



Athenry A.C.

Annual Report 2007



Annual General Meeting Agenda

Quality Hotel Oranmore – Tuesday the 23rd January 2007 at 8:00pm

- Minutes of AGM 2007
- Chairperson's Report
- Secretary's Report
- Treasurer's Report
- Election of Officers
 - Chairperson
 - Secretary
 - Treasurer
- Membership & Registrations
- Club Training Sessions
- Resolutions
- Twilight T&F Meeting Review
- 'Fields of Athenry 10K' Review
- Presentations
- Any Other Business

A Hectic Twelve Months

I suppose it's that time of year where we all look both forwards and backwards and reassess our lives. In terms of athletics, at senior level at least, Athenry AC has had a great year. We ran races, we won some and we lost some. At least one of us 'jumped' and when we did the bar sometimes tumbled Earthwards and sometimes not. It would be impossible to cover all of the special athletic moments that came and went in 2006 and so I've picked out my own personal highlights of the Athenry AC year for 2006. Those who know me well know by now that I have a head like a sieve and so if I've missed out some obvious ones that really should have been included, then please forgive me.

JANUARY 2006

Seamus Gilhooley gets the year off to a cracking start at the Galway Indoor Championships over 3,000m. Seamus crosses the line in third place overall in a race that combined both junior and senior athletes.

Athenry AC takes team bronze in the Connaught Cross Country in Ballina. **Gary Doherty, Seb Locteau, Alan Burke and John O'Connor** all represented the Club on the day.



Gary Doherty – Connemara 'Fun Run' February 2006

FEBRUARY 2006

Alan Burke and **Paul McNamara** represent the club in the National Inter Clubs Cross Country Championships in Santry, Dublin. One of them finished in fourth place, you decide which☺.

The club enters nine athletes to compete in the famous Ballycotton '10'.

MARCH 2006



Ballycotton 2006

Paul McNamara wins the National Short Course Cross Country title in Dublin's Tymon Park. As the championship will not be contested in future Paul will retain this title in perpetuity.

Brian O'Connor is the first Athenry member home in a mile race around Ballybrit organised by **Dave Dunne** and **James Corbett**. **Ian Egan** (GCH) takes overall honours.

Connemara Marathon goes from strength to strength despite inclement weather. **Gary Doherty** was first club member home in the marathon with **Brian O'Connor** our most prominent in the 'Half'.

APRIL 2006

Paul McNamara retains his National 10k title on the roads around Tinryland, Co.Carlow. Our men's senior team places in fifth from eleven.

Mick Rice places sixth male in the UK 100km Championships in Gloucester, England

Paul McNamara wins Connaught Tribune Sports Star of the week.



'You Know Who' – Connemara 2006

MAY 2006

The Galway 5km series is born – in Athenry!

Five Athenry AC athletes (**Peter Lowney, Alan Burke, Gary Doherty, Gary Raftery and Brian O'Connor**) take Luxembourg by storm at the ING sponsored Luxembourg Half-Marathon. Brian takes individual bronze and the team are only deprived of a medal after an unforgivable administrative cock-up by race organisers.

Liam Mycroft runs the Prague Marathon and **Mark Flannery** carries the colours proudly at the Ottawa Marathon.



Competitors in the Athenry 5K

JUNE 2006

Athenry AC athlete **Claire McNamara** capped off an incredible schools athletics career with a win in the Senior Girls high jump at the Kit Kat Irish Schools T&F Championships in Tullamore.

Paul Hession storms away from a top class international field to win over 200m at the Cork City Sports.

Peter Delmer represents the Club in Mirepeisset for the 10km de la Garenne.

Paul McNamara takes the Western Regional 3,000m Senior Championships on the Dangan Track.

JULY 2006

The Club hosts it's first ever track and field meeting and attracts top class international runners to Galway. Despite the poor weather those present will never forget the sight of **Isaac Kiprof** gliding around the Dangan track at superhuman speed. **Peter Delmer, Philip Magnier and Mike Rooney** run the Achill Half-Marathon – Peter is third senior man. Paul Hession wins the 200m at the Cork City Sports in 20:78. Athenry AC Handicap 10k takes place. Paul McNamara competes in both the senior 5000m on Saturday and the senior 10000m on Sunday at the National T&F Championships

unluckily finishing just outside the medals and claiming fourth position in both races.



