



# *10k Road Race Championship of Ireland & Fun Run*

Sunday April 20th 2008 Start: 2 p.m.

Hosted by  
***ATHENRY Athletic Club***

.....  
race programme  
.....



# AAI President's Address

[www.athleticsireland.ie](http://www.athleticsireland.ie)

On behalf of the Athletic Association of Ireland I would like to extend a warm welcome to Competitors, Officials and Athletic Supporters to Athenry for the Woodie's DIY 10k Road Race Championships of Ireland.



Road racing is always exciting and today we can look forward to excellent competition with many of our middle and long distance athletes competing for the honour of winning a National Title or being a member of a successful team.

I would like to thank Athenry Athletic Club for hosting these Championships, Presentation College for the use of their facilities, our sponsors Woodie's DIY, also local sponsors The Connemara Marathon, [www.RunIreland.com](http://www.RunIreland.com), Supermac's, Athenry Credit Union and Mark Flannery for their support.

May I also take this opportunity to acknowledge the hard work of our officials and in particular the Chairman and members of the Competition Committee and to extend to them my sincere thanks.

Finally, I wish all the athletes every success.

Yours in Sport,  
**Michael Heery, President**

*Cover: Paul McNamara on the home straight in Bilboa 2005 and (inset) with his winner's medal in Tinryland 2006.*



**Supermac's**

**Best of Luck  
to all involved  
in the  
National 10K  
Championships**

**Athenry 2008**

**[www.athenry.net](http://www.athenry.net)**



**Athenry  
CREDIT UNION Ltd**

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Athenry AC**

**[runireland.com](http://runireland.com)**

**[connemarathon.com](http://connemarathon.com)**

# Athenry AC

## Chairman's Address

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



Fáilte go Baile Átha an Rí for the 2008 Woodie's National 10k championships of Ireland.

Athenry AC's senior section was rejuvenated only a few years ago, and it is a matter of great pride that we have been chosen by the AAI to host this event.

Road racing is the bread and butter for many of our senior athletes, and we look forward to this event as one of the first major road races of the year. Our own Paul McNamara has picked up this title on two occasions recently, in Bilboa ('05) and Tinryland ('06), and hopes to make it a hat-trick today.

He will be backed up by a team of over 50 athletes as we field our biggest team to any event ever. We're proud that this team will include athletes of all speeds and ages, as we continue to expand the reach of the club within the local community.

We extend our gratitude to the AAI organising committee, our sponsors and especially the volunteers who make this whole event possible.

I'd like to take this opportunity to wish all athletes from near and far the best of luck, and hope that you enjoy your day here in Athenry.

Regards,  
**Alan Burke**

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## Officials

**Meeting Director:** Paddy Marley  
**Local Co-Ordinator:** Mick Rice  
**Referee:** Tom Mc Cormack  
**Starter:** Oliver Geraghty  
**Marksman:** Harry Gorman  
**Results:** Michael Quinlan  
Bernie Dunne  
**Check In:** Georgina Drum  
Noreen Keane  
**Presentations:** Michael Heery  
**Chief Finish Area:** Ronnie Quigley  
**Chief Time Keeper:** Jimmy Monaghan  
Declan Curtan

**Timekeepers:** Pdraig Keane  
**Officials:** Ray Flynn  
Brendan Mc Daid  
Brian Dowling  
Patricia Griffin  
Antoinette Holland  
Neil Martin  
Mary Burgoyne  
Patsy Kelly  
**Photography:** John O'Connor  
**First Aid:** Red Cross  
**Stewards:** Athenry Club Members

# Going The Distance Measuring the National 10k Course

James Lundon



The National 10k is not being run on the same course as the club's Fields of Athenry 10k race. There is one simple reason for this: we couldn't guarantee that the level-crossing would be free for the duration of the event, especially considering that it comes into play only at 9.5k on the existing course. No such problems are encountered on the day of the Fields race as it is St Stephen's Day and no trains run! This meant that we had to go searching for an alternative route. After much soul-searching, and many suggestions from Athenry AC members, we decided to go with a route that keeps very close to the traditional path but avoids traversing the Galway/Dublin line at any stage: level-crossing or bridge.

Once an outline route had been decided and the finish line set – the start line of the existing Fields race! – we were in a position to call on International-class course measurer, neighbour and good friend of the club, TJ Beatty (Loughrea AC) to do the honours. This he duly did, with the help of fellow-Loughrea AC-clubman, Colm Moorehead in early March.

