



IMAA Gazette

Irish Masters Athletics Association

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www.irishmastersathletics.com

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Ireland hosts the British & Irish Cross Country

BY GEORGE MAYBURY, PRESIDENT, IMAA

The 23rd British and Irish Masters Cross Country International, will be held on Saturday, 13th November 2010, and is being hosted by Ireland at Santry Demesne, Dublin.

The promotion of the event rotates amongst the participating countries, Wales, England, Scotland, Northern Ireland, Ireland, with ourselves having the honour on this occasion.

History. The inaugural Masters CC International was held in Moss Valley Park, Wrexham, Wales, way back in 1988, so this event has quite a history. The inaugural team gold medals for Over 40, as it was then, went to Wales with a team containing World-leading athletes: Tony Simmons, Alun Roper, Griff Owens, and Dic Evans. Griff Owens won the M60 at Birmingham, last year, with Dic Evans finishing 8th, and Wales again taking the M60 team title, some pedigree indeed.

Irish performances. Irish women have won a total of 21 individual titles, with Niamh O'Sullivan (2004, 2005, 2006, 2007, and 2009), and Anne Keenan-Buckley (1999, 2000, 2001, 2002, and 2003), heading the role of honour with 5 each, followed by Carmel Parnell (2003, 2004, 2006, and 2009) with 4.

The other 7 winners were Teresa Tuohy being the first individual winner in 1994, Anne Carroll (1997), Joan Hough (1998), Noeleen Porter (2002), Annette Kealy (2005), Mags Grennan (2008) and Donna Mahon 2008.

In terms of women's team titles, Ireland has a total of 17 made up of 6 W35, 5 W40, 3 W45 and 3 W50.

In the case of men, we had 5 individual title winners beginning with Pascal



56 lbs throwing competition, Tullamore, Masters T&F, August 2010

Morris, M60, back in 1994, Willie Neenan, M65, in 1998, followed by Martin McEvelly, M60, in the mud in Swansea in 2008. Pat Byrne, M35, and Tommy Payne, M50, were victorious in Birmingham in 2009.

The challenge? As can be seen, titles are extremely hard to come by. At present in this country we have a very talented group of master athletes more than capable of holding their own with any opposition. It would wonderful to see all our best athletes line up in Santry in November. All it takes is to be a signed-up member of the Irish Masters Athletics Association prior to the 1st October 2010 and take part in the trial which forms part of the GERRY FARNHAM MEMORIAL race on the 17th October in the Phoenix Park. Go on, your country needs you. Let's make the 13th November in Santry a day to remember and join the very illustrious list of previous winners.

Registering. In order to be considered for selection, you have to be a fully paid-up member of an athletic club, registered with the AAI, and a fully paid-up member of the IMAA.

You can find a membership form on the IMAA website www.irishmastersathletics.com: Click on LIBRARY and download MEMBERSHIP FORM 2010.DOC. You can sign off on a standing order or remit a cheque for €15 with your application, €20 covers membership for a couple for the year. □

What could you have done?

Compare your times and distances to what you could have done as a senior and to other age groups with this website: http://www.lollylegs.com/lollylegs/training/age_grade.htm.

The site says: "The current tables (2006) were compiled by the World Association of Veteran Athletes (WAVA)". □

20 Questions for Lucy Moore-Fox

Lucy is National Event Coach for the high jump and head coach in Dundrum AC (coaching David Gillick to European Indoor gold in 2005 and Deirdre Ryan, the first Irish woman to make a high jump major games final).

“As a senior athlete, I competed mainly at heptathlon and represented Ireland at the European Cup twice, once as captain. My favourite events now are the high and triple jumps. I won the W50 high jump, WORLD INDOOR MASTERS, Clermont-Ferrand (2008) and bronze in the triple jump, WORLD MASTERS T&F, Lahti (2009). I won the bronze in the weight throw, WORLD MASTERS INDOORS, Kamloops (2010).

I have been doing high jump since kindergarten, when I beat all the boys in the school sports to win a much-wanted “Fuzzy Felt” set! I joined Crusaders AC at 13 but, as I was in boarding school, I only got to train with the club once a month! Later I was a member of UCD AC, where I came under the influence of Jack Sweeney. I also competed with Dun Dealgan and later with DSD. My great mentor was the late Oliver Scully, who taught me most of what I know.

I'm married to Nigel, who is hugely supportive. I work as a clinical psychologist

in Dublin. I'm completing a research PhD and was a (very!) mature student with UCD athletics this year!”