Ugandan Cross Country Star Isaac Kiprop in Dangan

AUGUST 2006

Paul Hession makes the semi-final of the European Championships in Gothenburg, Germany. Paul also produced one of the finest performances ever by an Irish sprinter when running 20.56 (+1.0) for the 200m in Malmo, Sweden.

Sebastien Locteau completes in the Ironman UK Triathlon in Sherbourne, England despite severe and debilitating back problems. This was guts and determination that most of us can only dream about.

Mick Rice claims his first race win in the Westport Half Marathon. What's seldom is wonderful.

Athenry AC take bronze in the County 10k Champs in Claregalway.

The Club fields twenty-two athletes in the 'Future' Streets of Galway 8k Road Race.

SEPTEMBER 2006

At the National Half-Marathon Champs **Paul McNamara** continues his superb season in taking third place in the individual competition. A little bit of club history is

made as the club's men's team claim bronze medals at the same race.

Ray O'Connor Launches The Maumeen Trail Run in Connemara.

Dave Dunne wins the overall Club Championship in Dangan. **Bridget-Anne Walsh** takes the Masters Cup and **Peter Delmer** the trophy for fastest athlete.

Johnny O'Connor does the first ever 'Twenty Questions'.

OCTOBER 2006

Galway Novice, Intermediate, Masters & Seniors County Cross-Country Championships take place in Tuam with Athenry taking team gold in the men's senior race. **Paul McNamara** wins the individual men's competition.

Athenry AC takes silver medals in both the team and individual divisions of the National Marathon Championship in Dublin. Nine Athenry AC members take part in the race and all complete the distance.

Michael McMahon wears the 'maroon and white' at the Great North Run Half Marathon near Newcastle England.

Brian O'Connor is third home in the Galway Bay '10'.



Owen Curran – Galway Cross Country 2006

NOVEMBER 2006

Connaught Cross Country Championships (West Region) in Dangan – Individual silver for **Brian O'Connor** and team gold for the club (Gary Doherty, Mick Rice, Alan Burke, Brian O'Connor).

James Lundon breaks the official club 37m sprint record to collect 7th team prize at the Hollymount 10k International Road Races.

DECEMBER 2006

Ray O'Connor runs his 27th career marathon in Luton, England maintaining a consistent streak of finishes in less than four hours.

Club hosts it's first ever 'Celebration Night' to look back on a great year of running, racing and organising which is a great success.



Peter Delmer reaches for a drink during the Luton Marathon

Almost five-hundred runners and walkers take part in our annual 'Fields of Athenry 10km' road race.

What a great way to finish the year!

Our 'Shop Window' to the World – A Great Club Website

It's almost impossible to overestimate how important the development of the club website has been in helping the club develop and grow. From reports we've heard many people from outside of the club use the site regularly to check on news of running in the west of Ireland generally and also to read about the exploits of our own athletes. It's hard to imagine a better way to advertise the club and to demonstrate to any prospective members that being part of a club like Athenry AC can be fun and rewarding.



www.AthenryAC.com - A Familiar Web Page for Many

Although it's notoriously difficult to estimate the true level of usage on a website like ours, the indications are that upwards of 400 individual users visit the site daily.

Our home page was developed and is maintained by Alan Burke and individual contributions are made by many club members. If you have a race report or any piece of running or triathlon news you think might interest people why not either post it yourself or pass it onto one of the usual suspects and we'll be glad to help out.

If you haven't logged on before you really should – it's a cracker!

Athenry AC Athlete of the Year

At last year's AGM it was suggested that we institute a fun competition between members to select, from amongst our own number, an 'Athlete of The Year'. It was decided to conduct the competition on the basis of awarding points for participation in competitive events. As most current members are runners this, in the main, constituted road, cross-country and track races. We didn't forget that we have a very talented jumper in our ranks but they would have had to have jumping all year to keep up with some of the seemingly indestructible runners in the club.



Head To Head During 2006 – Men of Steel

On even the most optimistic assessment it would have been hard to predict how much interest this innovation would turn out to be. As the months ticked by and the field began to string out the question hung constantly in the air as to who was leading the pack.

The winner wasn't decided until the very last few days of the year and it could have gone to either of two dedicated men who quite obviously have burnt many social bridges over the last twelve months.

Who won in the end? The presentation is at the end of tonight's meeting.

