



Woodie's DIY Half Marathon Challenge

Incorporating the National Half Marathon Championship of Ireland

Sunday September 2nd 2012 Start: 1 p.m.

Hosted by
ATHENRY Athletic Club

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



AAI President's Address

www.athleticsireland.ie



It is my great pleasure to extend a very warm welcome to the athletes, officials and supporters to this Woodie's DIY Half Marathon.

Driving around the country in recent weeks, a distinct feature of the approach to many towns and villages are the signs and hoardings promoting upcoming half marathons and runs of various distances. There is a real sense of athletics becoming a truly national pursuit, one which involves participants of all ages and abilities.

This half marathon organised by Athenry Athletic Club is one such event, and it's one that has a proven track record of success in its own right. To this end, I am very grateful to the local club for being the instigators and organisers of the competition. I would also like to thank the Red Cross for their ongoing support of our athletics programme, as well as acknowledge the local stakeholders who have helped ensure that today will be a great success.

Our thanks are due to Woodie's DIY who are overall sponsors of all our competitions; please use your Athletics Ireland membership card to claim your 10% discount across all their stores!

I would also like to 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.

Professor Ciarán Ó Catháin
President, Athletics Ireland

Sponsor's Message

www.woodiesdiy.com



Woodie's DIY & Garden Centres is delighted to sponsor the 2012 National Half marathon here in Athenry.

I would like to acknowledge the hard work and dedication of the organising committee and volunteers at Athenry AC in hosting this event on the Athletics calendar. I would like to thank everyone for entering this event and hope that you achieve your desired performance.

May you all have an enjoyable race.

Ray Colman
Chief Executive
Woodie's DIY & Garden Centres

Athenry AC Chairman's Address

www.athenryac.com



Welcome To Athenry...

On behalf of all Athenry AC members and indeed everyone who lives in and around the town, I'd like to welcome you all to the Athenry's 'Fields of Dreams'.

We're immensely proud to be involved in the organisation of this year's Woodie's sponsored AAI National Half Marathon Championships. For many years we've been enthusiastic participants at national road championships – we've even sneaked the odd medal here and there – and now we have the opportunity to welcome the best distance runners in the country to test themselves around the roads that we know so well.

Athenry is a town with a rich athletic tradition, one that has been built upon over the last decade with the revival of senior athletics in the town. On both the national and international stage the achievements of Paul Hession and Paul McNamara have brought great honour to our club and the lesser mortals amongst our ranks have taken inspiration from their amazing achievements.

We've put all of our energies over many months into preparing for today's race and we sincerely hope that you will enjoy your run. We've done all that we can to ensure that you have a safe, enjoyable and well-organised day out and we're very glad that you've chosen to run.

May the time you spend running our course be as brief as possible – if you get what I mean.

Welcome to Athenry,

Mick Rice

Chairperson, Athenry AC



PREVIOUS WINNERS

Logistics		Women		Men	
Date	Location	Name	Time	Name	Time
27/08/1989	Rathcoole, Dublin	Olive Bolland	1:17:52	Roy Dooney	1:04:50
30/09/1990	Ferns, Wexford	Catherine Hennessy	1:22:26	John Lenihan	1:05:42
08/09/1991	Cork City	Mary Brayley	1:16:57	John Griffin	1:04:18
16/08/1992	Ballinamore, Leitrim	Ursula Noctor	1:15:03	Noel Berkeley	1:04:05
12/09/1993	Cork City	Cathy Shum	1:14:34	John Griffin	1:05:59
28/08/1994	Killenaule, Tipperary	Cathy Shum	1:12:48	John Griffin	1:05:06
27/08/1995	Killenaule, Tipperary	Patricia Griffin	1:24:18	Gerry McGrath	1:06:10
26/08/1996	Stranorlar, Donegal	Jill Bruce	1:19:13	Jamie Lewis	1:07:36
31/08/1997	Killenaule, Tipperary	Eleanor Threadgold	1:20:22	Tom McGrath	1:06:17
30/08/1998	Boot Inn (Dublin Airport), Dublin	Helena Crossan	1:21:17	Gerry McGrath	1:09:11
29/08/1999	Killenaule, Tipperary	Rosemary Ryan	1:15:36	Gerry Healy	1:06:03
03/09/2000	Rathkeale, Limerick	Ciara McCarthy	1:23:32	Pauric McKinney	1:07:52
02/09/2001	Dunboyne, Meath	Anne Lennon	1:18:55	Vinny Mulvey	1:07:50
01/09/2002	St. Abbans, Laois	Anne Lennon	1:20:02	Garry Crossan	1:07:42
31/08/2003	Dungarvan, Waterford	Rosemary Ryan	1:14:53	Cian McLoughlin	1:06:14
29/08/2004	Breifny (Castlebar), Mayo	Niamh O'Sullivan	1:17:21	Seamus Power	1:03:20
04/09/2005	Tinryland, Carlow	Orla O'Mahoney	1:15:43	Gerry Ryan	1:04:05
03/09/2006	Letterkenny, Donegal	Jill Shannon	1:17:58	Joe McAllister	1:06:04
02/09/2007	Stranorlar, Donegal	Gladys Daniel	1:25:57	Tergia Sergio	1:09:05
07/09/2008	RSC, Waterford	Maria McCambridge	1:17:12	Cillian O'Leary	1:07:22
06/09/2009	Stranorlar, Donegal	Caitriona Jennings	1:19:12	Joe McAllister	1:05:51
05/09/2010	St. Abbans, Laois	Maria McCambridge	1:16:15	Andrew Ledwith	1:09:10
03/09/2011	RSC, Waterford	Ava Hutchinson	1:14:17	Sean Hehir	1:05:24

Former winners of the National Half Marathon taken from "Roll of Honour - Irish Athletics Champions 1873-2012" by Pierce O'Callaghan et al

2008 National 10KM in Athenry

Some Personal Thoughts - James Lundon

After a number of unsuccessful applications, Athenry AC secured the right to hold the 2008 National 10KM Road Race Championship back in late-2007. Firstly, we got over the 2007 Fields before beginning to concentrate our minds on the job at hand in late-April though!



