



FIELDS OF ATHENRY 10KM



**RACE PROGRAMME
ST. STEPHEN'S DAY 2012**



**Best of Luck
to all participants in the
Fields of Athenry 10KM**



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Chairperson's Address

A Club of Volunteers



On behalf of all of the Athenry AC members who have worked so hard to stage today's race, I'd like to welcome you all to Athenry.

There will be scores of our members volunteering on the road today; making sure that our race goes smoothly. For as long as I've been involved with this club, our defining characteristic as a group of runners, throwers and jumpers has been our willingness to pitch in to support the club, both in terms of ideas and with hard work. I believe it's this readiness to invest enthusiasm, expertise and hours of work in preparation for the race that has allowed us to improve the event each year.

As runners ourselves, we're familiar with the idea of investing in preparation so that a race goes well and we hope that our dedication to preparation pays off handsomely for you today.

If you have the opportunity today, please let one of our volunteers know that you appreciate the fact that they've given up their day so that you can better enjoy yours.

Mick Rice Athenry AC chairperson.

Race Director's Address



On behalf of all the members of Athenry AC I would like to extend a warm welcome to this year's Fields of Athenry 10KM road race. This is the 11th year of running this race and again it appears we will have record numbers pounding the roads of our humble village. From what was a small local race we are now truly global and athletes from all over the world are now making this every much a part of their Christmas as the roast turkey the day before.

It is always a pleasure to receive emails and phone calls from people asking if they can walk the route, or from people saying they are new to the sport and want to know should they enter. We aim to host a race that caters for all abilities and make that experience as memorable as possible for all. I get just as much pleasure from cheering the first person across the line as I do see the smile on the faces of those at the back of the pack finishing their first 10k. I hope that we can continue to uphold those ideals for many years to come.

This race does not organise itself overnight but instead relies on a team of volunteers working for several months beforehand and also on race day long before the sun has risen. Please take a moment to wave at a marshal or say thanks to the person guiding you out of your parking space, because without these people the race would not go ahead. We also have a great bunch of sponsors who now offer a lot of support to the race, both financially and also indirectly providing services, and I would like to offer my personal thanks to them for their contribution to the race.

So whether your goal is to win, or simply to complete the course I wish you every success in that goal and I will see you at the finish line.

Iain Shaw Fields of Athenry 10KM Race Director.

2012 Galway 5km Series Report

James London



County Galway **5km Series** - 2012

Athenry 1st May • Claregalway 8th May • Loughrea 15th May
Craughwell 22nd May • Galway 29th May • Tuam 5th June

*"Awards become corroded,
friends gather no dust."*

Jesse Owens

The Galway 5KM series went from strength to strength in 2012, surpassing almost all the records set the previous year. It was the 7th year of the series and there have now been 39 races (2006: 4; 2007: 5; 2008-2012: 6 each).

The entry process was, as usual, frenetic when it opened on Friday, 21 March on-line. Nearly 780 eventually got through by various means, the process being expertly overseen by long-time series co-ordinator, Mick Rice of Athenry AC. Entry was again €30. Super value.

The series started, as usual, in Athenry (Newcastle course), proceeding onto Claregalway (CRH), then Loughrea, Craughwell, GCH (Dangan course) and finally Tuam - a radical departure to other years and one that took some getting used to. All courses remained unaltered from 2011. The after party was held close to the finish line in Tuam at the Ard Ri Hotel on the evening of the last leg.

Athenry had a record single race record turnout of 631. The handover of numbers went smoothly in Newcastle Community Centre, as did the race itself. Tony Killarney was delighted that everything worked out so well!

Claregalway was next, over the now familiar course, up the hill of the main road before hitting the Rock Road on a downward spiral. The finish line was gladly reached at the entrance to the Business Park.

Loughrea was next. The hill between three and four KM has not flattened out very much with the running boom that has affected Loughrea in recent years or the 5KM series itself.

My personal favourite course was next, Craughwell. Starting outside the National School and finishing where we've always, on a dry evening. I got under 20 minutes there for the first time in 3.5 years. No sign of Elvis as the stakes were higher than usual this time around: wearing a latex mask might have been the difference between doing it or not. As it turned out, I ducked under 20 with nearly 40/45 metres to spare, passing a pile of similarly stressed runners over the final KM. Athenry AC had a club record 83 runners finish that night!

Dangan hosted the GCH leg again, over the now familiar course. It hasn't gotten any easier either. Still nearly 580 runners finished that leg, with 280+ earning their series technical top in the process by running the first five legs.

The 'Big Dig' was completed when the bandwagon reached Tuam in early June, and Patricia Monaghan and her merry band of helpers had everything in readiness for a well-organised event. John Cunniffe and his crew in RedTagTiming recorded over 550 finishers in the estate behind the Ard Ri Hotel. That evening had started wet but had cleared by the time 8PM came around, and many people recorded sub-20 times for the first time ever, or for the first time in many years, including Dee Quinn of Athenry and Michelle Lynch of GCH, both of whom had chased me around earlier Tuesdays. A total of 87 runners broke the 20 minute barrier that evening.

The technical top was Maroon in colour and over 550 were now eligible for one. Jesse Owens put it well when he said, "Awards become corroded, friends gather no dust."

There were five different winners over the 6 races with Matt Bidwell winning twice (Claregalway and Craughwell) with Conor Dolan winning Athenry, Fintan Hyland in Loughrea, Timmie Glavey in Dangan and Peadar Harvey in Tuam. Bidwell won Claregalway in a series best time of 15:45!

The excess of €9,400 from the 5KM series was again donated to the Galway AAI county board for the advancement of both adult and juvenile athletics in the county.

All 5KM series stalwarts remain standing after the 2012 series: Gary Doherty (Athenry AC), Jim Maher (HP Running) and Tony O'Callaghan (Craughwell AC). Each have successfully completed all series races to date!

Race	Number	Director	Date
Athenry	631	Tony Killarney	1 May
Claregalway	625	Andrew Talbot	8 May
Loughrea	599	Martin Smyth	15 May
Craughwell	606	Val Fogarty	22 May
GCH	578	Eamon O'Donnell	29 May
Tuam	556	Patricia Monaghan	5 June



CLUB PARTICIPATION

Club	Number
Craughwell AC	103
Galway City Harriers	90
Athenry AC	88
Loughrea AC	64
Tuam AC	22
South Galway AC	16
Castlegar AC	12
Maree AC	10

Clare River Harriers	7
East Galway AC	5
Corofin AC	1

RACES RAN PER PERSON

Races	Number
Six	257
Five	285
Four	93
Three	44

GENDER PARTICIPATION

Male	362
Female	377





Superhero Powers Marie O'Connor

Running along a quiet country road I take a deep breath, it's early in the morning, the mist lingering just enough to keep me cool before the sun raises its head high in the sky welcoming another summer's day. The smell of dewy grass fills my nostrils while my eyes are busy soaking up the scenery, houses still hidden under drapes, those within tucked up in bed, savouring the last few minutes of sleep before stepping out under the sun's rays.

Birds chirp, as if singing to the beat of my feet, my soles hitting the ground like a slow tempo drum, matches the rhythm of my breath; my feet, the birds, my inhalation and exhalation all complimenting one another, like an abstract painting. Neither coming to the forefront, all working in tandem, echoing one another.

Pausing briefly to check for traffic I turn onto another road. Nestling myself against the cool ditch I fill my lungs with air while trees line the road on either side like a large duvet cloaking me, their branches leaning towards me, their leaves facing the sun, waiting for her warm embrace.

The colour green seeps through me, the ditch providing one shade, the trees another; the grass another. Slowly each shade becomes clearer as the mist gradually disappears like a ghost floating into the abyss.

Moving forward enjoying the beating of nature's drum and the beating of my body I notice the soft changes as the warmth of the sun starts to wrap her arms around me. The houses begin to show signs of life. Curtains are drawn, bodies appear and the hum of life starts to fill the air proving the night's hibernation has ceased, a new day has begun.

Passing a field of animals, they bleat as if welcoming another day, reminding me of their existence, calling to be noticed. Running alongside the meadow two horses join me and I admire their sturdy athletic build, their hoofs falling softly into the earth, their strong bodies falling forward, their muscles rippling with every step. While a herd of cows stand watching my every move with a raised eyebrow, their tails swatting flies, their mouths moving slowly from side to side as they chew on the luscious grass.

Leaving them behind I'm joined by the first car of the day, its occupant waves as it continues on its journey and I on mine. As the vehicle moves on the sun increases its strength, taunting me to slow down, instead I pick up my pace, my breathing becomes quicker, my arms pumping, my chest opens and my feet turning over like a well-oiled machine.

I fill my mind with the challenge of running just that little bit faster. The sun's heat beating down on me, drops of sweat appear on my forehead and nature spurs me on. Each step pushing me beyond my safe limit, my mind screaming for my body to stop, yet my legs keep moving, getting faster and faster.

That ever familiar battle takes place, my mind saying stop and my legs saying go, all the while, egging my body to keep the pace just a little bit longer until minutes later I am finally satisfied. Pulling back, my breath gradually begins to settle, my body slowing with it until both are locked in unison.

As my breath quiets I punch the air, knowing I succeeded in my challenge, my goal achieved. Every day I wish to increase my pace for a few minutes, the smallest of increments welcomed and each target reached leaves a small piece of confidence behind in my worldly battered soul.

Delight fills my body and I look to the sky, light clouds floating over my head as if pulled gently along by a piece of string, a light blue sky providing the backdrop. Nodding I thank the gods for my morning, ecstasy filling my body, bliss and contentment pumping through my cells.

I am lost in my little world for a few moments, savouring the last taste of paradise before finally reaching my door. Turning the handle and stepping inside the spell is broken, I am back in my world, my world filled with angst, worry and stress. Moving through my kitchen, the cupboards almost bare, bills stacked on the countertops I make my way to the sparse bedroom where I finally remove my shoes, placing them carefully on the floor.

A battle between anxiety and ecstasy occurs deep within, my world engulfs me, reminding me there are problems to face but amidst my fears a small glimmer of hope remains, I know when I put on my trainers tomorrow I can turn into a superhero again.

A hero without worries or cares; wearing them I feel invincible, strong and empowered, even now, sitting on the edge of my bed, my feet no longer wrapped in their magic I know they have left an imprint. I can feel the strength within, my small moments of bliss helping me cope with my daily conflicts, my mind becoming stronger; my body becoming stronger. My superhero trainers may be on the floor but their powers are etched under my skin, helping me face each day with hope.



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Congratulations to Athenry AC and good luck to everyone in the 2012 Fields of Athenry 10km.



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Athenry AC at this Year's Dublin City Marathon

James London



A record number of 50 Athenry AC athletes ran in the 33rd Dublin City Marathon this year, up from a previous record of 32 in 2011.

Peadar Nugent ran in his 33rd and remains one of the 20-some who've run all marathons in Dublin. He writes about it elsewhere in this booklet, as does his great nemesis, Martin Keane, who also has his 'spoke' hereabouts about that day.

Mick Rice recorded his 23rd sub-3 marathon, coming home easily in 2:55.

There were many PBs (17) recorded and even more first-timers (24) completing the course. The people stuck in-between included Mick Rice, Ray O'Connor, the aforementioned Peadar and Martin as well as Deirdre H. and BA. Walsh, all people not to be messed with when it comes to distance running.

Peadar Nugent was 3rd in the M65 National Marathon championship with Martin Keane only two seconds behind him. The team of Frances Leahy, Maire Treasa Beatty and Bridget Anne Walsh were third in the W50 category in the National Championship likewise.

All times etc. can be obtained from the official web site of the race, <http://www.dublinmarathon.ie>.

Maura Treasa Beatty	George Livanos
Mairead Blake	Philip Magnier
Mark Breen	Jane Mangan
Sinead Brody	Orla McCluskey
Frank Burke	Pat McDonagh
John Daly	Caroline Mitchell
Marian Donohue	Clare Mitchell
Fiona Doughan	David Noone
Yvonne Dowling	Frank Noone
Colin Duane	Maeve Noone
Liam Egan	Peadar Nugent
Assumpta Feeney	Ray O'Connor
Maire Finn	Brian O'Donnell
Patrick Forde	Kenneth O'Hara
Noel Fox	Martin O'Hara
Kieran Guiry	Kellie O'Shaughnessy
Deirdre Hassett	Deirdre Quinn
Anne Hunter	Shirley Quinn
Martin Hynes	Mick Rice
Martin Keane	Gearoid Rohan
Patrick Kelly	Tomas Ruane
Maria Lambe	Ray Somers
John Langan	Mairead Sullivan
Frances Leahy	Michelle Tooher
Jim Leahy	Bridget Anne Walsh

2012 Road Races in Galway

James Lundon



Road racing in Galway had its best ever year (AGAIN!) in 2012 with 64 events taking place all over the county. A number of new races were added (a small number of one-off races also disappeared) to the increasingly busy and frenetic calendar – there is almost no quiet periods any more. All the old faithfuls continue to do well but I believe we might be at the very top of the current running boom right now, with consolidation going to occur over the next few years in one form or another.

Ten different Galway clubs organised at least one road race during this year, with Castlegar AC joining the fun in September.

AAI Permitted races in 2012

- 2nd Renmore 5KM 'Resolution Run', Sunday 1 January 2012
- 8th Tuam 8KM, Sunday 15 January 2012 (Club)
- 5th Maree 8KM, Sunday 12 February 2012
- 1st Gort 4M 'Gorgeous', Sunday 19 February 2012 (Club)
- 4th Kilconieron 5M, Sunday 26 February 2012
- 2nd Kinvara 10KM & Half 'Rock'n'Road', Saturday 3 March '12
- 3rd Beagh 10KM 'Martin Egan', Sunday 11 March 2012
- 3rd Craughwell 10M, Sunday 18 March 2012 (Club)
- 1st New Inn 5KM, Sunday 25 March 2012
- 11th Connemara Half & Full, Sunday 1 April 2012
- 8th Connemara Ultra, Sunday 1 April 2012
- 2nd Colemnanstown 10KM, Saturday 7 April 2012
- 1st Adrahan 10KM, Sunday 22 April 2012
- 3rd Salthill 5KM 'COPE Spring Relay', Thursday 26 April 2012
- 7th Athenry 5KM - Galway Series, Tuesday 1 May 2012
- 7th Claregalway 5KM - Galway Series, Tuesday 8 May 2012
- 7th Loughrea 5KM - Galway Series, Tuesday 15 May 2012
- 2nd Roundstone 10KM, Saturday 19 May 2012
- 7th Craughwell 5KM - Galway Series, Tuesday 22 May 2012
- 7th GCH 5KM - Galway Series, Tuesday 29 May 2012
- 2nd Clifden 10KM 'Sky Road', Sunday 3 June 2012
- 2nd Cong 10KM, Sunday 3 June 2012
- 7th Tuam 5KM - Galway Series, Tuesday 5 June 2012
- 1st Tonabrucky 6KM, Saturday 9 June 2012
- 3rd Monivea 5KM, Sunday 10 June 2012
- 3rd Portumna Marathon & 50KM & 100KM, Saturday 16 June 2012
- 3rd Milltown 10KM, Saturday 16 June 2012
- 1st Galway 10KM 'Great Race', Sunday 17 June 2012
- 6th Annaghdown 10KM, Thursday 21 June 2012
- 6th Galway 10KM 'Simon', Sunday 24 June 2012
- 8th Headford 8KM, Saturday 7 July 2012
- 2nd Renville 5KM 'ACT', Wednesday 11 July 2012
- 3rd Maree 5KM 'Boston Scientific', Wednesday 18 July 2012
- 1st Ballinderreen 8KM, Sunday 22 July 2012
- 4th Salthill 5KM 'COPE Summer Relay', Thursday 26 July 2012
- 1st Coolarne 5KM, Saturday 28 July 2012
- 3rd Ballygar 10KM, Sunday 5 August 2012
- 26th Streets 8KM, Saturday 11 August 2012 (Club)
- 4th Connemara 100M, Saturday 11 August 2012
- 27th Claregalway 10KM, Saturday 18 August 2012 (Club)
- 1st Clonbur Half 'Corrib Mask', Sunday 26 August 2012
- 24th National Half, Sunday 2 September 2012 (Nat. C'ship)
- 2nd Kicolgan 4M 'Castle', Saturday 8 September 2012 (Club)
- 5th Clifden 10KM 'Lifeboats', Sunday 9 September 2012
- 1st Roundstone 8KM 'Inishnee', Saturday 15 September 2012
- 1st Castlegar AC 5KM, Sunday 16 September 2012
- 14th Loughrea 10KM 'The Grey Lake', Sunday 23 September 2012 (Club)
- 10th Galway Bay 10KM & Half, Saturday 6 October 2012
- 2nd Chonamara 10KM, Saturday 13 October 2012
- 2nd Moylough 10KM, Sunday 14 October 2012
- 1st Gort RFC 10KM, Sunday 21 October 2012
- 1st Castleblakeney 8KM, Saturday 27 October 2012
- 3rd Corofin 8KM, Sunday 4 November 2012 (Club)
- 3rd Newcastle Fit4Life 5KM, Sunday 11 November 2012
- 2nd East Galway 4M, Sunday 18 November 2012 (Club)
- 4th Clarinbridge 10KM, Sunday 25 November 2012
- 3rd Carrmore 5KM 'Turkey Trot', Sunday 2 December 2012
- 11th Athenry 10KM 'Fields', Wednesday 26 December 2012 (Club) (Fingers crossed!)



