAUGHTON, Conor	314	48.39	FITZSIMONS, Deirdre
12	34.58	LANE, Johnny	113	42.46	SCULLY, Colm	214	46.16	O'CONNOR, Robert	315	48.40	MITCHELL, Niall
13	35.06	O'BRIEN, Daragh	114	42.50	PERCY, Owen	215	46.17	EGAN, Keith	316	48.40	FOGARTY, Valerie
14	35.08	ROONEY, Nicholas	115	42.51	DUFFY, Gavin	216	46.17	MORAN, Paul	317	48.41	GARDNER, Michael
15	35.31	DEVANEY, Anthony	116	42.54	MAHER, Noel	217	46.21	LOWNEY, Peter	318	48.45	MCDERMOTT, John
16	35.41	GREALISH, Mairtin	117	42.58	O'SULLIVAN, Peter	218	46.25	PATTEN, Richard	319	48.46	TERNEY, David
17	35.52	WHYTE, Keith	118	43.01	FUREY, Declan	219	46.27	NATHY, Cathy	320	48.47	GERAGHTY, Declan
18	36.07	EGAN, Jay	119	43.11	MCOWAN, Seamus	220	46.30	WALSH, Sinead	321	48.48	O'CONNOR, Jimmy
19	36.10	O'ROURKE, Donal	120	43.18	WARD, Eoin	221	46.31	QUINN, Tom	322	48.48	POTTER, Shirley
20	36.10	CONNELLY, Conrad	121	43.18	GERAGHTY, Daragh	222	46.32	FARRAGHER, Ken	323	48.49	O'TOOLE, Katie
21	36.12	NAYLOR, Ronald	122	43.20	WALSH, Wally	223	46.33	MCGUINNESS, Aonghus	324	48.49	HEAD, Maurice
22	36.15	MEEHAN, Tom	123	43.21	O'CALLAGHAN, Kevin	224	46.35	KELLY, Sean	325	48.55	DEACY, Nicola
23	36.27	DOLAN, Conor	124	43.33	CONNAUGHTON, Kevin	225	46.36	GLIMORE, Desmond	326	49.00	O'LOONEY, Mary
24	36.36	MCEVILLY, Martin	125	43.36	LUPTON, Henry	226	46.37	CONNOLLY, Aisling	327	49.01	REID, Pat
25	36.45	HOLOHAN, Patrick	126	43.35	NOLAN, Liam	227	46.37	O'FLAHERTY, Esther	328	49.02	LOUGHNANE, Melvin
26	36.47	NILAND, Justin	127	43.36	ROHAN, James	228	46.38	O'LEARY, Eimear	329	49.03	MURPHY, Aidan
27	36.52	QUINN, Gerardo	128	43.37	NEWELL, Hubert	229	46.38	MURPHY, Declan	330	49.03	MACKEY, Donal
28	36.52	FLKWEERT, Jacy	129	43.40	CONWAY, Wally	230	46.39	LYNCH, Ruth	331	49.07	SHOULIN, Frank
29	36.53	CONWAY, Catherine	130	43.53	HARDIMAN, James	231	46.42	CONNAUGHTON, Marc	332	49.07	MORAN, Eamonn
30	36.59	BRENNAN, Lucy	131	43.44	HANLEY, Aidan	232	46.43	DALY, Eve	333	49.08	KELLY, Brian
31	37.11	SOLOIN, Michael	132	43.45	ELWOOD, James	233	46.43	KEOGAN, Paul	334	49.10	MASTERSON, Gerry
32	37.16	RYAN, Declan	133	43.47	MULLOY, Ronan	234	46.44	PHILAN, Jim	335	49.10	REDIN, Oskia
33	37.29	CARR, Danny	134	43.49	O'CALLAGHAN, Nicola	235	46.44	FUREY, Michael	336	49.11	DARA, Jude
34	37.36	HUANE, David	135	43.53	HARDIMAN, James	236	46.45	HALSEY, Maura	337	49.11	CONWAY, Denis
35	37.37	TUOHY, Peter	136	43.55	LANE, Michael	237	46.46	RYAN, Sean	338	49.12	O'CONNOR, Jean
36	37.39	WHYTE, Tommy Joe	137	44.00	MURRAY, Valerie	238	46.47	MCNAMARA, Michael	339	49.12	BERGIN, Barbara
37	37.46	CUSKELLY, Elizabeth	138	44.02	FITZGERALD, Jarlath	239	46.52	KERNIS, Miriam	340	49.18	HAWKINS, Tom
38	37.53	FLANNERY, Vincent	139	44.05	RUSHE, John	240	46.52	CONFEEY, Vincent	341	49.23	MCDERMACK, John
39	38.22	JOYCE, Eada	140	44.06	BEATTY, TJ	241	46.54	CROWIN, Kenneth	342	49.27	SHARNEY, Aoife
40	38.23	SOLOIN, Matthew	141	44.06	FOX, Noel	242	46.56	NEVIN, John	343	49.28	MANNION, Carmel
41	39.01	WALSH, Colin	142	44.14	MCHUGH, Mary	243	46.57	CLANCY, Diarmuid	344	49.33	HEEMSKEER, Jos
42	39.08	KING, John	143	44.15	MURPHY HEHR, Cushla	244	46.58	KEARNEY, Martin	345	49.34	FARRELL, Brian
43	39.12	COEN, Patrick	144	44.17	HORAN, Ken	245	46.59	TERNEY, Adrian	346	49.34	KELLY, James
44	39.14	KENNY, Gerard	145	44.17	POWER, Frank	246	46.59	HOADE, Eugene	347	49.35	SHARNEY, Aoife
45	39.16	O'DONNELL, Mairtin	146	44.18	KEANE, Paul	247	47.00	KEARY, Kevin	348	49.37	COSGROVE, Patrick
46	39.17	SCHMIDT, Otto	147	44.21	SHARKEY, Patrick	248	47.00	MULDON, Lily	349	49.38	MULLOY, Liam
47	39.19	HUNT, Tom	148	44.22	O'DEA, Paul	249	47.01	BURKE, Dara	350	49.39	CAMPBELL, Richard
48	39.25	GERAGHTY, Bernard	149	44.24	OUGILEY, Paul	250	47.01	BURKE, Caoimhe	351	49.41	SURDAVAL, Oliver
49	39.26	COSTELLOE, Gary	150	44.26	LAWLESS, Conor	251	47.02	O'CONNOR, Tom	352	49.42	FLANNIN, James
50	39.29	GRIFIN, Gerry	151	44.26	DIARY, Daragh	252	47.02	BURKE, Sighle	353	49.45	MURPHY, Sean
51	39.30	CLANCY, Caroline	152	44.27	BRENNAN, Declan	253	47.04	HOGAN-MURPHY, Diana	354	49.46	SHEEHAN, Brooke
52	39.36	CAULFIELD, Emmet	153	44.28	O'CONNOR, Eoin	254	47.04	WALDRON, Norah	355	49.47	NEWELL, Elaine
53	39.38	LALLY, James	154	44.30	BURKE, Willie	255	47.04	LYONS, Ronan	356	49.48	CONFEEY, Helen
54	39.46	WHIRSKY, John	155	45.01	GRIFFIN, Conor	256	47.05	LAMBE, Kevin	357	49.56	SADLER, Isabel
55	39.54	MCGUINNESS, Vincent	156	45.33	MACSWENEY, John	257	47.06	COOPER, Lindsay	358	49.57	O'NEILL, Joe
56	39.55	CASSERLY, Kathryn	157	44.34	BROWNE, Sean	258	47.07	MCNAGLE, Karen	359	49.57	GRENHAM, Martin
57	39.55	CASSERLY, Stephen	158	44.41	DONOHUE, David	259	47.07	MCCARTHY, Michael	360	50.00	RAFFERTY, John
58	39.57	RYAN, Cláirín	159	44.47	IVERS, Ronan	260	47.10	DEMPSEY, Maurice	361	50.00	FOLEY, Patricia
59	40.04	CURRAN, Paul	160	44.48	MURRAY, Fergus	261	47.17	JOYCE, Bobbin	362	50.01	KELLY, Padraig
60	40.04	MURRAY, Derek	161	44.49	RUSHE, Roger	262	47.20	CREHAN, Edie	363	50.02	RYAN, Michael
61	40.18	WHYTE, Tara	162	44.51	JOYCE, Denis	263	47.21	MORGAN, John	364	50.04	GLEESON, James
62	40.18	COPPINGER, Eugene	163	44.54	GALLAGHER, Dan	264	47.28	TIGHE, Edel	365	50.06	MURRAY, Patrick
63	40.21	NILAND, Tom	164	44.55	KILLARNEY, Tony	265	47.29	HARDIMAN, James	366	50.11	FITZPATRICK, Anthony
64	40.23	DONNELLAN, Cyril	165	44.55	KELLY, Ronan	266	47.36	MACKEY, Garrett	367	50.18	HIGGINS, Eamon
65	40.23	O'DWYER, Pat	166	44.56	FALLON, Denis	267	47.37	MORAN, Barry	368	50.18	MCULLA, James
66	40.25	KENNEDY, Matthew	167	44.56	NYHAN, Don	268	47.37	CARMODY, Brian	369	50.19	NIC CUMHAILL, Muirtois
67	40.26	KAVANAGH, Daniel	168	44.59	MCCANN, Niall	269	47.38	STAUNTON, Ruth	370	50.20	MCCARTHY, Cormac
68	40.30	QUINN, James	169	45.00	QUINN, James	270	47.39	QUINN, Peter	371	50.22	O'GRADY, Darren
69	40.33	QUILTY, John	170	45.00	WHELAN, Ferdin	271	47.39	MAHON, Michael	372	50.23	LUDDEN, Conor
70	40.34	MOWHAN, Brendan	171	45.01	KILRANE, John	272	47.42	MCNAGLE, Irene	373	50.25	MCCARTHY, Patricia
71	40.37	BRENNAN, Gabriel	172	45.02	CONWAY, Caroline	273	47.42	MURRAY, David	374	50.26	DEVANEY, Derval
72	40.43	STEWART, Sean	173	45.03	CONCANNON, Padraig	274	47.45	LYNCH, John	375	50.26	MOLONEY, Rachel
73	40.52	HOSLY, Malcolm	174	45.04	MORRISSEY, Tommy	275	47.46	MCDERMOTT, Donncha	376	50.27	STAUNTON, Brege
74	40.56	MCCARTHAGH, Aodan	175	45.05	O'LOONEY, Emmett	276	47.47	MCDERMOTT, James	377	50.27	RAFFERTY, Gerard
75	40.57	COYNE, Seamus	176	45.08	MORRISSEY, Claire	277	47.48	WYK, Jaroslav	378	50.27	KELLY, Michael
76	41.00	FAHEY, John	177	45.12	REILLY, Philip	278	47.48	FARRELL, Derek	379	50.37	TERNER, Mark
77	41.02	RYAN, David	178	45.15	GERAGHTY, Brian	279	47.48	DIVINEY, Eimare	380	50.38	MOLONEY, Liam
78	41.03	DONNELLY, Stephen	179	45.17	CALLINAN, David	280	47.49	O'REILLY, Dave	381	50.40	KILCOMMINS, Tadhg
79	41.06	DONNELLAN, Robert	180	45.24	SHAUGHNESSY, Andrew	281	47.50	CONNINGHAM, Ronan	382	50.41	MULLINS, Patrick
80	41.06	FITZMAURICE, Adrian	181	45.24	MULLOY, Conor	282	47.50	BROWNE, Christopher	383	50.41	BRODHAN, Adrian
81	41.08	TALBOT, Andrew	182	45.25	HYNES, Keith	283	47.50	NI MHAIRTAIGH, Roisin	384	50.42	REYNOLDS, Michele
82	41.08	DALY, Jim	183	45.26	KEENAN, Fran	284	47.56	MORAN, Anne	385	50.43	JOYCE, Alan
83	41.12	NILAND, Nerval	184	45.27	GLYNIN, Gavin	285	47.57	BRAINAGAN, Carmel	386	50.43	NIEMEIJER, Mariska
84	41.13	O'CALLAGHAN, Fiachra	185	45.28	FAHY, John	286	47.58	KILRANE, Orla	387	50.43	CONLIN, Malachy
85	41.14	FALLON, Keith	186	45.29	MAHON, Maire Treasa	287	48.03	FOYE, Mary	388	50.43	MCMAHON, Billy
86	41.14	BUTLER, Eimear	187	45.29	QUINN, Mick	288	48.05	MORRISSEY, Fergus	389	50.45	REILLY, Marie
87	41.14	GILHOLEY, Patrick	188	45.32	O'CUALAIN, Ronan	289	48.06	SCULLY, Patrick	390	50.46	BURKE, John
88	41.16	BLAKE, Cian	189	45.37	MAHER, Jim	290	48.08	CLANCY, Paul	391	50.47	CANNON, William
89	41.20	FORDE, Patrick	190	45.37	GLAVIN, Valerie	291	48.10	MURPHY, Gavin	392	50.48	CANNON, James
90	41.22	WALDRON, Aileen	191	45.38	MCDERMOTT, John	292	48.11	GARDNER, Josephine	393	50.50	BRENNAN, John
91	41.27	TOWSE, Kieran	192	45.41	FAHEY, Mary	293	48.12	GARDNER, Gabriel	394	50.50	CONCANNON, Padraig
92	41.28	EVANS, Michael	193	45.42	MURRAY, Fergal	294	48.12	FORAN, Sinead	395	50.51	O'CALLAGHAN, Jude
93	41.29	O'CONNOR, Fintan	194	45.43	LUDDEN, John	295	48.12	REDDINGTON, Donal	396	50.51	MACLOHLAIN, Brian
94	41.38	COLLERAN, Kenneth	195	45.46	O'CONNOR, Ken	296	48.14	CURLEY, Keith	397	50.53	MACKEON, Steven
95	41.38	STEWART, Patrick	196	45.52	KELLY, Bernie	297	48.15	ROYLSTON, John	398	50.53	WALSH, Cathiona
96	41.41	CALLANAN, Niall	197	45.52	FARRAGHER, Roisin	298	48.15	O'HANLON, Richard	399	50.56	MCMAHON, Padraig
97	41.43	WALSH, Peter	198	45.53	MCHUGH, Michael	299	48.17	QUINN, Bob	400	50.57	TIGHE, Shane
98	41.45	MAGUIRE, Jim	199	45.54	DONOHUE, Sarah	300	48.29	MCOWAN, Colm	401	50.58	GLYNIN, Katharine
99	41.46	FLANNERY, Paul	200	45.54	CAULFIELD, Ellen	301	48.33	REID, Gerard	402	51.00	NAUGHTON, Joe
100	41.48	O'CONNOR, Niall	201	45.55	MURRAY, Tony	302	48.34	CONFEEY, Donal	403	51.02	CARTY, Mary
101	41.53	BRODERICK, Sean	202	45.55	BRENNAN, Patrick	303	48.35	MCDUGHEE, Paul	404	51.04	BRENNAN, Rory