1. *What shoes do you train in?* - Adidas triple jump spikes; Reebok high jump spikes and my favourite old Reebok throwing shoes.
2. *Training miles last week?* - Including warm-ups? About 3 miles max!
3. *Favourite event?* - Nowadays nothing longer than 80m hurdles - I prefer to jump & throw!
4. *What do you like most about competing?* - It de-stresses me!
5. *Favourite race or event?* - European and World masters champs. I like visiting and competing in different countries and meeting up with all my masters friends.
6. *What annoys you most at races?* - I hate it when events run late. I'm not keen on competing in the rain.
7. *What new race would you most like to take part in?* - I always wanted to try a Throws Pentathlon & I did my first one last weekend!
8. *Best-ever performance?* - As a senior, coming 2nd in the national heptathlon championships in a massive PB, back in 1983. My good friends Danae Herron and Mary Barrett were also heptathletes in those days. As a masters athlete, winning at Clermont-Ferrand in 2008.
9. *Worst-ever performance?* - As a senior, I was very disappointed in

my performance at the European Cup Heptathlon in Madrid, 1987, my last Senior International. As a master, whenever I can't perform well because of injuries.

10. *What's the strangest thing that you've seen training?* - Nothing really out of the ordinary - sorry!
11. *Favourite item of gear?* - A different “must wear” each season!
12. *Who would you most enjoy beating in a sprint for the line?* - The person ahead of me on points in the 800m at the heptathlon end.
13. *What was the best bit of training advice you were ever given?* - It takes 1000 jumps or throws to change a technical fault!
14. *In ten years time will you still be competing?* - I hope jumping and



Lucy Moore-Fox, W50 high jump gold

I'll definitely still be throwing.

15. *If you were told you could never compete again, how would you react?* - It would be a huge loss in my life but I'd find some other activity. I'd stay involved as a coach and sport psychologist.
16. *Ever been bitten by a dog?* - Yes while cycling, no, while running!
17. *What got you started?* - I could beat the boys in my kindergarten at high jump!
18. *Favourite post-competition food?* - Mars bar!
19. *Most embarrassing ever competition-related moment?* - Hmm – not sure I'll share that one!!
20. *Greatest Irish athlete of all time?* - Sonia O'Sullivan

Forthcoming Events

Ireland 2010

Sun. 17 Oct., GERRY FARNHAM CC, Phoenix Park, Dublin.

Sat. 13 November., BRITISH AND IRISH MASTERS CROSS COUNTRY INTERNATIONAL. See www.irishmastersathletics.com.

Mon. 26 Oct., LIFESTYLE/ ADIDAS DUBLIN MARATHON, AAI National Champs.

UK 2010

(You can enter directly, no need to go through the Irish International Secretary).

Sun, 3 Oct., BMAF 10 MILE CHAMPS, Oldbury Power Station, Bristol.

Sun., 1 Nov., BMAF HALF MARATHON CHAMPIONSHIPS, Stevenage.

UK 2011

12 March, BMAF CC CHAMPIONSHIPS, Wigmore Valley, Luton.

USA and Mainland Europe 2011

16–20 March, EURO INDOOR T&F, Belgium. See www.evaci2011.be.

16–20 May, EUROPEAN NON-STADIA, Thionville & Yutz, France. See

<http://evacns2011-en.athle.com/asp.net/espaces.html/html.aspx?id=17467>

13–15 May, EUROPEAN ROAD RACES/WALKS, Thionville, France.

6–17 July, WORLD MASTERS T&F, Sacramento, California, USA.

www.wma2011.com.

Interview with Gerry Ryan

SEPTEMBER, 2010

47 in October, Gerry is still one of the very best long-distance runners in Connacht. A native of Attymon, County Galway, he first competed at Masters level at Tullamore this year, winning the M45 5k. He holds the Irish Masters M40 road record for 5k at 14:23.

How's the training going?

It's going well. Last week I clocked up 70 miles. It was an effort 'cos I raced in a Ballina 10k in 30:25.

Ten-mile runs all through the week, one reasonably hard on Wednesday at 6:30 pace [per mile], the legs haven't recovered, they don't recover as you get older. And then on Saturday I did 5x1 mile on the track, 4:57 average with 60 secs. off.

What's your race focus?

This year I'm more or less targeting the [British and Irish] Masters CC (cross country). I have to say, I don't necessarily like CC, I seem to be bogged down esp. if it's wet ground. I've set my target on that, see if I can make the team, I wouldn't bank on that. I've no hill work done, haven't touched it all year. I had a hamstring injury in June, lasted 6 weeks. I just got back 4 weeks before the masters in Tullamore. Maybe I might target Ballycotton in March.

The longer road races are what I should be targeting, I seem to be able to maintain five-min. miles back to back. I got quite close to five-min. pace in the CRAUGHWELL 10 and came out injured out of that as well. If training goes well over the Winter I should be able to run a half-marathon.

You wouldn't target the European or World Masters?

The World's are in California next year. The weather conditions, I don't know what they'll be like, it could be very, very hot. What I can't understand is...the organizers of any major event, why can't they run off the events either early in the morning or late, why do they have to run it off in the midday heat? California would have a sea breeze. I was entered for the European Masters this year, but I came down with the injury, the ham-

string. It was pure negligence on my behalf 'cos I wasn't stretchin'. The hamstrings were tight and they went.

Do you stretch before or after?

As little as possible! Generally, I finish work about 10PM and more or less straight out, maybe ease into it. I have to admit I'm very bad with stretching. I have improved, I'm stretching the



hamstring since that injury in the Summer, after a run. It's hard to stretch before a run, you're trying to stretch on a cold body.