Some Fixtures Worth Noting in 2007

- › Feb 11th - AAI Intermediate & Masters Cross Country Championships (Dublin).
- › Feb 17th – 18th AAI Senior Indoor Championships (Belfast).
- › March 4th – Ballycotton '10' (Cork).
- › March 11th – Adare 10k (Limerick).
- › March 10th – AAI Inter Club Cross Country (Sligo).
- › April 1st – Connemara marathon Races (Galway).
- › April 8th – Kilnaboy '10' (Clare).
- › April 1st – Quilty Four Mile Road Race
- › April 22nd – Flora London Marathon (London).
- › April 15th – Paris Marathon (France).
- › April 22nd - AAI 10k Road Race Championships (Navan).
- › May 27th – AAI Games (Sligo)
- › June 4th – Cork City Marathon (Cork).
- › June 23rd – Clare People 10k (Ennis).
- › June 30th – Cork City Sports (Cork).
- › Aug 11th – Streets of Galway 8km (Galway).
- › August 26th – Longford Marathon (Longford).
- › Sept 2nd – AAI Half-Marathon Championships (Ballybofey).

Go On! Get Involved!

This Club has continued to prosper on the basis that members have taken the initiative all throughout the year and have made things happen. I heard it said recently that 'Things don't just happen, people have to make them happen' and I couldn't agree more. Our 10k race 'happened' because a group of members decided to make it a reality. The same is true of so many other things the club has done.

There are so many examples. Dave Dunne and James Corbett took up the challenge and organised the mile race in Dangan early last year. Peter Delmer took the lead in organising the Club Championships in the summer. Many of the developments to the club web-site have come about because Alan Burke took the time to make them happen. In similar, and sometimes less obvious ways, many other members made their own contribution over the last twelve months.

As the club expands to take in more runners we need more leaders and I really believe that each and every member can lead in some way or other.



These Men Need No Encouragement

What Can You Do to Get More Involved?

- › **Training** with other club members is the best way to be a part of the 'team'. The Saturday morning session is a great place to start.

- › Everyone has **ideas** about how the club can do more or can improve in some way – **speak up!**
- › Log on to and contribute to the **club web-site**. Every club member can have an account that entitles them to post reports, pics and fixtures on the best club site in Ireland.
- › If you can - **keep an eye on your email** account. A lot of 'chat' and news gets exchanged that way.
- › **Race for Us** - Taking part in a race in Athenry Colours is great fun. Every member of every team gets cheered home. Your club needs you!
- › Come along to **the occasional meeting**. We don't have regular committee meetings - We barely have a 'committee' - but we do have meetings from time to time to work on specific projects like the 10k race. The door is always open to everyone.
- › **Bring along another runner** with you. We're not a cult, but we're working on it!

Predator Triathlon Club

Athenry AC is lucky enough to have one of the foremost Triathlon coaches in the country, Seb Locteau, in membership. Seb has been a member of our club from the very early days.

Although Seb is an accomplished athlete himself, having competed internationally for his native France, his focus nowadays is on the coaching and promotion of the sport of Triathlon. In recent times Seb has coached a group of developing locally based Triathletes based out of the Tranquillity Leisure Centre at the Raheen Woods Hotel.

A relationship has developed between Athenry AC and Predator and there

is quite an overlap in membership between the two clubs at this stage. Athenry AC's Saturday morning training runs are adapted to suit any Triathletes who want to participate in them as part of their usual triathlon specific training.



Predator Triathlon Club – A force to be reckoned with.

If anyone is interested in finding out more about the Predator Triathlon Club they should contact Seb Locteau at the phone number or email address given below.

Some Useful Contact Details

Peter Delmer – (087) 2711889 - DelmerP@BSCIE.com

Alan Burke – (087) 2452130 - alanjosephburke@yahoo.com

James Lundon - (085) 1436727 - jameslundon@yahoo.co.uk

Paul McNamara – (087) 2693675 - paul@athleticsireland.ie

Seb Locteau – (085) 7350850 - seb@irishtriathlon.com

Mick Rice – (087) 2896989 – Mick.Rice@GECAS.com

Dermot McNamara – (091) 844432
(No Email Address)