405	5104	GURLEY, Lydia	514	5422	RABBITTE, Kendra
406	5105	BRENNAN, Linda	515	5424	KELLY, Mikey
407	5105	ALLEN, Ruairidh	516	5434	TIMOTHY, John
408	5106	COLEMAN, Fergal	517	5437	LYNCH, Ruth
409	5107	WATERS, Kathleen	518	5440	QUINN, Michael
410	5110	WARREN, Christien	519	5442	WATERS, Orla
411	5110	MCGRATH, Declan	520	5441	DILGER, Mary-Kate
412	5113	MACKAY, Jean	521	5441	DONNELLY, John
413	5114	CONWAY, Karen	522	5441	MOLLOY, Eileen
414	5115	CONWAY, Valeria	523	5441	MCNALE, Donal
415	5115	DOYLE, Malachi	524	5442	BRACKEN, Jacqui
416	5121	EGAN, Edward	525	5443	PATTEN, Mary
417	5126	KENNA, Michael	526	5444	WALSH, Eleanor
418	5126	CONWAY, Tom	527	5440	GUEST, Karen
419	5128	ROCHE, Judith	528	5450	BREEN, Eiva
420	5129	CROTTY, Yvonne	529	5451	ROWLEY, Elaine
421	5129	LITTLE, David	530	5451	RYAN, Paula
422	5132	O'MALLEY, Michael	531	5452	O'DEA, James
423	5133	KEANE, Michael	532	5453	MANNION, Fergus
424	5134	MULVEY, Roman	533	5455	KELLY, Patrick
425	5136	MACDONAGH, Donagh	534	5504	PORTER, Kevin
426	5137	BRODERICK, Niamh	535	5506	CARTY, David
427	5142	MCGLOUGHLIN, Michael	536	5510	KELLY, Patrick
428	5143	D'ARCY, Dervilla	537	5511	MCUUGH, John
429	5143	CARR, Michael	538	5512	MORAN, Michael
430	5144	FLYNN, Aidan	539	5512	MOONE, John
431	5149	CONWOLLY, Keith	540	5513	GERAGHTY, Donal
432	5152	WADE, Chris	541	5513	DONNELLY, James
433	5158	O'ROURKE, Colin	542	5514	KELLY, Michelle
434	5158	O'ROURKE, Mike	543	5516	FARRELL, Derval
435	5202	O'NEIL, Fergal	544	5517	MURRAY, Robert
436	5202	CONCANNON, Gina	545	5517	KELLY, Catherine
437	5206	FLANAGAN, Edwin	546	5519	BROWN, Kristin
438	5207	MANNION, Frank	547	5524	STEPHENS, Philip
439	5210	CANNON, Laura	548	5525	STEPHENS, Keith
440	5211	HOGGE, Elisha	549	5526	CAHILL, Ronan
441	5211	O'DONNELL, Eamonn	550	5527	MCANAN, Michael
442	5218	MURRAY, Raymond	551	5528	MCCORMACK, Aaron
443	5218	KELLY, Aine	552	5529	ELWOOD, Pete
444	5225	KELLY, Siobhan	553	5529	NI FLAHTAIGH, Clara
445	5226	O'BRIEN, Paddy	554	5530	BRADY, Philip
446	5229	JOHNSON, David	555	5543	MCARTY, David
447	5230	GILMAN, Noel	556	5543	LA COCK, Ruam
448	5230	MCILRATH, Colin	557	5544	GLYNN, Regina
449	5234	GREANEY, Peter	558	5545	SMITH, Heather
450	5234	HUTCHINSON, Stephen	559	5557	JOYCE, Paula
451	5237	JOYCE, John	560	5557	MCILROY, Mike
452	5238	CONWAY, Sinead	561	5600	REILLY, John
453	5243	FLEMING, Barry	562	5556	MCLAUGHLIN, Cathal
454	5243	TONER, Shawn	563	5565	MANGAN, Julie
455	5244	SILKE, Edel	564	5606	RIDGE, Andrea
456	5244	RATTEY, Nicola	565	5609	CONNAUGHTON, Patricia
457	5245	MCANDREW, David	566	5611	NEWELL, Tom
458	5245	MUNNELLY, Ende	567	5613	DOHERTY, Rena
459	5247	FLATLEY, Philip	568	5614	BETTS, Denise
460	5250	BURKE, Catherine	569	5622	KELLY, Hanna
461	5251	DOYLE, Michelle	570	5632	O'DONNELL, James
462	5252	BURKE, Joan	571	5633	MACLOUGHLIN, Tomás
463	5252	GLEESON, Tom	572	5634	MARTYN, Emer
464	5252	WALSH, Anne-Marie	573	5632	FORDE, Gerry
465	5253	BOLAND, Marcus	574	5634	TIMOTHY, Kevin
466	5256	MURPHY, Gerard	575	5636	ROBBIN, Judy
467	5259	GLAVIN, Margaret	576	5637	O'FA, Emmanuel
468	5301	FITZGERALD, Kevin	577	5642	MORAN, Brid
469	5306	LEE, Michael	578	5642	KEYS, Tomas
470	5309	SWEENEY, Seamus	579	5644	LANE, Aoife
471	5310	ROHAN, Gerry	580	5645	HILL, Michelle
472	5310	TARPEY, Mairé	581	5646	WILLIAMS, Paul
473	5314	SHIELDS, Rory	582	5646	RONAN, Martin
474	5315	TREACY, Ray	583	5649	HEAD, Irene
475	5316	STEPHENSON, Fiona	584	5657	HURLEY, Fergal
476	5317	SCHROEDER, Colin	585	5659	MCCORMACK, Eileen
477	5319	DONOHUE, Kieran	586	5700	GORMLEY, Trish
478	5322	COUGHLAN, Kevin	587	5701	KELLY, John
479	5323	WARD, Susan	588	5658	O'CONNOR, Sinead
480	5324	COLLERAN, Suzanne	589	5705	DEBARA, Rena
481	5325	LEE, Anthony	590	5705	DEELEY, Peada
482	5326	CALLANAN, Brendan	591	5709	KENNEDY, Peter
483	5333	MCGRATH, Denis	592	5717	MULDREW, Katie
484	5333	DOUGHAN, Fiona	593	5703	MCINERNEY, Jarlath
485	5334	MCDERMOTT, Tom	594	5722	JOYCE, Cathriona
486	5334	LYNCH, Ger	595	5723	GURLEY, Helen
487	5334	MACDONAGH, Morris	596	5726	KEARY, Uilleann
488	5341	PAYNE, Kelly	597	5726	FITZPATRICK, John
489	5341	KEAVENEY, Martin	598	5717	MARTYN, Johanna
490	5342	DUGGAN, Keith	599	5721	FOX, Dea
491	5342	KAVANAGH, Shane	600	5722	PENDERGAST, David
492	5346	KEANE, Brendan	601	5723	COUNIHAN, John
493	5347	FENEY, Assumpta	602	5726	CORLESS, Kenneth
494	5349	O'REILLY, Declan	603	5726	MURRAY, Caroline
495	5350	NUGENT, Peadar	604	5727	REID, Eric
496	5351	TERNEY, Niamh	605	5731	LYNG, Aine
497	5351	TERNEY, Orla	606	5735	MULLOCH, Pauline
498	5353	MURPHY, Joanne	607	5739	WALSH, Donal
499	5354	MADDEN, Michael	608	5745	BARRETT, Danni
500	5354	MANNION, John	609	5745	O'MALLAGHAN, Aine
501	5355	CORLESS, Colin	610	5745	MORAN BAD, Allen
502	5356	HEEY, Ger	611	5759	MCCAFFREY, Seamus
503	5356	ROONEY, Nicola	612	5802	FAHEY, Aisling
504	5400	FARRELL, Declan	613	5813	LEEN, Gerard
505	5401	CANNING, Tara	614	5817	CULLINAN, DJ
506	5404	MCTIGUE, Kenny	615	5818	ALLEN, Marie
507	5405	DONOHUE, Shane	616	5818	MCGRATH, Declan
508	5407	LOUGHRAN, Seamus	617	5820	O'CONNOR, Ita
509	5407	DONNELLAN, John	618	5826	O'CONNOR, Tim
510	5408	CONAGHAN, John	619	5830	MCNAMARA-COLEY, Noreen
511	5411	EVANS, Cormac	620	5831	MURPHY, Una
512	5414	BURKE, Eileen	621	5839	JOYCE 087, Colin
513	5416	QUINN, Micheal	622	5848	KELLY, Aine