It's dark when you go out training, after work?

That's me. On a grass pitch, there's a big track worn around it! I did my long run, Sunday, 16 miles on the race course [Ballybrit], I'll do that in daylight. There wouldn't be enough light there at night.

Running now is only a hobby to me at

this stage. I'm not too serious. If I missed days training now in the week, it doesn't really bother me, whereas back 15 or 20 years ago I'd be listening to the forecast wondering what it was going to be like for the next day.

Didn't you retire for a few years?

I retired from when I was 25, didn't take it up again until I was 34! Well, I got married, I had kids, I didn't have time for it. Just happened that way. I never once went for a run, never once.

When I started to work for Boston Scientific, I filled out the sponsorship card [for a race], before I knew it I was back doing training two or three times a week. I ran one race, won one race, been at it there since, times have slightly dropped. Basically road races.

What about your career before and after?

Well, basically, that field just there at the back of the house [points], my father was a runner you see, he was a very good runner. He got me interested from a very young age, took me around to all the sports, there wasn't a sports day anywhere in county Galway [we didn't go to]. That was the big thing. Then there was the Community Games, I raced against Paul Donovan, he was in Barcelona [Olympics] and the World Championships as well, I was 8 or 9 secs behind him. About 15 at the time, I suppose it was about 7 or 8 miles.

I started taking it a bit more seriously. I won the Junior CC, I won the Connacht, I won all those titles when I was around 16 or 17. I

didn't realize I was bad at cross country at that time! But I went on and finished third in the Inter-County senior CC, I also finished second twice and third twice. Do you remember Dave Taylor from Clonliffe, I was second to him one year.

Did you go on the national team to the European champs?

When it came round [to the Nationals] I could always manage to get into the top ten and it wasn't just enough. I

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was just one place off it one year. The 1988 World CC was held in Auckland, NZ, and the top 7 got on the team and I finished 8th. That was definitely me and CC over!

Around then I used to hear people talking about sessions, I didn't know what they were. That's how naive I was in training. I used to go out there and run around that field, I used to probably do about 9 miles, at a solid pace, about 5 and a half mins. a mile. And then the big long run on Sundays.

How many days a week?

Oh, seven days a week, I was loggin' in about 70 miles. But then I got selected to run a race in Madrid again, 5,000 metres, I think I finished about 6th or 7th in that. I met a guy over there called John Hanratty, he was the manager of all the European athletes, so he wanted me to stay in Madrid for a few years anyway, he was there.

Did you?

No, I didn't!

Did you regret it?

That was the second regret, the first was I got a scholarship when I was about 19, to Villanova, so I didn't take that either.

Any particular reason?

No, if someone had said to me go there and see how it fares out I suppose I probably would but I got no advice, just left to my own devices. But I just went on after that and I just road raced. I won every flippin' road race in the country! 5k, 10k, like, I came home on a Sunday and if I hadn't broken 29 and a half for 10k, I'd have been thinkin' there was something seriously wrong!

What was your best?

29:02. I suppose 10k's were very common at that time, you just went out and you ran every 10k you could find.

What about T&F?

Track and field was something that I never really got into, I tried it once or twice. I finished 4th in the National 5k, 14:07, so you can imagine times people were running at that time [the



Over-60's amigos Pat O'Shea (silver 5k, bronze 10k), Pat Timmons (bronze 1500m), and Martin McEvilly (gold steeplechase) all did well at this Summer's EVACS (European Vets) in Hun-

mid 80s]. Way more competitive that it is now. You had to run the heats on a Saturday, qualify, and come back on the Sunday. Numbers were higher.

The last time [on the track] was about 8 or 9 years ago, I ran 29:51, and came out the next day, and ran 5k in 14:29. fourth. I think I got bronze in the 10k. I think I was 39 at that time. I've a few silvers and bronze for 10k [senior, National championships] in my 30's.

I meant to say, I won the National Half Marathon, in 2005, that was the first one. I haven't run any half's since.

So you're doing masters stuff?

That's the plan now. I definitely know there's a 14:15 in there, to get the proper training and get it out. I was injured in Feb and March for a while, then I ran CRAUGHWELL 10, 50:35, then I got injured again. Injuries are a constant thing now you see. Older. The body probably isn't able for the wear.

What kind of injuries?

One of them was the hamstring, one of them was up the center of the leg there, I went to Jane-Ann [Healy] she said I was over pronating, about 6 cm. She gave me these shoes, there's a built-in wedge, they work very well.

What are the joys of running?

I suppose it's a buzz really. If you win one race, regardless of how small or how big, it kind of gives you a confidence booster. It's a great sport, you can just get out in the fresh air.

Mental focus is very important. You have to kind of believe in yourself really. Regardless of who is on the start line. I'm fightin' this corner here in this race today. You don't know what way all the other boys are feelin' or they don't know what way you're feelin'. I've been to loads of races and you hear: such a guy is here, did you see who's here?, that's the worst take you can possibly have. I just completely turn a blind eye to all that.

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