They were met by Mick Rice, Seamus Gilhooley and myself one cold Sunday afternoon to help with this vitally important job.

We first adjourned to Park (around the 4k marker), to obtain a straight stretch of quiet side road to allow TJ to calibrate his Jones Counter. The required 400 metres was measured out in 50 metres stretches using a special steel tape. Once the 8 times 50 metres were marked out, a few centimetres were added on, as per specific instructions regarding the

current air temperature at the time and how this affected the metal tape. TJ then got on his bike and cycled up and down the measured distance twice for calculation purposes. He got an average reading for the 400 metres from the Jones Counter, which looks very like the little instrument which was very popular in the 1980s in Ireland to measure miles travelled on a push bike.

course from the finish line back, the bike is always going against other traffic, especially when seeking the shortest path, which is usually always the line road runners will take during a race. This assumes that the course route is anti-clockwise. TJ would be cycling into traffic, something that only a brave man does in today's Celtic Tiger Ireland when the 4x4 is king of the



TJ on the bike

The calculator was then taken out and the numbers crunched to allow TJ to come up with the necessary coefficients, which would then be used to arrive at the exact k markers along our proposed course and thereafter the 10k distance, from finish to start lines.

Usually TJ will measure a course from the start to the finish but we imposed on him to do this measurement assignment backwards as we had a very particular finish line in mind. He agreed, but not without reservations, and I very soon fully understood exactly why. When measuring a

road and very little else matters. We tagged along to protect TJ in our cars but could only offer token resistance, as we had to stay on our side of the road, for most of the route.

After some initial scares, we quickly got into our stride and ticked over the k's quickly enough. TJ was on the bike, monitoring his Jones Counter, while Colm was on the clipboard, taking notes at the k markers, which would later form the course measurement notes that make up part of the certification process. Mick and I were their protection, Mick at the front with Seamus; Colm and myself, taking

up duties at the back of this strange little procession. I also took digital images of the k markers, which were also marked in paint and whose features were noted in Colm's notebook.

Almost three hours after we started, we arrived back over the proposed finish line and further up the road another 400+ metres to arrive at the measured start line. Our holy grail that afternoon!

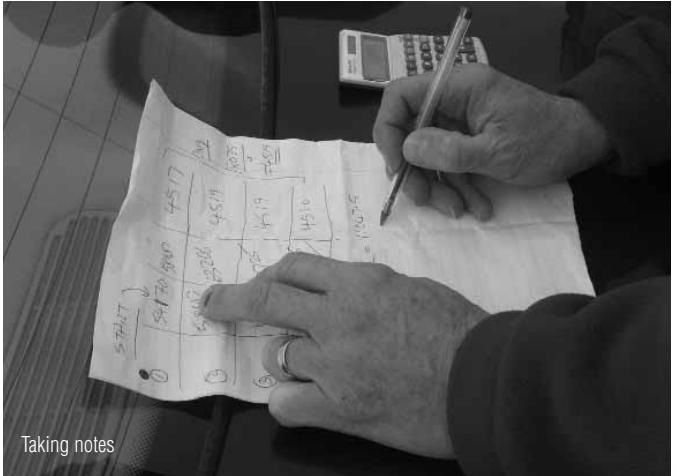
This was the third time that TJ had measured a route around this part of Athenry, all for 10k distances. The first route started and finished out near St. Mary's GAA Club grounds in Carnaun (around the 6k marker), while the other occasion was for the measuring of the course which finishes under the one remaining medieval arch in the town of Athenry itself – both these measurements were for the Fields race over the last 6 years.

The measurement that TJ most recently undertook will be unlikely to be used again, unless Iarnród Éireann decides to run trains on the traditional day of our Fields race in the future.

Two weeks afterwards, we received TJ's official course measurement certificate along with five pages of notes to back up the work.



We in Athenry AC are very grateful for the work that TJ and Colm performed that Sunday. The results of their labours will hopefully be benign and will result in you posting the time for the distance that you hope for today.

As TJ is known to say: the distance is guaranteed to be at least 10k, nothing more nothing less. Finally, we hope that you enjoy your day and that we might see you back for our club race on the day after Christmas.