732	10743	SPELMAN, John
733	10745	SPELMAN, Catherine
734	10756	MURPHY, Catherine
735	10759	BROWNE, Linda
736	10818	HUMPHREYS, Christina
737	10818	HUMPHREYS, Julie-Ann
738	10819	FAHY, Tracey
739	10819	HUMPHREYS, Richard
740	10819	CROWNELLY, Marie
741	10823	MORRISSEY, Noreena
742	10824	VAN DE BEEK, Helen
743	10831	MORAN, Carol
744	10831	MORAN, Clodagh
745	10841	DUFF, Maggie
746	10841	ELLIS, Gina
747	10851	REED, Anna
748	10911	COLLINS, Michelle
749	10912	FLANNERY, Margaret
750	10916	FALLON, Julie
751	11012	ESAN, Liam
752	11129	HUNTER, Anne
753	11131	DOLAN, Paul
754	11136	BROWNE, Phoda
755	11137	MULDON, Damian
756	11143	FAHERTY, Helen
757	11146	HUGHES, Helen
758	11153	COLLINS, Caroline
759	11158	O'ROURKE, Norma
760	11158	SAMUELS, Karen
761	11159	HEFFERNAN, Caroline
762	11311	EGAN, Francis
763	11402	BURKE, Helen
764	11448	UNKNOWN, Unknown
765	11449	COLEMAN, Olive
766	11528	PENDERGAST, Mary
767	11536	CARR, Frances
768	11543	BOWES, Paul
769	11544	CULLEN, Allison
770	11921	CARROLL, Ann Marie
771	11923	O'REILLY, Denise
772	11926	MCANAGHAN, Patricia
773	12013	O'REILLY, Jennifer
774	12014	KELLY, Niamh
775	12028	O'GRADY, Claire
776	12029	GIBSON, Mark
777	12035	GIBSON, Emily
778	12036	DUFFY, Helen
779	12041	CALFIELD, Theresa
780	12048	O'DEA, Majella
781	12129	MCCORMACK, Lisa
782	12150	BUTLER, Jimmy
783	12151	DUNNE, Brian
784	12151	HOGAN, Kathleen
785	12203	DUNNE, Mattie
786	12342	RYAN, Tony
787	12426	MURRAY, Veronica
788	12450	BURKE, Edel
789	12454	KELLY, Noel
790	12616	BURKE, Yvonne
791	12616	GILL, Breda
792	12642	GILL, Pat
793	12643	KELLY, Caroline
794	12721	HARTE, Louise
795	12731	ROCHE, Liam
796	12733	KEARY, Evelyn
797	12733	BUCKLEY, Niamh
798	12737	LAVEN, Lillian
799	12737	RUANE, Aoife
800	12737	RUANE, Niamh
801	12739	LEONARD, Margaret
802	12739	HOEY, Margaret
803	12741	MACKAY, Marie
804	12829	GUEST, Louise
805	12838	FAHY, Lorraine
806	12839	FAHY, Majella
807	12857	ARCHER, Ita
808	12857	DOHERTY, Noreen
809	12858	FAHY, Theresa
810	13000	KEANE, Aine
811	13000	MCGLOUGHLIN, Caroline
812	13000	HANNON, Margaret
813	13341	O'SULLIVAN, Mary
814	13341	WALSH, Noel
815	13343	O'SULLIVAN, Noel
816	13349	O'DWYER, Naomh
817	13349	MULKERRINS, Bernie
818	13349	HANLEY, Geraldine
819	13350	GIBSON, Catherine
820	13522	HOLLAND, Pat
821	13523	GILHOOLEY, Mary
822	13603	KEELY, Krista
823	13618	GIBSON, Audrey
824	13620	KEANE, Bernie
825	13633	MELIA, Cathy
826	13647	KEANE, Elizabeth
827	13648	UNKNOWN, Unknown
828	13651	UNKNOWN, Unknown
829	13651	FEIGHERY, Bernadette
830	13700	FEIGHERY, Paul
831	13810	O'CONNOR, Brendan
832	13851	DUNNE, JJ
833	13910	KING, Sarah
834	14114	KING, Fiona
835	14242	CUNIFFE, Caroline
836	14242	CUNIFFE, Michelle
837	14447	CUNIFFE, Bridle
838	20020	KELLY, Noel

