

ATHLETICS

RUNNING SHORTS

MAHER SURGES TO WIN: A late surge gave Kilkenny's Brian Maher victory in the 32nd Rockford Roof Tiles 4-mile held in Tinryland, Co Carlow, for the 32nd year.

Sean Hehir, Rathfarham WSAF, had pushed the pace from the start, along with Maher and Raheny's Vinnie Mulvey. Only in the final kilometre did Maher make his move, finishing with two seconds to spare in 19 minutes 1 second. Mulvey was third, Tommy Evans of Gowran fourth and Rathfarham WSAF the first team.

Winning the women's race comfortably was Raheny veteran Annette Kealy. Aoife Cullhane of DSD was second and Raheny's Orla O'Mahoney third. Taking home the €1,000 holiday voucher was Joe Dunny.

LED WITH LEADS WAY: Andrew Ledwith will lead the entry at the Rennicks and Fr Delany Cups 5-mile road race around the quiet roads of Bohemmeen, Co Meath on Sunday, September 11 (2.0). All finishers this year will receive a specially commissioned medalion, with the winning men's team taking the Rennicks Cup, a miniature of the Sam Maguire Cup. The winning women's team receive the Fr Delany Cup.

RATHFARNHAM NUMBERS: More than 1,000 are expected for this year's Rathfarham 5km, on Sunday, September 25 (10.0).

Last year, Mullingar's Martin Fagan set a new course record of 13 minutes 54 seconds, and with over €5,000 in prize money, another quality field is expected this year. Register online at www.athleticroathfarham.ie.

TOUGH TIERNEY: Paul Tierney's phenomenal exploits over ultra distance trails continued when he finished third in the gruelling Montane Lakeland 100-Mile trail race. Paul's time was 24 hours 34 minutes 47 seconds. Earlier this year, Tierney, a Cork garda, set a new Wicklow Way record of 13 hours 38 minutes 51 seconds for the 132km waymarked trail.

CURLEY MULDERSHER LONGFORD CROWN



ON YOUR MARKS
WITH LINDIE NAUGHTON

BETWEEN the Longford Marathon and the Warriors' Run, a healthy 1,300 men and women were racing long distances in tough terrain over the weekend. Clearly there's no sign of the long-distance running boom vanishing any time soon.

In Longford, it was girl power all the way. Tullamore's Pauline Curley, winner of the half marathon as far back as 2005 and a Longford regular since then, won the women's marathon for a second consecutive year in a respectable time of 2 hours 47 minutes 39 seconds.

Finishing second for a remarkable fourth year was Irish 100km record holder Helena Crossan from Donegal.

In the half marathon, Linda Byrne of Dundrum South Dublin showed a return to form with a victory in 73 minutes 48 seconds. With three-time winner Sergiu Ciobanu just back from altitude training, it was left to Wiles-lav Sosnowski to make it a third victory.

RATHFARNHAM WSAF: Sean Hehir came 2nd in the Tinryland 4-mile, closely followed by Eoin, Paul F. Jason, Jonathan and John H, who took the men's team prize. Maria was first woman at the Carer's Assoc 10km in the Curragh. Enter the Rathfarham 5km today for just €20; race takes place on Sept 25 with a long sleeved training top for the first 600 entries. Training: SenMasters. Mon/Wed, 5.30 & Sun 8.0/9.0 easy runs from clubhouse; Sat 9.0/10.0 pace run, Busby Park. Children's Playground: Tue 6.30, interval session, Busby Park: Thu 6.30 PE Busby Park. Juveniles (8-16) training Mon/Wed 6.30 (Clubhouse). New members of all standards welcome. Contact: Adam 087-2523092; www.athleticroathfarham.ie.



FAST FASHION: Members of Rathfarham WSAF model the technical long-sleeved t-shirt on offer to the first 900 to enter the Rathfarham 5km on Sunday September 25.

He previously won in 2005 and 2007 and was second behind Ciobanu in 2009. Sosnowski, a long time member of the Eagle club in Cork, returned to his native Poland a few years ago but hasn't forgotten his Irish friends. He still turns out in the Eagle vest and finished fourth in the Cork Marathon last June.

RECORD
Maintaining his remarkable record in Longford was Peter Mooney. After finishing second in the 2004 half marathon, Mooney moved up to the full distance. He was 11th in 2006 with a time of 2:53.39, sixth in 2009, fifth last year and third this year in 2:40.52. Making it around in 5 hours 48 minutes was

the race founder, Liam Fenelon. With the help of family and friends, Fenelon organised the first Longford Marathon in 2002, so that he could run his 100th marathon in his home town. Out on his own in the half marathon was West Waterford's Rayvis Zakis, second in 2007 and 2008. His time of 70 minutes 55 seconds put him over four minutes ahead of second-placed Mike Yelveton, with Richard Gorman a close third. At the Warrior's Run (15km), up and around Knocknaree, Co Sligo, local Emmett Dunleavy finished in 55:16 seconds, with mountain runners Owen Gahan and Brian Furey less than a minute behind. Emma Doolan, another experienced mountain runner, was first woman.