



IMAA Gazette

Irish Masters Athletics Association

www.irishmastersathletics.com

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February 2011

Good Performances over Winter

BY PHILIP MAGNIER

Irish master's athletics had lots of performances to savour over the Winter. Most recently, congratulations to Anthony (Bobby) King, M65, in setting an indoor World record of 15:15 for the 3K MEN'S WALK at the MASTERS' INDOOR CHAMPIONSHIPS in Nenagh.

Further back in early November, the IMAA hosting of the BRITISH AND IRISH MASTERS CROSS COUNTRY INTERNATIONAL gave us lots to cheer about. It was certainly one of Ireland's best ever performance at these championships.

We had 63 medals in the overall medal count, putting us close to England on 69 with Wales a long way back on 34.

Our women won the team W35 and W65 golds, and got team silver (behind

England) in all categories from W40 to W60 inclusive.

Our men won team gold at M35, M45 M55, and M70, with silver at M50 and M60, and a bronze at M40.

Peter Matthews won a really exciting M35-M45 race and individual gold at his M40 category. Ciaran Doherty won gold at M35 in the same race. Carmel Parnell (right) also won her category.

The organizers deserve great credit for hosting these championships.

Congratulation to Pat Timmons, IMAA records keeper, who won the Master Athlete of the Year award for 2010 at the WOODIES DIY/ TIPPERARY CRYSTAL NATIONAL ATHLETICS AWARDS hosted by Athletics Ireland. □



Carmel Parnell at the B&I CC, Nov. 2010

Carmel wins Tadhg Lynch Trophy

Congratulations to Carmel Parnell of Leevale AC, W55, who has won the Tadhg Lynch Trophy for 2010.

Carmel was our sole lady winner at the BRITISH AND IRISH MASTERS INTERNATIONAL CROSS COUNTRY CHAMPIONSHIPS at Santry Demesne, November 2010. In winning, she equalled Anne Keenan Buckley and Niamh O'Sullivan's record of five victories at these championships.

Karen Marshall of Northern Ireland has eight individual titles. □

Coming up in 2011

BY MICK FENNELL

Another busy schedule for the year ahead with five international championships events occurring between March to November, 2011. (See **Forthcoming Events** for more detail).

First up is the EUROPEAN MASTER'S INDOORS in Ghent, Belgium. Entries have now closed with a total of 62 Irish registered to compete. The championships commence on 16th March.

The EUROPEAN MASTERS NON-STADIA CHAMPS. will take place in Thionville/ Yutz, France, from 13-15th May, with registration closing on 31st March.

The WORLD MASTERS T & F CHAMPS are scheduled for Sacramento, California, from 6-17th July. **Online** registration closes 24th April (www.wma2011.com).

Mountain. The WORLD MASTERS MOUNTAIN CHAMPS will take place in Paluzza,

Italy on 17th Sept. Please see www.imra.ie for more information on this event. We have been advised that it might suit athletes who do not normally favour the steeper climbs: the event is flatter than the norm.

Cross Country. The BRITISH & IRISH MASTERS CC CHAMPS will take place in Glasgow on the final Saturday in November. This is the one event where team selection comes into play, with the trial at the GERRY FARNHAM/ SHEILA BRENNAN CC, on Sun. 23rd Oct.

Drug Use. We would also like to once again remind athletes of their obligation to comply fully with IAAF guidelines in relation to any medications prescribed by their doctor or over-the-counter medicines and supplements. Please see www.irishmastersathletics.com for policy document. You can also access additional information plus TUE (Therapeutic Use Exemptions) form at www.evaa.ch. □



British and Irish Cross Country Championships, Santry, Nov 2010



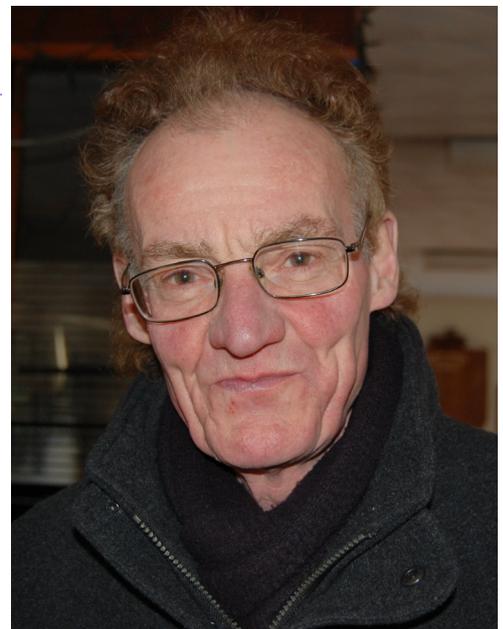
20 Questions for Jim McNamara

One of the most popular athletes around, Jim is now in his early seventies, still competing, and can look back on a career that spans senior competition at the highest level and masters events at all age categories.