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James Lundon

Galway 5KM Series (Loughrea) – 15 May 2012



Been going well recently. Fairly well anyhow! Clocking some good times in training. Racing some half-decent times. Sub-72 in Ballycotton 10M. Sub-43 in Ardrahan 10KM. Best 10KM in embarrassingly long time. Off little mileage too. For me anyhow. Nothing new there to be honest!

Ran 21:17 in Newcastle first night. On my own. Before the main event itself. Time trial of sorts. See what I could do. On my own as I said.

Ran 20:18 in Claregalway last week. Very solid run. Once I got up hill anyhow. Last KM in 3:53. A second better than last year. Not that it makes much difference.

Limped around for the rest of week. Sore. Very sore. A few games at the weekend. No run in four days. Ran two miles Monday night. Felt OK. Latent shin splint on right leg. Needed to be nursed in case.

Sub-20 not likely tonight. Aiming for Craughwell or Tuam instead. Would be happy with 20:20 again. Consolidate on last week. Consolidate and move ahead more perhaps? Just repeat last week's performance. And hope...

Got to Loughrea in good time. Parked up close to start. All quiet at 7PM. The locals were ready though. Very relaxed they were. Everyone knows what they are doing. Shin still niggling away. Slightly worried.

Togged off after 7:30PM. The crowd gathered, slowly at first. Ran out to 4KM with JAH. Feeling a bit better. Ran back in. A little better. Met and greeted a few regulars.

Lovely evening, which always helps. Sunny. Windy and against us at start. With us on the way back! That hill! Needed to get to 3KM fresh. Needed to be ready for it.

Snuck up to front without hassle. Started cleanly. Was running to left, easily enough. Passed by a lot early. Not to worry. Had pace right. Important to start with little effort. Usual suspects behind me? Not a clue for sure who. Up to them to pass me. If they could.

FB nudged me after 500M. Imitated my chicken wings. Ha ha! Another tick in blackbook for him. Didn't need to ask his name.

Got to 1KM very handy. Sweating like a fountain already. Piles of Vaseline on eyebrows helped. Helped a lot, actually. Water stinging eyes is not good. Wind not too distracting.

Road dry and in good condition. Lot of human traffic up ahead. Could identify no one behind me. Could feel their eyes though. Would never look back. Only give them solace.

Running totally on feel, as usual. The clock will mind itself. If I mind myself. Concentrate on job in hand. The field will tell me anyhow. Going well, people will not pass. Not going well, trouble for me...

Some people were passing. None of them I knew. Lady with black hat passed. Not a clue who she was. She's a good 'un! Let her off. She might come back later. Might? Not likely!

KOD is passed before 2KM. Walking. Had gone out at right pace...but. 2KM mark passed very easily. Not in much trouble at all. Not breathing too heavily. Sweating, but of positive type. You know what I mean. A healthy sweat!

Legs were rubbing together a bit. Bambi like. Annoying. Hamstrings a bit tighter than necessary. Manageable, I hoped, over short distance.

Up and around the sharp left. People ahead not getting away. No one passing me without effort. Boreen has been re-surfaced since 2011. Not rutted surface of other years. Bloody slippery enough with new chippings. Going that fast, yeah!

Tightened up a bit. Chicken wings closer to shoulders now. Relax! Who was behind ready to pounce? No real targets

ahead of me. Hard to know what pace I was. Never take a stopwatch peek anyhow.

Around the next sharp left. The hill was ahead of us! Just after 3KM. A surprise to the uninitiated. What a surprise. A bit like Craugh Patrick. On Reek Day.

Really breathing heavily now. Not too heavily. Deep breath. Right thigh hard, a bit sore. Strange area of discomfort. A new one on me! Another sign of impending middle age? Just side effect of tonight's efforts.

The hill is met with bang. "Let it come to me." Yeah, right! Feck it. "Let it flow over me." Yeah, right! Others struggling. One or two passed, struggling. Perhaps a few sneak past me too? Not many though. The posse ahead are still there.

Not getting any further away. Not getting any closer. A long KM. A very long and painful one. Who is winding up behind me? This hill might break a few. I hope!

Still going OK. KMc is ahead. Beat him last week on the line. A few other AAC singlets too. Too far ahead.

Have my 'number one' singlet on. Wore it for first time in Claregalway. In nearly three years. Wasn't going well enough before that to do it justice. Was I going to deserve it? Tonight? Deep breath. Head down. Chicken wings not too high.

Get to top of first hill. Then second. Then start downhill descent. 4KM marker passed. Road still very busy ahead of me. Should have looked at watch then. Probably would not have liked it. Run for your life.

Made my vital mistake around now. Came up behind two big lads. They were sprawled across road. Running side by side. "Blocked" my way. Or so I thought. I should have pushed around or through them. I didn't. Fatal mistake. I sat in with them. Should have pushed on then. Sh*te!

Five hundred metres to go. Open road again. Did push on. A bit. Passed by a few fit lads. Including TK. I should have gone with him. I should have gone with him. I didn't. I didn't. Had no kick. Never had.

The two big lads broke ranks. I knew LN would come back. He did in last 50M. Head down. Get to finish ASAP. Last 200M. Still could not see clock. Eyes bulging out of their sockets. May not look like it. But true.

19:55. 19:56. 19:57. 19:58. 19:59. 20:00. It didn't matter, once 20:00 twinkled. Yards from the line. Twenty zero one, two three. I stumble across the blue mats. Mixed emotions. Very mixed.

<Expletive Deleted> it! Delighted on the other hand. So close. So very close.

I left it after me this evening. I really did. I am usually good at pacing. Tonight was not one to remember. I blew it in last KM. I should have pushed on earlier. I had it in me. A sub-20! Those magic words. Obsessed by them over last while.

I sat for 15 seconds. In a semi-feotal position on green. Bounced straight back up. I left some out there tonight. Not like me. That should not have happened! Should have been there for minutes. Sign I left 'some' after me.

One excuse. Unused to this pace in a while. I will know better in Craughwell. And Tuam. Failing that, Monivea later again. It is only a matter of time. All going well. Sub-20.

Immediately went back on the course. To see streams coming home. All sorts still out there. Deeply satisfied to be so close. To sub-20. To be still able to. Went out to 500M and jogged back in with MW. Met IS and AS too.

Still sweating. A good sweat. A decent effort. With the promise of more. The next day. Craughwell or/and Tuam, both favourites. No excuses. None allowed. Tonight was a dry run. These two will be for keeps. I will be ready. All going well!

Race 37 of the series. Thirty four finishes. Two Race Directorships. Only one DNS. If only I knew back then. TOC, JM and GD still standing. Fair play.

Kudos Loughrea AC on super event. The baton has passed to Craughwell. A lot to live up to. Well able to live with it.

Elvis lives and is looking down. He is smiling now, little doubt. Hopefully I will be too. At race end next week. I live in hope! What else do I have?

3:57.59, 3:57.34, 3:59.80, 4:30.54, 3:38.02 (2:05.93 & 1:32.09), **20:03.29**

PS. I did break 20 in the following week's race, in Craughwell in 19:48 and did even better two weeks after that, in Tuam, running close to a life-long PB of 19:36!

Fields of Athenry 10km Race Result History

Year	Men's Winner	Time	Woman's Winner	Time	Finishers	<40:00	<50:00	<60:00
2002	Paul McNamara	31:15	Kathryn Casserly	36:57	69	13	44	59
2003	Noel Kelly	32:46	Fionnuala Keane	38:18	171	30	92	126
2004	Paul McNamara	31:11	Lucy Brennan	36:36	253	38	130	179
2005	Gary Thornton	30:34	Lucy Brennan	37:30	351	51	168	252
2006	Gary Thornton	30:12	Lucy Brennan	37:03	470	42	211	339
2007	Gary Thornton	30:02	Orla NIMhuircheartaigh	38:52	617	50	253	457
2008	Gary Thornton	30:40	Catherine Conway	36:53	838	58	359	642
2009	Gary Thornton	29:57	Teresa McGloin	35:17	517	53	238	406
2010	Gerry Ryan	31:12	Catherine Conway	35:53	546	49	253	426
2011	Sean Hehir	31:07	Lizzie Lee	36:27	1042	65	434	794

2011 Stalwarts

The following 8 people hold the distinction of competing in all 10 "Fields of Athenry" 10km races to date. We wish them the best of luck on their 11th outing this year.

Name	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Bernie Kelly	45:48	49:31	52:05	44:20	46:08	47:46	45:46	47:23	45:50	45:43
Danny Carr	36:15	38:11	36:00	36:41	38:06	38:06	37:29	38:38	38:26	45:54
Kevin O'Dea	48:27	50:16	51:25	46:44	53:49	53:35	45:57	42:33	40:35	44:23
Martin Keane	51:20	50:02	54:48	51:17	50:44	52:27	53:42	52:49	52:42	52:09
Mary Mullins	1:05:50	1:00:37	1:06:27	1:07:22	1:11:31	1:05:23	1:07:36	1:06:30	1:05:32	1:11:20
Roger Rushe	45:07	44:29	46:15	44:33	45:24	45:52	44:48	46:52	49:02	49:46
Tomás MacLochlainn	49:57	56:35	50:10	52:23	56:58	FNSED	56:32	59:05	57:06	56:41
Tommy Joe Whyte	36:35	36:16	36:29	38:40	36:58	37:15	37:39	37:11	37:20	38:11

2011 Prize Winners

Category	Pos	Name
Senior Women	1st	Lizzie Lee
	2nd	Ailish Malone
	3rd	Laura Shaughnessy
	4th	Colette Tuohy
	5th	Sarah Neary
Junior Women	1st	Nicole Brennan
Women's V40	1st	Deirdre Fitzsimons
	2nd	Josephine Gardiner
Women's V45	1st	Mary Kealy
	2nd	Anne Moran
Women's V50	1st	Bernie Kelly
	2nd	Bernie Mulryan
Women's V55	1st	Pauline Moran
	2nd	Marie Rooney
Women's V60	1st	Judith Roche
	2nd	Angela McCluskey
Senior Men	1st	Sean Hehir
	2nd	Emmett Dunleavy
	3rd	Gerry Ryan
	4th	Matt Bidwell
	5th	Declan Fahey
Junior Men	1st	Shane Conway
Men's V40	1st	Gerry Carly
	2nd	Dan O'Rourke
Men's V45	1st	Eddie Newman
	2nd	Gerard Kenny
Men's V50	1st	Tommy Joe Whyte
	2nd	Gearoid Quinn
Men's V55	1st	John Mac Sweeney
	2nd	Frank Power
Men's V60	1st	Martin Mc Evilly
	2nd	Andrew Talbot
Men's V65	1st	Brian Geraghty
	2nd	Martin Hynes
Men's V70	1st	Roger Rushe
	2nd	Liam Lowry
Men's V80	1st	Sean Dooner
Men's Wheel	1st	Gerry Forde
Women's Team	1st	Athenry AC - 2:53:53
	2nd	Loughrea AC - 2:54:11
	3rd	GCH - 3:02:07
Men's Team	1st	Craughwell AC - 2:18:34
	2nd	GCH - 2:19:53
	3rd	Tuam AC - 2:30:04

Running Happy

Deirdre Hassett

The great Irish folk singer Christy Moore has an entertaining introduction to his song about alcohol addiction, Delirium Tremens, where he says 'It's all very well sitting in Paddy Kennedy's pub in Pucán, when you're sitting listening to the jukebox and sculling pints.... but then ya wake up the next morning head first in your sleeping bag, and you don't know where you are, bejaysus, and you're trying to get the zip open with your toes. And you think: "Jaysus! Never again." Running brethren, I have been there. Not necessarily through alcohol consumption per se; at least not in recent years. It's pretty regular though, especially during peak training and racing season that I wake up during the night, lying there in the dark in that halfway place between sleep and wake, wondering what it is that I did the day before to feel quite like this. And gingerly, I pull muscle and sinew and bone together to extricate myself from the duvet to hobble to the toilet, thinking: Jaysus! Never again! Thank God for the disabled bars installed in my hotel room bathroom in Berlin after my first marathon in 2008 or I might still be there now, trying to get off the loo.

So you'd wonder why I do it, right? I've done plenty of races but I will never be elite – keeping the baying midpack off my heels is my main goal, and it seems harder every year to maintain form. Is running in itself enough, or do I need to always compete? I've been running now, in one form or another, for fifteen years, and competitively, along with racing triathlons, for seven. It's hard to maintain form and enthusiasm year on year for road racing: shaving minutes, and latterly seconds off, or adding seconds on. Sometimes I am not sure if competing is the carrot or the stick that keeps me running. I hate the shorter distances. 5km is torture and even for 10km, I run better with the inconvenient mile swim and 40km bike ride in the way to get me warmed up. I have spent time in the Hurt Locker; I know how to dig deep but I'm not always sure I want to.

Happily, running means a lot more to me than just competing. I was interested to read an article recently on a study run by the Harvard Science department which found that people are happiest when they are having sex, exercising or in conversation. "If we can lose ourselves in whatever we are doing, if time speeds by and we are beyond distraction, then that's as useful a definition of happiness as we can find". Obviously this is a prescription for all of us to have lots more sex. Failing (ahem) or in addition to the sex recommendation, running is a constant happiness booster in my life. I am a lover of excess and endorphins. Food, coffee, alcohol, dancing, music – I always had a firm conviction when I was younger that one day my Rabelaisian appetites would lead me to either be cut out of my house by firemen, or end up appearing on Ricki Lake: "Help, Ricki! I'm Addicted to Babysham!" I took to triathlons and running competitively immediately from my first foray –

it's a socially acceptable outlet for the obsessive-compulsive, not to mention a much better focus for managing your health and weight. I also discovered that the endorphin kick from running – at the right pace – is as good as drinking (not that it puts me off drinking, of course).

Sometimes when I find myself bored, stressed or my mind wandering, I'll think 'I need a drink', and a minute later, almost interchangeably, 'I need a run'. For me, marathon running is almost the perfect pace – not quite hard enough to hurt (until towards the end) but tough enough for the body to create this tremendous endorphin buzz. I'm not sure if it's a sign of perfect or too conservative pacing that for my fastest marathon, I found myself in that soaring endorphin wave all the way from mile 20 to the finish, shouting, waving and generally having a royal old bellowing time (much to the annoyance of a whole lot of fellow runners who didn't seem particularly happy).

Today, I ran a ten mile road race – the John Treacy ten mile in Dungarvan, which is part of the John Buckley Munster series, and which takes me home to my parents. I'm just getting back into base training, I have no speed and my running form has been pretty terrible of late. I signed up with the plan to do it as my long training run of the week. It's January, it was cold and grey and raining and I badly wanted to skip, but I peeled myself out of the house, threw some warm layers on and headed to the start line. Five minutes before the start, even with the intention of running eight-and-a-half minute miles, the atmosphere and the endorphins got to me and I found myself dancing solo to 'Reet Petite' at the start line (admittedly to some funny looks). I got to meet lots of random friends and acquaintances out on the course (old college and school friends who I only see at races; a running club mate also strayed down from Galway, my cousin). I sang 'Talkin' bout a Revolution' all the way around (as an 'Am I still in Zone 2?' tester. A man asked, puzzled, "Are you hiding an iPod?") I had the excuse afterwards to mainline a lot of sliced-pan-ham-sandwiches (post race is the only time I permit myself this dubious but delightfully Proustian indulgence). I got the chance to run with a legend, the great John Treacy (even if I didn't clap eyes on him all day). And even with a mediocre zone twoish-threeish pace and lousy finish time, I'd worked hard enough to maintain that gentle post-race glow all the way home on the long car journey to Galway. Personal best free, it was still a pretty good day.

See more of Deirdre's output at <http://aquicktenmiles.wordpress.com/>.





Magic Sevens Mick Rice

In terms of running, seven has always been a significant number for me.

Running a mile in seven minutes or less has always been an indication of quality for me – an important marker. Although I'm certainly less of a 'numbers freak' than I used to be, I still log each run by distance and pace. This means that, even when I run by feel alone, which is a lot of the time, I will eventually find out what pace I've been doing. This happens when the big spreadsheet eventually gets updated with the raw figures. I don't let the numbers worry me but they do act as a guide. An easy training run might be well above the seven-minute standard, but a hard run should really be below. When I'm trying to come back from injury, it's always hard to hit the desired numbers. "You can't keep it in the bank", I remind myself. "You have to earn it over again, every time."