Athenry Athletic Club

1

On a Clear Day, You Can Run Forever

Philip Magnier



Picture a varied collection of 13 runners, waiting in the morning darkness for the start of a race in Clifden, in the middle of a miserable Irish summer. The fastest of them will run through the day and finish the race in darkness; the slowest will finish in sunlight alright but on the following morning. Some won't reach the finish.

The inaugural Connemara 100 redefined ultra marathon running in Connemara. Beginning in Clifden, winding its way up to Letterfrack, left to Tully Cross, then east to follow a double loop of Inagh Valley, Maam Cross, and Lennane, then finally on south to the long coastal road encompassing Roundstone and on to the finish back in Clifden. One hundred miles of mountains, trickling streams, sheep, sloping valleys, ocean waves, lake islands, billowing clouds, occasional cheering people...and tarmac, miles and mile and miles of tarmac.

The worst moment for participant Mick Rice was right there, on the starting line, "Major self-doubt crept up on me and I was really afraid of what was to come. I'd never attempted anything that long before...the start line of a 100-mile race is a lonely spot."

One other runner actually had attempted a race that long: Ray O'Connor in running the Marathon des Sables earlier in 2009. This infamous race is a multi-day trek in the Sahara desert "considered the toughest foot race on Earth" according to Wikipedia. But in an ultra marathon, so

much depends on the day, you can plan forever but your body has the final say. Ray dropped out of the Connemara 100 at mile 42 with stomach troubles. "I couldn't keep anything down so no calories meant no chance". He "suffered severe demons after that disaster and decided to go out the following Monday week, completing the distance within the cut off" time of 30 hours. (He also ran another marathon in between.)

One person who had planned for the day was Valerie Glavin: her accompanying team had six complete changes of gear and four pairs of running

shoes, mostly in case of rain. She also had 9 litres of water and isotonic drinks, 16 gels, five bars of chocolate, four jam sandwiches, and 300 mls of coke, all of which she consumed during her 18-hour saunter. Next time she plans to keep the jam sandwiches as stand-by food only.



Each runner had to have an accompanying team to hand out the supplies and provide support. But, even so, the lonely miles of Connemara did get to Val on one occasion, "Personally, the worst moment was 25-28 miles where I was on my own for four miles without seeing a familiar face, I hadn't taken any gels by that stage and I hadn't gotten into a proper rhythm and began to slow down a lot and felt pain in my legs. Then from there on I stuck with a plan of gels, water and isotonic drinks and that worked out great, no slumps!!"

All the runners had one bit of luck: the sun shined and not a drop of rain fell on that August Saturday. A lot goes through any runner's mind over hours of foot rises and foot falls, but appreciation of place and beauty can certainly be part of it. Mick Rice feels so, "The hippy in me would even go so far as to say there was magic in the air that weekend".

Eight finished. The eighth, Darren Huston, finished only 11 minutes and 15 seconds inside the 30-hour cut off time. We can only surmise what his last five miles felt like, when he presumably was rushing to make the 30 hours and avoid the dreaded DNF (Did Not Finish) label.

Mick Rice arrived home first in 14:32:53, an average of just under 8:45 per mile. He didn't stop at any time during the race, quite a feat when you consider his carbohydrate intake, including crackers, fig-rolls, chocolate, energy gels, bananas, sports drinks, flat coke, salt tabs and gels.

An Ironman Triathlete, Jo Fearon, came second with 16:16:15. It would be hard to imagine a more smiley runner, whether at mile 50 or mile 75. One of her team was her partner, and he has swum the English Channel: a match made in Heaven?