Taking notes

**Athletic Association of Ireland**  
**Road Course Measurement**  
**Certificate**

Name of Race NATIONAL 10K Certificate No. 1/08

Location ATHENRY Elevation 45M  
City/Town/County Above Sea Level

Distance of Race 10 KILOMETRES Date of Race 20/4/08

Type of Course Loop  Point to Point  Multi Lap

Local Course Measurer T. J. Beatty

Address Cross Street,  
Loughrea, Co. Galway

Method of Measuring. Jones Counter

Race Director \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

*This is to certify that the course described above has been measured and approved for certification. The measured distance of the race is not less than the stated distance .*

*The course measurement complies with IAAF rules for Road Course Measurement*

Signature T. J. Beatty Date 16/3/08

AIMS/IAAF Measurer (b)

# 10k Road Race Championship Entrants

## CLUB TEAMS – Senior Men

### **Athenry A.C. 'A'**

482 Maguire, Niall  
483 Noone, Frank  
484 Mc Laughlin, Cathal  
485 Lowney, Peter  
486 Strange, Peter  
487 Feeney, Cathal

### **Athenry A.C. 'B'**

476 Clarke, Maurice  
477 Corbett, James  
478 Duane, Michael  
479 Mc Cann, Donal  
480 Griffin, Conor  
481 Burke, Alan

### **Athenry A.C. 'C'**

471 Bruton, Brian  
472 Mc Namara, Paul  
473 Gilhooley, Seamus  
474 O'Connor, Brian  
475 Staunton, Robert

### **City of Derry**

229 Roberts, Greg  
230 Mc Ginty, Emmet  
231 Colhoun, Eamon

### **Donore Harriers A.C.**

400 Crean, Danny  
401 Keogh, Gavin  
402 Mc Greal, Padraig  
403 Brady, George

### **Galway City Harriers A.C.**

333 Geraghty, Rudhairi  
334 Egan, Walter  
335 Keane, Gerard  
336 Greaney, Dave

### **Letterkenny A.C.**

234 Crossan, Gary V1  
235 Doherty, Ciaran  
236 Thursby-Pelham, Brian V1  
237 Faulkner, Neil V2  
238 Ferry, Kevin V1  
239 Toner, Ivan  
240 Mc Fadden, Sean

### **Letterkenny A.C. 'B'**

270 Sweeney, Eddie  
271 O'Sullivan, Ciaran  
272 Campbell, Gregory

### **Limerick A.C.**

224 O'Donnell, Ruairi  
225 Carey, Tom  
226 Ryan, Keith V2  
227 Doody, Martin  
228 Turner, Colm

### **Mayo A.C.**

337 Devaney, Anthony  
338 Byrne, John  
339 Glavey, Timmie  
340 Golvin, Gerry  
341 Mc Nulty, Joe

### **Sligo A.C.**

414 Connor, Rory  
433 Kilgannon, Brian  
434 Mc Master, Ultan  
435 Higgins, Gary  
436 Cilber, Bruno

### **Sportsworld A.C.**

416 Kilgannon, Phil  
417 O'Connell, Paul  
418 Merrick, Ronan  
419 Mc Entee, Ed  
420 Enright, Packie  
421 Cunningham, Michael  
422 Duffy, Paul  
423 Greensmith, Will

### **Tullamore Harriers A.C.**

327 Lambe, Barry  
328 Murphy, Mike  
329 O'Reilly, Jodie  
330 Wrafter, Joe  
331 Curley, Adrian  
332 O'Connell, John

### **Tinryland A.C.**

217 Byrne, Pat V1  
218 Farrell, Dwyane  
219 O'Neill, Eddie  
220 Payne, Thomas V4  
221 Walsh, Eddie V4  
222 Murphy, JJ V5

## CLUB TEAMS – Senior Women

### **Athenry A.C.**

447 Feeney, Assumpta  
448 Glynn, Emer  
449 Mc Namara, Aileen  
450 Walsh, Elaine

### **Tullamore Harriers A.C.**

348 Curley, Pauline  
349 Keane, Maire-Triona  
350 Lambe, Pauline  
351 Vance, Katie  
352 Leonard, Sharon  
355 Sheridan, Marian

