



# IMAA Gazette

**Irish Masters Athletics Association**

**April 2010**

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

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Dominic Bonner receiving the Tadhg Lynch trophy in Lough Key Park, Boyle, Roscommon, 2010. (photo by Kieran Carlin)

## News Updates

BY MICK FENNELL

**Tadhg Lynch Award 2009.** Congratulations to Dominic Bonner, Finn Valley, winner of Tadhg Lynch, 2009. George Maybury presented the trophy at the MASTERS CROSS COUNTRY in Boyle.

Dominic is a popular recipient, judging by the crowd reaction as the announcement was made. In 2009, Dominic won the M45 CC CHAMPS in Tymon Park and bronze at the EUROPEAN NON STADIA CHAMPS. George said that Dominic epitomised the character of Tadhg, with his steely competitive nature and unassuming manner.

Previous winners from 2008 back to 1994 are Martin McEvilly, Pat O'Shea, Niamh O'Sullivan, Hugh Gallagher, Bobby King, Nick Corish, Sheila Champion, Frank Hearn, Colm Rothery, Anne Keenan Buckley, Willie Neenan, Jimmy O'Neill, Frank Hearn, Mags Greenan, and Eamonn Coughlan.

**World Masters Indoor T&F.** Very well done to the small band of Athletes (8) who travelled to Kamloops, British Columbia, Canada, for the WORLD INDOORS in March and returned with a magnificent total of 12 medals.

Pride of place goes to Geraldine Finnegan, W40 who won 3 golds: 60mh, Javelin, and Pentathlon, and bronze in the 400m. Mary Barrett, W50, also had a tremendous competition, winning the Shot Putt silver, and High Jump and Pentathlon bronze.

Team Manager, Anne Gormley, W45, won double bronze: 3000m Track Walk and the 10k Outdoor Walk.

Ger Hensey, M40, silver 60m; Dorothy McLennan, W70, silver Pole Vault and Lucy Moore-Fox, W50, bronze Pentathlon completed the medal tally.

**British & Irish Masters CC.** The B&I CC Champs will be hosted by the IMAA in Santry Demense, Saturday 13th Nov., with a trial race on Sunday

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## Ballycotton 10 Mile Race

Athletes enjoyed sunny weather at the 33rd BALLYCOTTON ROAD RACE. Provisional age category winners were:

- M40: Colm Burke, St. Abbans. 54:24
- M45: Cathal O'Connell, St. Finbarrs. 54:36
- M50: Tommy Payne, Tinryland. 56:40
- M55: Eamonn McEvoy, St. Finbarrs. 60:54
- M60: Morris Tobin, Grange-Fermoy. 66:00
- M65: John Cotter, Cobh. 76:48
- M70: John O'Mahony, Cork. 80:25
- M75: Phonsie Clifford, Limerick. 1:53:30
- M80: Sean Kearns, Crusaders. 2:17:51
- W35: Rhona Lynch, AC, 62:20
- W40: Tracey Patmore Riverside Run, 64:24
- W45: Mary Sweeney, St. Finbarrs AC 65:27
- W50: Teresa Tuohy, Bilboa AC 70:17
- W55: Maura Turner, Limerick Ctry, 88:44
- W60: Margaret Barry, Midleton AC, 89:51
- W65: Maggie Dunne, Carraig na bhFear, 90:37
- W70: Breda Murphy, Kilkenny 01:48:00



Competitors at Ballycotton, March 21st, 2010.

photo courtesy of Darren Spring, Racepix.com

## 20 Questions for Mags Greenan

“Most people think that I started at 30; my love affair with running started when I was 16, with Guinness AC and DCH, under Jim Kilty. Unfortunately I tried to do too much and had to stop at 20 with Achilles tendonitis. I had a small taste of glory, coming 2nd in the All Ireland Schools 800m and the Leinster Senior CC.

At 30, after our second child, I had a mad notion to run the Dublin Marathon in 1988 with no training at all. I ran 3.25 and could not walk for 3 weeks but I got the bug again. I had two more children and in my late 30's I had my best results. In 1994 I won gold (W35 10k) and silver (5k) in Athens EUROPEAN T&F CHAMPS. I won overall at the European 10k road race, Le Hague, Holland, the following year. I ran in the WORLD T&F CHAMPS (Buffalo, NY, and also Gateshead) picking up some more silverware and won gold in the W40 European Road races in Malta. In my early 40's I ran my best as a senior, after having 4 children under 6 yrs I was getting a nights sleep at last. I was very proud to win the DUBLIN SENIOR CC championships in 1998 a day after my 40th birthday.

I ran for Ireland from age 36-52 in the home countries CC only missing one, with the good fortune to pick up some medals along the way.

At the age of 50 I decided to try a new challenge, mountain running. I was fortunate to win both the European and World in 2008 and defended my world title in Croatia. I think I have found my true love in uphill running; downhill is a work in progress!

I am so grateful to have been given a second chance with the running career. My greatest difficulty is trying to pick what race not to run as I just love racing and appreciate all the hard work the organizers do. I worry though for the future of the sport if athletes don't represent their clubs.”