As for Val Glavin, having experienced the spiritual uplift of a Mexican wave in her honour from a crowd of revellers at the Roundstone Festival at mile 82, she finally "realised that I definitely could run another 18 miles and then I could start calculating a finish time in my head". She ran on to finish third with 18:05:52.



Valerie and Joanne on course - Mick pictured above



After the relief of finishing, after taking days or weeks to recover, people ruminate on the experience. Was it worth it? Or, is this for everyone?

According to Mr Rice, "No, it's not for everyone, but it could be for many more people than you might imagine at first. A race of this length is not a race in the same way as a 10k, it's a race with yourself. Once you can get over the initial 'it's freaking impossible hurdle' I'd imagine it's quite doable for many club runners".

And Ms Glavin, "As an ex-smoker who gave up smoking 40 a day in Jan 2006 I would say that if I can run 100 miles then anyone can, all you need is a pair of runners and a really stubborn attitude!"



Wall Hits Dublin Hard

Miriam Wall - Race Number 1507
DCM '09



Where do you start with a marathon report? The build-up to it, the training that lasts four months and who knows what can happen on the day. Your running friends think you are perfectly normal when you talk about a short "long" run being 13 miles...your other friends...God knows what they think. So here goes...

Deirdre Hassett and I followed the same training programme: Run Less - Run Faster! It involved three days of running (one track session, one tempo run and one long run) and two days of cross training (cycling or swimming). All the runs are at certain paces and the long runs are at a faster-than-slow rate. We did a lot of our training together. Jane-Ann's sessions were great as they replicated my programme and it meant that I had company for most of my runs. (I was glad of all those hill repeats Jane-Ann made us do when I hit that last hill in Dublin). A big thank-you to all my running partners and babysitters likewise.

Leading up to the marathon, I had a muscular injury in my back. With five weeks to go I missed a week of training and the Tuesday before the marathon I had to stop training. The physio assured me that I was safe to run the marathon (as it was swimming related). So after months of training, with six days to go, I tapered to zero and slept like a log all that week – even the night before the marathon.

Marathon Monday arrived and there was a 7AM rush for porridge in the hotel. Who are all these lunatics up so early on a bank holiday Monday morning? John Donnellan, Martina Fahy and I shared a taxi to the start (saving legs). We dropped our bags and went to the photo shoot (of course I was too busy chatting and was late!). Never mind...we made the second edition.

Eimear, Grainne and Deirdre and I started together. We had great fun that hour waiting to start. It was a mixture of nervous excitement, adrenaline and anticipation. It was Eimear and Grainne's first marathon and the second for Deirdre and me. So being the experienced marathoner among the four of us I did lead the girls astray. I told them that Portaloos and queues are only for the novices and that Dublin Corporation would be delighted to get their flowers watered. It is now time to read between the lines.

The running conditions were perfect: little or no wind, no rain and - believe it or not - some sunshine. 9AM came

and we are off. After about half a minute I was over the mat and on my way. I knew from training that I would be running the marathon on my own. I decided to wear my iPod as I felt it would help me maintain concentration (or offer distraction when needed) for the race. In training I had run my last 20 miles at 8.30 minute pace on my own and my last 10 mile run at 8 min miles. I was confident that I could probably run the marathon at 8 min to 8.10 pace.

I started out at five minute km pace and tried to maintain this. I felt really comfortable and always felt I could go faster. The weather was perfect and I felt great. Going into Phoenix Park was such a lovely feeling. There were people everywhere and the sun was shining. I could not believe I was running the marathon! Thanks to all my friends on the sideline - your shouts of encouragement worked wonders.

At the half marathon stage, I felt bad for one mile. My time was a few minutes slower than my target and I thought I couldn't do this all over again. I continued to run at my pace and had to concentrate really, really hard. At 14 miles, I knew I had only 12 more miles to run and from then on I felt great. I maintained the pace until mile 19. From there I decided to pick up the pace. I could not hold back anymore. I knew I was taking a risk but I felt really strong. I began passing people who had passed me earlier and my last seven miles were my fastest of the marathon.

I 'lost' a mile at mile 21. I stopped my watch by accident. The road marker said 22 miles and my watch was 21 miles. Then I realised what had happened. Wow only four more miles to go...and I thought it was five. Those last four miles went by with amazing crowd support and an electric atmosphere. At 40km my iPod started playing "it's the final countdown" and I thought it was the band. I met Patrick Forde and we chatted for a second. With 1km to go I turned off my music and let the crowd bring me home...what a crowd.

I crossed the line in 3.35.06 (chip time of 3.34.48) with a negative split of about four minutes. All the months of training had paid off! I was delighted with my time and felt like I could keep running. The finish was lovely as I met loads of my friends. It was a great experience, a great race and a great day.

Iliotibial Band Syndrome/ aka Runners knee

Jane-Ann Healy-Meehan

MISCP/Cert Acup/PPL Biomechanics (ja_healy02@yahoo.com)



ITBS is one of the leading causes of lateral knee pain in runners. The iliotibial tract (iliotibial band) is a superficial thickening of tissue on the outside of the thigh, extending from the outside of the pelvis, over the hip and knee, and inserting just below the knee.

The band is crucial to stabilizing the knee during running, moving from behind the femur to the front while walking. The continual rubbing of the band over the lateral femoral epicondyle (the outside of the knee), combined with the repeated flexion and extension of the knee during running may cause the area to become inflamed.

ITBS can result from one or more of the following training habits, anatomical abnormalities, or muscular imbalances:

Training habits:

- Always Running on a banked surface (such as the shoulder of a road or an indoor track) bends the downhill leg slightly inward and causes extreme stretching of the band against the femur
- Inadequate warm-up or cool-down
- Excessive up-hill and down-hill running
- In cycling, having the feet "toed-in" to an excessive angle
- Running up and down stairs.

Abnormalities in leg/feet anatomy:

- High or low arches
- Overpronation of the foot
- Uneven leg length
- Bowlegs or tight hip joints.

What can be done? Visit your Chartered Physiotherapist.

- Glut strengthening
- Hip flexibility/ stretching
- Gait analysis
- Soft tissue release
- Acupuncture.

Tríochoa Bliain Ag Fás

Peadar Nugent



Tá mo rannpháirtíocht le Maratón Átha Cliath coinnithe leanúnach gan bhriseadh agam ó thosaigh sé i 1980. Chríochnaigh mé an 30ú rith den rás cáiliúil seo ar 26 Deireadh Fómhair, 2009. Ní fhéadfadh duine a rá go raibh mo uilmhúchán idéalach i mbliana, mar bhí mé tar éis dul faoi obráid chromáin i mí Bealtaine 2009 agus bhí mé ag feitheamh le hobráid, chun teannán ghualainne atá briste a dheisiú, i mí na Samhna. Ní raibh cead agam cos a chur fúm ar feadh sé seachtaine i ndiaidh na máinliachta agus níor ceadáidh ach traenáil éadrom dom ó dheireadh mí Lúnasa ar aghaidh. Chuir mé mo chomhghleacai sa chlub i mBaile Átha an Rí, James London, ar an eolas faoi mo chruachás. Scaip James an scéal i measc na mball eile sa chlub agus d'fhiosraigh sé faoin bhféidearthacht go siúlfadh duine díobh liom i mBaile Átha Cliath. Bhí a fhios agam go maith, ó thaithí phearsanta, nach gclisfeadh James air é sin a dhéanamh agus laistigh de sheachtain bhí sé ar ais chugam leis an deascéal go mbeadh Máire Treasa Beatty ar an turas liom. Tá líon an-mhór ball inár gclub anois agus caithfidh mé a admháil gur ar éigean a bhí aithne agam ar Mháire Treasa ag am, seachas í a fheiceáil ó am go chéile. Mar a tharla sé, ba rogha den scoth í. Dia go deo leat, a Shéamuis.