Thankfully, the organisational effort was a lot less for a National 10KM than it would be normally for a Fields 10KM. The club would not have to worry about entries, about the logistics of the finish line or about the results generation process, all of them stressful in their own right. All we in the club had to do on this occasion was to provide a properly-measured & safe course, which we did by slightly altering our usual 10KM course. This was done by taking the level crossing out of play as we couldn't guarantee its complete availability for the whole duration of the race. TJ Beatty did the necessary measurement job, with Colm Moorehead as his helper, in early March. We had to provide an adequate HQ, with the Presentation Convent doing the honours as before. And the necessary catering afterwards, of course! We also provided a specially-commissioned race booklet for this very special occasion.

It was nearly 50 years since Athenry had last held a national athletic championship and we wanted to do it right.

The day of the race was cloudy but dry. The race started around the 9.5KM mark on the existing Fields course at the allotted time and then proceeded in under the new finish line at ADC House and back out the Tuam Road on the existing Fields course. Three hundred and fifty plus athletes lined up - almost double the average number of competitors for this national championship over the previous 8 years of its existence. The race itself worked like clockwork. The stewarding was obvious and proficient. The water stops were present but those helpers were probably

not run off their feet due to the profile of runners present :-). There were even some spectators on the roadside, who gave all of us ample encouragement. It might be the only time I'd ever get to really race my own course as I've never run in a Fields race to date - have always been in the backroom during that race helping out, as has Mick Rice. Peter Delmer was left run the first Fields but not since!

The race finish was perfectly positioned. The road was fully cordoned off and finishers could mill around in freedom behind the wide finish line. That I was beaten to the line by a 67 year old man was no dishonour, especially when his name happened to be Brian Geraghty (GCH)! The elusive 40 minute barrier still eludes me but I did see 'heaven' for just two seconds: as I turned to come up the finishing straight I was able to spy 39:5X on the finish line clock. It wasn't enough, as I thought might be the case beforehand. I have been very close (40:09) before and know what I have to do to get under 40. Doing "it" is a different matter though!

It took me a while to recover my breath afterwards but it helped that my lady wife was there to welcome me. After some perfunctory photos, we all adjourned to the Presentation Convent HQ for a fuller debriefing. Again, I feel that we did the club proud with the refreshments and arrangements offered to all there. A short while later, the presentations took place and the event was soon over. All that was left was the clean-up, which was quickly undertaken - many hands do make for light work. I didn't have to worry about producing a result, or the multitude of other tasks necessary to close off a race, on this occasion. Heaven, indeed.

Athenry's Championship Tradition

Although they've been few and far between, Athenry has hosted National Athletics Championships before. As far back as 1958, the great success of Athenry's famous near-neighbours, Derrydonnell AC, brought the NACA senior and junior cross-country championship to Mellows College near Athenry. On that great day, the legendary Willie Morris scooted home to victory over home turf to the cheers of friends, neighbours and club mates to claim his third senior cross-country title.

A few short years later, in April 1962 Athenry hosted the revival of the National 15 Road Race Championships. The race was once more hosted by the Derrydonnell club and it was an ambitious venture indeed. Their ambition was rewarded yet again with another 'home' win when the redoubtable Mick Molloy trumped the field with an audacious display of power running.

In 2008 the tradition was revived when Athenry AC hosted the AAI National 10k Road Championships. On that occasion the home club couldn't quite maintain their record of having produced the race winner, but they came darned close when local-hero Paul McNamara was just beaten to the post by the Clare champion Seamus Power.

Of all of these races, perhaps the most resonant today is Mick Molloy's victory over 15 miles back in 1962. That race is described in a book published last year 'In Their Bare Feet', written by Athenry AC Chairman Mick Rice in the follow extract;

Molloy Shines at Athenry Road Race Revival

Derrydonnell hosted the revival of the All-Ireland 15-Mile Road Race Championship on April 29. The race started in Athenry at 3:00 p.m. from where the runners made their way out to Derrydonnell and then on to Craughwell Bridge before returning to Athenry. It was an ambitious venture for the club and a high-quality field was anticipated with entries received from clubs like Tullamore Harriers, Kilmallock AC, Regional AC, Meelick AC, Kerry AC, Inchicore AC, Brothers Pearse AC, Portlaoise AC, St. Mel's AC, Laught AC and Tuam AC. Mick O'Sullivan of Limerick AC, who held the championship title, was also entered to make a defence of his crown.

When the action started O'Sullivan shot into an early lead, but was over taken after only half a mile by Mick Molloy. At the five mile mark Molloy had 200 yards to spare over Mick Sullivan but he kept piling on the pressure. By 10 miles, he had extended his lead to 600 yards and with a mile remaining he was over 800 yards clear of his nearest challenger. By the time he arrived back in Athenry Mick Molloy was even further clear of the field. Mick Sullivan ran a game race to remain in second place and Noel Henry of the St. Mel's club in Longford followed him in. Willie Morris was next Derrydonnell man home in fourth and Tommy Madden placed sixth. Derrydonnell AC claimed the team prize by a wide margin, no small achievement given the standard of the opposition on the day.

(In Their Bare Feet – A History of Derrydonnell AC, by Mick Rice, Page 117)

**To contact Mick Rice, e-mail him at
athenryrunner@gmail.com.**



ROAD RACE TITLE FOR M. MOLLOY

Mick Molloy of Oughterard, who runs in the colours of Derrydonnell A.C., raced to a great victory in the All-Ireland Fifteen Miles Road Race at Athenry on Sunday.

Mick Sullivan of Limerick, the holder, set a fast pace from the start Molloy of Derrydonnell.

Molloy raced into the lead at the end of a half a mile and began to open a big gap between himself and the rest of the field. At the five mile mark he was 200 yards ahead. At ten miles he was 600 yards ahead. With a mile to go he had over 800 yards to spare but not content with that he had made the margin of victory still wider at the tape.