Jim competed for Ireland for the seniors at the EUROPEAN GAMES in Budapest in 1966 in the marathon. Next year, he swapped to the Steeplechase for the EUROPEAN CUP held at Santry. He also represented his country at the WORLD CROSS COUNTRY championships four times in all, and finally made it to the OLYMPICS at Montreal in 1976 where he again took on the marathon. His best time for the marathon was 2:14:57. Other senior bests were 65 mins. for the half marathon, 49 mins. for 10 miles, 29:20 for 10k, and 14:08 for 5k on the track.

At masters' competitions, Jim has been awesome. Many an athlete has seen Jim's "last of the curly-top Mohicans" hair on his tall frame disappear into the distance as he won 11 gold, 5 silver, and 4 bronze at European and World championships at the 1500m, 5k, and 10k, including one 10k CC team medal.

As of February 2011, Jim holds 14 Irish masters' records in T&F and road, his most recent being the M70 5k record of 20:37 set in March 2010. You can see all the records listed at www.irishmastersathletics.com under Men's Records.



Jim McNamara, Donore Harriers

1. *What shoes do you train in?* - Asics.
2. *Training miles last week?* - 45
3. *Favourite event?* - 5km
4. *What do you like most about competing?* - The joys, the pain and the freedom.
5. *Favourite race or event?* - All road races.
6. *What annoys you most at races?* - People asking me what time do you think you will do before the race.
7. *What new race would you most like to take part in?* - a 100km road race (might be only a dream now!).
8. *Best-ever performance?* - The marathon trial in Limerick for the 1976 Olympics in Montreal when I finished 2nd in 2.14.57
9. *Worst-ever performance?* - The 1977 Boston Marathon, and to rub it in six women passed me at 20 miles!
10. *What's the strangest thing that you've seen training?* - The great Willie Dunne running backwards!
11. *Favourite item of gear?* - The Donore singlet.
12. *Who would you most enjoy beating in a sprint for the line?* - Eamon Coughlan.
13. *What was the best bit of training advice you were ever given?* - Eddie Hogan, the coach to

Donore Harriers for 50 years, advised me a long time ago that if I cut down on my drinking I could be one of the best (I wish I listened to him).

14. *In ten years time will you still be competing?* - I will be 82 then, yes with God's help.
15. *If you were told you could never compete again, how would you react?* - I have been there a couple of times but running is life to me.
16. *Ever been bitten by a dog?* - No, but I was knocked down by one.

17. *What got you started?* - A few friends broke away from St Francis Boxing Club and formed a running club with the same name and asked me to join them. I was 18 then.
18. *Favourite post-competition food?* - Chicken with anything.
19. *Most embarrassing ever competition-related moment?* - My shorts on back to front in an indoor track race.
20. *Greatest Irish athlete of all time?* - Close but it has to be Sonia O'Sullivan.

Forthcoming Events

Ireland 2011

16–20 May, AAI NATIONAL MASTER'S CHAMPS, Tullamore, County Offaly. See <http://evacns2011.athle.com>.

4 September, AAI NATIONAL HALF MARATHON CHAMPS. Venue to be decided.

31 October, DUBLIN MARATHON 2011, Dublin. See <http://dublinmarathon.ie>.

UK 2011

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

12 March, BMAF CC

CHAMPIONSHIPS, Wigmore Valley, Luton.

25–26 June, BMAF T&F CHAMPS, Alexander Stadium, Birmingham

Mainland Europe and USA 2011

16–20 March, EUROPEAN MASTER'S INDOOR CHAMPS. in Ghent, Belgium. See <http://www.evaci2011.be>

16–20 May, EUROPEAN MASTERS NON-STADIA CHAMPS, Thionville/ Yutz, France; including 10k, CC teams, half marathon, 20k (women) and 30k (men) walks. See <http://evacns2011.athle.com/asp.net>. Registration closes 31 March.

6–17 July, WORLD MASTERS T&F CHAMPS in Sacramento, California, USA. Online registration closes 24 April, see www.wma2011.com.

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

6–17 July, WORLD MASTERS T&F, Sacramento, California, USA. www.wma2011.com.