1. *What shoes do you train in?* - Asics, Solomon for mnt running
2. *Training miles last week?* - 48m.
3. *Favourite distance?* - 8k CC
4. *What do you like most about running?* - The freedom
5. *Favourite race or event?* - Mini marathon, wouldn't miss it.
6. *What annoys you most at races?* - Athletes on the sideline that should be running in the race!
7. *What race would you most like to take part in?* - London marathon
8. *Best-ever performance?* - Winning the Dublin Senior CC at 40.
9. *Worst-ever competitive performance?* - Mini marathon when I accidentally put in my orthotics with an insole doubled backwards and had a massive blister.

10. *What's the strangest thing that you've seen on a run?* - I jumped over a horse lying down on the ground on my way to Cappagh Hospital very early. I don't know which of us got the worst fright!
11. *Favourite gear?* - My gloves.
12. *Who would you most enjoy beating in a sprint?* - Carmel Parnell
13. *What was the best bit of training advice you were ever given?* - An engine does not run without fuel.
14. *In ten years time will you still be competing?* - Sure, over 60 world mnt champion I hope.
15. *If you were told you could never compete again?* - I have been there already so know the feeling. I would just stick to golf.



Mags Greenan

16. *Ever been bitten by a dog?* - No only walking - running is safer.
17. *What got you started?* - A neighbour saw me running in my school uniform faster than the bus trying to get back to school and told my mum I should run.
18. *Favourite post-race food?* - My own walnut buns and jam..
19. *Most embarrassing ever running-related moment?* - At the race line and realizing I had no shorts on when I took off my leggings...a mad dash to borrow a pair.
20. *Greatest Irish athlete of all time?* - Haile Gebrselassie is a fantastic athlete, the courage of a lion. Gets up at 5am to run, goes to work in his own factory where he employs 300 people; puts people through college, etc.

## Forthcoming Events

### Ireland 2010

Sun., 18 Apr., 10K ROAD RACE CHAMPS, Phoenix Park.

31 Jul.-1 Aug., WOODIES DIY/AAI SEN., JNR. MASTERS & JUV. COMBINED EVENTS, Tullamore.

Sun., 15 Aug., WOODIES DIY/MASTERS T&F CHAMPS., Tullamore.

Sun., 5 Sept., WOODIES DIY/AAI HALF MARATHON CHAMPS. TBC.

Sun., 17 Oct., GERRY FARNHAM CC, Phoenix Park, Dublin, (Masters trial).

Mon., 25 Oct., LIFESTYLE/ADIDAS DUBLIN MARATHON, AAI National Champs.

Sat., 13 Nov., BRITISH & IRISH MASTERS CC CHAMPS. Santry, Dublin.

### UK 2010

3-4 Jul. BMAF T&F CHAMPS, Cardiff. (Please note change of venue)

### Mainland Europe 2010

Sun., 16 May. EUROPEAN MOUNTAIN CHAMPS, Cerdanyola des Valles, Barcelona, Spain. <http://www.imra.ie>.

15-24 July. EUROPEAN MASTERS T&F CHAMPS, Nyiregyháza, Hungary. Please see <http://www.evacs2010.hu/info/.html>. \*\* Entries closing 31st May.\*\*

### Heads Up for Masters Events in 2011

March, EURO INDOOR T&F, Belgium.

May, EURO NON-STADIA, Metz, France.

July, WORLD MASTERS T&F, Cal., USA.

# Family on the Run

BY PHILIP MAGNIER

Watching Annette Kealy in the foyer of the Grand Hotel, Malahide, smiling in the middle of her family—husband Eoin Brady, and children Lia, Ellie, Sean, and Aaron—it's easy to see what motivates her heart.

She's just come from the public grounds of Malahide Castle, where other motivations drive an 8 by 3 minute training run. It's a "pump it back up a little" session after some low-key stuff in the months since her win at the 2009 Dublin City Marathon, last October.

It's a session she does frequently in a schedule that has got to include a lot of discipline and organization: she famously combines her high mileage weekly training with a full-time job as a barrister and looking after her family with husband Eoin.

"I double run three days a week, long run at the weekend, probably around 70 miles but then then if I'm training for marathons, I'd pump that up a bit more."

Three times a week she runs to work



Annette training at Malahide Castle

at the law courts and back in the evening. Oddly, for a building that has got to include more than its share of acerbic barristers, she gets no slugging there. She slips in using a side door so few see her, and "even the few don't bat an eyelid." When she was teaching in the 1990s, "they couldn't believe I was training at lunch-time."

She taught for 10 years before taking up law. For a few years, she studied at night while working, and continued with the running all the while. But top class success really only came after the studies eased off and the mileage rose. "It was a gradual thing to do more miles, but I don't think my body would have been capable of doing 70 miles in those [early] years." Then it was "more tense, [with] sharper training sessions." With the children, training goes up and down, but she has "the guts of 3 years now of training, uninterrupted training," and she feels the benefits.