When I tried to refocus on training around Christmas time I wasn't expecting miracles, but I certainly had forgotten how tired, grumpy and sore a sudden increase in 'focus' can make you feel. It's happened to me many times before, but apparently I had chosen to forget, that sometimes, better training makes me slower for a while. If you're training four times a week and have plenty of time to recover you can be fresh on every run. When you're training eight or nine times a week, it's sometimes

hard to get your arse out the door never mind spring down the road like a coked-up bunny.

Eventually, either being grumpy, tired or sore becomes normal, or those conditions start to fade. At that point I've reached stasis, a point of equilibrium, a point at which the training is knocking me back at the same rate at which I'm able to recover. All I need to do then is to stay with the plan and wait for the magic sevens. They arrived last Tuesday.

I went out for a quiet recovery run, having given it a bit of a lash the previous day. I ran easily and purely by feel. Whenever it seemed like hard work, I consciously backed off. It was a beautiful day and I enjoyed the run from start to finish. I stayed in the moment all the way and tried to drink in the all the green and the quietness and the sensation of movement.

I went home and, as a matter of routine, plugged in the numbers. I knew the distance and the magic of Excel did the rest.

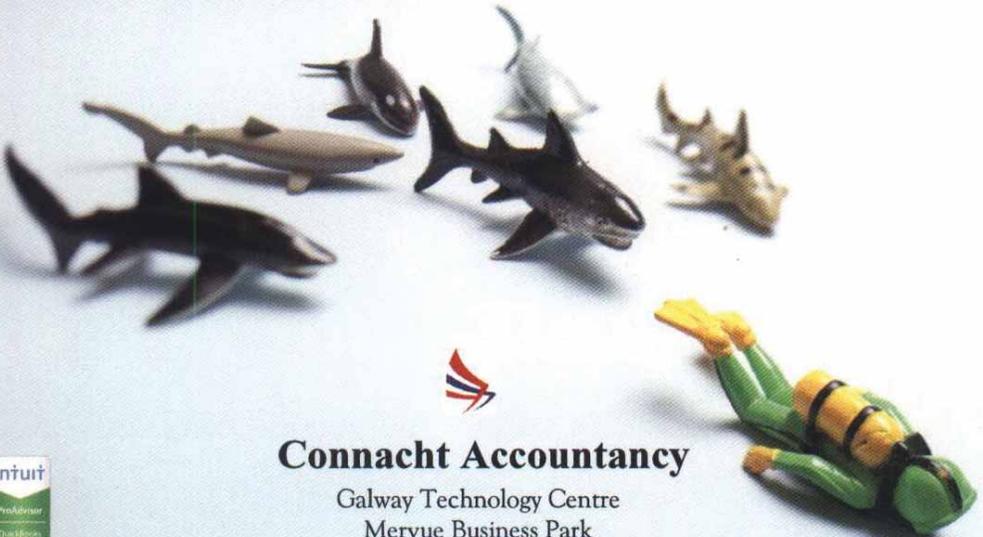
Mileage 8.3. Average pace = 6:53.

A threshold had been crossed and magic sevens were here.

Long may it last.

See more at <http://runningthroughfog.wordpress.com/>.

Help in Challenging Times



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Overuse injuries in teenagers

Jane-Ann Meehan, Chartered Physiotherapist



Do you have children between 9-15 years? Are they complaining of ankle/heel or knee pain?

Below is a quick guide to common overuse injuries in this age group.

Severs Disease:

- Ankle pain, in the Achilles area after running/sport.
- Sore at the start then warms up but returns once cooled down.
- Causes: Poor stretching technique, Flat feet, excessive use of spikes, excessive jumping, inadequate warm up, growth spurts.
- Treatment: Specific Achilles & calf stretches, footwear advice, orthotics if required, lace shoes correctly, ice, rest, get out of spikes unless in competition.

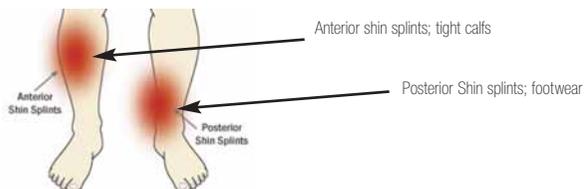
Osgood Schlatters' disease:

- Pain on the knee often with a boney lump.
- Same presentation as Severs disease. More common in boys.
- Causes: Tight Quads, not stretching, weights, growth plates, flat feet, poor footwear.
- Treatment: Rest, stretching, ice, footwear modification, avoid weight training.
- Pain localised to this area



Shin splints/Medial Tibial stress syndrome:

- Causes: Poor footwear, tight calf muscles, wearing spikes excessively, poor glute (bum) muscle control.
- Treatment: Modified rest- aqua jogging, ice, compression socks, footwear advice, foam rolling and stretching ++.



All the above are preventable and you should visit your 'Chartered Physiotherapist' to resolve these ASAP.

Jane-Ann Meehan Chartered Physiotherapist

& Athletics specialist (087-3143240)

MISCP, CPSM, BSc, MSc Sports Medicine, PPL

Biomechanics, Athletics Ireland Carded Physiotherapist.

Katowice 24hr race report

Ruthann Sheahan



Ready steady GO....

There was a genuine wave of excitement in the air at the start line, competitors were chatting happily and even though it was a world championship event, it seemed more like an international version of one of the West of Ireland marathons. In brief, a lot of friendly banter, a bit of slugging and people eagerly glad to meet one another... I immediately started to relax... this was going to be a great day out!

The weather was perfect. It was nice and cool, my parents were here, George and the crew were fired up...THIS WAS IT... the day I had been dreaming of and fuck it, I was going to enjoy it! The gun shot sounded and we pushed off, gently snaking our way around the park - a slow moving stream of foreign faces. I immediately loved the course...the lake, the canopy of acorn trees, the soft green fragrance in the air - a dull warm home like day... just as well I liked it given the time I was going to be looking at it!

John and Eddie set off ahead and Deirdre and I stayed pretty close together for the first number of laps, naturally we would lose one another as one of us answered to call of nature.

I did not see much of John during the event; we would pass one another now and again. I did not see Eddie at all until the early hours of the following morning!!!

Lost in translation...

The people lining the crew area were great craic, the energy was intoxicating, as time wore on everyone supported everyone... 'come on Jane' I'd hear the French supporters shout... somehow they misunderstood my name and I was called Jane for the whole day. I've been called a much worse and I didn't have the heart to correct them.

'Oh I love you!' declared a middle aged English 'gent' to rapturous laughter from the rest of his posse. I laughed with them with images of Benny Hill (theme tune and all) carrying me around the track.

It was hard not to smile, the more I smiled the more the strangers smiled back... it was invigorating. Going through the tented area was surreal at times, a wall of noise, people darting in and out weaving grabbing food. Reima, the Swedish Coach (who I met during the 24hr in Helsinki) gave me the 'thumbs up' whenever I saw him, it felt great to have such support. Our table was one of the last in the tent, approaching, I would try to shout as loud as I could to let George & the lads know what I wanted... but it was impossible to shout over the cacophony. 'Use your outdoor voice' George would shout to me mockingly - fine for him, there was no mistaking his loud 'throw a shrimp on the Barbee' accent.

Merry go round...

The first 5 hours passed surprising quickly I trotted on comfortably, as I ran through the tent I would get updates from the crew - George would let me know that I was ahead of schedule and travelling faster than planned... This initially made me laugh as it reminded me of 'Tommy' the tortoise character from 'Sminky Shorts'.

I made an effort to slow down but would find myself back at the same pace again @9min miles - I decided that I was comfortable at the pace and pushed on. Valerie (Glavin) had advised me not to be too concerned about this if it happened as the body would naturally slow down over time... and that was a fact!

The park was quite busy, not only with spectators but with families pushing buggies, children eating giant cones and a wedding party that had stopped for photos, (so romantic) I waved at the couple and they happily waved back.

I welcomed the distraction as we all did.

The temperature dropped at little in the evening but it remained comfortable and from time to time red squirrels would dart across our path collecting the acorns which had rained down earlier. I also had the pleasure of sharing the cobbles with a hedgehog as it scuttled towards me at dusk - I thought this was getting a little like Narnia.



I was now on a massive high and still finding it hard to believe that this was really happening. I knew that in time the pain and exhaustion would try to wipe the grin off my face, but felt a part of me shouting back in defiance – 'bring it bitch!' (actually the 'inner voice' used much more colourful language).

To keep my mind (ahem) calm, I focused on how I was feeling fuel wise, we had estimated based on my weight and estimated pace that I would need to consume approximately 225 cal per hour or @ 70 calories every 20 mins, this roughly translated to munching on something every second lap. My diet for the day consisted of banana, Actimel (yogurt drink) and good quality carbohydrate jellies. Now and again I would eat some raw cacao & coconut slice or some stuffed vine leaves. I generally ate in the following order: banana, sweets and then the Actimel. During training I found I responded well to banana as it's mild on the stomach and the energy kicks in later in the day, the jellies were more instant and so bridged the gap while the banana was digesting. The Actimel also provided carbohydrate and much needed protein, the added benefit was that it was light and milk based which had a great tendency to neutralise excess stomach acid generated from consuming jellies or gels. I have suffered in the past with food and vomiting and was really hoping that I had found a better combination. Time would tell.

10 hours later!!!...

Life up to the 10 hour mark was pretty good, I had some discomfort but nothing to worry about or at least that's what I told myself! It was getting dark now and I noticed that Deirdre was walking and chatting with another competitor - I waved and kept moving; hoping she was OK. I later saw her seated in the support area and realised something was wrong as she had pulled out.

My heart went out to her, I have great respect for Deirdre, she is an amazing athlete and a lovely lady.

It was dark now, I managed to amuse myself by playing a version of 'where's wally' with Sylvia and my parents as they would disappear and re-appear at various points along the course and even though I worried about them exhausting themselves after standing around for hours - it was still fantastic having them there.

Passing the 12hr mark was a mile stone celebrated by most. 'We're on the way home now' smiled Pat, one of the American competitors who passed me on a few occasions over the day. I also spoke to a Latvian competitor who had lived in Ireland for years he was dying to hear updates on hurling and football... sadly for him he was talking to the wrong candidate for news on that front.

Chatting about 'this and that' in the dark from time to time was a lovely distraction from the pain that was building in my feet, the pain was not unbearable but it was starting to get a little off-putting.

Knowing we were over half way was relief but there was still a long way to go. At this point I was still refusing to tolerate any internal whinging that my body would throw at me - I was getting angry at the ache in my feet so I grabbed some paracetamol from George hoping it would dampen the discomfort.

Over the next few hours, I noticed that there were a lot of folks 'missing' especially the Japanese who earlier were running in formation and had lapped most of the runners throughout the day... I wondered what was up with that. I also noticed quite a few people were walking - but each to their own, I had no intention of stopping, I was too frightened that if I did I would not be able to get going again.

Excerpt taken from 16 page PDF posted by Ruthann to <http://www.athenryac.com/ruthanns-report-katowice-24-hour-race> . Very highly recommended.

2011 Fields of Athenry Photo Gallery

Pictures by: John O'Connor (<http://www.flickr.com/edenhill77/>).



ATHENRY Athletic Club

Filleadh ar mo Bhunrútaí

- Return to my Roots Peadar Nugent



Ba sna rúideoga - 100m, 200m agus 400m - agus sna léimeanna - an léim fhada agus an triléim - ba mhó cáil orm nuair a bhí mé i mo stócach. B'iomaí craobh chontae (i gContae an Chláir, i gContae Bhaile Átha Cliath agus i gContae na Mí), chúige (i gCúige Mumhan agus i gCúige Laighean) agus uile-Éireann a bhain mé sna comórtais áirithe sin sna seascaidí agus sna seachtóidí mar iomaitheoir sinsearach. Ach, ag druidim le deireadh na seachtóidí agus mé ag dul in aois, bhí an luas ag tréigean mo chos. Os rud é nár theastaigh uaim scaradh le lúthchleasa, thug mé faoi reathaíocht bhóthair in ionad. Mar a tharla, bhí sé tráthúil ag an am

Fear fadcheannach ab ea Louis Hogan. Ba Léiritheoir Feidhmitheach é in RTÉ Radio a Dó (2FM). Bhí Louis ag Maratón Nua Eabhrach i bhFómhar na bliana 1979 agus ba ann a bhuail an coincheap é, go bhféadfaí a leithéid de rás a rith trí shráideanna ár bpríomhchathrach. Thóg sé an smaoineamh maidir le Maratón Bhaile Átha Cliath abhaile leis, agus chuir sé an moladh, mar aon le tairiscint urraíochta, faoi bhráid Noel Carroll, trócaire air. Iar-lúthchleasaí idirnáisiúnta den scoth ab ea Noel. Ba é siúd an tOifigeach Caidrimh Phoiblí le Bardas Bhaile Átha Cliath ag an am agus bhí sé tar éis an BHAA, eagraíocht lúthchleas do ghnólachtaí, a bhunú níos lú ná bliain roimhe sin. Chuir Noel an moladh faoi bhráid cruinnithe den BHAA i mí na Samhna 1979 agus aontaíodh ar eagraíocht an rása a thógáil idir lámha

Scaipeadh an seól go luath agus as sin amach, go ceann bliana beagnach, tugadh poiblíocht fhorleathan, in RTÉ agus sna nuachtáin náisiúnta, don tionscnamh. Thosaigh an chéad Mharatón Bhaile Átha Cliath i bhFaiche Siabhná go díreach ar uair an mheán lae ar an Luan, 27 Deireadh Fómhair 1980. Chuir timpeall 2,000 reathaithe, idir fhir 's mhná, isteach air. Ní

fios cé mhéad díobh a bhí ar an líne tosaigh ar an Luan cinniúnach sin agus a chuir chun siúil - nó chun reatha, ní ba chirta a rá - ach bhain 1,420 díobh ceann scribe amach; ina measc, bean amháin is daichead. Bhain mé féin an líne chríochnaitheach amach ní hamháin an bhliain áirithe sin ach gach uile bhliain ó shin

I lár an tsamhraidh 2012, d'fhill mé ar mo bhunrútaí. Bhí craobhacha Chontae na Gaillimhe ar siúl san airéine lúthchleas Ollscoil na hÉireann, Gaillimh, i nDangan, cúpla tráthóna. Ghlac mé páirt san 100m, 200m, 400m, san léim fhada agus san triléim. Chuir sé gliondar i mo chroí roinnt craobhacha a bhaint amach agus tá na boinn a ghnóthaigh mé curtha le mo bhailiúchán maoitheach anois

Mar chuid de m'ullhúchán don mharatón i mblana thraenáil mé le scata, mná ba mhó, ó mo chlub féin anseo i mBaile Átha an Rí gach maidin Dé Sathairn ó Mheán Fómhair ar aghaidh. Orthu siúd bhí Assumpta Feeney, Michelle Toohar, Anne Hunter, Kellie (O'Shaughnessy) Burke, Maria Long, Elaine Quinn agus Máire Treasa Beatty. Bhí beirt fhear, Frank Noone agus Liam Egan, in éineacht linn maidin amháin. Bhí formhór díobh ag ullmhú do Mharatón Bhaile Átha Cliath. Má tá sé ráite go ngiorraíonn beirt bóthar, geallaim duit go ngiorraíonn tríúr, ceathrar, cúigear nó níos mó, an bóthar níos tapa fós; fiú amháin nuair a bhionn fad slí fiche míle i geist. Ní fhéadadh duine a sárú a fháil in áit ar bith eile ar domhan ar an spiorad, an muintearas agus an craic a bhí againn; gan tagairt a dhéanamh ar na buidéalí uisce a bhíodh suite go meabhráitheach agus go straitéiseach roimh ré ag bail den ghrúpa feadh an chúrsa.

Bhí maidin Dé Luain 29 Deireadh Fómhair 2012 fuar, tirim, ciúin nuair a bhuailamar bóthar ag a naoi a chlog i mBaile Átha Cliath agus 26.2 míle ag sineadh amach romhainn. Bhí Máire Treasa taobh liom ó thús deireadh, díreach mar a gheall sí dom an t-earrach seo caite. Bheartaiomar beirt rith leis na daoine cinn riain a bhí innealta acu am 4:15 a bhaint amach. Mo bhuíochas go deo ag dul do Mháire Treasa mar, lena cabhair agus a spreagadh, bhaineamar ceann scribe amach in am 4:15:31. Ba mhaith liom comhghairdeas a ghabháil le Máire Treasa a threoraigh a mná foirne, Frances Leahy agus Bridget Anne Walsh, chun na boinn chré-umhaí a ghnóthú i gcaobh náisiúnta na gclubanna sa chatagóir W50. Bhain mé féin an bonn cré-umhaí aonánach amach sa chatagóir M65.