Mick Sullivan of Kilmallock A.C. finished second, Noel Henry, St. Mel's, Longford, third, and with Willie Morris and Tommie Madden fourth and sixth respectively Derrydonnell A.C. easily took the team award.



W. Morris (Galway), on left, leading the field to win the All-Ireland Senior Cross-Country Championship at Athenry yesterday.

Woodie's DIY Half Marathon Challenge

Entrant List

Name	Cat	Club	Gary O'Hanlon	M35	Clonliffe Harriers AC	Matthew Bidwell	M40	Galway City Harriers AC
Paddy Hamilton	MS	Annadale Striders AC	Alison O'Sullivan	W35	Clonliffe Harriers AC	Owen Byrne	MS	Galway City Harriers AC
Paul Pollock	MS	Annadale Striders AC	Kerry Page	WS	Clonliffe Harriers AC	Gerard Carty	M40	Galway City Harriers AC
Mairéad Blake	W35	Atherry AC	Aoife Parrella	WS	Clonliffe Harriers AC	Mary Doyle	W60	Galway City Harriers AC
Liz Broderick	W45	Atherry AC	Ernie Ramsay	M35	Clonliffe Harriers AC	Niall Egan	MS	Galway City Harriers AC
Brendan Buckley	M40	Atherry AC	Janette Reid	WS	Clonliffe Harriers AC	Richard Farnan	MS	Galway City Harriers AC
Nicola Condon	W35	Atherry AC	Vasily Neumerchitsky	M45	Clonmel AC	Fiona Fitzgerald	WS	Galway City Harriers AC
Ann Maria Crann	W40	Atherry AC	Jason Broderick	MS	Craughwell AC	Sheard Flannery	W35	Galway City Harriers AC
Marian Donohue	W35	Atherry AC	Niall Callanan	M35	Craughwell AC	Marie Gallagher	WS	Galway City Harriers AC
Yvonne Dowling	W45	Atherry AC	Patrick Cosgrave	M45	Craughwell AC	Marie Griffin	WS	Galway City Harriers AC
Marie Finn	W35	Atherry AC	Cepta Daley	W40	Craughwell AC	Sean Hanley	M40	Galway City Harriers AC
Kieran Guiry	M35	Atherry AC	Michael Dersmidy	MS	Craughwell AC	Fintan Hyland	M40	Galway City Harriers AC
Thia Hennessy	W35	Atherry AC	Niamh Flavin	W35	Craughwell AC	Geroid Hynes	MS	Galway City Harriers AC
Martin Hynes	M45	Atherry AC	Sharon Gilligan	W40	Craughwell AC	Bridget Jacobson	W35	Galway City Harriers AC
Stephanie Joyce	WS	Atherry AC	Noel Gorman	M35	Craughwell AC	Martin Kearney	M55	Galway City Harriers AC
Martin Keane	M65	Atherry AC	Noel Kealy	W45	Craughwell AC	Larry Kelly	M45	Galway City Harriers AC
Darina Keating	W35	Atherry AC	Paul Keane	MS	Craughwell AC	Bernie Kelly	W50	Galway City Harriers AC
Maria Lambe	WS	Atherry AC	Maura Morrissey	W35	Craughwell AC	Maire Kelly	W50	Galway City Harriers AC
Jim Leahy	M45	Atherry AC	Mike O'Mahony	MS	Craughwell AC	Brendan Kennelly	M50	Galway City Harriers AC
Frances Leahy	W50	Atherry AC	Diarmuid Quill	M45	Craughwell AC	Michelle Lynch	W35	Galway City Harriers AC
James London	M40	Atherry AC	Irene Spellman	W45	Craughwell AC	Damien Ridge	MS	Galway City Harriers AC
Philip Magnier	M60	Atherry AC	Michael Walsh	M45	Craughwell AC	Michelle Wren	WS	Galway City Harriers AC
Jane Mangan	W40	Atherry AC	Kathleen Waters	W45	Craughwell AC	John Connolly	M45	Galway City Harriers AC B
Pat McDonagh	M40	Atherry AC	Michael Costello	MS	Crusaders AC	Seamus Coyne	M35	Galway City Harriers AC B
Jessica McKillop	WS	Atherry AC	James Cottle	M55	Crusaders AC	Michael O'Sullivan	MS	Galway City Harriers AC B
Annette Minou	W35	Atherry AC	Aoife Quigley	WS	Crusaders AC	Pat Sherry	M45	Galway City Harriers AC B
Caroline Mitchell	W35	Atherry AC	Barbara Cleary	W35	Donore Harriers AC	Annmaria Costelloe	WS	Gneevulla AC
Clare Mitchell	W35	Atherry AC	Samantha Conroy	W35	Donore Harriers AC	Thomas Boyle	M35	Individual
Genevieve Odindo	WS	Atherry AC	Samantha Conroy	W35	Donore Harriers AC	Michael Burke	MS	Individual
Martin O'Hara	M35	Atherry AC	Florence Curley	W35	Donore Harriers AC	Katie Byrne	MS	Individual
Shirley Quinn	WS	Atherry AC	Anne Curley	W40	Donore Harriers AC	Stephen Carty	MS	Individual
Geaoid Rohan	M40	Atherry AC	Stephen Dawson	MS	Donore Harriers AC	Liam Caulfield	MS	Individual
Mary Rohan	W35	Atherry AC	Michelle Dawson	WS	Donore Harriers AC	Liam Cayley	M35	Individual
Tomas Ruane	M40	Atherry AC	Audrey Doyle	W35	Donore Harriers AC	Karen Connolly	W35	Individual
Oria Stevens	W35	Atherry AC	Angela Eustace	W40	Donore Harriers AC	Karen Connolly	W35	Individual