On The Hunt for Women

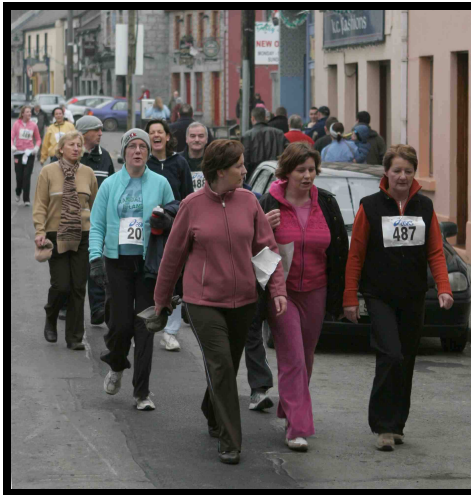
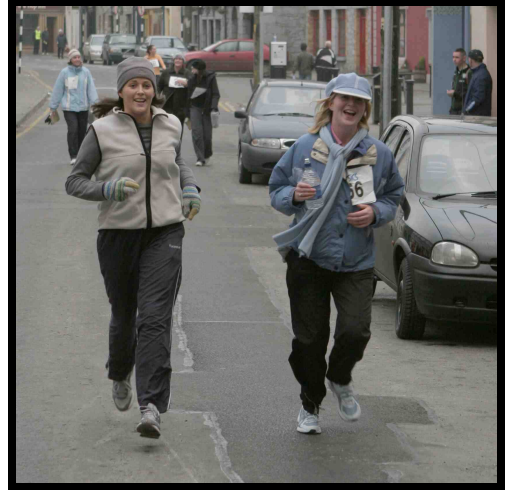
As a club we've enjoyed quite an amount of success in recent times, not only in competition but in terms of providing an opportunity for many people to get fit and enjoy their athletics. We have however signally failed in one particular area and that has been in attracting more female athletes to join the club. It's an unfortunate truth that when we travel to races or train as a group it tends to be a bit male dominated.



Where Have They Gone ...?

This is not to forget of course that we have a small number of dedicated and talented women in membership but the Club would surely benefit from some 'gender rebalancing'. This topic has been raised at AGM's before and although we all seem to agree that it would be great to attract more females into the club it seems to be a very hard target to achieve.

I'd love to think that this year might be a breakthrough on this front and it would be proof of progress indeed if we could enter a women's team into a race before the end of the year, something we've never done before as far as I can recall.



For The Record – Races In 2006

INTERNATIONAL EVENTS

2-Apr

UK 100k Championship and Anglo-Celtic Plate

- o Mick Rice represented Ireland and finished 7th overall in 8hrs18mins.

26-May

ING Luxembourg Half-Marathon

- o Brian O'Connor 3rd
- o Athenry AC 2nd Team (unofficial)
Brian O'Connor, Gary Doherty, Alan Burke & Peter Lowney

1-Jul

Cork City Sports, 200m

- o Paul Hession 1st

7-Jul

Cuxhaven T&F, Germany, 200m

- o Paul Hession 1st

9-Aug and 10-Aug

European Athletics Championships, Gothenburg, 200m

- o 1st Round Heat, Paul Hession 2nd – qualified
- o 2nd Round Heat, Paul Hession 3rd – qualified
- o Semi-Final, Paul Hession 7th – did not qualify

20-Aug

Iron Man UK Triathlon

- o 2.4m swim, 112m bike, 26.2m run
- o Seb Locteau finished in 13hrs 45min

22-Aug

La Chaux de Fonds International, Switzerland

- o 100m B-Final, Paul Hession 1st
- o 200m, Paul Hession 2nd



NATIONAL EVENTS

12-Mar

National Short Course Cross Country Championships

- o Paul McNamara 1st – National Champion.

23-Apr

National 10k Road Racing Championships, Tinryland

- o Paul McNamara 1st – National Champion (2nd Year Running)
- o Athenry AC 5th Team
Paul McNamara, Brian O'Connor, Mick Rice, Peter Delmer, Gary Doherty, Alan Burke, James Lunden.

3-Jun

Kit Kat Irish Schools T&F Championships, Tullamore, Senior Girls High Jump

- o 1st Clare McNamara

3-Sep

National Half-Marathon Championships, Letterkenny

- o Paul McNamara, 3rd
- o Athenry AC, 3rd Team
Paul McNamara, Brian O'Connor, Peter Delmer, Mick Rice, Alan Burke, Gary Doherty

30-Oct

National Marathon, Dublin

- o Paul McNamara, 2nd
- o Athenry AC, 2nd Team
Paul McNamara, Mick Rice, Peter Delmer, Owen Curran, Alan Burke, Mike Rooney, Ray O'Connor, Bridget Anne Walsh, Martin Keane



PROVINCIAL EVENTS

21-Jan

Connaught Senior Cross Country, Beleek, Ballina

- o Athenry AC 3rd Team
Johnnie O'Connor, Gary Doherty, Alan Burke & Seb Locteau.
Johnnie & Gary scored on Galway Team that won County Title.