### **Ennis Track A.C.**

247 Carey, Marie  
248 O'Brien, Patricia  
249 Lennon, Siobhan V1  
250 Troy, Deirdre  
251 Daly, Deirdre

### **Galway City Harriers A.C.**

342 Casey, Regina  
343 Ni Mhuircheartaigh, Orla  
344 Deacy, Nicola  
345 Daly, Eve  
346 De Paor, Aideen  
347 Lynch, Marguerite

### **Mayo A.C.**

353 Conway, Catherine  
354 Gleason, Mary  
356 Byrne, Yvonne

### **Sportsworld A.C.**

424 Finn, Mary  
425 Martin, Eimear  
426 Brady, Aoife

## CLUB TEAMS – Master Men

### **Athenry A.C. 'A'(V)**

451 Delmer, Peter V2  
452 O'Connor, John V1  
453 Curran, Owen V1  
454 Dunne, David V1  
455 Mc Shane, Darragh V1  
456 Rice, Mick V2

### **Athenry A.C. 'B'(V)**

457 Rooney, Michael V1  
458 Burke, Frank V1  
459 Doherty, Gary V1  
460 Forde, Patrick V1  
461 Landon, James V1

### **Athenry A.C. 'C'(V)**

281 Mycroft, Liam Bernard V4  
462 Breen, Mark V2  
463 Egan, Edward V1  
464 Daley, Tony V2  
465 Reilly, Bob V2

### **Athenry A.C. 'D'(V)**

466 Magnier, Philip V5  
467 Glynn, Michael V6  
468 Nugent, Peadar V6  
469 Keane, Martin V6  
470 Mc Guinness, Aonghus V1

### **Donore Harriers A.C. (V)**

381 Moore, Colin V1  
382 Mc Sweeney, Tom V2  
383 Mc Donald, Gerry V1

### **City of Derry (V)**

258 Mc Aneaney, Sammy V4  
259 Mc Carthy, Declan V3  
260 Mc Cafferty, Paul V2

### **Galway City Harriers A.C. 'A'(V)**

357 Moloney, Conor V1  
358 Egan, Ian V2  
359 Carr, Danny V3  
360 Mc Evilly, Martin V5  
361 Quinn, Gearoid V3  
362 O'Brien, John V2

### **Galway City Harriers A.C. 'B'(V)**

282 Geraghty, Brian V7  
363 Porter, Tomas V4  
364 Devlin, John V2  
365 O'Dwyer, Pat V2  
366 Deacy, Don V5  
367 O'Neill, Joseph V1

### **Letterkenny A.C. 'A'(V)**

261 Gormley, Martin V2  
262 Callaghan, Adrian V1  
263 O'Donnell, Ciaran V1  
264 Daly, John V1  
265 Mc Collum, Neil V1  
266 Gallagher, Hugh V4  
267 Ryan, Danny V1

### **Letterkenny A.C. 'B'(V)**

268 Mc Ginley, Charlie Joe V1  
269 Lynch, Noel V1

### **Mayo A.C. (V)**

376 Hunt, Tom V6  
377 O'Malley, Christy V2  
378 O'Connell, C V4  
379 Murray, Paddy V2  
380 Hynes, Peter V2

### **Sli Cualann A.C. (V)**

404 Conroy, Cormac V1  
405 Clifford, Sean V6  
406 Rice, Paul V1  
407 Byrne, Mick V3

## CLUB TEAMS – Master Women

### **Athenry A.C. 'A'(V)**

437 Carter, Ann V2  
438 Hehir, Maria V1  
439 Murray, Pauline V1  
440 Noone, Maeve V1  
441 Breen, Grainne V2

### **Athenry A.C. 'B'(V)**

442 Mc Grath, Breege V2  
443 Moran, Brid V2  
444 Wall, Miriam V2  
445 Walsh, Bridget Anne V3  
446 Flynn, Debbie V1

### **Mayo A.C. (V)**

384 O'Connor, Angela V2  
385 Mc Manamon, Noreen V2  
386 Murray, Anne V2  
387 Ruddy, Deirdre V2

### **Sligo A.C. (V)**

409 Feeney, Olivia V  
410 Mc Carthy, Cindy V  
411 Connor, Jill V  
412 Sherlock, Martina V  
413 O'Flaherty, Antoinette V