Sineas Swran	W35	Atherry AC	John Gleeson	M40	Donore Harriers AC	Eoin Cotter	M35	Individual
John Lynch	M35	Athlone AC	Dervila Holmes	W35	Donore Harriers AC	Garrett Coughlan	MS	Individual
Roger Barrett	MS	Ballina AC	Fred Kiernan	M35	Donore Harriers AC	Padraic Cummins	M45	Individual
Michael Doherty	MS	Ballina AC	Ronan Lambe	MS	Donore Harriers AC	Paul Day	M35	Individual
John Kiggins	M35	Ballinacilly AC	Breda Mahony	WS	Donore Harriers AC	Chris Deskin	M35	Individual
Martin McDonald	M35	Ballyron, Abbeyleix & Dist. AC	Gerrard McDonald	M45	Donore Harriers AC	John Donnellan	M45	Individual
Gerry Sword	M60	Blarney/Inniscara AC	Joe Murphy	MS	Donore Harriers AC	Gerard Donohue	M40	Individual
David Clancy	M45	Celbridge AC	Kenneth Nugent	MS	Donore Harriers AC	Barry Doyle	M40	Individual
Peter Donohoe	M50	Celbridge AC	Charlie O'Neill	M55	Donore Harriers AC	Frank Doyle	M40	Individual
Darren Foster	M35	Celbridge AC	Maebh Peavoy	WS	Donore Harriers AC	Niamh Duhan	W50	Individual
Damien Gannon	M40	Celbridge AC	Barry Potts	M60	Donore Harriers AC	Tracey Fahy	W35	Individual
Simon Hanratty	M40	Celbridge AC	Fergal Whitty	M35	Donore Harriers AC	Attracta Farrell	W35	Individual
Niall Kearns	M45	Celbridge AC	Emilia Dan	W40	Dunboyne AC	Wayne Fitzgerald	MS	Individual
Shane McCarthy	M35	Celbridge AC	Deirdre Fitzsimons	W40	Dunboyne AC	Margaret Flannery	W35	Individual
Jason Miley	MS	Celbridge AC	Antoinette Howlin	W40	Dunboyne AC	John Gill	M40	Individual
Barry Murphy	MS	Celbridge AC	Rory Kavanagh	MS	Dunboyne AC	Mark Gill	M40	Individual
David O'Connor	MS	Celbridge AC	Sean McDonnell	M35	Dunboyne AC	Majela Henehan	W40	Individual
James Brown	M40	City of Derry	Warren McIntyre	M35	Dunboyne AC	Brian Jordan	M35	Individual
Paddy Doherty	M40	City of Derry	Eddie Reid	M60	Dunboyne AC	Alan Joyce	MS	Individual
Kieran Hurley	MS	City of Derry	Neville Reilly	MS	Dunboyne AC	Dana Joyce	W35	Individual
Paul McCafferty	M40	City of Derry	Luke Swirde	MS	Dunboyne AC	Olive Kelly	W35	Individual
Damian McGinty	M50	City of Derry	Aonghus Rooney	MS	Dunleer AC	Bernie Kelly	W40	Individual
Emmet McGinty	MS	City of Derry	Liam Byrne	M35	East Galway AC	Anthony Kennedy	M45	Individual
Declan Reed	M35	City of Derry	Kevin McNara	M40	East Galway AC	Paul Kilkelly	M45	Individual
Greg Roberts	MS	City of Derry	John Conroy	M40	Ennis Track AC	Keith Lally	M35	Individual
Siobhan Carroll	W35	Civil Service AC	Martin Curley	MS	Ennis Track AC	Leo Lundy	M45	Individual
Rita Kansanniva	W50	Civil Service AC	Colm Daly	MS	Ennis Track AC	Seamie Lynch	M40	Individual
Mark Lenehan	M35	Civil Service AC	Siobhan Gallagher	W35	Ennis Track AC	Ora Madden	WS	Individual
Susan Waterstone	W35	Civil Service AC	Tom Gleeson	M40	Ennis Track AC	Noel Maher	M40	Individual
Colman Greene	M45	Clare River Harriers AC	Ita Hanrahan	W45	Ennis Track AC	Maeve McCafferty	WS	Individual
Marie Byrne	WS	Clonliffe Harriers AC	Rafal Kuranda	M35	Ennis Track AC	Paul McGrady	M35	Individual
Sergiu Cibanu	MS	Clonliffe Harriers AC	Frank Landy	M35	Ennis Track AC	Susan McNamara	WS	Individual
Fionnuala Doherty	W35	Clonliffe Harriers AC	Siobhan Lennon	W45	Ennis Track AC	Claire Morrissey	MS	Individual
Jacqui Dunphy	WS	Clonliffe Harriers AC	Marion O'Loughlin	W55	Ennis Track AC	Jim Phelan	M35	Individual
Thomas Frayne	M35	Clonliffe Harriers AC	Aisling Power	W40	Ennis Track AC	Robert Walsh	MS	Individual
Emma Harding	WS	Clonliffe Harriers AC	Sean Whelan	M60	Ennis Track AC	Sean Ward	M35	Individual
Conor Keane	W35	Clonliffe Harriers AC	Stephen McKeigue	M35	Ferbane AC	Sheila Doherty	WS	Inishowen AC
Michael MacDiarmada	MS	Clonliffe Harriers AC	Chris McGuinness	MS	Foyle Valley	Jim Harkin	M35	Inishowen AC
Ailish Malone	WS	Clonliffe Harriers AC	Pius Mchtyre	MS	Foyle Valley	Linda McDavid	W35	Inishowen AC
Aoife O'Connor	W35	Clonliffe Harriers AC	Scott Rankin	MS	Foyle Valley	Gareth McLoughlin	MS	Inishowen AC
			Sinead Ashe	W35	Galway City Harriers AC	Martin Mooney	MS	Inishowen AC