My involvement in athletics as a senior competitor was chiefly in the 100m, 200m and 400m sprints and in the long and triple jumps. During the sixties and seventies I won County championship medals in Clare (my native county), Dublin and Meath, and Provincial medals in Munster and Leinster, in addition to National medals, under the N.A.C.A.I. banner. Towards the end of the seventies my speed necessary to

Fields of Athlery Results 2011

1	31.07	Sean Healy	103	42.12	Mark Mitchell	205	45.05	Colm Howe	307	47.38	Philip Walsh	409	49.14	Mike McCartin
2	31.19	Emmett Dunleavy	104	42.09	Sean Lee	206	45.10	Philip Magnier	308	47.38	James Walsh	410	49.15	Larry Kelly
3	32.30	Gerry Ryan	105	42.16	John Connolly	207	45.11	John Kirrane	309	47.10	Pat Roberts	411	49.15	Martin Kearney
4	33.53	Matt Bidwell	106	42.12	Claire Beatty	208	44.57	Aidan O'Mahoney	310	47.18	PJ Clarke	412	49.34	John Mannion
5	35.59	Declan Foley	107	42.43	Amalyn Cannon	209	44.63	Emmar O'Leary	311	47.97	Emmar O'Leary	413	49.07	John McKeown
6	34.14	Stephen McKeligue	108	42.19	Alasdair Conway	210	45.18	Fintan Kennedy	312	47.11	Niall Lyons	414	49.34	James O'Dea
7	42.19	Peter O'Sullivan	109	42.27	Diarmuid Quill	211	45.18	Joseph Greene	313	47.31	Maurice Hannon	415	49.19	Patrick Cosgrove
8	34.21	Peter Mooney	110	42.08	Kieran Moran	212	44.47	Enda Holan	314	47.38	Eoin McManus	416	49.04	Paul McEnroe
9	34.31	Wayne Reid	111	42.27	Emonn McWalter	213	45.10	Michael Noone	315	47.09	Niall O'Connor	417	49.46	Roger Rushe
10	34.53	Feargal Geraghty	112	42.28	Fergal Duffy	214	45.18	Stephen Crowley	316	47.36	Brian Cofler	418	49.40	Michael Gardner
11	34.56	Mian Furey	113	42.32	Caroline Whinniskey	215	45.19	Mike Kerrins	317	47.45	Tom Conlon	419	49.35	Seamus McGowan
12	35.29	Brian O'Connell	114	42.36	John J. Brennan	216	44.44	Patrick O'Connell	318	47.27	John Rushe	420	49.15	John McKeown
13	35.26	Enda Manning	115	42.42	Morgan McHugh	217	45.24	Finian Gardner	319	47.34	Donal Rabbitt	421	49.47	Adrian McCallion
14	35.38	Brian Murphy	116	42.29	Denis Moran	218	44.59	Mark Kenry	320	47.41	Tom Nolan	422	49.47	Gerry Meehan
15	35.43	Geairid Foyan	117	42.45	Daniel Kavanagh	219	45.25	Sinead Brody	321	47.23	Eoghan Hynes	423	49.40	Patricia Cary
16	35.47	Daniel Foley	118	42.42	John Forde	220	45.33	John Lusby	322	47.08	Martin O'Hara	424	49.08	Shane Spellman
17	35.49	Johnny Lane	119	42.43	Ronan Egan	221	45.31	Bernard Keane	323	47.50	David O'Reilly	425	49.31	Sinead Joyce
18	35.55	Tommy Niland	120	42.35	Dale Meehan	222	45.32	Kevin Rohan	324	47.12	Frank Lowry	426	49.31	Mike U'Rourke
19	36.01	Paul Keane	121	42.38	Jonathan White	223	45.24	Tommy Morrissey	325	47.47	Mary Connolly	427	49.40	Aislinn McKeown
20	36.26	Lizzie Lee	122	42.39	Kilian Dooley	224	45.36	Anghus McGuinness	326	47.47	Maurice Heald	428	49.11	Wally Walsh
21	36.30	Rory Mooney	123	42.54	Kevin Connaughton	225	45.43	Paula Shaughnessy	327	47.26	Ian Fitzpatrick	429	49.20	James Broderick
22	36.33	Brendan Gill	124	42.54	Peter Payton	226	45.03	John Ryan	328	47.50	Kevin Burke	430	49.42	Padraic Feroe
23	36.51	Gerry Carty	125	42.43	Adrian Connaire	227	45.28	Liam Rabbitt	329	47.50	Fergal Lynch	431	49.49	Cian Burke
24	36.53	Ailish Malone	126	42.55	Paul Curran	228	45.35	Des Casey	330	47.45	Noel Griffin	432	49.36	Fergal King
25	36.59	Liam McQuane	127	42.57	Patricia Burke	229	45.28	Thomas Conerney	331	48.00	Gerry Rohan	433	49.31	Aengus MacSweeney
26	37.03	Declan O'Rourke	128	42.45	Patrick Conroy	230	45.45	James O'Connell	332	47.45	Jason McKeown	434	49.26	Declan O'Rourke
27	37.23	Tom Goo	129	42.49	Sean Noone	231	45.43	Paul Ruane	333	47.25	Brendan Ward	435	50.00	Aisling Brennan
28	37.28	Dan O'Rourke	130	42.58	John King	232	45.48	TJ Beatty	334	47.20	Sean McGuinness	436	49.44	Marquerte Duffy
29	37.30	Fergal Roche	131	42.55	Sean O'Boyle	233	45.52	Martin Hynes	335	47.51	Sean Conroy	437	49.21	Mike Quinn
30	37.35	Sean Hanley	132	42.57	Niall Hardiman	234	45.24	Edel Tighe	336	47.43	Kevin Keary	438	49.39	Liam Brady
31	37.46	Francis Martin	133	43.03	Proinnias Glynn	235	45.44	Conor Lawless	337	47.48	Gerry Carroll	439	49.29	John Geraghty
32	37.50	Damian Reid	134	43.08	Joe Scallan	236	45.39	Dermot Moore	338	48.06	Ross Scully	440	49.37	Malcolm Hennigan
33	37.57	Laura Shaughnessy	135	43.07	Michael Lynch	237	45.56	Pauline Moran	339	48.08	Josephine Gardiner	441	49.26	Kenneth O'Hara
34	38.03	Declan O'Rourke	136	43.08	Chris Deane	238	45.48	Chris Deane	340	47.40	Tomus Farrell	442	49.26	Stylo Walsh
35	38.11	Tommy Joe Whyte	137	43.13	Aiden Kelly	239	45.49	Eoin Larkin	341	47.43	Paula O'Dea	443	49.42	Liam Egan
36	38.11	Eddie Newman	138	43.09	John Fitzmaurice	240	45.43	Bernie Kelly	342	48.17	Michael Lane	444	49.33	Janet Clancy
37	38.19	Colette Tushy	139	43.07	David Noone	241	45.25	Paul O'Sullivan	343	48.18	Andrew Gavin	445	49.52	Declan Durrane
38	38.21	Aron Fahy	140	43.00	Kevin Broderick	242	45.19	Eddie Fox	344	48.22	Kate Gavin	446	49.55	Pat Burke
39	38.29	Mark Breen	141	43.04	Brendan Higgins	243	45.57	Derek Keane	345	48.01	Mark Campbell	447	49.51	Ronan Dervan
40	38.25	Kevin Whelan	142	43.06	Cian Lynch	244	46.00	Patrick Dolan	346	47.44	Peter Duggan	448	50.13	Justin Francis
41	38.33	Colin McQuane	143	43.07	Chris Deane	245	46.00	Ken Farrell	347	48.00	Eric Ward	449	50.25	Declan O'Rourke
42	38.35	Niall Murphy	144	43.23	Aoife Nash	246	46.00	John Daly	348	48.02	Enda Collins	450	50.01	Fergal Byrne
43	38.43	Patrick Hillehan	145	43.19	Mike Welby	247	46.02	Ronan Lyons	349	48.12	Donal McHale	451	50.09	Elaine Newell
44	38.53	Nigel Kelly	146	43.12	John Joyce	248	45.57	Anne Moran	350	48.12	Michael Dermody	452	50.31	Elaine Rowley
45	38.52	Conor O'Rourke	147	43.25	Brian Joyce	249	45.23	Bernie Mulyran	351	48.09	John Gill	453	50.29	Maura Faley
46	39.04	Sarah Neary	148	43.32	Adrian McKiernan	250	45.54	Stephen Kelly	352	48.17	Eleanor Rainford	454	50.19	John Fleming
47	39.07	Alan Daniels	149	43.23	Colin Joyce	251	45.57	John O'Grady	353	48.11	Utan Hynes	455	50.23	Sinead Casseary
48	39.10	Declan O'Rourke	150	43.23	Sean O'Connell	252	45.43	Sean O'Connell	354	48.04	Irene Hoadly	456	50.19	Declan O'Rourke
49	39.15	Niall Rohan	151	43.43	John MacSweeney	253	46.08	Padraic Fallon	355	48.31	Paul Kenirons	457	50.21	Colin McIlrath
50	39.08	Tom Tierney	152	43.34	Noel McCarthy	254	46.12	Diarmuid Burns	356	48.15	Tom Maguire	458	50.03	Claire Murphy
51	39.18	John Whinniskey	153	43.35	Gabriel Brennan	255	46.09	Jim Leahy	357	48.12	Sharon Gilligan	459	50.41	Brian McCaffrey
52	39.22	Patrick Walsh	154	43.26	Eddie Hosty	256	46.15	Thomas Reed	358	48.20	Padraic Nugent	460	50.55	Tadhg Kilcommins
53	39.26	Martin McEvilly	155	43.34	David Cormican	257	45.54	Danny Carr	359	48.30	Paul O'Donnell	461	50.47	Gerry Lynch
54	39.27	Tim Rabbitt	156	43.38	Aonghus Fahy	258	45.41	Robbie Kiravan	360	48.30	Cushla Murphy Hehir	462	50.50	Ray McGrath
55	39.27	Gerard O'Rourke	157	43.46	Kevin McKeown	259	46.12	Patrick McKeown	361	48.17	Kerry Emond	463	50.19	Declan O'Rourke
56	39.30	Fergal O'Donnell	158	43.47	Paul MacDonagh	260	46.12	Patrick McKeown	362	48.17	John Burke	464	50.10	Brendan Flynn
57	39.30	Kevin Thornton	159	43.49	Derek Conerney	261	46.18	Conor Ruane	363	48.17	Patrick Scully	465	50.46	Aidan Hanley
58	39.25	Siobhan Horton	160	43.38	Garrett Mackey	262	46.23	Paraic Gallagher	364	48.23	Richard Moolley	466	50.47	Aidan Cronin
59	39.38	Pat O'Dwyer	161	43.31	Michael McCarthy	263	45.56	Tomas McHale	365	48.40	Ann Marie McHale	467	50.58	John Kenirons
60	39.43	Vincent McGuinness	162	43.18	Roisin Farragher	264	46.20	Al Callanan	366	48.15	Pat Hession	468	50.44	Sinead Goaley
61	39.43	Jane-Ann Healy	163	43.50	Sean Lurphy	265	46.15	Dara Conneely	367	48.18	Diana Hogan-Murphy	469	50.26	Shane Kavanagh
62	39.43	Declan O'Rourke	164	43.25	Declan O'Rourke	266	46.25	Brendan Gallagher	368	48.23	Nicki Halpin	470	50.28	Declan O'Rourke
63	39.48	Conor O'Rourke	165	43.56	Hale Mulroney	267	46.36	Gez Kuz	369	48.59	Paula Hogan	471	51.04	Gary Larkin
64	39.51	Geairid Quinn	166	44.06	Fergal Towey	268	46.32	Don Nyhan	370	48.03	MJ Conlon	472	51.06	Caomhin Burke
65	39.55	Gabriel Gardiner	167	43.48	Darragh Tierney	269	45.50	Dannie Kelly	371	48.01	John McDonald	473	50.32	Neil Murphy
66	39.59	Paul Madden	168	43.54	Damian Muldoon	270	46.31	Brendan Ruane	372	48.12	Reana Dwyer	474	50.47	Richard Burke
67	40.07	Cathal McDonagh	169	43.46	Tony Nevin	271	45.53	Shane Comer	373	48.42	Nick Mottram	475	50.40	Barry Moran
68	40.07	Kevin Gunning	170	43.58	Brian O'Shaughnessy	272	46.08	Kwame Granvin	374	48.53	Siobhan Guinan	476	50.34	Tim Geraghty
69	40.31	Stephen Donnelly	171	44.06	Noel Igoe	273	46.11	Adrian O'Connor	375	48.35	Robert Doyle	477	51.09	Mark Kelly
70	40.33	Derval Dewdney	172	44.18	Kevin McNamee	274	46.39	Tadhg Duffy	376	48.42	Michael McLaughlan	478	50.47	Pat Carr
71	40.27	Gerry Fahy	173	44.11	Michael O'Sullivan	275	46.44	Martin Glynn	377	48.13	Eoin Cofler	479	51.19	Seamus McCaffrey
72	40.37	Jim Phelan	174	44.23	Kevin O'Dea	276	46.50	Petra Broome	378	48.39	Aengus O'Connell	480	51.01	Niamh Kilkenny
73	40.40	Oliver Crowe	175	44.21	Frank Power	277	46.40	Ferdyn Whelan	379	48.47	Aran McMahon	481	51.05	Kay Tuohy
74	40.42	Diarmuid Murray	176	44.19	Grainne McGuane	278	46.41	Brian Kelly	380	48.48	Rory McMahon	482	51.12	Caroline Moore
75	40.43	Padraig Kelly	177	44.21	Frank Keane	279	46.43	Jarath Fitzgerald	381	48.53	Eoin Fahy	483	50.37	Shane Kavanagh
76	40.37	Derek Savage	178	44.25	Colin O'Leary	280	46.45	Colin O'Leary	382	48.42	JP Gilman	484	50.19	Conor Wines
77	40.47	Seamus McNamee	179	44.31	Brian McDonnacha	281	46.42	Keran Sullivan	383	48.50	Paul Doyle	485	51.14	Declan O'Rourke
78	40.55	Gerry Flaherty	180	44.36	Linda Brennan	282	46.40	Laura Buckley	384	48.30	John Fahy	486	51.18	Aldair Mannion
79	40.56	Colin Scully	181	44.35	Chris Hughes	283	46.38	Alan Walsh	385	48.47	Gabriel Ruane	487	51.08	Noelteen Heenan
80	40.38	Cyril Donnellan	182	44.40	Barry Smyth	284	46.42	Kevin Coughlan	386	48.40	Martin Collins	488	50.50	Alan Lynch
81	41.00	Geairid Rohan	183	44.38	Iarlaith O'Rourke	285	46.52	Jenny Keavey	387	48.24	Robert Donnellan	489	51.28	Fergal Dempsey
82	41.13	Kenneth Noel Colleran	184	44.39	Tomas Ruane	286	46.57	Helen Dixon	388	49.07	Mary McHugh	490	51.27	Diarmuid Kelly
83	41.07	Paul Giblin	185	44.33	Paul Reynolds	287	46.46	Ian O'Connor	389	48.32	Eamon Quigley	491	51.21	Donall Hoebler
84	41.17	Ryan O'Rourke	186	44.32	Declan O'Rourke	288	46.45	Declan O'Rourke	390	48.27	Declan O'Rourke	492	51.14	Declan O'Rourke
85	41.19	Steven Loughlin	187	44.40	Declan McCaffrey	289	47.08	Ed McDonagh	391	48.43	Jason Ebershad	493	51.04	Yvonne Lally
86	41.22	Seamus McNamee	188	44.37	Paul O'Dea	290	47.12	Keith Egan	392	48.36	Rian O'Mahon	494	51.40	Noel Gorman
87	41.17	Cillian Collins	189	44.10	Eoin Ward	291	47.01	Pat Morrissey	393	49.01	Karen McMonagle	495	51.07	Eric Delaney
88	41.31	Shane Conway	190	44.44	Sean Ward	292	46.39	Alphonsus Heneghan	394	48.53	Seamus Daly	496	51.02	John Rafferty
89	41.17	Claire Morrissey	191	44.49	Mark Gill	293	46.57	Tom Barry	395	49.15	Mary Keogh	497	51.17	Colin Breheny
90	41.19	Paul Giblin	192	44.48	Alan Thornton	294	46.54	Barry Doyle	396	49.24	Gerry Ford	498	51.41	Judith Roche
91														

