

ATHLETICS

RUNNING SHORTS

MINNOCK LEADS MEN: Rathfarnham's Barry Minnock returns to his roots when he leads the Irish men's team at this weekend's World Mountain Running Championships in Albania. Also selected are Brian McMahon and Ian Conroy. DSD's Sarah Mulligan leads a women's team that includes Fiona Clinton, Donna Mahon and Sarah McCormack. James Egan of DSD leads a strong junior men's team. Zoran Skraba won the Dublin Peaks 36km in a record time of 2 hours 52 minutes 16 seconds. Second was Dallas Baird (3:10.5).

BHAA AT FIRHOUSE: Dublin's BHAA runners are back on the roads this weekend, with Firhouse the venue for the Saturday's Grant Thornton 10km (11am). Registration is at Firhouse Community Centre on Ballycullen Road from 9.30am. James McFadden proved fastest of a good entry at the BHAA Zurich 2-Mile track meet in Tallaght. McFadden was timed at 9:41 in the first of five races. Fastest woman was Edel Madigan 11:56.

LOTTO RUN FULL: Entry for the National Lottery Half Marathon on September 17 in the Phoenix Park closed early after the limit of 8,500 entries was reached last week. Entry for the Dublin Marathon closes October 5.

T-SHIRT FOR 900: A quality technical t-shirt, courtesy of Sub-4, is on offer for the first 900 to finish the Rathfarnham 5km on September 25. Register online at www.athleticsrathfarnham.ie. Entry is €20. Ashford, Co Wicklow, is the venue on September 18 (2pm) for a 5km charity race in aid of the Haven house building project in Haiti. Details www.haiti5krun.com. Raheny's Aoife Talty not only was first woman, but finished second overall in the Kilbride GFC 5km, held in Clonee, Co Meath. Paul Cowhie won in 16:40 with Talty a minute behind.



GOOD CAUSE: Raheny Shamrocks hand over a cheque for €16,000 to Crumlin Children's Hospital.

DUB CLUBS CLEAN UP IN WATERFORD

DUBLIN clubs dominated the Woodie's DIY Half Marathon Challenge & National Championship in Waterford, which attracted almost 700 entries from all over the country. Sean Hehir of Rathfarnham WSAF took his first national title when he won the race in 65 minutes 24 seconds after breaking away with about five miles to go. Brian Maher of Kilkenny City Harriers beat Bantry's Alan O'Shea for second place in 66:40. With Barry Minnock fourth and Mark Ryan eighth, Rath-

farnham WSAF took team gold ahead of Clonliffe and Raheny Shamrock. The Dublin success story continued in the women's race, when national cross-country champion Ava Hutchinson of Dundrum South Dublin made a winning half marathon debut. Although she struggled badly over the last mile, Hutchinson crossed the line in 74:30 and, along with Hehir, is now looking forward to her marathon debut in Dublin. Gladys Ganiel O'Neill of North Belfast was a minute behind for second with Julie Turley from Dromore third in 78:02. First master home was Clonmel's Angela McCann, fourth in 78:49.

ON YOUR MARKS



WITH LINDIE NAUGHTON
Winning the women's team title was the Raheny trio of Eilish Kelly, Annette Kealy and Fiona Roche, with Rathfarnham second and Donore third - another Dublin clean sweep. Tallaght was first over-40 team, with Rathfarnham second and Mayo third. Waterford was first over-50 team. Honours were shared in the men's masters categories. First master home was Letterkenny's Pauric McKinney, just ahead of Mick Traynor from Raheny, with

the pair of them taking M45 gold and silver. First over-40 was Clonliffe's Declan Power, while first over-50 was Gerry O'Connell of North East. Taking the over-40 team medals was Raheny, with St Finbarr's from Cork second and Donore third. Rathfarnham was first over-50 team, beating North East Runners and Tallaght. It meant Dublin clubs won five of the six team categories on offer.

ATHLETICS CLUB NOTICE BOARD

Don't forget to update YOUR club notes regularly. Info - briefly please! - no later than Monday evening to lnaughton@herald.ie. Or text 086-1023306. Keep your members up to date - contact the EVENING HERALD now!

BLACKROCK: Gerry ran 11:46 at the BHHA Zurich 2-mile track race, well done also Amanda with a time of 2 hrs 28 mins at Dingle Half Mar. Good luck to all in Blessing 10km. Training - Carysfort Park, Tue 6.30. Info Patricia Craddock-Smith 01-2840446/Paddy Craddock 01-2835226.

BUSINESS HOUSES ATHLETIC ASSOCIATION: Newcomers welcome at Grant Thornton 10km, Firhouse, Co Dublin, Sat Sept 10 (11.0). Entry for BHAA races is €10, plus one-off €15 annual reg fee. C: 01-6232250; www.bhaa.ie.

CELBRIDGE: Training - Juniors: St Wolstan's, Clane Rd, Tue/Thu 7.0 sharp; Meet & Train adults Wed 7pm. Newcomers always welcome. www.celbridgeac.com.

CIVIL SERVICE HARRIERS: New members welcome; C: Brian 086-2590948. Training Tue/Thu and Sat 10.0/Sun 9.0 from clubhouse in Phoenix Park. www.phoenixparkrunners.ie.