Dwain Robb	MS	Inishowen AC	Seamus Rooney	M50	Raheny Shamrock AC	Garry Clarke	M60	Tallaght AC 'B'
Patrick O'Shea	M60	Iveragh AC	Simon Ryan	MS	Raheny Shamrock AC	Terence Fayne	M60	Tallaght AC 'B'
Marie Boyle	WS	Letterkenny AC	Barbara Sanchez	WS	Raheny Shamrock AC	Patrick Kelly	M45	Tallaght AC 'B'
Gary Crossan	M35	Letterkenny AC	Gerry Simpson	M50	Raheny Shamrock AC	Seamus Murphy	M45	Tallaght AC 'B'
Gabriel Crossan	M45	Letterkenny AC	Roman Walsh	M40	Raheny Shamrock AC	Vivian O'Hanlon	M60	Tallaght AC 'B'
Maria McCambridge	W35	Letterkenny AC	Ciaran Aylward	MS	Rathfarnham WSAF AC	Philip O'Toole	M40	Tallaght AC 'B'
Monica McCamraghan	W35	Letterkenny AC	Thomas Bishop	M50	Rathfarnham WSAF AC	Derek Quinn	M50	Tallaght AC 'B'
Aisling Ahern	WS	Limerick Country Club AC	Michael Bolger	M40	Rathfarnham WSAF AC	John Stokes	M40	Tallaght AC 'B'
Aisling Ahern	WS	Limerick Country Club AC	Greg Byrne	MS	Rathfarnham WSAF AC	Shane Mullane	M50	Thurles Crokes AC
Enda Callanan	MS	Loughrea AC	Terry Clarke	M55	Rathfarnham WSAF AC	Patrick Byrne	M35	Tinryland AC
Joseph Clancy	M35	Loughrea AC	Ellis Connery	WS	Rathfarnham WSAF AC	Dwayne Farrell	MS	Tinryland AC
Noel Farrell	M45	Loughrea AC	Maria Dolan	W40	Rathfarnham WSAF AC	Edward O'Neill	MS	Tinryland AC
Tomas Farrelly	M40	Loughrea AC	Sean Doyle	M55	Rathfarnham WSAF AC	Edward Walsh	M55	Tinryland AC
Jarlah FitzGerald	M50	Loughrea AC	John Farelly	M45	Rathfarnham WSAF AC	Cully Brian	M50	Trim AC
Stephen Hamrahan	M35	Loughrea AC	Paul Fleming	M35	Rathfarnham WSAF AC	Martin Brogan	M50	Trim AC
Judith Roche	W60	Loughrea AC	Brian Furey	MS	Rathfarnham WSAF AC	Daniel Byrne	MS	Trim AC
Hubert Brennan	M35	Maree AC	Ciara Hassett	WS	Rathfarnham WSAF AC	Brendan Conway	MS	Trim AC
Breege Bliethen	W45	Mayo AC	Sean Hehir	MS	Rathfarnham WSAF AC	David Hancock	M65	Trim AC
John Byrne	M35	Mayo AC	John Hogan	M35	Rathfarnham WSAF AC	Andrew Linsley	M35	Trim AC
Catherine Conway	WS	Mayo AC	Jonathan Hughes	MS	Rathfarnham WSAF AC	Don Mahon	M40	Trim AC
Jimmy Feeney	M55	Mayo AC	Roman Keams	MS	Rathfarnham WSAF AC	Joseph McNamara	MS	Trim AC
Billy Gallagher	M55	Mayo AC	Louis McCarthy	MS	Rathfarnham WSAF AC	Mark Meila	MS	Trim AC
Chris Gallagher	W45	Mayo AC	Zoe Melling	W40	Rathfarnham WSAF AC	Claire Smith	W40	Trim AC
Gerry Galvin	M45	Mayo AC	Barry Minnock	M35	Rathfarnham WSAF AC	Majella Thompson	WS	Trim AC
Tony Gleeson	M45	Mayo AC	Paul Moran	M45	Rathfarnham WSAF AC	Ciaran Tobin	M50	Trim AC
Mary Gleeson	W35	Mayo AC	Lorraine Nolan	WS	Rathfarnham WSAF AC	Kathrin Antweller	M35	Tuam AC
Brendan Hession	MS	Mayo AC	Jason Reid	MS	Rathfarnham WSAF AC	Gearoid Healy	M35	Tuam AC
Henry Hughes	MS	Mayo AC	Vanessa Sallier	W40	Rathfarnham WSAF AC	Kathleen Hogan	F65	Tuam AC
Anne Lennon	W45	Mayo AC	Paul Stephenson	M35	Rathfarnham WSAF AC	Martin Hynes	M65	Tuam AC
Sean McDowell	MS	Mayo AC	Aisling Tohill	WS	Rathfarnham WSAF AC	Assumpta Meenaghan	W35	Tuam AC
TJ McHugh	M35	Mayo AC	Sean Campion	M50	Skerries AC	Maura Meenaghan	W35	Tuam AC
Michael McNeela	M35	Mayo AC	Keith Downey	M40	Skerries AC	Hilary Moloney	W35	Tuam AC
Owen Monaghan	M55	Mayo AC	Kieron Peters	MS	Skerries AC	Brendan Monaghan	W45	Tuam AC
Sean Murphy	M40	Mayo AC	Richard Kavanagh	M55	Sli Cualann AC	Andrea Risge	W55	Tuam AC
Anne Murray	W45	Mayo AC	Noelle Thorpe	W50	Sli Cualann AC	Margaret Grennan	W40	Tullamore Harriers AC
Angela O'Connor	W45	Mayo AC	Tommy McElwain	M40	Sliabh Bluidhe Rovers AC	Mary McIntyre	WS	Tullamore Harriers AC
Michael O'Malley	M50	Mayo AC	Enda Whelan	M60	Sligo AC	Una Mullen	W45	Tullamore Harriers AC
Paula Prendergast	WS	Mayo AC	Declan Belton	M35	South Galway AC	Karen Nolan	W40	Tullamore Harriers AC
Sarah Syron	WS	Mayo AC	Dara Williams	MS	South Galway AC			
Colette Tuohy	W40	Mayo AC	Carole Cronin	MS	Sportsworld AC			
Tom Waldron	M70	Mayo AC	Kevin Curran	MS	Sportsworld AC			
Patrick Walsh	M35	Mayo AC	Lucy D'Arcy	W40	Sportsworld AC			
Tracey Cunnane	W35	Mayo AC 'B'	Paul Duffy	MS	Sportsworld AC			
Anne Fahey	W45	Mayo AC 'B'	Gavin Finlay	MS	Sportsworld AC			
John Fitzgibbon	M45	Mayo AC 'B'	Damien Kelly	M35	Sportsworld AC			
Emir Flannery	W35	Mayo AC 'B'	Conor Kelly	MS	Sportsworld AC			
Donna Gallagher	W35	Mayo AC 'B'	Edward McEntee	M40	Sportsworld AC			
Ambrose Gaughan	M40	Mayo AC 'B'	Paul O'Connell	MS	Sportsworld AC			
Pauline Joyce	W40	Mayo AC 'B'	Loretto Duggan	W35	St. Marys (Clare) AC			
Justin McDonagh	M35	Mayo AC 'B'	Sean Caulfield	M45	St. Senans AC			
Christy O'Malley	M45	Mayo AC 'B'	Susan Adams	W40	Tallaght AC			
Joan Walshe	W40	Mayo AC 'B'	Jacqui Boyle	W45	Tallaght AC			
Eimear O'Leary	WS	Metro/St. Brigid's AC	Eoin Brennan	M35	Tallaght AC			
Eddie Newman	M45	Mullingar Harriers AC	Luk Coleman	M35	Tallaght AC			
Cormac Minnock	M35	Na Fianna AC	Elizabeth Conroy	W60	Tallaght AC			
Breege Connolly	WS	North Belfast Harriers	Niall Coppinger	M50	Tallaght AC			
Padraig Kelly	M35	North Sligo AC	Gerry Dore	M45	Tallaght AC			
Thomas Kelly	M40	North Sligo AC	Helen Dunne	W50	Tallaght AC			
Aengus Burke	M45	Portlaois AC	Martin Haddock	M45	Tallaght AC			
Paula Grant	W35	Portlaois AC	Anna King	W50	Tallaght AC			
Lorraine Byrne	W40	Raheny Shamrock AC	Paddy Lyons	MS	Tallaght AC			
Vincent Clohissey	M55	Raheny Shamrock AC	Pauline Madden	WS	Tallaght AC			
Helena Corcoran	W45	Raheny Shamrock AC	Eileen Martin	W55	Tallaght AC			
Kate Cronin	WS	Raheny Shamrock AC	Marissa McMillan	W35	Tallaght AC			
David Gargan	M40	Raheny Shamrock AC	Dave Meehan	M45	Tallaght AC			
Anmarie Gargan	W35	Raheny Shamrock AC	Paula Murray	W35	Tallaght AC			
James Kelly	M40	Raheny Shamrock AC	Karl O'Toole	M35	Tallaght AC			
Jim Keogh	M45	Raheny Shamrock AC	Tracey Powell	W35	Tallaght AC			
David Kirwin	M35	Raheny Shamrock AC	Brian Qureshi	M45	Tallaght AC			
Brian Leahy	MS	Raheny Shamrock AC	Irendan Ryan	M50	Tallaght AC			
Bernadette Manley	W50	Raheny Shamrock AC	Sharon Tighe	W45	Tallaght AC			
Damien Martin	M45	Raheny Shamrock AC	Jack Tyrell	M55	Tallaght AC			
Sean McGoldrick	M50	Raheny Shamrock AC	Sandra Warburton	W35	Tallaght AC			
Mary Purdue-Smith	W45	Raheny Shamrock AC	Gary Williams	M40	Tallaght AC			
Dimon Reede	M35	Raheny Shamrock AC	Gerard Woods	M55	Tallaght AC			
Fiona Roche	WS	Raheny Shamrock AC	Tara Woods	WS	Tallaght AC			