I rith an tsamhraidh bheartaigh na heagraithe ar onóir a thabhairt dóibh siúd go léir a ghlac páirt i ngach uile cheann desna 29 Maratóin Átha Cliath ó 1980 anuas. Trí chomhtharlú iontach, bhí 29 lúthchleasaithe a bhain an éacht sin amach, ocht bhfear is fiche agus bean amháin. Tugadh cuireadh dúinn go léir – bhí 24 i láthair – chuig ócáid speisialta i gChapelizod i mBaile Átha Cliath ar an 12 Meán Fómhair. Frank Greally atá ina eagarthóir ar an iris Irish runner a bhí mar fhear an tí don chomóradh dúinn "Marthanóirí Maratóin", mar a d tugtar ar an ngrúpa sainiúil seo. Bhí cuimhní cinn le cloistéalí ó chuid mhaith desna hoifigigh agus ó roinnt iar-bhuaiteoirí freisin. Tarraingíodh

grianghraf den ghrúpa ina lómlán agus grianghraf de gach duine den 24 a bhí i láthair ina aonar/haonar le cur i leabhar atá á scríobh ag Frank. Bhí fáil ag Frank ó shin, gan dabht, ar ar gcúigear a bhí as láthair. Tugadh gnóthai chun críche le lón don slua go léir.

Fuair mé litir ó Jim Auhgney, Stiúrthóir an Rása i mbliana, i rith na seachtaine roimh an Mharatóin. Inia sa litir bhí Uimhir 30 speisialta le caitheamh ar mo dhroim ar an lá mór. Faoi iamh freisin bhí greamaitheoir, do mo veist, a thabharfadh cead isteach dom don limistéar a bhí teoranta do scoth na reathaithe ar mhaidin an rása. Tugadh le fios sa litir go mbeadh cur i láthair a dhéanamh ar ardán adidas san RDS ar an Domhnach an 25 Deireadh Fómhair dóibh siúd go léir a chríochnaigh na 29 maratóin go dtí seo. Mar sin, ag a dó a chlog, go gairid tar éis dom chlárú d'iarraicht an lae dár gcionn, sheas mé go bródúil le 28 daoine eile ar an ardán agus bronnadh piosa cuimhneacháin de Chríostal Átha Cliath orm, chomh maith le léine-T air a raibh na focail "I ran all 30 Dublin Marathons 1980-2009" scríofa; beagáinín ró-luath, d'fhéadfadh tú a rá, ach bhí sé fíor dom laistigh de 24 uair an chloig. Mar sin féin, níor cuireadh cathú orm é a caitheamh le linn mo iarraichta ar an Luan, ar eagla na heagla!

An rásphlean a bhí agam do mo 30ú Maratón Átha Cliath ná siúl tamall go tapa agus dul tamall eile faoi shodhar mar a d'oirfeadh dom agus ceann cúrsa a bhaint amach i riocht réasúnta. D'éirigh leis an bplean thar barr. Bhí mé sa limistéar teoranta ag an tús faoi 8.30 sa mhaidin. Ní fhéadfadh an aimsir a bheith níos fearr. Bhí sé ciúin, cineálta, tirim agus griannhar. Ba mhór an t-ionadh liom go raibh mé i limistéar neamhthranglamaithe, i measc scoth na reathaithe agus na 28 "Marthanóirí Maratóin" eile. Treairíodh muid ón limistéar teoranta agus cuireadh muid díreach taobh thiar den líne tosaigh cúpla nóiméad sular

cuireadh chun bóthair muid ag a naoi a chlog. Is ar éigean a bhí mé i m'ionad nuair a mhothaigh mé smitín éadrom ar mo dhroim. Bhí Máire Treasa, bail ó Dhia uirthi, tar éis a bealach a dhíriú orm trí na sluaithe, mar a bhí geallta aici. Is í seo an bhean a thosaigh ag rith den chéad uair ina saol trí bliana ó shin ach ar éigean, agus a tháinig isteach inár gclub lúthchleas i mBaile Átha an Rí. I rith an ama sin, ag feidhmiú mar F45, ghlac sí páirt agus chríochnaigh sí maratóin i Nua-Eabhrac (faoi dhó), Conamara, Bostún, Chicago agus Beirlín, ach ní raibh Baile Átha Cliath déanta aici riamh. An t-am is tapúla atá aici don mharatón ná 3u 47n. Cónaíonn sí in Indreabhán, lena fear chéile Pádraic, agus tá cúigear chlainne acu idir 21 bliana agus 13 bliana d'aois. Bhí áthas an domhain uirthi aistear a bheadh saor ó strus timpeall na príomhchathrach a bheith aici, mar tá gortú ag cur as di le tamall anuas. Bhualamar bóthar ar sodar agus ag siúl, mar a bhí beartaithe againn agus ar ball beag, ní nach ionadh, sheol ár gcomhghleacaí ón gclub, Martin Keane ar a bhealach chun a chéad bhonn riamh i

gcomórtas náisiúnta, tharainn. Bhruamar ar aghaidh go réidh, agus le neart cainte ó Mháire, níor mhothaíomar na mílte ag sleamhnú tharainn nó go bhfacamar an clog ag ceann scribe. D'ardaiomar ár lámha le chéile agus muid ag tarraingt isteach ar an líne dheiridh. Bhí an clog ag léiriú 5u 19n le linn dúinn a bheith ag dul faoi. Is maith a chruthaigh muid agus bhí muid ag mothú go maith ag deireadh ár n-iarrachtaí. Go raibh maith agat a MháireT.

Tá daoine ag fiafraí díom cheana féin faoi 2010. Níl mé tagtha ar chinneadh ar bith go fóill ar sin ach tá a fhios agam go mbeadh sé amaideach amach is amach gan aird a thabhairt ar an gcomhairle leighis atá faighte agam. Ní dóigh liom go mbeadh sé ciallmhar tabhairt faoi mharatón eile seachas ar bhogstróc. Bheadh sé éagórach iarraidh ar Mháire Treasa dul ag an luas mall a bheadh ar intinn agam, dá dtabharfadh mé faoi arís. Ach b'fhéidir go bhféadfadh mé duine eile a mhealladh. Seans go léifidh Helen é seo!



Dublin Marathon Survivors at West County Hotel, Chapelizod on 12th September 2009.

'My First Half' 2009 Longford Half Marathon

Anne Hunter



It finally arrived, my 'D-Day' – The Longford Half Marathon. Time to see if all the long runs, litres of water and bowls of pasta, pesto, & feta cheese had done the trick!

Punctual as ever Maeve & Frank arrived to pick me up at 8am. On getting into the car, Frank's first words to me were, 'Anne, your first half, will you be able for it?' After a slap from Maeve we took to the road!

On arrival in Longford, weather conditions were in my favour, light mist and on the cool side. A typical August day in Ireland you might say. At this stage feeling fairly nervous but on meeting Michelle and Assumpta – my running buddies – I started to relax. Final toilet checks, some words of encouragement we were off!

First mile or so was in the town itself which was a good start, as there was plenty of support and words of encouragement. Heading out of Longford I fell into step with Maeve. We chatted a little, well a lot actually and before I knew it the first water station was in sight. Quick check of the Garmin: pace spot on and I thought this is good. With the mist still falling we continued on our way. As we overtook some runners my confidence grew, and so did my bladder!

At the 6 mile mark I spotted a Port-a-loo, and in I went. Maeve needed to use it too. As I waited for Maeve outside whilst running in the spot and seeing and cheering on the people we had just passed earlier, Maeve called out, 'Go on Anne, don't wait for me' as I realised that, oh yeah, this is a race after all!

Rain was coming down heavier now but as I was almost at the half way mark and still feeling OK I was happy. Had some jelly sweets with me so treated myself. The course was flat as promised. The support en-route was great. I passed 3 little girls, who all gave me high fives, and told me I was great, and you know what? I really felt that I was.