In 2005, she won the 5k in the W35 category at the WORLD MASTERS T&F CHAMPIONSHIPS in San Sebastian, Spain, "my big Masters feat. The time wasn't that good, more tactical. I won in a photo finish, I had to muster up a lot of speed that day, to sprint and beat a British girl."

Funnily enough, for a person who has twice won the Irish women's national marathon championships and come second once, she hasn't run *that* many long races. In the early days, at senior level, she ran cross country (CC), 1500s, 5k's; she never ran a 10k on the track. She did win medals at senior level on the track and in cross country, though never a gold, and she has rep-



Ellie, Sean, Annette, Lia, Eoin, and Aaron below.

resented Ireland in CC at the European and World championships, but it's hard to avoid the feeling that this is a runner who has kept on improving over the years and is only now realizing her full potential.

At the age of 42, the marathon seems to hold the most attraction for her. "That's my biggest aim, I wanna see if I can get under 2:40, a huge goal, I'll hang in there until I feel I can't get any better. I suppose the marathon is the most intriguing, you have to beat the distance as well as the competitors."

Her husband thinks she's still improving: "He found an article, a study, which concluded that age-related decline doesn't happen until 45."

Eoin is a fine runner in his own right. He won a bronze at All-Ireland level as a schoolboy, and peaked with a 31 minute time for 10k and a sub-15 minute 5k. "He's 42 now. He was the person who got me into running in the first place. I hooked up with him, he thought I could be good, he got me into training."

Though he is currently injured, Eoin usually trains as hard as Annette.

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They've gone on "warm-weather training holidays" for the past few years in Portugal and even Colorado. "We went a long time ago, before the kids ever came. Vinny Mulvey came too, a young fellow. The last few years, we've gone with the children, they go to the beach, messing around at the track, to family restaurants. There's nothing else to do but train, very quiet, but it's a gorgeous beautiful place. We've gone to Colorado for a few years, for altitude training. We do put a quite a bit of effort, at the same time, we're loving it."

A story of just avoiding stepping on a rattlesnake in Colorado has entered family folklore. Eoin thinks it happened to her, while Annette says it happened to him.

It's hard to talk about Annette for any length of time without avoiding mention of her separated-at-birth, running twin, Ms Pauline Curley. "A good healthy rivalry," Annette says, smiling. "We've been competing against each other for a long time, ever since I can remember running. I might be a year older. We've always been similar, I would beat her sometimes, she would beat me sometimes.

"I remember a Loughrea 5m road race, that sticks in my mind. She was ahead for a long time, I went ahead at about 4 miles, I thought I had her beaten, and she came back at me then, she flew by me, too late for me. She's run brilliantly in CC, been way ahead of me."

In the 2009 Dublin marathon, they were locked in step just a metre apart for 10 miles, from around the 15th to the 25th mile. Annette won that time: "It could just as easily have been the other way round."

Pauline had already won the W40 marathon at the WORLD MASTERS T&F CHAMPIONSHIPS in Finland in the same year. "A fantastic masters race," says her friend and rival, "and she qualified for the Olympics. She's a great gal, she's always so positive. She's very nice, she always asks how you are."



Willie Morris and Tommie Madden receiving drawn portraits from Galway City Harriers athletic club at a special presentation after the Fields of Athenry 10k, January 2010. Both men were fundamental to the success of the Derrydonnell AC that was a major force in Irish athletics from its founding in the early 1950's right through to the early 1970's.

High achievers in life are invariably competitive and Annette says that she's "never been a recreational runner, [always] interested in the competition," but with age maybe comes a certain mellowing. "I have a friend, Paul Brady, Raheny Shamrocks, a bit older than me, a ferocious competitor. The last few years he's hardly competing, but he absolutely loves his run. There was a time I couldn't hardly understand that, always geared towards achieving, that is still the case, but I understand now where he was coming from. I now see the value of running just for the joy of it. I'd hate if it was taken away from me, I love the act of running, putting one foot in front of another, switching off."

Back in the foyer of the Grand, there's been a time for talking and reflecting but now there's a tug in another direction, the heart is winning out again... so, bye for now Annette:

"Oh lookit, Sean went off without his coat. And Lia had a little friend coming over, I should really be there..."

#### NEWS UPDATES

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17th Oct. at the Gerry Farnham CC.

Plans are well underway for the preparation of these champs. It is hoped that as many athletes as possible will make themselves available for selection, with particular emphasis on those who can strengthen the existing age categories. See website: [www.irishmastersathletics.com](http://www.irishmastersathletics.com) for more info.

**European Masters T&F.** Those interested in competing in these champs in Hungary, July, note that the closing date is 31st May. Contact the Int. Sec., Mick Fennell, at 087 950-2009, from 8-10pm.

**Comments and Ideas.** Any comments, ideas for articles in this gazette (or old photos?), contact 085 143-0136 or [philipmagnier@gmail.com](mailto:philipmagnier@gmail.com).

#### IMAA Committee, 2010

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