### **Ennis Track A.C. (V)**

291 O'Loughlin, Marion V3  
292 Hanrahan, Ita V2  
293 O'Connor, Hilda V2  
294 Power, Aisling V2

### **Galway City Harriers A.C. (V)**

389 Sheridan, Margaret V2  
390 Walsh, Ann Marie V1  
391 Walsh, Adrienne V4  
392 Brannigan, Carmel V3  
393 Kelly, Hanna V3  
394 Kelly, Bernie V4

### **Sligo A.C. (V)**

409 Feeney, Olivia  
410 Mc Carthy, Cindy  
411 Connor, Jill  
412 Martina, Sherlock  
413 O'Flaherty, Antoinette

### **Sportsworld A.C. (V)**

427 Darcy, Lucy V1  
428 White, Helen V2  
429 O'Callaghan, Kathleen V1  
430 Morgan, Rachel

### **Tír Chonailí A.C. (V)**

287 Rooney, Marie V3  
288 Gallagher, Philomena V1  
289 Ward, Linda V2  
290 Mc Gowan, Sharon V2

### **Tullamore Harriers A.C. (V)**

395 Daly, Mary V2  
396 Lambe, Deirdre V2  
397 Mullen, Una V2  
398 Cuskelly, Liz V1



Chasing down Gary Thornton - Fields of Athenry '07



Derrydonnell AC after their famous win in Athenry in the NACA Cross Country 50 years ago

**INDIVIDUAL COMPETITORS**

223	Byrne, PJ (T'land A.C.)	276	Murphy, Peter V6 (Tinryland A.C.)	317	Campbell, Richard
232	O'Shea, Alan (Bantry A.C.)	277	Talbot, Andy V5 (CRH A.C.)	318	O'Donnell, Sinead
233	Hamilton, Patrick (A'dale St'r's A.C.)	278	Mc Mullin, Sean V6 (Mullingar H'iers A.C.)	319	Ryan, Sean
241	Healy, Gearoid (Tuam A.C.)	279	O'Shea, Patrick V5 (Iveragh A.C.)	320	Joyce, Colin
242	Mc Grath, Sean East Cork A.C.)	280	O'Shea, Michael V3 (Iveragh A.C.)	321	Mc Mahon, Michael
243	O'Brien, Darragh (L'rea A.C.)	283	Cronin, Mary V6 (Limerick A.C.)	322	Hassett, Deirdre
244	Murphy, Cian (Iveragh A.C.)	284	Murphy, Humphrey V2 (Riocht A.C.)	323	Colleran, Alan
245	Beirne, Barry (L'rea A.C.)	285	Shanahan, Tom V3 (Riocht A.C.)	324	Mahon, Niamh
246	O'Callaghan, Donal (Riocht A.C.)	286	Burke, Colm V2 (St. Abbans A.C.)	325	Foley, Patricia V1
252	Doherty, Siobhain (B'kane A.C.)	295	Kelly, Maire V4 (Galway Meet & Train)	326	Fahy, John
253	Fahy, Tracey (Athenry A.C.)	296	Ryan, Bernie V3 (Foyle Valley)	368	Kavanagh, Gerry V2 (T'more H'iers A.C.)
254	Corbett, Laura (L'kenney A.C.)	297	Guest, Karen V1 (Craughwell A.C.)	375	O'Grady, Andy V4 (T'more H'iers A.C.)
255	O'Brien, Eimear (L'kenney A.C.)	298	Burke, Anne V3 (Ballinasloe & District)	388	Crossan, Helena V2 (Inishowen A.C.)
256	Ganiel, Gladys (Abbey A.C.)	311	Blake, Cian (Individual)	399	Hackett, Julia V1 (Donore H'iers A.C.)
257	Waldron, Rosalie (GCH A.C.)	312	Conlon, Orla (Individual)	408	Kennedy, Eamonn
273	Brennan, Ben V4 (St. Abbans A.C.)	313	Conlon, Jacinta (Individual)	415	Canning, John V1 (N'bridge A.C.)
274	Curran, Kenny V1 (Ballynonty A.C.)	314	Moriarty, Ronan (Individual)	431	Doherty, Elizabeth
275	Langan, Jim V7 (T'more H'iers A.C.)	315	Keir, Derek	432	Burke, Annette
		316	Collins, Catriona		