Ten mile mark and a row of cones which we had to run up one side and down the other, our reward at the end was Jelly babies, and water, so funny to see so many people with their faces covered in a sticky mess, as the jelly babies were covered in rain and their colours had run. I found this very funny, and as I had just taken my first gel, which always makes me giddy, I found it even funnier.

3.1 miles to go but my body was tired. As I turned back on to the main road, I knew I was nearly there as I could here the crowds at the finish line, time to pick up the pace. Passed some runners and did a bit of a speed wobble in the process, but kept going. As I rounded the bend coming in the town there it was the 'finish line' and along side my three biggest fans Pearse, Grace & Jack and yes I could feel the tears, this felt so amazing, Assumpta and Michelle cheered me on down the final stages. Quick look at the clock 2.05.41!

I made it in one piece. I was on top of the world! Would I do it again? Yes I would I have to say.

Thanks to Frank Burke for the lift and the words of encouragement!! To Maeve for the first 8 miles, to Pearse, Grace & Jack (sorry for all the pasta dinners guys) and to Assumpta & Michelle – part of 'Hells Angles' – but that's a story for another day!

The Athenry Underworld: my story

Miss Hell Toother*



It seems so long ago now, but just two years ago, on a cold January night I walked down to the Church car park in a little town outside Galway. Little did I know I was about to embark on a chain of events that would change my life – forever.

I was new to the town having recently moved down from Dublin. I didn't know anyone and thought it would be a good way to get to know people and get a feel for the place.

It seemed so innocent, meeting outside the church, introducing ourselves, a little bit nervous, not really knowing what lay ahead, but putting our trust in the F4L 'leader' – Weave Noone*. She was so friendly and nice. I should have known better though, as we were led up to the darkest corner of Ard Aibhinn, where no one could see us and we could barely see each other. It didn't seem strange that most wore hats drawn down low and had their collars pulled up high, so that you could really only see their eyes. I guess they were trying to protect themselves.

I huddled beside two other new recruits, Fastumpta Feeney* and her brother-in-law Catchall*, I don't think they knew what was going to happen either. It started out simple enough, luring us in to a false sense of security I think. But really we were just 'warming up'. The group was split into three. Some of the others were further into the 'programme' than me so they were led off somewhere else. I'm not really sure where - I was afraid to ask. Then it started, across the top, down one side, and a break, then the same again – I was panting, the air was cold and it stung my face, but I was warming up, getting into it. It felt kind of good. Fastumpta* and Catchall* helped – they were going through the same motions, wondering where would it end, would it get any easier, would it get harder?

This continued for a few weeks, always on Thursday evenings. Saturdays were different - we went other places; I guess because it was morning time and it was bright. I missed some days and I could have stopped; maybe I should have stopped, but something kept pulling me back there. I was starting to get addicted. I had a break in June 2008; I was getting married so I stayed away for a little while. But when I got back from my honeymoon, I just felt the pull again. I texted 'the

leader', said I 'had to get out', and she rallied a few of the troops together on a Tuesday evening. Though just married, I yearned to escape...the open road beckoned me. I think that was the point of no return.

Some people left, some new people joined, like Ranne Hunter* and her husband Piercing-Eyes*. I watched them go through the same thing, willing them to get to where we were, and they did; they got there. Walk a little, jog a little – kind of like life. Soon you're jogging all the time, really going the distance. Fastumpta got there before me – in New York. She came back buzzing, said I had to do it – she'd help me. So just before Christmas 2008 we started training. Because if you just went out there and did it, well you could hurt yourself. You had to train. So we trained.

22nd March 2009, we got up early. 'The leader', Weave*, and her husband, Frankly*, picked us up and brought us out to Oughterard, where we parked up and got on a bus. It seemed to take forever to get there. We didn't talk much on the bus: all lost in our own thoughts. Even though others had done it, or similar, before, they seemed nervous too. We got off the bus, put our belongings in a truck and were herded to where the action was to start. Next thing you know, bang, you're off – 1 KM, 5 KMs (there are cops on the road - just run, run fast), 10 KMs (it's out of this world), 15 KMs, (Can I finish this? Was I mad to try?), 20 KMs (oh my God, yes!), 21 KMs – it's over! People everywhere, swimming before my eyes, is this real? Did I just do 21 kilometres (half marathon) and survive? I did, and I've done it again since – maybe it's foolish, but I know other people do more, 42, 100 KM, even more!

So there you go, that's my journey – three half marathons, countless kilometres and almost two years later. What did I want from this at the start? To meet some new people, maybe make some friends, even get fit. Did I get what I wanted? In the words of Fastumpta* - Hell yeah! Any regrets? Hell no! Any advice?

As Weave* would say, "It's not all about speed," and in the words of Ranne*, "Dig deep girls!"

(* - not their real name)

Days Gone By

Brian Geraghty, G.C.H.

The first race I ever ran was in Athenry in November 1963. I was hooked on the purest sport of all – a sport to be fully enjoyed or left aside. After 46 years of participation, athletics itself has not changed, only the circumstances.

In days of yore I vividly remember the overpowering, pungent smell of Wintergreen at the start of races. It was rubbed on the legs in lieu of a warm-up – nowadays it's a Lynx deodorant and a rigorous warm-up.

In those financially-strained times, athletes were generally cash-strapped. It was not unknown for some to cycle anything up to 100 mile round trips to participate in races. Others would thumb, while the lucky few who bagged a lift were transported in overcrowded, clapped-out vehicles.

While numbers in races were generally low, all participants were serious athletes with no fun runners to be seen (other than at the parish sports) and the races were run over imperial measurements of yards and miles. As a result of the limited participation, everyone seemed to know one another and the camaraderie and crack was part of the social scene.

A feature of those days was the parish sports, which would be held annually in virtually every village in the county and country. You had races in such places as Oughterard, Rosscahill, Mervue, Loughrea, Coolarne and Camus, to name but a few. It was a picnic day out. The afternoon consisted of both foot and cycling races, which were over many distances. A number of those



races would be handicapped with athletes starting from different places. Many athletes would run bare-footed, others in football jerseys, swimming togs and the nearest thing to long-johns. The races were usually held in a farmer's field, sometimes consisting of ten or more laps to the mile and thus lap-counting especially in a three-mile race presented many problems.

The privacy of dressing accommodation consisted of a hedge or the back of a car. As my daughters constantly remind me, their youthful innocence was destroyed by many a gentleman's modesty being on display on occasion. The prizes for each event would be placed, usually, on the back of a lorry. Initially it was medals, then cups, then trophies followed by clocks, kettles, toasters: you name it, they had it.

Mentioning prizes reminds me of an athlete who once cycled from Galway to Ballinasloe for a race meeting and duly won the mile race. His prize consisted of a very large framed picture. The difficulty was how to get it home. He was put on his bicycle for the return journey to Galway, having first celebrated by partaking in a few beverages. The picture was tied by string to his back. Unfortunately, after a few miles the alcohol kicked in and let's say he was found 'framed' in a ditch.

Thank God for the health of mind and body to be still able to run and enjoy it and meet with old and new friends.

DERRYDONNELL A.C. ROAD RACE

The Derrydonnell A.C. hold their first road race at Athenry on Sunday next. The race will cater for seniors, juniors, novices and youths and is open to all the clubs of Connacht.

Among the probable competitors are Willie Morris, Tommy Madden, Kevin Ryan (Derrydonnell), Paddy Malone and Ollie Fahy (Kilconieron), Harold Campbell and Tom Meehan (Tuam), Mick Molloy (Oughterard), Brendan Hardiman and John Spellman (Annaghdown), and club members from Castlebar, Sligo, Eire Og, Ballinasloe and U.C.G.

In all over one hundred competitors are expected.