511	5129	Gerry O'Connor	618	5358	Ciaran De Barga	725	5745	Linda Greaney	832	10043	Aine Lawless	939	10645	Maria Finn
512	5150	Allen Moran	619	5438	John Morgan	726	5719	Sarah Mulkenrins	833	10055	Fiona McManua	940	10658	Martina Dempsey
513	5153	Dermot Foll	620	5426	Anne Marie Walsh	727	5719	Anita Daly	834	10120	Claran Forcan	941	10646	Aisling Nolan
514	5152	Claire Cellarius	621	5415	David Dunleavy	728	5738	Frank Noone	835	10059	Eirian Foran	942	10723	Michael Glynn
515	5128	Marie Keary	622	5412	Nicola Condon	729	5727	Noreena Morrissey	836	10040	William Mullins	943	10731	Lily Muldoon
516	5143	Gerry Bartley	623	5412	Maire McCarthy	730	5719	Eidil Quinn	837	10050	Sinead De Barra	944	10737	Helena McGrath
517	5157	Frank Mannion	624	5421	Bairbre McNicholas	731	5725	Linda Byrne	838	10111	Jennifer Moylan	945	10737	Majella Lennon
518	5120	John McManis	625	5422	Tony McKeogh	732	5721	Mags Turley	839	10124	Joey Corcoran	946	10737	Siara Brennan
519	5131	Seamus Quinn	626	5427	Gerry Mannion	733	5726	Bethy Coleman	840	10118	Una Keary	947	10737	Eimer Walsh
520	5141	Tom O'Connor	627	5445	Geraldine Gavan	734	5757	Hilda Dooley	841	10122	Regina O'Keefe	948	10738	Annie Marie Murray
521	5209	Martin Keane	628	5444	Nicole Brennan	735	5819	Mark Dunne	842	10138	Sally Cunningham	949	10753	Yvonne Corcoran
522	5158	Brian Healy	629	5444	John Tuohy	736	5804	Louise Feeney	843	10102	Robert Murphy	950	10816	Lorraine O'Sullivan
523	5220	Donal Walsh	630	5431	Grainne Breen	737	5743	Sorkunde Ugaldie	844	10109	Bernie Harrington	951	10755	Maire Ni Chonghaile
524	5217	Jacinta Fahy	631	5432	John Middleton	738	5808	Paddy Costello	845	10120	Dennis Condon	952	10844	Eoghan Gill
525	5202	Paric McKeogh	632	5421	Brian McKeogh	739	5821	Niala McArdle	846	10124	Maria McKenna	953	10829	Siara Brennan
526	5222	Thomas Mannion	633	5303	Cora McGuinness	740	5822	Rodan Corbitt	847	10131	Mary Hennigan	954	10847	Sinead Cassidy
527	5211	Jean Mackey	634	5441	Cormac Kersey	741	5758	Brian Dart Burke	848	10104	Fergus Manion	955	10810	Pauline Moylan
528	5145	Timmy Haverty	635	5451	Enda Morrissey	742	5808	Laura Rourke	849	10153	Eidil Moloney	956	10829	Sheila O'Sullivan
529	5152	Barry O'Connor	636	5440	Aidan Brady	743	5807	Kimberley O'Leary	850	10136	Frances Egan	957	10902	Dolores Kenny
530	5228	Stephen Reed	637	5439	Ailish O'Reilly	744	5802	Majella Killeen	851	10123	Justin Whyte	958	10856	Siobhan Kenny
531	5228	Adrian McCaffrey	638	5434	Clare Forde	745	5809	Pat O'Donnell	852	10129	Brian Clancy	959	10903	Mali Uil Chiocharthaigh
532	5145	Eilish Killeavy	639	5510	Linda McManus	746	5759	Ruth Audley	853	10128	Susan Ward	960	10849	Lyn Jullien
533	5237	Sean Knight	640	5511	Thomas Ruane	747	5833	Joseph Lee	854	10128	Helen Harrington	961	10920	Jilliam Ryan
534	5224	Michael O'Shea	641	5511	Clare McGuinness	748	5819	Robert Mulryan	855	10213	Judy Greene	962	10909	Eimear Flannery
535	5207	Ruth Maher	642	5447	Eric Ruane	749	5831	Teresa Brennan	856	10148	Bernie Grealish	963	10941	Veronica Creaven
536	5229	Aileen Bourke	643	5448	Aileen Alden	750	5847	Shane Duijnagan	857	10158	Mauro Blanchard	964	10914	Olivia Dunne
537	5219	Pearse Mulhall	644	5502	Damiano Costello	751	5832	Andrea Ridge	858	10140	Martha Shaughnessy	965	10924	Gér MacNamara
538	5210	Stephen Forde	645	5521	Seamus Flaherty	752	5811	Katy Harrison	859	10155	Clairie Larkin	966	10925	Theresa Sunderland
539	5229	Eoin O'Connell	646	5526	Garth O'Donoghue	753	5846	Kevin Walsh	860	10145	Declan Keane	967	10925	Paula Brennan
540	5239	Keith Curley	647	5517	Mary Dooley	754	5837	Declan Kearney	861	10155	Bernie Healy	968	10920	Noel Kelly
541	5224	Brian O'Keefe	648	5536	Dorothy Kenny	755	5830	Nora Fagan	862	10206	Mairaed Blake	969	11120	Mary Mullins
542	5231	Noel Conlon	649	5536	Tom Nohilly	756	5838	John Laffey	863	10141	John Kelly	970	11043	Deirdre Keary
543	5220	Niall Deely	650	5506	Henry Conboy	757	5854	Kathryn Conway	864	10208	Sheila Kelly	971	11044	Collette Delahunty
544	5205	Neil Coffey	651	5532	Maevie Lynch	758	5821	Valerie Fogarty	865	10208	Sandra King	972	11038	Mary Coyle
545	5246	Una Duggan	652	5524	Helen Conroy	759	5837	Damian Kerrigan	866	10230	Keelin Moore	973	11128	Darrah Keating
546	5219	Marian Reynolds	653	5510	Julia McManus	760	5837	Peter Burton	867	10159	Pauline Kelly	974	11111	Michelle O'Donoghue
547	5201	Lorraine Reynolds	654	5521	Jennifer Morgan	761	5859	Michelle McManus	868	10223	Maevie Gacquin	975	11143	Caron Burke
548	5222	Paul Curran	655	5526	Patrick O'Donoghue	762	5822	Paul O'Connor	869	10208	Majella Condon	976	11209	David Kenny
549	5207	John Norris	656	5457	Mike Corcoran	763	5819	Mary Heaney	870	10228	Rita Donelan	977	11256	Deirdre O'Keefe
550	5252	Eilish Hogge	657	5510	Kevin Harrington	764	5823	Aine McGuinness	871	10233	Kristine Coyle	978	11238	Mary Mooney
551	5211	Damien Connolly	658	5537	Gerard Conroy	765	5829	Enda Foe	872	10243	Laura Sullivan	979	11313	Niamh Conroy
552	5209	Kathleen Waters	659	5506	Joe Wardle	766	5823	Devalia D'Arcy	873	10244	Angela Reed	980	11320	Alta Archer
553	5248	John O'Connell	660	5545	Garth O'Donoghue	767	5828	Kieran Walsh	874	10213	Meghan Kelly	981	11323	Caroline Quinn
554	5213	Michael O'Dwyer	661	5523	Damian Burke	768	5823	Paul Walker	875	10239	Tom Spellman	982	11302	Clare Kelly
555	5213	Pat Reidy	662	5551	Geraldine Giblin	769	5909	Una Dixon	876	10252	Brendan Barrett	983	11310	Bernadette Ryan
556	5253	SP Williams	663	5529	Osian Moran	770	5838	Kelley Barry	877	10239	Kathleen Barry	984	11327	Mary Duffy
557	5242	Pat Nevin	664	5603	Neil Ford	771	5825	Coral Molloy	878	10240	Patrick Kelly	985	11340	Robert O'Connell
558	5302	Bernard McHale	665	5556	Fiona McEoin	772	5831	Jane Mangnan	879	10240	Christine O'Sullivan	986	11357	Pat Mannion
559	5242	Michelle O'Leary	666	5538	Helena Rafferty	773	5859	Eimear Grealy	880	10232	Barbara Morrissey	987	11404	Yvonne O'Connell
560	5223	Dorna Stanton	667	5538	Gillian Raftery	774	5938	Oisín O'Dea	881	10257	Geraldine Doherty	988	11507	Leona Gibbons
561	5244	Clare O'Connell	668	5602	Paul McKeogh	775	5844	Christina Gales	882	10249	Christina Gales	989	11529	Faith Naughton
562	5222	Mark Mandarano	669	5556	Eileen Molloy	776	5924	Michael Shannon	883	10248	Jackie Hugo	990	11538	Deak Noland
563	5257	Elaine O'Hara	670	5550	Siobhan Forde	777	5844	Pamela Ryan	884	10253	Maria Connelly	991	11616	Sean Dooner
564	5241	Pat McEoin	671	5550	Michael Dunleavy	778	5846	Mark Ryan	885	10223	Tom O'Callaghan	992	11555	Karenann Ward
565	5248	Brian Moloney	672	5559	Valerie Conroy	779	5848	Asheigh Ward	886	10203	Raphael Jaffeiric	993	11642	Tara Roberts
566	5314	Bridget Jacobsen	673	5543	Ronan Daly	780	5848	Kicardo Morales	887	10228	Noreen Doherty	994	11622	Gabrielle Ryan
567	5241	Bridget Murray	674	5625	Brian Flannery	781	5844	Ricard Connolly	888	10229	Martina Deely McCarty	995	11749	Eimer Flannery
568	5228	Liam O'Connell	675	5559	Michael O'Connell	782	5844	Kevin Walsh	889	10228	Deak Kelly	996	11829	Paula Brennan
569	5301	Elaine Quinn	676	5557	Padraic Meenaghan	783	5917	Siobhan Brennan	890	10255	Aoife Winston	997	11800	Grainne O'Keefe
570	5255	Eamonn Delaney	677	5604	Tracy Folan	784	5925	Michelle Kilcar	891	10254	Crona Winston	998	11819	Caithrina Byrne
571	5319	John Davenport	678	5559	Brian Burke	785	5856	Margaret Flannery	892	10300	Aoife Gleeson	999	11829	Jessica McKillop
572	5322	Colm Harrington	679	5621	Ronan Mangnan	786	5915	Charlotte O'Regan	893	10259	Maevie Sear	1000	11906	Birv Kirvan
573	5326	Regina Fahy	680	5549	Niav Ryan	787	5930	Ronan Walsh	894	10237	Anthony Finn	1001	11905	Ailish Deely
574	5323	Colin Noland	681	5632	Tara Prendeville	788	5908	Karen Guest	895	10242	Fiona Lawless	1002	11915	Eileen Feeney
575	5321	Clare O'Connell	682	5632	Patrick Brennan	789	5944	Niamh Kelly	896	10241	Pauline Cleary	1003	12022	Emer McGrath
576	5356	Adrian Brosnanhan	683	5558	Oliver Noland	790	5903	Breda Fitzpatrick	897	10313	Aine McNamee	1004	11859	Collette Madden
577	5315	Sean Curran	684	5627	John Bligh	791	5932	Caroline Grealish	898	10314	John McNamee	1005	12056	Maidhc O'Faneihil
578	5328	Vincent Jordan	685	5620	Sinead Hynes	792	5933	Lorna Gleeson	899	10256	Yvonne Keary	1006	12133	Carole Ryan
579	5257	Liam Moloney	686	5651	Yvonne Shaw	793	5932	Cara Gleeson	900	10319	James Fahy	1007	12138	Mary Ryan
580	5257	Jason Hockey	687	5600	Peadar De Barra	794	5918	Sinead Hanley	901	10319	Loretta Duggan	1008	12141	Veronica McInerney
581	5332	Fray Treacy	688	5638	Karen Keane	795	5945	Samira Rega	902	10319	Fidelmia Naughton	1009	12227	Aisling Costello
582	5307	Philip Flaherty	689	5602	Padraic Cummins	796	5944	Helen Greaney	903	10346	Helen Greaney	1010	12252	Emer McGrath
583	5336	Martina Donnellan	690	5638	Nicola Weir	797	10015	Malachi Doyle	904	10343	Maggie Duff	1011	12241	Paul Feighery
584	5352	Niamh Duhon	691	5631	Shane Keane	798	5942	Roseanne Treay	905	10343	Therese Headd	1012	12332	Melissa Kelly
585	5341	Dolores Foley	692	5605	Tara Kealy	799	5926	Fergal O'Malley	906	10345	Natalya O'Connor	1013	12307	Clair Curry
586	5316	Diane McAuley	693	5606	Gayle Kealy	800	5926	Olivia Deely	907	10340	Caroline Quinn	1014	12503	Caroline Duffy
587	5330	Michelle Moran	694	5637	Eilis Donnelly	801	10011	Fidelmia Loftus	908	10357	Cara McClean	1015	12505	Lorraine O'Donnell
588	5348	Martin Casserly	695	5612	Oira Donnelly	802	5932	Jill Gallagher	909	10342	Maria Keating	1016	12608	Annamarie O'Donnell
589	5328	Niamh O'Connell	696	5612	Philip O'Connell	803	5941	Hanna Kelly	910	10343	Niall Sunderland	1017	12650	John Hogan
590	5329	Mary Loughnane	697	5624	Sean Walsh	804	5938	Frances Carr	911	10348	Catherine Dunleavy	1018	12603	Susan Garrigan
591	5337	Elaine Hession	698	5641	Tomas MacLochlainn	805	5956	Frances Leahy	912	10345	Anna Sexton-Joyce	1019	12727	Liam Roche
592	5354	Anita Ryan	699	5621	Cepta Delany	806	10015	Hung Quach	913	10407	Kendra Rabbette	1020	12826	Edel Burke
593	5407	Deirdre Hogge	700	5635	Imelda Hynes	807	10021	Aine Kenny	914	10445	Aine Allen	1021	12813	Assumpta Walsh
594	5356	Philip O'Malley	701	5630	Paul Killeeny	808	10030	Joan Ryan	915	10404	Eleanor O'Boyle	1022	12829	Mauro Burke
595	5359	Donal Conroy	702	5709	Mary Mannion	809	5936	Carroll Harris	916	10401	John McCuskey	1023	12903	Liam Lovry
596	5406	Shane O'Connell	703	5713	Korina O'Connell	810	5941	Frank Healy	917	10415	Frank Healy	1024	14045	John Hogan
597	5345	Kenneth Cronin	704	5707	Conor Tannian	811	5951	Clara Murphy	918	10415	Tessa Le Gear	1025	12152	Aisling Conroy
598	5330	Gerry Hurley	705	5645	Grainne O'Malley	812	10013	Paula Murphy	919	10457	Regina Byrne	1026	13048	Clare Dooley
599	5347	Mike Curran	706	5644	Sinead Walsh	813	10045	Molly Raftery	920	10554	Sarah Naughton	1027	13048	Caroline Glynn
600	5352	Tom Mitchell	707	5719	Julie Mangnan	814	10043	Sinead Flannery	921	10554	Carol Fahy	1028	13022	Margaret Hannon
601	5401	Eddie Corban	708	5651	Ray Foley	815	10028	Barbara Gilligan	922	10553	Angela McCuskey	1029	13232	Aisling Roch
602	53													

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remain competitive in those events was in decline. Veterans (Masters) were not widely catered for as yet and, since I wanted to remain involved in athletics, I took up middle/long distance running on a social level. As it happened, this was a very opportune time for such a move.

Louis Hogan attended the New York Marathon in autumn 1979. Louis was an Executive Producer in RTÉ Radio 2 (now called 2FM) at the time. He was a far-seeing man and it was while in New York that the idea of running a similar event through the streets of our capital city struck him. He took the concept of a Dublin Marathon home with him and put the proposal, together with an offer of sponsorship, to the late Noel Carroll RIP. Noel was a former talented international middle distance athlete, then employed as Public Relations Officer with Dublin Corporation. He and some others had formed the BHAA, an athletics organisation for commercial companies, less than one year previously. Noel put the proposal before a meeting of the BHAA in November 1979 and they agreed to take the organisation of the race in hand.

Word soon spread and from then on, for almost a year, the project got widespread publicity in RTÉ and the national press. It culminated at the stroke of noon on 27 October 1980 with the start of the first Dublin Marathon in St Stephen's Green. Approximately 2,000 runners, between men and women, had entered. It's not known how many of them crossed the start line that fateful Monday to hit off on the 26.2 miles ahead but 1,420 hardy bodies, including just 41 women, passed the finish line. This author was among those finishers and, together with

24 others, including one woman, has completed every Dublin Marathon meantime.

I returned to my roots in summer 2012. The Galway county athletic championships were held in the NUI Galway track in Dangan over three evenings. I participated in my old favourites - the 100m, 200m and 400m sprints and in the long and triple jumps. I was delighted to win some championship medals to add to my, by now, extensive sentimental collection.