# Previous Winners

Date	Location	Men's Winner	Club	Time	Woman's Winner	Club	Time	Finishers
09/4/00	Dundalk	Gerry Ryan	GCH	29:58	Ursula McGloin	Finn Valley AC	35:21	169
22/4/01	Ballybofey	Gerry Ryan	GCH	30:19	Anne Lennon	Mayo AC	35:39	104
14/4/02	Navan	Gerry Ryan	GCH	30:29	Noleen Porter	Finn Valley AC	36:36	159
13/4/03	Stranorlar	Gerry Ryan	GCH	30:27	Maria McCambridge	DSD AC	33:55	115
18/4/04	Sligo	Patrick Byrne	Tinryland AC	30:46	Sandra Gowran	Sportsworld AC	35:47	170
24/4/05	Bilboa	Paul McNamara	Athenry AC	30:56	Rosemary Ryan	Bilboa AC	34:21	255
23/4/06	Tinryland	Paul McNamara	Athenry AC	30:08	Pauline Curley	Tullamore Harriers	34:16	188
22/4/07	Navan	Alan O'Shea	Bantry AC	30:54	Orla O'Mahony	Raheny Shamrocks	34:53	262



Start of Fields of Athenry '07

# 1975 Irish National Marathon

## Some Personal Memories

**Andrew Talbot** (Clare River Harriers and formerly Pearse AC)



Start line at Woodquay  
Cathedral in Background



It was mighty hot in Galway that day in May 1975, 75 degrees Fahrenheit. Forty seven runners faced the starter.

The race began in Woodquay and headed out the Curragh Line to within two miles of Headford, a straight out-and-back course. The course was relatively flat and conducive to fast times. The weather, however, had a large part to play in the race and its outcome.

Favourite going into the race was local man Mick Molloy from Oughterard, who would always be depended upon to put in a strong challenge. Dick Hodgins from Cork had shown recent good form and was well fancied, as was Jim McNamara of Donore Harriers and Danny McDaid from Donegal. An outsider on the day, but strongly fancied locally, was Joe Scanlon of GCH – eventually 13 times Galway senior cross country champion and 9 times winner of the local Pearse Athletic Club's 'Round the Houses' road race in Galway City.

The race set off at a pretty brisk pace, going through 5k at Ballindooley Castle in 16:17. All the main contenders were still well in contention. 10k was

reached in 32:41 with 12 athletes running strongly - Hodgins, McDaid, McNamara, Molloy, Paddy Coyle and Matt Murphy all in the pack. A few seconds further back, Joe Scanlon and Gerry Staunton were giving chase and trying not to let the gap get too big.

On to 20k and McNamara had opened up a 30 second lead but had now been joined by Scanlon. The pack was down to 6. At the 30k mark, McNamara was still holding his lead with the chasers down to three, Scanlon, Hodgins and Coyle. Molloy was going through a bad patch and was over a minute adrift, but working hard to hold onto Murphy a few seconds ahead.

With the hot day now beginning to take its toll, the lead changed dramatically over the next 5k. McNamara was now paying a big price for his earlier brave bid to get clear and was now passed by Hodgins and also joined by Scanlon who was making a brave bid to give chase. Coyle was the only other athlete in contention at this time.

The rest of the field were now becoming also-rans and the drop-out rate was increasing with every mile. Just before the 40k mark, Scanlon had

reeled in Hodgins and both were having a great battle back in the Curragh Line with no quarter been asked or given on either side. Hodgins looked the stronger at this point. Scanlon cracked and after a short distance threw in the towel. Meanwhile, further back Molloy got a new lease of life and began to claw back ground on the leader but as Woodquay and the finish line came into view Hodgins maintained his pace and took the title with Molloy just 43 seconds adrift at the finish. Molloy fell to the ground and needed a few minutes to get his strength back.

Over a minute later, McNamara crossed the line having made steady progress in the last few kilometres. Coyle finished fourth with Murphy one minute further back.

In all 30 of the starters got to the finish line with only the first five home breaking two and a half hours. Back at the Rowing Club after the race Murt Hynes was carrying out various tests on some of the finishers, checking their weight, salt loss etc.

Thereafter tea and sandwiches were the order of the day for those capable. The hot weather took a toll on the race



with 35% of the starters failing to finish, this writer included. The event was well organized and traffic was light.