THE CONNACHT TRIBUNE

SATURDAY, NOVEMBER 23, 1963

Athenry Road Race

ALTHOUGH the weather conditions were not favourable a number of athletes from various clubs in the county braved the elements on Sunday last to participate in the six mile road race, sponsored by Derrydonnell A.C.

The following clubs were represented: Eire Og, U.C.G., Ballinasloe, Derrydonnell and Tuam.

The race which was started by Mr. John Crosby, Athenry, resulted as follows:

Senior: 1, Tommy Madden, Derrydonnell A.C.; 2, Kevin Ryan, do.

Junior: 1, P. J. O'Rourke, Eire Og; 2, J. Monahan, U.C.G.; 3, P. J. Madden, Derrydonnell A.C.

Novice: 1, B. Gersaghty, U.C.G.; 2, C. Roddy, do.; 3, J. Derivan, Eire Og; 4, M. Flesk, U.C.G.

Youths: 1, B. Curley, Ballinasloe; 2, J. Kennedy, Derrydonnell; 3, J. Curley, Ballinasloe.

"It is heartening to see in this day and age that there are still left in the country youths who go in for this type of sport," said Ald. P. Greene, Mayor of Galway, at the presentation of prizes to the winners of the Athery-Derrydonnell handicap road race, which was organised by the Derrydonnell Athletic Club.



Craughwell 10 Mile Road Race

Sunday 14th March 2010

1.00pm

Entry Fee €20

Registration: www.runireland.com

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- Prizes
- Fast Course
- Ample Refreshments at finish
- Mixed Team Event
- T-Shirts for first 25 Men & Women Finishers

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V45's - 1st, 2nd & 3rd

Mixed Team Prize - 1st, 2nd & 3rd

(3 male & 3 female)



registration - www.runireland.com
contact: petersullivan@eircom.ie

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2008 Fields of Athenry 10KM

Race Report

Brendan Monaghan, Tuam A.C.

"You Know Who" doesn't call to the Monaghan house anymore on Christmas morning so a little bit of the excitement has gone out of the day but for the last few years we have nearly been as excited over St Stephen's Day as the Big Day itself, due to the Fields of Athenry 10K.

I never thought I would see the day when I would be very careful of what I ate or drank on Christmas Day (or any other day, come to think of it!). I have heard rumours of a few eating plain pasta with no turkey and drinking only water. Fortunately, I am not quite that bad and did manage a full glass of wine with the turkey! As a result I felt very good on the morning of the 26th and left Tuam in plenty of time knowing that at least 999 other people had the same plan for the day.

The weather was absolutely perfect for running and as we arrived in Athenry we were met by an army of volunteers in yellow jackets and race director Mick Rice in an ubercool Inca hat. Check-in for this race was so well organized it would have made Michael O'Leary jealous and we didn't have to pay extra for anything. We even received one of the prized hats free of charge.

All the usual suspects had gathered and there was much Christmas cheer, probably due to the fact that apart from buying the odd pair of runners, our chosen pastime is virtually free of charge and therefore recession-proof (even this article had to mention it!)

Most people headed off in various directions at about 10.30 to warm up and I was delighted to meet up with Tuam AC clubmate and training partner Jim Daly. There is never too much between us at the end of any race and I could tell Jim was in good shape and knew I would have to be on-the-ball to stay with him. We misjudged our warm-up and had to take a short cut back to the start, which included a quick run over the railway footbridge in Athenry station, and a scramble over the adjoining wall as the gate was locked!

The last minute excitement of nearly missing the start meant the blood was well and truly pumping when Oliver Geraghty pulled the trigger. Despite promising myself not to start too quickly, I fell into the old trap of getting carried away and thought I was Paul Hession. Luckily I realised very quickly that comparing me to Paul is a bit like comparing Shergar to Eeyore the donkey from Winnie the Pooh. I settled down and passed the 1k mark in about 3.50, which was slightly ahead of schedule as I am always hoping for the elusive magical 40 min I have been chasing for so long. At this stage I had a look ahead of me to see if I could recognise many of my usual sparring partners. The great thing about all of these races is the huge number of mini-races that are taking place

within the actual race. I was slightly worried that I could only recognize people I consider to be very good runners such as Tom Hunt, Thomas Porter, Tony Nevin and Andy Talbot. Although I was feeling very good at this stage I knew that if I passed any of these, I would pay for it dearly in the second half of the race. I was also hoping that they had all had the biggest Christmas Dinner ever!!

The 5k mark was passed in 20.06, which was OK as I still felt very good. My PB in Ireland was 41.09 - I had also ran 40.53 in Malta whilst on holiday earlier in 2008 but I could not be sure that the course was accurately measured even though I am sure it was. I decided that today was the day for a new PB and not to lose concentration, or ease up at all in the second half of the race. I was also very aware that some very good runners were close behind me and I knew that if they started to pass me my head would drop and I would probably start crying!! Pat O'Dwyer of GCH was also just ahead of me and I thought that if I could manage to get ahead of him it would be like Christmas Day all over again.

7k was passed in 28.10 and I knew that Gary Thornton and Co. were now well in the town and flying towards the finish, but I was still happy enough with my progress. My happiness was short-lived as I did not pass 8k until 32.25. I convinced myself then that the last two kilometres of this great race were downhill, even though many would disagree with me, and kept pushing as hard as I could knowing that a new PB would keep me happy well into the New Year, but failure to achieve it when I had such a good chance would turn me into the Grinch for the rest of Christmas.

I didn't dare look at my watch at the 9k mark. I was too busy watching Pat O'Dwyer doing a very decent impression of the aforementioned Paul Hession as he absolutely hammered the last kilometre but I just kept pushing and the support of the Athenry crowd really helped as we entered the town. I could also hear what the sweetest music to all runners' ears is and that is Mary Porter giving her world-class commentary at the finish line. As we rounded the final corner, The Arch came into view but more importantly I could see the clock clearly and I knew that barring a disaster in the last 100m I would be getting a new PB. Of course I didn't break the magic 40 min barrier but I wasn't too far off, finishing in 40.34. I was delighted to see my good friend James Landon at the finish line who immediately confirmed my time.

Everything else is a blur after that... Roll on 2009!



2008 Fields of Athenry Photo Gallery



ATHENRY Athletic Club

runireland.com

Ireland's running community website

The screenshot shows the runireland.com website with a navigation bar at the top containing links for Home, Events, Race Entry, Shop, News, Forum, Account, Event Management, and FAQ. A search bar and a 'BUY YOUR TICKETS NOW!' banner for the Sunday 13 December, Santry Dublin event are also visible. The main content area is divided into three columns. The left column features a 'runireland latest news' section with an article titled 'HURDLER O'ROURKE TO COMPETE AT ODYSSEY ARENA' and a 'runireland latest articles' section with an article titled 'SOLO RUN'. The middle column has a 'shopping cart' section and a 'FEATURED RACE!' section for the 'Days Adventure Duathlon'. The right column displays a 'Winter Duathlon Series' with a list of races including 'Race 1 - Phoenix Park', 'Tusam AC 8k Road Race', 'Neas Triathlon Club Duathlon race series 1', 'Sperrin Duathlon Race 1', 'The 4th Ann Valley 5 Mile Challenge', 'My Sport Enniscorthy 10k', 'Neas Triathlon Club Duathlon race series 2', 'Sperrin Duathlon Race 2', and 'Winter Duathlon Series Race 2 - Phoenix Park'.

- Race Map & Calendar
- Online entry
- Up to date coverage of local and national athletics news
- Online Forum; ask questions, seek advice from other athletes
- Online store



Our contributors :

Catherina McKiernan (Irish Marathon record Holder),
Seb Locteau(2004 Olympic Coach),
Paul Hession (100m and 200m Irish Record Holder),
Paul McNamara (National senior 10km champion),
other specialists such as Dietitian, Chiropractor,
Podiatric, sport psychologist and much more.