18-Jun

Western Regional 3,000m Senior T&F Championships, Dangan

- o Paul McNamara 1st

5-Nov

Western Region Cross Country Intermediate and Masters Championship

Intermediate Men 10,000m

- o Brian O'Connor, 2nd
- o Athenry AC, 1st Team
Brian O'Connor, Mick Rice, Alan Burke, Gary Doherty

CROSS-COUNTY EVENTS

6-Jan

Galway County Indoor Championships

- o Seamie Gilhooley 3rd 3000m.

20-Aug

County Galway 10k Road Racing Championships, Claregalway

- o Martin Keane 1st V60
- o Brian O'Connor 3rd Snr Men
- o Mick Rice 3rd V40
- o Athenry AC – 2nd Galway Team

15 Oct

Co. Galway Cross Country Championships, Tuam

Senior Men

- o Paul McNamara, 1st
- o Athenry AC, 1st Team
Paul McNamara, Brian O'Connor, Peter Delmer, Mick Rice

Intermediate Men

- o Brian O'Connor, 1st
- o Peter Delmer, 2nd

Masters Men

- o Peter Delmer 3rd

Novice Men

- o Brian O'Connor 1st
- o Alan Burke 3rd



LOCAL EVENTS

17-Mar

Phoenix Park 4m Race

- o Paul McNamara 1st

25-Jun

Bohermeen 5k, Co. Meath

- o Paul McNamara 1st

28-Jun

Rathowen 5k Road Race, Mullingar

- o Paul McNamara 1st

1-Jul

Achill Half-Marathon

- o Peter Delmer, 3rd Senior Man (4th Overall)

5-Aug

Headford 8k, Galway

- o Paul McNamara 1st

17-Sep

Athenry AC Club Championship

- o David Dunne, Club Champion
- o Bridget Anne Walsh, 1st Vet

24-Sep

G.A. Claffey Killimer 4 mile Road Race

- o Paul McNamara 1st
- o Athenry AC 1st Team
Paul McNamara, Brian O'Connor, Mick Rice, Gary Doherty, James Lunden, Martin Keane

7-Oct

Galway Bay 10m

- o Brian O'Connor, 3rd



FIRST TIME RACE WINNERS

18-Aug

Croi 5m, Clifden

- o Johnnie O'Connor, 1st

12-Aug

Coastal Charity Challenge, Louisburg-to-Westport Half-Marathon

- o Mick Rice 1st

17-Sep

Athenry AC Club Championship

- o Peter Delmer 1st (Fastest Club Runner)

Four to Shoot for Sub Forty Minute 10k

When members were asked at the start of this year what their personal goals for the coming season were, one particular ambition cropped up consistently. Four runners have expressed their desire to run a 10k race in a time of less than forty minutes during 2007.

The daring quartet is James Corbett, James Landon, Peter Lowney and Mark Flannery. I'm not quite sure if any of these athletes have reached this standard previously but I'm sure we all wish them well in shooting for 39:59 during 2007.



James Corbett - Will he be the first?

Paul McNamara Galway Athletics Sports Star of the Year 2006

We've made some mention of Paul's outstanding racing performances during the past year elsewhere in this report but we weren't the only ones who were

impressed by his outstanding twelve months in Athletics. Last Saturday night the 20th January Paul was awarded the Galway Sports Star of the Year in Athletics for 2006. It was a great moment for Paul and his family to accept the warm applause and congratulations of his peers in Galway sport. Since returning to Athenry AC from GCH a few years ago Paul has been a source of constant inspiration and assistance to all of the other members in the club and we can only add our congratulations to those expressed on awards night. Well done Paul!



The Leader of the Pack

A Personal 'Thank You'

Not alone was the last year a successful one for the club but it was also a highly enjoyable one for me as Chairperson. It's been an absolute pleasure to be involved with the club and I am sure I get back myself ten times more than what I invest into it. At the start of another new and hopefully successful year for the club I'd like to express my sincere thanks to every member of the club for tolerating my often unpolished approach to club affairs. Thank you for your patience.