As part of my preparation for the Dublin Marathon this year, I ran with a group, mostly women, from my own club here in Athenry every Saturday morning from mid September onwards. My fellow travellers included Assumpta Feeney, Michelle Tooher, Anne Hunter, Kellie (O'Shaughnessy) Burke, Maria Long, Elaine Quinn and Máire Treasa Beatty. We were joined by two men - Frank Noone and Liam Egan - for one outing. Most of them were, like me, training for Dublin. While it is said that two people shorten the road, I can assure you that six or seven do a lot better, especially in a twenty mile trip. You wouldn't find better spirit, fellowship and craic anywhere on earth, than we enjoyed on those early (7.30am) chilly (2°C) Saturdays; not to mention the bottles of water so thoughtfully and strategically located by my teammates the previous night along the route methodically planned and measured by Michelle.

It was cold, dry and calm in Dublin when we hit the road, facing into 26.2 miles, at nine o'clock on Monday morning 29 October 2012. Máire Treasa, as promised last spring, was beside me every step of the way, from start to finish. We had planned in advance to go with the 4:15 pacers and stick with them for as long as possible. It worked a dream. With MT's help - keeping me sufficiently hydrated - and encouragement, we crossed the finish line just 31 seconds behind the pacers. I heartily congratulate Máire Treasa who ably led her W50 teammates, Frances Leahy and Bridget Anne Walsh, to bronze medals in the national marathon which was run in conjunction with Dublin. My own individual bronze in the M65 category was an added bonus.

Damien Burke

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A Second Chance

Brian Geraghty

Apart altogether from the fact that the first race I ever ran was in Athenry on the 17th of November 1963, all of 49 years ago, it was a more deeply satisfying fulfilment for me to compete in the 2011 Fields of Athenry 10K.

During the enjoyable Galway 5K series, a medical test revealed that I had cancer of the prostate which, needless to say, came as a total shock to my wife, family and I. Between the biopsy, MRI scan, bone scans and examinations I prayed a lot and felt strongly the Lord's presence and hoped all would be fine.

In June whilst being wheeled into the theatre at University College hospital, Galway for a radical prostatectomy, the anaesthetist recognised me as "the runner" and surprised me when he said: "Don't worry, you will be back running the roads again in six months' time".

While lying in bed after the operation I began to think of what he said when it dawned on me that that would be about the time of The Field's road race. There and then my goal and objective was to run this race.

After the two to three months slow, painful rehabilitation, I started walking and barely jogging and eventually you know that feeling when coming back from a long injury, this "feel-good feeling" was slowly seeping back, realising you had been given another chance and then appreciating drifting

along in glorious fresh air, smelling the sea breeze, enjoying nature's beauty and feeling healthy and sensing: "Yes, The Fields is beckoning!".

When Saint Stephen's Day arrived, fine and ice-free for a change, the buzz, excitement, the craic, the friendliness were all there as the competitors converged on Athenry. Athletes were renewing friendships with old friends and an air of Christmas goodwill was permeating everywhere.

My son Feargal, daughter Sinead and her husband Aidan lined up at the start with "the old man", excitement building, adrenalin pumping and off we went, needless to say, at different speeds, with Feargal dipping under the arch in less than 35 minutes, Aidan and Sinead having fine runs and some of us back in the next parish with time to appreciate the meticulously organised road race between stewarding, kilometre markings, time clock at 5K and a great commentary which kept the enthusiastic spectators entertained. The usual friendly food fare après race was thoroughly enjoyed as was the lovely Galway crystal vase which rests prominently on our kitchen table as a constant reminder to be grateful for the second chance.



ATHENRY Athletic Club

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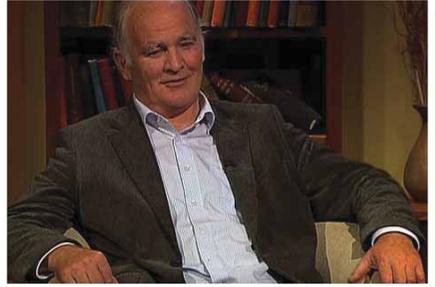
Ten-in-a-Row Tom Mac Lochlainn

As a teenager in the mid sixties the footballers of the three-in-a-row team were Galway's sporting heroes. I remember an evening in St. Mary's when our history teacher Bosco Mac Dermott was joined by Enda Colleran from nearby St. Enda's for a training session on one of the school pitches. The two All-Ireland winning corner backs were a big attraction and we all sat on the grass embankment to watch. As they were about to start on their laps, the school caretaker Willie Morris came along and after a few words decided to join them. Anyone who knows the great Derrydonnell runner knows where this story is going. Willie threw off his wellingtons and led the way. After two laps the corner backs were under pressure. After four they were in big trouble and after five Willie thoughtfully returned to his duties, leaving the lads to a little recovery work.

It was the first time that I thought to myself that it would be nice to run. Not to play football, hurling, basketball or anything but just to RUN. Nearly forty years later at the inaugural Athenry 10k, I ran in the same race as Willie and even had a few words with him afterwards in the dressing room. It was a privilege to meet the great man.

I was lucky because I nearly missed the occasion. I had seen an ad. for the run and simply decided that it would start at the Mart. Where else? I drove in casually from New Inn to arrive at a quarter to eleven. Not a soul in sight. In alarm, I drove down the sleeping town and was told by the only one I could find to go to the St. Mary's field which I did at speed. As I arrived I was met by a wall of runners lined up across the road and ready for the off. They parted and let me through. They had no choice. I abandoned the car and ran in to pay my entry fee. I even got that wrong but James Landon took all I had and quickly ushered me back out. The gun went off as I left the building so that I had to do some catch-up. I managed to do so and went on to enjoy my first 'Athenry'.

Over the next few years I continued to turn up on St. Stephen's Day as the race became a pretty major event. I think it was in '06 that James introduced the 'Stalwart' concept. It was the first



time that I ever got any kind of recognition for my running, even if it was only for turning up. I liked it, I was somebody. Only for it and James' subtle and understated encouragement, I definitely would have missed '07 with a broken finger and my hand in a sling. In order to retain my 'Stalwart' status and walking nearly all the way, I completed the course.

Every year I look forward to the email from James in early December. The guy is so smooth! Just a few words. No pressure. Every year I promise myself to start training sooner, work harder, prepare better etc. And, honestly, some year soon I will! I love the run. The atmosphere, the organisation, the crowd and the Christmas spirit all contribute to a great occasion when so many come out to enjoy themselves, regardless of recessions and depressions. A great day to be alive, outdoors and taking part.

And then there's Noel Kelly. An Athenry man, Noel was a classmate of mine in St. Mary's. He may even have witnessed the impromptu 'Morris masterclass' long ago. In fairness every year he is out supporting the runners as they come back into town and usually has an encouraging remark for myself. Not this year though. All I heard as I completed my ten-in-a-row was "it's time for you to get sense"! Hmmm! Well, maybe it is but I have news for you, Noel. I'll see you again next year. Same place, a few minutes before twelve and do try to be nice.

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What's Another Year

Martin Keane



During the summer (2012) after some deliberations I decided I'd give the Dublin marathon ONE LAST GO. I've done a few of those races (Editor's Note: Martin ran in the 1981 DCM and has run at least 9 DCMs since!) but I'm not as experienced at this kind of thing as my fellow president, Peadar Nugent. Peadar is my neighbour and good friend, but we are also rivals once we step on the start line, as is every one else, I'm sure.

I once heard Derval O'Rourke say that before a race she felt like pulling the heads of her fellow competitors, but once the race is over, all the friendship is restored. It's the same with Peadar and I at the finish it's always a handshake and a well done pat on the back.

From then on, my preparations were far from ideal. First, including my own daughter Treasa's, I had four weddings to attend; the Galway hurlers in which I'm involved in the supporters club had a good run in the championship, winning Leinster final, All-Ireland semi-final before going out after a replayed All-Ireland final. Then, after the replay, to celebrate our 40th wedding anniversary, our family treated Mary and I to a weekend in Kilkenny, yes Kilkenny: if you can't beat them join them.

During the National Half marathon in Athenry I suffered a recurrence of an old knee injury with about five or six miles to go, leaving me to hobble to the finish. The soreness in my knee was nothing to the pain of watching one of my rivals in the 'Going To Seed' age group – who I regularly beat – getting away to claim the bronze medal.

Good luck to you, Billy, you deserved it after travelling from Wexford. In the last few miles of that race if someone gave me a crutch I'd have taken it and that's nearly what Peadar almost did likewise. He wasn't running that day but sensing I was in trouble he came out the course and encouraged me to finish when at a time I felt like packing it in rather than face the finish line like Hopalong Cassidy.

Peadar and I are also very close ability-wise at the moment, which can be judged from last year's DCM - 6 seconds separated us. Due to the fact we started in different time zones (waves!) and some conflicting times between AAI and marathon results (chip versus gun!) we might have dead-heated had it been a straight run race.

Back in Merrion Square this year, as hurricane Sandy ravaged New York, Peadar and I were back for the 'sequel', or another episode of 'Old Firm Derby.' Again, we started in different waves but this time Peadar was a clear winner, albeit by only three seconds after I completely forgot to put in my power sprint over the last couple of hundred metres! If it was an election, I'd be demanding a recount! Seriously, I must take off my hat to the man as he was competing in his 33rd consecutive Dublin City Marathon (all of them) and in doing so won the National Marathon bronze medal (M65) for his efforts! He also happens to be a few months older than me too.

Looking back on the race, my own performance wasn't helped by a nasty chest infection, which lasted for months, but didn't bother me on the day, and the knee despite a few niggles early on, also held up. I could have done with a few more 'long run weekends' and a few less 'high-stool' weekends!

I think Peadar and I were both happy with our races as we placed 8th and 9th of 67, which included overseas entrants, in our age group.

I must say crowd support including many Athenry AC members on the course was just brilliant, but especially in that last mile when you need it most.

After the race I met a few of the Athenry gang and later on the returning train journey I met with Thomas, Gearoid and Pat, who were all running their first marathon and ran great races; their company certainly shortened the journey down. Also on the train we met Caroline who also finished her first marathon and I must say, although she hasn't the husky voice, Caroline does a very good impression of John Wayne!

Later that night I decided to go to the Castlegate Hotel for a couple of beverages and listen to the music. Here I met up with my GAA friend Gerry who kindly dropped me home and as we were having a cup of tea we both thought that we hadn't been to visit that great old cross-country legend Willie Morris for a while. This we achieved a few days later and it was good to find the man in brilliant form.

It's Christmas now, soon it will be spring and then summer again, by which it'll be time to start getting ready for ONE LAST GO at the Dublin marathon, again!

A warm-up and 8 comfortable 5Ks - 2012 Portumna marathon race report

Tony Killarney

The wall of sound hits me as I take the last bend. The glowing red digits on the finish line clock say 2 hours 59 minutes and the seconds are counting inexorably up. My entire existence is distilled into the death battle between those red digits and my aerobically depleted legs but the sound is a wave of raw energy coming from my friends on the other side of the line and it picks me and it lifts me and it's Bloomsday and I am running the race of my life and like Molly my "heart was going like mad and yes I said yes I will Yes."

It's probably a good idea to attempt to run your first sub three hour marathon before reaching the age of 55 but I came to road running a little late in life so here I was in Portumna on the 16th June 2012 trying to do exactly that. My first marathon was London in April 2006 where I finished in 4:20 and in a very sorry state. Looking back on it now I did just about everything wrong – not enough training, not the right kind of training, running too quickly three quarters of the way through, incorrect nutrition... It was a week before I could walk down the stairs without facing backwards.

But I had the bug and I went and ran a few more with gradually reducing times; Amsterdam 2008, 3:35, Boston 2009, 3:20, Dublin 2009, 3:12. I had to take a break in 2010 after an altercation with an Aberdeen Angus cow left me with a dead leg for most of the year but I resumed in 2011 with Connemara in April which went well (3:16) and gave me the glimmer of an idea that a 3 hour might be possible.

Why do we do it? Why do runners try to do faster and faster times? Non-runners look at us mystified, "What difference does it make whether you run a 5K in 20 minutes, or 23 minutes or 25 minutes?" they ask. We try to explain the feeling when you finish a race and deep down you know you could have done better and you want to come back next time and prove it to yourself. I think the important thing is the "yourself" part. Sure, it's nice to beat your friends/enemies and it's great to have bragging rights over the other guys but the real pleasure comes in setting a tough goal, upping your performance, going for it and achieving it. When your potential performance roughly coincides with a big marker like 3 hours then the temptation is irresistible.

42.2 kilometres multiplied by 4 minutes and 15 seconds is 2:59:21. Simple, just run every kilometre at a pace of 4:15 and you will have 39 seconds to spare in a marathon. I could run 1

kilometre easily at that pace, I could run 5 comfortably, I could even do 10, but after that I had no idea how many more I could do. There was only one way to find out so I trained hard and started the Dublin marathon in October 2011 at a pace of 4:15. I maintained the pace for 21K but then just fell away. I finished the race in 3:10 but I thought that I was capable of doing much better.



Jane-Ann Healy and Mick Rice persuaded me to target the Kildare marathon in April 2012 for my first serious "sub 3" attempt. It ticked all the right boxes; Mick would be pacing it and Jane-Ann was also making her first sub 3 attempt; it was supposed to be a flat course and I would have the benefit of their enormous knowledge and experience in the build-up. I went for it and I did it all – 20 weeks of serious mileage, long runs, speed sessions, hill sessions, strength work, circuit training, stretching, foam rolling, off the drink, careful diet, etc. etc.

I picked Mick up at 5:30am on the morning of the race and on the way to the Curragh he asked me how I was fixed. My summary was "I have no injuries, I am fitter and faster than I have ever been in my life and the last time I

was this weight I was 17. The question is – is it in me?" The answer was no, actually. I kept the pace going through 29 kilometres but after that I just could not keep it up. I finished in 3:07 and the last few kilometres were just miserable.

Back in the changing room I was about as low as I have ever felt. It had been a very windy day and the course was much hillier than we expected and we started too fast in the first 5 K but in the back of my mind was this nagging doubt that these were all excuses and that I just didn't have it. Then Ruthann Sheahan pipes up, "Why don't you run Portumna in 6 weeks time? It's a lovely flat course, it's a 5K loop and it's in the woods so the wind isn't a factor." Jane-Ann and I talked it over. We persuaded Owen Curran to run it with us (Owen had already run two sub 3 hour marathons) and we decided to go for it.

In Project Management there is the saying of the four Ps – Poor Planning makes for Poor Performance. Of course the converse is not automatically true but without Good Planning there definitely will not be Good Performance. So I set about planning for Portumna with something approaching military precision. I first took all of the Garmin data for every K in the Dublin and Kildare marathons, put it all on an Excel spreadsheet and analysed the living daylight's out of it. Then I turned the microscope on Portumna. It's an unusual race because the marathon is actually the shortest of 3 races taking place on the day (the "fun run" as our ultra marathon colleagues in Athenry AC described it).

We would be sharing the 5K loop with 50K and 100K runners and in practice this was fantastic as a load of Athenry runners were doing the 50K and they kept encouraging us every time we passed

them. I also talked to the race director Seb Locteau and established exactly how the support area worked, what was provided (and more importantly what was not) and what the rules were. Frank Burke agreed to be my support man (thank you again, Frank). The marathon has a 2.2K run-in and then 8 laps of the 5K circuit. I worked out the splits and printed them on an A4 sheet of paper and laminated it. The only place my plan broke down was when Owen refused to let me pin it on his back (that hurt buddy J). I provided Frank with a table, chairs, gels, a scissors to open them, cups to pour them into and small water bottles.

But regardless of all the planning it's the execution that counts, so now we come to Tony K's rules for execution. This only applies to a mission like a sub 3 hour marathon and has nothing to do with 95% of the time we spend running, which in my view is for enjoyment.

The taper and start. I ran a very hard 5K race on the Tuesday before Kildare. Stupid, stupid!! – I could still feel the race in my legs on the marathon start line. Almost no running in the week leading up to the marathon works best for me. Then have as stress free and relaxed pre-start as possible. The day was overcast, very little wind, cool – perfect. The trip down is very short, I picked Jane-Ann up at 8:00am and we got there at 8:45, parked literally beside the finish line, got registered in 5 minutes, no fuss – perfect. Got the support area organized, full toilet break, Vaseline in all the vital areas, took the bus for the short trip to the start – perfect. And without any fuss or bother we were started on the greatest run of my life.

Be ruthless in concentration and focus during the race. Talking wastes energy. This is very hard for me as I love the craic when running and I apologize to all the friends and supporters that I didn't respond to during the race. Opening gels wastes energy. Plan your route through crowded sections. Back off, if there isn't space! It rarely lasts for more than a few seconds but jumping sideways or accelerating wastes energy.