There were the standard water stations on the course, which were badly needed given the day that was in it. P.S. As my first venture into marathon running, it was a big learning curve,

the primary lesson of which is to drink water and plenty of it. I got to 34k before wilting and must thank Iggy O'Muircheartaigh and Brendan Foreman for the lift to the finish from there. Along the way, I recall many athletes in various stages of exhaustion and cramp but still they plugged away and fair play to all who got to the finish line and to those who

didn't: there was always the next one to look forward to. It would be another three years before I tried my luck at the marathon distance again – the 1979 Galway Marathon Championships held in Corofin!

## BORD LUTHCHLEAS NA HEIREANN

### OMEGA NATIONAL

### MARATHON 1975

#### Official Times

	5km	10km	15km	20km	half	25km	30km	35km	40km	Finish
D. Hodgins	16:17	32:41	49:34	1:04:58	1:08:35	1:21:09	1:37:39	1:54:54	2:11:50	2:19:45.6
M. Molloy	16:17	32:41	49:34	1:04:58	1:08:36	1:21:05	1:38:45	1:56:28	2:12:50	2:20:28.2
J. McNamara	16:17	32:41	49:02	1:04:29	1:08:10	1:20:44	1:37:19	1:55:29	2:13:29	2:21:44.6
P. Coyle	16:17	32:41	49:34	1:04:58	1:08:34	1:21:09	1:37:39	1:55:40	2:14:50	2:23:32.6
M. Murphy	16:17	32:41	49:34	1:04:58	1:08:35	1:21:15	1:38:32	1:57:22	2:15:10	2:24:32.2
J. Murphy	16:17	32:41	50:00	1:06:09	1:09:55	1:23:12	1:40:34	1:58:58	2:16:44	2:24:46.4
V. Regan	16:36	33:18	51:53	1:09:12	1:13:12	1:26:45	1:44:45	2:03:55	2:22:05	2:30:09.4
D. McDaid	16:17	32:41	49:39	1:06:19	1:10:17	1:24:07	1:42:53	2:02:20	2:23:14	2:32:18.6
W. Dunne	17:31	35:26	52:53	1:11:20	1:15:18	1:29:11	1:47:52		2:27:07	2:35:51.6
M. Coleman	17:31	35:26	52:53	1:11:20	1:15:20	1:29:14	1:48:16		2:27:46	2:36:09.6
R. Duffy	18:17	36:20	55:13	1:12:27	1:16:23	1:30:08	1:48:15		2:27:07	2:37:01.4
C. Treacy	18:19	36:12	55:16	1:12:58	1:17:00	1:31:25	1:50:03		2:28:33	2:37:05.0
M. McDermott	17:31	35:05	52:57	1:10:16	1:14:12	1:27:56	1:46:42		2:29:57	2:40:08.0
J. Cronin	18:41	37:36	57:09	1:15:59	1:20:15	1:35:00	1:54:31		2:35:57	2:42:52.4
J. Noone	18:41	37:13	57:09	1:15:59	1:20:15	1:35:00	1:54:31		2:34:38	2:43:27.8
F. Browne	16:17	32:41	49:55	1:06:59	1:11:15	1:25:56	1:47:37		2:36:02	2:45:32.6
F. McNerny	16:17	32:41	50:35	1:08:28	1:12:39	1:27:38	1:52:47		2:45:49	2:53:27.4
J. O'Connor	17:31	35:10	53:53	1:11:20	1:15:21	1:30:11	1:50:24		2:41:38	2:54:18.8
J. Moriarty	16:41	34:42	54:06	1:12:59	1:17:23	1:33:11	1:54:31		2:44:23	2:55:16.2
C. Duffy	19:30	39:42	61:10	1:21:13	1:25:43	1:41:38	2:02:54		2:46:22	2:56:07
S. Regan	18:17	35:40	54:10	1:11:58	1:15:45	1:30:30	1:50:03		2:45:13	2:56:22.8
T. Twomey	18:17	37:13	57:20	1:16:53	1:21:28	1:36:59	1:59:16		2:48:52	2:59:17.0
G. Ryan	18:45	38:00	58:21	1:18:11	1:22:52	1:39:29	2:01:37		2:51:59	3:04:16.0
T. Northwood	18:45	37:53	58:14	1:17:30	1:22:15	1:36:37	1:59:44		2:57:14	3:08:57.0
M. O'Neill	18:41	37:36	57:48	1:17:37	1:22:15	1:38:52	2:02:12		2:57:14	3:08:57.0
P. J. Leddy	16:51	33:50	52:06	1:09:08	1:13:12	1:27:23	1:56:52		2:58:53	3:09:32.0
S. Kearns	19:22	39:42	61:10	1:22:32	1:27:26	1:45:03	2:08:55		2:59:23	3:11:31.0
F. Mitchell	18:45	38:48	60:34	1:21:47	1:26:40	1:43:47	2:06:46			3:17:49.4
P. Durain	19:30	39:42	61:10	1:21:13	1:25:45	1:41:28				3:41:57.0
G. Walsh	18:45	38:19	59:16	1:20:09	1:25:00	1:43:21	2:15:00			
J. Scanlan	16:17	32:47	49:34	1:04:58	1:08:35	1:21:09	1:37:39	1:55:29		
G. Staunton	16:17	32:47	49:34	1:05:43	1:09:34	1:23:01	1:42:33	2:02:59		
E. Darling	18:45	37:53	58:14	1:17:30	1:21:57	1:36:37	1:58:24			
A. Talbot	17:31	36:40	57:48	1:18:42	1:23:36	1:41:20	2:06:46			
P. Doherty	19:00	38:48	60:34	1:21:47	1:26:40	1:43:47	2:06:46			
L. Irwin	19:15	38:48	60:34	1:21:47	1:27:19	1:45:03	2:08:55			
K. Treacy	16:29	33:18	51:35	1:10:16	1:13:17	1:28:21				
B. Keely	17:53	35:10	53:53	1:11:20	1:15:21	1:29:14				
J. Crabtree	17:31	35:38	54:25	1:12:59	1:17:17	1:32:26				
B. O'Shea	16:17	32:47	49:34	1:07:00	1:11:43					
H. Rocks	16:29	33:18	54:54	1:15:31	1:19:57					
J. Power	17:10	35:10	54:54	1:15:31	1:20:07					
M. Cullen	18:19	36:27	56:27	1:17:17	1:21:54					
A. Walsh	18:45	38:03	59:08	1:19:58	1:24:29					
J. Grace	18:41	37:36	58:06	1:20:33	1:26:00					
M. Guilfoyle	19:32	40:00	61:50	1:24:08	1:29:17					
P. O'Brien	19:22	39:10	60:34	1:25:00	1:30:06					