OFFICIALS

Race Director:	Georgina Drum
Local Co-ordinators:	Michael Rice, Iain Shaw & James Lundo
Results:	Michael Quinlan, Bernie Dunne & Precision Timing
Check In:	Mary Cronin, Patricia Griffin & Anne McHugh
Finish Area Referee:	Paddy Marley
Technical Official:	John Cronin
Judges:	Dermot Nagle & Tom McCormack
Starter:	Olivier Geraghty
Recorders:	Ray Flynn & Antoinette Holland
Timing:	Declan Curtin
Fallers:	Brendan McDaid & Anne McHugh
T-shirt distribution:	Pat Fitzgibbon
Presentation:	Ciarán Ó Catháin

Galway AAI County Board – Who and What is it?

The Galway AAI County Board will not be familiar to most who aren't themselves involved in the running of their own club, or who are not intimately involved in the organization of athletics – both juvenile and adult – in the county of Galway!

It is comprised of representatives of all registered Athletic Association of Ireland (AAI) or Athletics Ireland (AI) clubs and elects its own executive to conduct the business of ensuring that athletics in the county is run to the utmost high standards. Currently, there are 12 registered clubs in the county and 2500+ registered athletics. In alphabetic order they are: Athenry, Ballinasloe & District, Castlegar, Club Lúthchleasaíochta Chonmara (new in 2011), Clare River Harriers, Corofin, Craughwell, East Galway, Galway City Harriers, Loughrea, South Galway (new in 2011) and Tuam. Galway currently possesses three of the top 10 largest clubs under the aegis of Athletics Ireland, in Galway City Harriers (800+), Craughwell (700+) and Athenry (370+).

Later in the autumn, it's cross country time with two full days (two weeks apart) given over to the 'odd' (under 9 to 19) and 'even' age (under 10 to 18) events. The adult cross country championships are attached to one of these two juvenile dates depending on scheduling. The hosting of these championships are distributed amongst the clubs, with Loughrea hosting the even ages (including adult) on their famous old sod in Bushfield while Mrs. Bane's field in Athenry hosted the odd ages this year. In recent years, these championships have been in Tuam as well as Craughwell and Dangan. Clubs take great pride in taking turns to host these cross country events! The County Board also hosts the incredibly successful Primary Schools Cross Country Championships each late-September in Renmore.