Stick to the pace. Early on it would be no problem to do a 4:10 or a 4:05 K and the temptation is there all the time that you can save those 5 or 10 seconds for later. But in my view those seconds come at a huge cost. The only exception to this is when you get a few free seconds when running downhill or wind assisted and these banked seconds can be useful later to compensate for tougher stretches. Sixteen of the 42 K laps were within 1 second of target pace and 31 were within 3 seconds. My fastest K was 4:07 (downhill) and my slowest was 4:25 on lap 32 when the head wind came up quite gusty (luckily this only happened once). A word of warning here – don't trust Garmin measurements. The watch may be measuring short so cross check against the markers and the time clock.

Check your body at regular intervals. Are your ankles loose? Is your posture good? Every now and again, drop the shoulders, flex the arms and the back, crouch over for a few steps. There will be lots of aches and pains but is there anything serious? If something seems unusually bad focus on it, relieve it if possible and then tell it to go away. Your body will try to trick you into stopping or slowing down but remember your mind is in charge. There will be bad patches but

they will pass. My worst loop (aside from the last one) was actually loop three. Trust your training!

Take the nutrition. I carbo loaded for two days before the race and each time I passed through the support area Frank handed me a water bottle and a cup with gel in it.

There is only one goal. There are no sub goals. I really, really wanted to break 1:30 for the half in Kildare and I did it. Yippee! But how do you lift yourself to do it all again when starting from a much harder place? Not surprisingly the first K that I felt real trouble in Kildare was immediately after the half way point. I told Owen that I didn't want to know where the half way point was in Portumna (he still told me, mind you, but I didn't check the time - strike two buddy J).

The pain will come. There is a whole load of science associated with what happens when aerobic capacity is exhausted, the lactate threshold is reached etc, which I am not going to go into here.

Take it from me it hurts – both mentally and physically.

It is only possible to maintain pace for a short time when the pain comes. The good news is that you don't then die, you just run at a slower pace and the other good news is that you can increase the pace again for a very short time through sheer willpower. In both Dublin and Kildare I had tested myself after hitting "the wall" so I could predict very accurately how much time I would lose when the pain came. If I could make it to the last 5K I knew that I had a really good chance of

achieving my goal. The 39 spare seconds in my race plan would be just enough to compensate for the slower pace, but the further I could get into the 5K the less of these I would need. A second word of warning here though – coherent thoughts stop when the pain comes – don't trust yourself to make good decisions from this point on. When I made the last turn with 2.5K left to run my head went woozy, my stomach started heaving and my legs turned to jelly. This is the time to lock down and go for it. No thoughts of times or pace or averages, just the target of the finish line and my legs going as hard as they can and Molly Bloom's soliloquy going round and round in my head "and yes I said yes I will Yes".

So my friends' energy dragged me over the line and I fell to the ground exhausted. But the clock was stopped at 2:59:31 and I knew that I had done it and it was the best feeling in the world. All the hard training had been worth it after all. The perfect race is run when the training, planning and execution come together to produce a result that is beyond the individual's greatest expectation and I really felt that I had run my perfect race. Afterwards, when I had recovered a bit I said to the crowd around me that this was my last racing marathon and that from now on I would only run sight-seeing marathons but they all fell around the place laughing. I still can't figure out what was so funny.

Thanks to Mick Rice for the mentoring, Jane-Ann for everything (I really believe that you will do it – you are a superb runner), Owen for partnering me, Frank for the support and all the friends and colleagues in Athenry AC and beyond who supported me and cheered me on.

09:19, 21:17, 21:19, 21:18, 21:08, 21:08, 21:26, 21:20, 21:21 = 2:59:31 - see <http://www.forestmarathon.com/> for full result!



Athenry AC (Senior) 10th Anniversary some thoughts and numbers

James Lunden



I let the 10th anniversary of the formation of the senior section of Athenry AC go, much to my chagrin due to work and other commitments, without making mention of it specifically here.

This little article may redress that balance a little bit!

Mick Rice, Peter Delmer and myself had been knocking around Athenry for at least 18/24 months, each doing a bit of running; the other two more so than me, of course.

We eventually got together and formulated the idea of a small club, so that we could then go to races in our own singlets and properly represent the place we were all living in.

We knew of the existence of the juvenile club in the parish, made contact with Dermot McNamara and decided to bang out the idea of a club in Peter Delmer's house on the evening of Wednesday, 9 October 2002.

The full and unexpurgated minutes of the meeting are outlined below: 09/10/02

Present: James, Mick, Peter & Dermot McNamara

- James, Mick and Peter all registered as members of Athenry AC.
- Dermot agreed to support senior club, by giving memberships, registering members for AAI meets etc.
- Senior club members agreed to organise themselves, train, advertise, grow the club, race etc...
- Dermot supplied five Athenry AC singlets for senior use.

From such small acorns do...<complete the saying yourself>...

We organised our first race less than three months later and will celebrate the 11th running and 10th anniversary of the Fields 10KM this St. Stephen's Day!

One other thing that deserves some mention. The club has its own variation of "Google employee numbers", namely the early Athenry AC (Senior) Membership Register:

01 - Peter Delmer, 02 - James Lunden, 03 - Mick Rice, 04 - James Corbett, 05 - Ray O'Connor, 06 - Johnny O'Connor, 07 - Terry Redmond, 08 - Paul Hehir, 09 - Colm Rowe, 10 - Liam Mycroft, 11 - Philip Magnier, 12 - Deirdre McGrath, 13 - Mark Mitchell, 14 - Bridget Anne Walsh, 15 - Eileen Donoghue, 16 - Sebastian Locteau, 17 - Dave Dunne, 18 - Jeff Noone, 19 - Paul Keane, 20 - Gary Doherty, 21 - Tony Harrington, 22 - Paul McNamara, 23 - Gary Raftery, 24 - Tony Daley.

Other people mentioned in the minutes book at the time, who may or may not have become early members include:

Joe Kemple, Gerry Masterson, Alan Burke, Gary Begley, Mark Flannery, Michael McMahon, Joe Morrissey, Paul Kilkelly, Michael Duane, Marie Caulfield, Maggie Whyte, Michael Rooney, Brian O'Connor, Owen Curran.

One of the other enduring features of Athenry AC is our 9AM Saturday morning run, which was instituted in the days after our first meeting on 9 October 2002. Every single Saturday morning since then, and I mean e-v-e-r-y s-i-n-g-l-e S-a-t-u-r-d-a-y m-o-r-n-i-n-g, which is upwards of 530+ now, there has been an organised run from the Catholic Church car park in Athenry on Saturday morning, come hell, high-water, wind, rain, frost, sleet or/and snow (on more than one occasion too!).

This has been a(n)other driving force of Mick Rice's and it's to his eternal credit that it was never let die, especially in the early years when there may have been a few as one or two present on a small number of occasions. To celebrate this long unbroken sequence, there was a special 10th anniversary 9AM run organised on the morning of Saturday(!), 24 November.

It was well advertised beforehand and over 60 turned up, which doubled the previous record number of 26 that went for a run before Christmas last year. Most of those who turned up were treated to a specially commissioned maroon T-shirt produced for the occasion, which had on its back, "Athenry AC's been running for 10 years and all I got was this Lousy T-Shirt!" How appropriate!

Here's to the next 10 years and more...

Beer Matt's Fields of Athenry 10km

Matt Bidwell

Very windy on the motorway on the drive to Athenry. This was going to be another tough day – made worse by the over indulgence on the falling down water the previous day.

A token 1.5km warm-up and it was time to line up at the start. A large field of over 1,000 runners and just after 11am we were off. The start of the race has a bit of a climb which you don't really notice then the course flattens out. The wind was swirling around but was predominantly on the back for the start of the race. Through the first km and I was ignoring the watch as I settled into a small group who were chasing 4 other runners who had opened up a decent gap.

After 1km there was a nice downhill section followed by more gradual undulations. I decided to make a break and surged to work away from the small group. I was left in 5th position outright and I was working my way up on 4th. At this point I was feeling great. The wind was still behind and I quickly caught the next runner and went past him. I continued to push the pace as I passed the next few kms. Then at 4km it was time to make a sharp left-hand turn...

It suddenly became very hard. Running directly into the wind coupled with a long gradual climb. The course was more exposed and I knew I had slowed dramatically. I was hanging out for the next km marker and when I got to 5km the course flattened out a little but it was still very exposed and windy.

Midway through the 6th km the course took another left turn which made the wind more bearable. I was feeling okay on the flat/downhill sections, but had nothing on the uphills. Funny that. The back half of the course is still very flat but what undulations there are seem to be more short and sharp. If you were running well you wouldn't notice them but I wasn't feeling great.

The next few kms were all about hanging on. I had the feeling that a couple of runners behind me were closing in but I knew that if I could get to 9km I'd have enough in reserve to finish the race off. That's how it turned out - the last km being very runner friendly with a nice downhill stretch back into town. I enjoyed the finishing chute and managed to cross the line in 4th position in a time of 33:53.

The first 3 runners were in a different class today. Sean Hehir won the race in a super 31:07 with Emmett Dunleavy 2nd in



31:19 and last year's winner Gerry Ryan 3rd in 32:30. I reckon the wind was worth close to a minute today so all in all a good hit-out in very trying conditions.

I decided to run the course again as a warm-down to see if it was as tough as I remembered it. It was. So after stuffing myself yesterday I'd had all the stuffing knocked out of me today.

Here are my splits:

1km 3:13
2km 3:13
3km 3:15
4km 3:25
5km 3:46
6km 3:27
7km 3:27
8km 3:29
9km 3:27
10km 3:11
Total 33:53

A first class race which I thoroughly enjoyed. On a still day this would be a super quick course but that said it's difficult to peak at this time of year. Anyway 21.5kms for the day and now it's time for a few more beers.

See more at <http://beermatt.blogspotie> .

2012 Dublin City Marathon Training and Race Report

Michelle Tooher

I'm not normally one for writing race reports – I love reading them though. However, post-marathon, I have been reflecting a lot on the weeks, months and years that led up to Marathon-Monday and I figured why not.

I joined the club, as part of the Fit4Life programme almost 5 years ago. I was new to Athenry and thought it would be a great way to meet people with the added bonus of getting fit. It has been some journey from jogging up one side of Ard Aoibhinn and walking down the other to running 26.2 miles around Dublin. The marathon is certainly up there as one of the most personally rewarding achievements of my life to date, but I genuinely think even more rewarding are the friendships I have built up over the years through the club. Without them, there is no way I would have run the marathon last Monday. In fact, the likelihood is I probably wouldn't have continued running past the first few months at all. The level of support and encouragement that the members give each other is truly inspiring and I think we should be so proud of ourselves.

I have family members who think it is hilarious that I chat to people as I run. They have visions of me with a pair of knitting needles or a cup of tea in my hands as I jolly around the roads. A non-member(!) recently said to one of my running mates, 'it's a running club not a social club you know!'. I hope our club never changes from what it is now. The race results and times, for me, are the icing on the cake to go with my nice cup of tea.

I have really enjoyed the last few months training. Anne, Assumpta, Kellie and I decided if we were going to do it, it would need to be based on a 3-day running week and anything else we could manage was a bonus. We ran our plan past a couple of the more experienced in the club, thanks guys, and away off with us. The plan changed from week to week and even day to day, which I know wouldn't necessarily be best practice, but this was the way it had to be. We did our long runs, our Tuesday speed sessions and a tempo each week and whatever else we could manage. I laugh so much when I am running with these girls, there were no core classes needed. Like the pied-piper we gathered other runners along the way and had a varied and great long-run social club near the end, including Peadar, Maire Treasa, Maria L., Elaine, Edel, Grainne, and the highly entertaining duo of Liam and Frank N. Some of them weren't even doing the marathon! Thanks for the company guys.

And now to the marathon itself. To be honest, I'm not great for remembering the twists, turns, lumps and bumps in the road. I know it was cold on Monday morning and I was delighted to get going at 9:10, just to warm up. I wonder if someone will start making fleece-lined bin bags for us – they'd be great, wouldn't they? Anyway, we got going and from the second I crossed the start line I had the burning desire to, yes that's it, use the loo. So, that kept me occupied for the first 6 miles. 'Will I stop at the portaloos at the 3-mile mark? Hmm, no, there'll be a huge queue. I'll run down an alleyway. No, I'll wait. Maybe I could run behind a tree in the Phoenix Park. No, there are children there... not a good idea. Wait, Eoin (Madden) will be at the 5 mile mark, I'll get him to protect the innocence of the supporters by shielding me with his coat. No, he'll have Aoife with him, that won't work.'

My internal dialogue went like this until mile 6, when I copped myself on and used the Portaloos. Ah..., relief!! It started up again. 'Eoin wasn't at mile 5. Did I miss him? Oh God, Aoife's in hospital. That fall she had the other day, caused a blood clot and she collapsed and now she's in hospital. Or maybe they've been knocked off the bike and they're both in hospital. They'd hardly send someone out to let me know that they're in hospital, would they? I think JaneAnn is going to be at mile 10, I'll use her phone to call them.' This went on until mile 7, when thankfully, alive and well, there they were ready to hand me drinks, gels, etc, and give me mental boost, phew! A fairly comfortable 2 miles passed, helped by the downhill run to Chapelizod gate. JaneAnn was up on the wall cheering, and it was great to see her. I just spent the next 2 miles, worrying she would fall into the river. I was happy at this stage that I was into a steady pace and would be well able to maintain it.

Around mile 13 though, I started to feel a bit tired and weary. At mile 14, Maire Treasa and Peadar appeared at my side looking strong and fresh. MT gave me much needed words of encouragement and a gel and I started to feel like I could do this again. Pearse Hunter was at mile 15 with a goodie bag of gels and a drink and I was happy again. All good, for a mile, when pain set in down my left side. From here on in, the internal dialogue flipped between 'ow, that's sore, why now? I've managed 20 before without this happening', to Peadar's advice 'just keep lifting your feet and they'll fall themselves', to 'not long now, just count the miles off' to 'don't pants your poop, don't pants your poop', from a YouTube clip Assumpta had shown me the previous day. And as we approached mile 20, there she was in the distance. I decided if I could keep her in my sights, I'd be doing ok. I settled into a steady pace again, which meant that I ended up passing Assumpta at mile 20 and from there I focussed on the fact that Floyd Feeney would be at 22 with more goodies for me. I had a dizzy speed wobble at



the top of the hill at mile 21, but knew at that point I was turning for home and so just allowed the voices in my head to settle back into their little routine. Hitting Ballsbridge, the crowds thickened and the support was just amazing. The 4:15 pacers came up behind me and said 'oh, here's another one, if we hear one more 'come on Athenry', we're wearing Athenry tops next year.' And what did we hear? 'Come on Athenry!'

The fact that the pacers were commenting on the amount of supporters out there for Athenry is fairly telling I think. It may have looked like I barely acknowledged the calls for Athenry with a weak hand wave, but internally I was doing a Mexican wave to thank them. I kept with the pacers for a while, but couldn't maintain it. I also felt a little claustrophobic in the group that were sticking close to their shoulders. So, I let them off, happy that I would still be in under 4:30, having started at the back of wave 2 and would probably manage 4:20. From there, I just focused on the finish line and Eoin waiting for me. The emotion and relief on crossing that finish line were fairly powerful and I shed a girly tear, turned around and greeted Peadar, Maire Treasa and not long after them Assumpta, followed by a few more girly tears. Eoin was waiting to whisk me back to his brother's place, mop up the remaining tears and catch me every time my legs gave in.

So there you have it. Done now and into retirement on a pension of purple snacks, I think! Without a doubt I would never have gotten to the other side of a marathon without the support of my very good friends Anne and Assumpta, Kellie and of course the rest of Athenry AC. And I wouldn't have those very good friends without Athenry AC. We're a great social, I mean running club; the best in my opinion.

Photo: Assumpta Feeney, Michelle Toohar, Anne Hunter.