Results taken from  
Marathon Magazine

# Athenry AC

## A Growing Club

**Mick Rice**



Athenry is a town with a rich Athletic tradition and a distinct tendency to produce talented individual athletes. Fifty years ago Willie Morris, Tommy Madden and the rest of the Derrydonnell AC heroes led the charge at the NACA National Cross Country Championships which was held in the grounds of Mellows College, Athenry. This weekend a new generation of Athenry athletes clad in maroon and white will represent the town with pride and determination. This long-standing local appetite for athletics has most recently manifested itself in the rejuvenated senior section of Athenry AC.

A small number of crusty road runners gathered together back in 2002 and decided that they would make the effort necessary to re-establish an active senior club in the town. Of course Athenry AC already had a small number of registered senior athletes, most notably our star

sprinter Paul Hession, but there had been no active senior club structure for quite a while. There were also a small group of experienced, dedicated and talented coaches who had kept the athletic flame alive in the town for many years. The Athenry AC juvenile section had been, and remains, a shining example of all that is good about underage athletics. Given that the re-organising group contained no world-beaters it was clear that if a senior club was to be viable it would have to cater, in the main, for people who wanted to run for fun and fitness. Unburdened by any great knowledge of athletics or even indeed how to organise a club, the concept of a senior athletics club gradually took hold and membership started to grow. There were mistakes, misunderstandings and even some false starts but people kept on turning up for training and a momentum was built.

Six years down the line from those humble beginnings under the watchful eyes of some experienced campaigners the club has grown significantly in terms of its membership and its range of activities. With over one-hundred active senior athletes, half of whom are women, Athenry AC can claim to be one of the busiest in the West. Our annual 10k race attracts a healthy field each St. Stephen's day and we endeavour to field our strongest teams in every AAI event that we can.

Hosting the Woodie's AAI National 10k Championship of Ireland is the high point of all of our efforts in recent years. All of the members of Athenry AC are immensely proud to be able to provide the stage for such a prestigious race. Although it's been fifty years since Athenry last hosted such an important race, we certainly hope it won't be so long again.



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