The county board organises a range of official county championships each year, starting with the indoors in January (usually in Nenagh, but with Athlone now opening this might change) which is mostly juvenile centric. The focus moves onto Track & Field during May and June with two sets of very exciting championships, two Saturdays for juveniles, with under 9s to 11s on their own while the under 12s to 19s get their own date a few weeks later. (The older juvenile relays may run on a third evening depending upon demand.) The adult Track & Field championships have been given a new lease of life in the past number of years with Paul McNamara and latterly Brendan Glynn doing trojan work to make these three Thursday evenings in June both competitive and inclusive. These championships are spread out to allow the same people run in the different middle-distances races across different evenings. These championships are always run on the track in Dangan.

This year over 1050 children from 3rd to 6th class took part of the four races, almost 250 in each event. The incredible success of this event has created problems unforeseen even three years ago: the event may have to have qualifiers as we cannot deal with a further increase in interest.

The county board also sanctions a number of road race county championships each year, with the Craughwell 10M and Claregalway 10km being the designated county championship races in 2011.

The board also deals with the permitting of road races in the country, which has exploded in both scope and complexity in the last few years, from what was once only a few years ago a very low base. When Athenry AC's Fields started a mere 9 years ago, there were only four (Streets, Claregalway, Loughrea and the Connemarathon) or possibly five other road races taking place in the county. In 2011, the county board (see article



elsewhere here) permitted over 60 different road races in the county. Yes, SIXTY! Races from ONE mile to ONE HUNDRED miles were permitted locally, once adequate race plans, measurement certificates and insurances were provided. Such permitting is very much sought after for a variety of practical reasons. The oversight of the Galway AAI County Board in this area is one of the reasons why road racing is at such a high ebb in this county at the moment and long may it continue.

The county board convenes six or seven meetings plus AGM a year where the clubs come together to discuss its affairs, deal with permit applications and to organise the county championship events. It also acts as a forum for people like our own Paul McNamara (Athenry AC) to come and discuss

that our county championships can use. For instance, there are plans to purchase an electronic timing system, which will be a real boon for short distances sprinters in the county. And also various monies from the Local Sports Partnership have also been injected into the Galway AAI County Board in recent years.

At the board's recent AGM, James Lundon was re-appointed secretary for a 4th year while Michael Tobin (Craughwell AC) finds time in his incredibly busy schedule to continue in his role as treasurer for a second year. Andrew Talbot (CRH) was imposed upon for a second year to oversee us all in his role as chairman. Mark Davis is PRO for a third year and does excellent work in ensuring that the 'good news' is spread amongst the



what the governing body is doing to advance athletics nationally and locally.

Initiatives such as Fit4Life is one very obvious manifestation of this work between national and local and has proven to be wildly successful in the Galway context. Who in the county hasn't been touched by this wonderful movement over the last five or six years? Paul is the full-time Regional Development Officer for this area and works tirelessly in spreading the gospel of athletics hereabouts.

The Galway AAI County Board has been incredibly lucky to be the recipient of the proceeds of the Galway 5km Series surplus for the last number of years, thanks to Mick Rice and his committee of organising clubs. This has injected much needed funds into the County Board, which is being used to further strengthen the basis on which the athletic clubs operate in the county. It has been used to provide funding to allow county teams compete in the National League and is also being utilised to upgrade the equipment

media, which in these diffused 'web media' days is not nearly as easy or straightforward as it might seem. People like PJ Coyle (GCH), Brendan Monaghan (Tuam) and Margaret Walsh (South Galway) are also involved in the County Board. Tom Finnegan (Craughwell) and David Evans (Tuam and Galway's only representative on a AAI/AI national committee) are some of the board's remaining strong links to a pre-web-&-pre-current-running-boom time and always act as steadying influences in ensuring that we learn from our history when making decisions or taking appropriate actions.

The Galway AAI County Board is always interested in hearing new voices and prevailing on fresh man/woman power to advance all our clubs' objectives. A strong county board leads to strong clubs and vice versa. It's your club, it's your county board – we would love to hear from you. Contact your club or the officials named above directly if you want to get involved!

Athenry AC

PROFILE

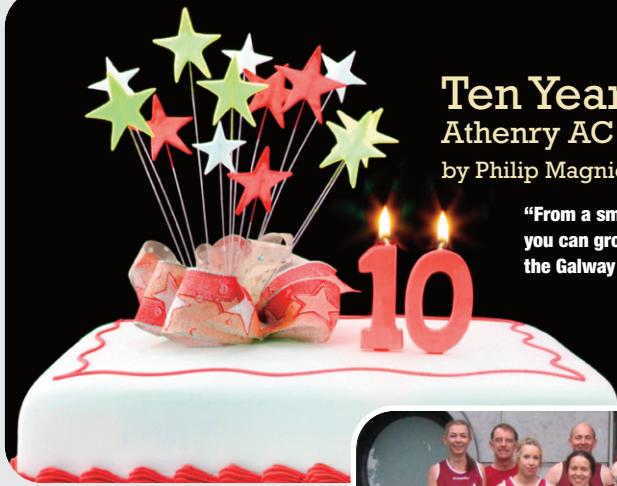
Senior Club

Secretary:	Iain Shaw
Chairperson:	Mick Rice
Treasurer:	James Landon
PRO:	Philip Magnier
Fit 4 Life Leaders:	Maeve Noone & Deirdre Quinn

Juvenile club

Chairperson:	Sineád Healy
Secretary:	Michelle Collins
Treasurer:	Dermot McNamara
Child Welfare Officer:	Agnes Collins