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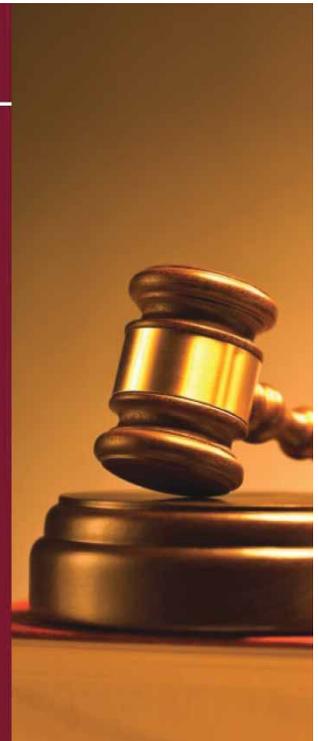
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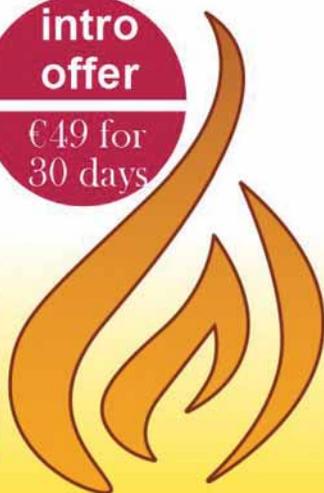


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2012 National Half Marathon Report

James Lunden



Athenry AC got word in April 2012 that the opportunity to host the National Half Marathon Championship (now renamed the Woodie's DIY Half Marathon Challenge) was available. We, as a club, had been thinking about applying for it for a while but the timing never seemed right. Given that it was relatively close to our own race in December, we felt that it could be counter-productive to have both races in such a small time window. Saying that, when the chance arose, we jumped at it! The club had already hosted the National 10KM, successfully, in April 2008, so the effort and logistics involved was not foreign to us.

It is an event that is close to the hearts of many in the club, with many targeting the race as a great warm-up for the National Marathon AKA Dublin City Marathon less than 8 weeks later. Traditionally the National Half is scheduled for the first week of September, and this has been the case, give or take, since the event was first run in Rathcoole in 1989. Personally, I'd run in two of them, Breaiffy in '04 and Stranorlar in '09.

We were given the green light soon afterwards and Mick Rice stepped forward to be the event's local co-ordinator, in conjunction with the AAI.

Our first big job was to establish a viable route. Many different routes were proposed but all suffered from problems, until one that incorporated the regular Fields 10KM route was suggested. It has multiple advantages, including the dual benefits of starting and finishing close to town and being easier to steward than any of the other viable alternatives. It was also a fair course, though not easy. The course would be the Fields course, times two, in the opposite direction, starting outside the Raheen Woods Hotel and finishing in the same side road that hosted the finish line of the National 10KM four and a half years before.

We had a number of organisational meetings in the months leading up to the race on 2 September. All stops were pulled out: it was yet another opportunity to showcase the club and our organisational abilities. A number of lesser lights in the club stepped up to the plate to take on significant roles in the organisational effort, which was extremely heartening to see. The AAI visited us with about 6 weeks to go and gave the enterprise its blessing. All the club had to do on race day was to provide: the course, the stewards, the HQ and the

refreshments afterwards. The AAI themselves would do all the other heavy lifting: the registration, the results and the prize giving! The now customary race booklet was produced by the home club and was identical in scope to that produced for the National 10KM! Ray and myself did all the hard work here.

The big day approached and all was ready. The course was checked, double checked, nay, triple checked. It can now be exclusively revealed that the course was not measured by one official course measurer, not two, but three, all independently. It is probably the single most accurately measured half marathon course in Ireland EVER!



Athenry AC athletes were allowed to run in the event but were requested to help out where at all possible, before or/and after the race. I wanted to run but my training wasn't up to scratch, as I was to find out the hardest way possible on the day itself :(.

Over 400 were entered on-line and a small number registered on the day too. There were good fields in both senior categories with Paul Pollock and Maria McCambridge pre-race favourites. Both duly justified their favouritism! The competitors were all treated to a white technical top with the sponsor's Woodie's DIY logo emblazoned on each.

The day itself dawned warm and sunny. Perfect conditions? Hummm...



The race started soon after 1PM. Timing was provided by Precision Timing. I started towards the middle/back of the field with my good friend, and mucker, Diarmuid Quill of neighbouring club, Craughwell AC. It was humbling to see all the various club singlets from all over the country competing once again in Athenry. It made for a very colourful scene!

The first few miles were taken quite easily, passing John O'Connor (photographer) perched on a wall near Coffey Construction. Each corner was met with at least three bibbed stewards and a small knot of supporters/locals/bystanders. Castletambert, Moonbaun, Carnaun, Castle Ellen, Park, Ballydavid, back up the hill into town, passing Paul McNamara's home house and down to the finish line near ADC house for the first time.

Things had warmed up substantially by then and not for the better, for me personally. I was screwed. It was only 7 miles but I was dying already, and in a way that I've never experienced before. Passing in under the finish line for the first time, I knew the second loop was going to hurt, BIG TIME. I had left 'Quilly' after three miles but wasn't flying by any means even then! Today was not going to be a repeat of 2009 when I scooted around Ballybofey and its environs, each mile quicker than the last. Today was not going to be pretty!

It wasn't.

I was already dead and buried going up the hill to reach the community pitches in Raheen and it didn't get any better as I passed the soccer pitches and got back out to Carnaun. No amount of water was going to revive me as conditions worsened i.e. the weather got warmer and warmer. I slowed and slowed and people started to pass me. The mile markers were not coming quick enough. Eight, nine, ten... Agonisingly slowly! Castle Ellen House entrance again. I was able to scramble to the 11 mile marker before I screamed, "STOP!" I was done, broiled, basted, busted. Twenty-one tenths of a mile still to go and my sub-1:40 was toast. It was now a case of limiting the damage. I still recall the first person to pass me, an old friend of mine from Loughrea. He said nothing; neither did I. No point!

Over the next 4620 yards, I was passed by another 45 people and passed no one. There is nothing as humbling as that! Nothing. Another good pal, passed me after the new roundabout and tossed a few life-saving jellybeans in my direction, which I gobbled down. humble pie jellybeans... I owe you a packet the next time we meet, Niall!

I reached the finish line in one piece, physically, but shattered mentally and morally. Walking through the finish of my club's own race was embarrassing but there was nothing to do. I downed three bottles of water and at least five bananas before I was in any shape to interact with another person. Just in time to see Quilly come home, in worse shape than I was, also Martin Keane who had knee troubles that afternoon, soon after that again.

It was the first time I've personally experienced such conditions and I folded under them. Road racing continues to administer hard-earned lessons to those who do not prepare properly, of which I was guilty this day.

The rest of the afternoon went swimmingly, with the teas & coffees and other refreshments flowing out the doors, back in the hall of the Presentation College, close to the finish line. The AAI gave out all the main prizes in due course, with a small few staying in Galway on this occasion. Special mention must be made of Judith Roche of Loughrea AC who medalled in the W60 category (see image of her with me).



Soon after 4PM, all was done and dusted and I was able to get the end of the Mayo and Dublin football game on the radio. We were able to close the door of the Hall, leaving the place in even better shape than we found it. Another event consigned to history, give or take the writing of this report. I had a small interest in Mayo at 5/2 so the day wasn't a total loss but it did little to restore my battered pride.

Another successful Athenry AC event and all the local organisers were already looking forward – with dread! – to the impending 11th Fields of Athenry in less than four months' time.

P.S. Kudos to our PRO Philip for his silver medal in the M60 running a superb 1:37 dead on the day.



Some thoughts on planning and timing races

John Cunniffe



With the expansion in the number and size of races on the calendar, many organisers are having to assess the capacity of their existing race course to handle the extra traffic on the course. Issues that never previously arose suddenly present major headaches. The ability to get the field through the start, through narrow points on the course, and correctly handled at the finish, all require a clear picture of how the field is going to flow around the course. Below are a couple of numbers that may help in identifying problem areas.

How long does it take the field to cross the start line?

This question is particularly important in larger races on narrow road starts, where the field will lap back through the start area after a short period or where Gardaí wish to know how long they will be suspending traffic for.

The exact rate at which runners will get through the start is mainly affected by the width of the start line, the average speed of the field (e.g. national 10km championship field will get through the start faster than a fun run), any unusual obstacles or barriers in the start area. Table 1 below gives the typical rates for club races up to 10km, starting with the first 20% of the field and working down to the slower crossing rate for the back fifth of the athletes.

% of Field across start	Start Crossing Rates (athletes/sec/metre)	Ex 1 : 150 runners across 5m start line	Ex 2 : 400 runners across 10m start line	Ex 3 : 1500 runners across 5m start line
0-20%	3.8	1.6s for 30athletes	2.1s for 80athletes	15.8s for 300athletes
20-40%	3.2	1.9s for 30athletes	2.5s for 80athletes	18.8s for 300athletes
40-60%	2.7	2.2s for 30athletes	3.0s for 80athletes	22.2s for 300athletes
60-80%	2.2*	2.7s for 30athletes	3.6s for 80athletes	27.3s for 300athletes
80-100%	1.6*	3.8s for 30athletes	5.0s for 80athletes	37.5s for 300athletes
Total		12.2s for 150athletes	16.2s for 400athletes	121.5s for 1500

Table 1 : Typical race starting rates for 5-10km club races

The start line crossing rates (2nd column) are given as the number of athletes crossing the start line per second per metre of start line width. These are given for the top 20% of the field, next 20%, etc. The actual crossing rate per second can be calculated by multiplying by your start line width in metres. (* Note: the number of walkers in the field will significantly affect the last part of the start rates. Typical rates for walkers would be 0.75-1.0athletes/sec/metre.)

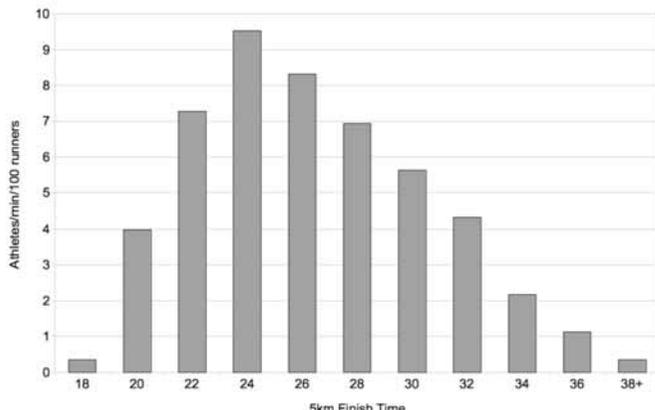
More simply you can consider the whole field crossing at an average of 2.5/sec/metre for a rough calculation of the time for the whole field. e.g. 1000 runners across a 4metre start will take approx: $1000\text{athletes}/(2.5\text{athletes}/\text{sec}/\text{m} \times 4\text{m}) = 100$ seconds

Fun runs and races with a greater fraction of walkers, prams, dogs and latecomers(!) will of course spread out the tail of the field crossing the line and will typically add 10-25% to the time taken for the whole field.

What rate do athletes cross the finish line?

The most important crossing rate in a race is that across the finish line. This determines:

- How much physical area is required after the finish line to avoid crowding of athletes
- How many staff are required for handing out medals, etc
- How many staff are required to record athletes' finish times
- How fast the sandwiches & cake get eaten.



The peak crossing rate in a 5km will be close to 10 athletes/minute per 100 runners. On a typical flat, windless course in a club race this will occur between 22 and 26 minutes. In a race of 600 runners that means approximately 1 athlete/second is crossing the finish line. Similarly, the peak finish rate for 10km is approx 4.5 athletes/minute per 100 runners and approx 2athlete/minute per 100 runners for a half marathon. If conditions are very windy or the course is very hilly then the times will slow and the peak rate will drop accordingly.

Water stations

The 5km crossing rate can also be used to calculate the number of volunteers needed for a water station in the half way point of a 10km race. In a 300 runner 10km there are a peak of 30 athletes/min passing the 5km mark. Of course on a very hot day people may take a couple of cups of water!

It is always attractive from the race treasurer's point of view to take more entries. However some planning in advance on what the maximum capacity of the race based on the physical layout of the course and the staff available will avoid many of the common pitfalls that occur and affect the athlete's race experience.

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Athenry AC

PROFILE

Senior Club

Secretary:	Iain Shaw
Chairperson:	Mick Rice
Treasurer:	James Landon
PRO:	Philip Maginer
Fit4Life Leaders:	Maeve Noone & Deirdre Quinn

- 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 organise 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

Juvenile club

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

- Marathon in 2009. Mick Rice has won the Connemara 100 Mile road race for the last 4 years. Ruthann Sheahan was 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 Athletic 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 Championship in 2008 and the Woodies 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', 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 2012, 50 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).

Athenry AC Juvenile Report for 2012

Michelle Collins



Shannon Lee.

We had a very good year in 2012, with a few memorable events standing out. The kids showed great stamina as they have trained in all kinds of weather. We also want to thank all the clubs who helped out by providing us with facilities throughout the year.

We started the year out with the Combined Events, which saw Mathew Treacy taking a 2nd place in the boys' under 14 and Grace Cahill taking 10th in the girls' u-15. In the Indoors we didn't perform to our best, with a lot of the kids being put off by the unfamiliar surroundings and surfaces. We need to give the children more experience on track surfaces and hope to do so in the coming year. We had a 6th place in the boys' under 12 relays and 6th in the girls' under 13.

In the School's Cross Country, we had Shannon Lee (19th) in the minor girls, followed by Eimear Keane (28th) and Niamh Keane (38th). In the senior girls Lorna Hannon came in 49th. While in the Schools track & field, held in Athlone on the 2nd of June, Evan Quirke achieved 1st in the Long Jump and 7th in the Junior Boys 200 metres. We had two 2nd places with Emma Grady (shot put) and Ellis Hynes (discus).

In the under 9 to under 11 All-Ireland, we had Aoife Wall and Sophie O'Brien (10th) in 60m, Callum Healy and Fergus Deeley (7th) 60m, Callum Healey and Mikey Kelly (5th) in the 300m, Ellie Cronin and Saoirse Healey (7th) in the 500m, Ruairi Collins and Uofoma Obodo (3rd) in the 60m, Ruairi Collins and James Cummins (11th) in the 600m, Harry Power and Shea Hennessy (7th) in the Ball Throw, Aoife Wall and Sophie O'Brien (5th) in the Long Jump, Saoirse Healey and Ellie Cronin (5th) in the Long Jump, Gerodan Mangan and Luke Burke (4th) in the Long Jump, Fergus Deeley and Darragh Gilhoolley (11th) in the Long Jump. We also had a team in the under 9 boys' Relay: Adam Molloy, Callum Healey, Mickey Kelly and Fearghus Deeley; they ran home to a bronze medal, making us all proud.

The Juvenile Track and Fields saw Lydia Doyle getting 4th in the U-13 60m hurdles, Shannon Lee came 7th in the 75m hurdles, Grace Cahill (U-15) 4th in the high jump, 10th in the Long Jump, Ellis Hynes (U-16) 5th in the Javelin, 7th in the Discus, Emma Grady (U-17) 11th in the shot, Maire Touhy (U-

18) 7th in 400m, Brandon Lee 11th in the 60m boys and Aubrey O'Brien 14th in the same race. Brandon Lee came 2nd in the 600m, Dean Treacy 7th in the High Jump with Aubrey O'Brien 9th. Mark O'Brien 8th in the Long Jump and Aubrey O'Brien 11th. Cathal Hynes (U-13) 13th in the shot put, 14th in the Javelin. Mathew Treacy (U-14) 8th in High Jump, Nathan Hansberry 16th in the shot put. In U-16's; Evan Quirke 1st in the Long Jump, Mac Murphy 11th in the High Jump. Shannon Lee 9th in the u-14 1500m, Nathan Hansbury 9th in the u-14 discus, Evan Quirke 4th in the triple jump and 13th in the 200m. In the Pentathlon, Grace Cahill (u- 15) came 10th, Mathew Treacy (U-14) came 4th, Evan Quirke (U-16) 4th and Mac Murphy (U-16) 13th.

And finally in the first of the Cross Country All Irelands, Brandon Lee came 4th, Mark O'Brien came 12th. We fared well in the Schools Cross Country younger age also. On day two of the All Ireland Cross Country Championships held in Adamstown, Co. Wexford, we were not as lucky, but the athletics ran their hearts out. Our stars on the day were Ellie Cronin 23rd and Shannon Lee 26th. I would like to commend the athletes for their commitment to training. It goes to show if you work at something, it pays off.

Many thanks to Dermot and all his team: Bernie Mulryan, Yvonne Knight, Martin Hynes, Sinead Healey, Tony Collins, Lorna Freeman, Michelle Collins, Mary Cummins, Mary Kate Dilger, Sean O'Shea, Barry Doyle, Stephen Lally and finally Peter Lyons. I would still like more parents to come forward to help, as with 180ish juvenile athletes we need all the help we can get, even one hour a month goes a long way and we will be expecting all families in 2013 to give some time to us, as it is your children we are doing this for.

Please keep an eye on our Facebook page. Can I ask all parents to pass on any photos you have to one of the trainers and we will put them up for all to see, even ones going back over the years. You can also contact Sinead Healey on 087 6330527, Yvonne Knight on 086 8389738 and Michelle Collins on 087 2072933 for info on our over 8 athletes and Mary Kate Dilger on 087 4189841, Mary Cummins on 087 9778877 for under 8. Our head coach, Dermot, can be contacted on 091 844432.

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