- The Senior Section was founded in 2002 with just three members, James Landon, Mick Rice and Peter Delmer and has since grown to around 250 members. The club has no facilities of its own but organises a vibrant schedule of training sessions, outings to races all over the country and social events that bind the ever-growing membership together. The club have organised a Saturday morning training session from the local church car-park without missing a single week since the founding of the senior club over 10 years ago.
- The juvenile club and the 'Senior Section' are organised in parallel... both are very active but organised separately – separate committee, AGM etc.
- The senior club's members concentrate mainly on road-running and cross-country but also support local T&F events. Juvenile section has been organised for many years before that and their most famous graduate to date has been Paul Hession.
- Full Paul Hession Biography here:
<http://www.paulhession.co/biography.html>
- The club has produced two Olympic sprinters, Martina MacCarthy, who is from Oranmore and Paul Hession who hails from Ballydavid, just outside the town itself. MacCarthy represented Ireland in the women's 4 x 400 metres relay at the Sydney games and Hession competed in the 200 metres at the Beijing and London games.
- Senior club member Paul McNamara has represented Ireland at the World and European Cross-Country Championships on a number of occasions and has one National Short-Course Cross Country title and two National 10k championships to his credit.
- A number of members are interested in Ultra-marathon running. Valerie Glavin is national record holder for 24 hours (217.908km) and won the Connemara 39.3 Ultra Marathon in 2009. Mick Rice has won the Connemara 100 Mile road race for the last 4 years. Ruthann Sheahan has been selected to represent Ireland in the 2012 World and European 24 Hour Championships.
- The Fit 4 Life section of the club has proven a great success and has attracted a large number of new members to the club over many years.
- The club's web-site www.AthenryAC.com is one of the most visited Athletics Club web-sites in the country.
- Athenry AC was chosen by Athletics Ireland as the Connacht Club of the Year in 2010 at the National Athletics Awards in November of that year.
- The club hosted a very successful edition of the National 10km Road Race Championships in 2008 and will host the Woodie's DIY National Half Marathon in September this year.
- Club member and Chartered Physiotherapist Jane Ann Healy is a member of the Athletics Ireland Carded team that travelled to London recently to work with Irish athletes.
- The club's annual road race, 'The Fields of Athenry 10km' is held each St. Stephen's day is one of the most popular athletics events in the western calendar, and attracts upwards of 1,000 athletes to the town each year.
- The club sends a large contingent to the Dublin Marathon each year. In 2011, 32 club members lined up for the Dublin race.
- Evan Quirke, 14, of Presentation College, Athenry, and Athenry AC took the gold medal at the Junior Boys Long Jump at the All-Ireland Schools Track and Field Championships on June 2nd. The championships were held in Tullamore and Evan won the competition with a personal best jump of 5.78m (a fraction under 19 feet).



Ten Years A' Growing Athenry AC Senior Section

by Philip Magnier

**"From a small amount of fertile soil
you can grow a lot of fruit, even in
the Galway climate."**



It's hard to believe now but for a few years, we were lucky to get three or four people at the weekly Church car park run on Saturday at 9 am. (And we mean 9 am sharp, okay?). Sometimes you were even on your own, a disappointment after rising earlyish on a sleep-in day with rain pelting down your windows.

But, as we all know, if there is one thing that pays off in running it is perseverance. The street corner boys gaped and sniggered a bit but word got around and numbers grew. We met before races with our Athenry AC singlets, we noticed people noticing us as when we turned up in groups (quote from a competing runner at the inaugural Achill Half Marathon, "Not another bleeding Athenry guy") We didn't win a whole lot but...we had a presence.

Finishing times came down at our jaunts to the Dublin Marathon. From early on, our club seemed particularly focused on the longer events, no one knew why (too old to have any speed?). Sometimes I'd swear we had half the smallish membership running or watching in Dublin.

We began to have a Club Championship, handicapped to give everyone a chance. Our initial one took place in Renville Park, in and around every wooded loop there. The following year we tried



Ballybrit racecourse, then we tried the Dangan track, but we settled on our Newcastle 5k loop. Our numbers grew at Dublin, one year our participants from this small running club in a small town were only exceeded by Leevale, a huge club in Cork with a long history.

But we still had a question to be answered, a challenge to be met: where were the women? They were around okay, oh yes. We saw them in the shops you see, we saw them in the pubs, the schools, on the treadmill in gyms. We even saw them in the Church car park...on their way to mass! (Multiple offers of a loan of running shorts and tops were declined). We did have one female from the start -- thank you Bridget Anne -- and some few brave others but they were the exception that proved the rule: the fair sex wanted no part of us.

We debated it at AGMs. Should we smile more at girls during our training runs? (too threatening), shave our legs? (too sore),

enter the Mini-Marathon in bras? (too awful to consider). But God smiled on us. It didn't seem to be any one factor but somehow a few came, and a few led to more, and...Fit4Life started. A shaft of sunlight had broken through the dark cloud overhanging Athenry and shown the way. In no time, women became a majority of members. Amen.

Congratulations on 10 years of activity to the Senior section of the club. Congratulations to the founder members, in alphabetical order: Peter Delmer, James London, Mick Rice; and the main women of Fit4Life, Maeve Noone and Deirdre Quinn. Congratulations to achievers at national level, among them Paul Hession, Paul McNamara, Mick Rice, Valerie Glavin, Ruthann Sheahan, others. Most of all congratulations to everyone who participates: in training, in races, in all the hosts of jobs to be done in any club. Let's wish for another 10 years and a hundred more years after that.

VISIT

WoodiesDIY.com

FOR

DIY VIDEO TIPS

...with over 130 Video Tips
to help you Do-It-Yourself!



**GOT A SMARTPHONE?
SCAN THE QR CODES INSTORE**

**FOR INSTANT
'HOW TO'
DIY TIPS**

LOCATED ALL AROUND THE STORE

To see the video, use your QR reader to scan the code above.
If you don't have a QR Reader on your smartphone, simply
download a free App now from your iPhone, Android or
Windows App store and get instant DIY
hints and tips videos.

Your Irish Owned DIY & Garden Centre Superstore