CLONLIFFE HARRIERS: Well done to Alistair on his 5000m run at World C'ships and to our 2nd placed men's team of Gary 5th, Michael 7th, Declan (1st M40) 25th at Nat Half Mar C'ships; good runs also Conor, Ernie, Tom, Gerard, Jeremy, Joe, Maurice, Paddy, Chris and from Ailish, Fionnula, Maura, Joyce, Aisling and Ailish in women's race. Grand Prix resumes tomorrow Thu Sept 8 (8.0) with 46th Walker

Night Fri Sept 16; see website. Training: Donore Sports Centre, Chapelizod Road, Tues/Thurs 6.45, Sat/Sun 10.0; FFL/Meet and Train Wed 6.45. New members welcome. C: 01-6266209; www.donoreharriers.com.

DUBLIN ATHLETICS BOARD: Cross-country season starts soon. C: dublinathletics.com.

DUNBOYNE: Training - sen/vets Tue/Thu 7.0; juveniles Mon/Wed 7.0. C: Rosemary Higgins 087-6188354 or www.dunboyneac.com.

DUNDUM SOUTH DUBLIN: Congrats to Deirdre 6th high jump at World C'ships and new national record. Also to Claire, part of the record-breaking 4x400m squad. On the roads, Ava won the National Half Marathon women's title in her first race over the distance, belatedly congrats to Linda winner Longford Half Marathon. Marcus Martensson was 2nd M17 400m at Swedish C'ships in a massive PB of 49.51. Good luck to members at World Mountain Running C'ships in Albania. Training times: contact Liz McDonagh 01-2984973; elizmac@eircom.net or dsdac.com.

DUNLEER: Novelty 4 mile handicap tonight 7pm; bring a wrapped novelty gift (under €10 in value). Refreshments at prizegiving. Next target for Team Carrie is the Dublin Half Marathon on Sat Sept 17. Marathon training - Wed 7pm, Sun (long run) 10am, Dunleer clubhouse.

IRISH MASTER ATHLETES ASSOCIATION: If you're over 40, why not join us? C: Anne 087-9563134 or www.irishmastersathletics.com.

IRISH MOUNTAIN RUNNING ASSOCIATION: Irish team for British and Irish junior C'ships Sept 24 Wales: W16 - C McCarthy, S Humphreys, Ella Fennelly (all DSD), R Hynes (Swinford), W18 - L Hill-Stirling (Ayr Seaforth), E O'Reilly (Annalee), B Dennehy (Iveragh); M Ryan

LUCAN HARRIERS: Well done to Una and Philip, winners club h'cap races. At BHAA Zurich A 2-mile track race, good runs Bernie S (PB) and Jim. Congrats to Eileen W60 winner at National Half marathon, to Freda and Anne McG (pb) on fine runs in Great Pink 5km and to Joe L first in category at Ironman 70.3 in Galway. Training - Esker track, Newcastle Road (opp Superquinn) Tue/Thu 7.0; juveniles Tues/Thurs 6.0. New members are always

Tonight
Westmeath Sports Partnership 5km Fun Run, Rosemount, 7pm. Entry €5; free t-shirt. Directions from Moate. C: 044 9390208; www.westmeathsports.ie
Tinryland Autumn League Rd 1 (2m), Tinryland, Carlow, 7.30pm. C: Denis Shannon 086 8926218 Tinryland, Carlow

Thursday
Bray Runners Fit for Life League Round 9, Shangnanagh Park, 7.30pm. Entry €5. Category prizes top 3.

Saturday
BHAA Grant Thornton 10km, Firhouse, Dublin, 11am. Entry €10/€15 guests. C: Brendan Hogan 01 6805894.
The Lakes 10km, Blessington, Co Wicklow, 11am. Entry €16 or €23 with t-shirt. Teams €85/55. C: Shane Connolly 087 8172723; www.thelakes10k.ie.
Kilmore 10km, Co Wexford, 5.30pm. Entry €15. T-shirt first 200 entries. C: Paddy 087 9273545; www.kilmore10k.com

METRO ST BRIGID'S: Doyle Cup-Juvenile:1 Dylan Turner, 2 Vanessa O'Connor, 3 David Troy. Senior 10km h'cap: 1 Dave Goodall 39.13, 2 Kenny McAndrew 37.51, 3 David Scanlon 38.09. Women - 1 Kate O'Neill 39.13. Vet - Chris Fagan 41.29. Fastest - Liam Tremble 32.58. AGM Castleknock Hotel, Mon Oct 10, 7.30pm. www.msbac.ie.

ORIENTEERING: Fingal Autumn womensmeetandtrain.blogspot.com.
Tri an Mhi XXVI Sprint, Lough Lene, Collinstown, Westmeath, 10am. C: trianmhi@gmail.com
Pulse Hollingsworth Sprint Triathlon, Port Beach, Clogherhead, Co Louth. C: Colm Kennedy 086 3050184; www.pulsetri.com.

Sunday
Rennicks & Fr Delany Cups 5-Mile, Bohermeen, Co Meath, 2pm. Entry €15 (€5 jun). Medal all finishers; prizes sen, masters, teams, jun. Also long sleeved running top first 900 finishers. Training: Sen/Masters: Mon/Wed, 5.30 & Sun 8.0/9.0 easy runs from clubhouse; Sat 9.0/10.0 pace run, Bushy Park, Children's Playground; Tue 6.30, interval session, Bushy Park; Thu 6.30 PE Bushy Park. Juveniles (8-16) training Mon/Wed 6.30 (Clubhouse). New members of all standards welcome. C: Adam 087-2523092; www.athleticsrathfarnham.ie.
SPORTSWORLD: Training - Tue/Thu Bushy Park, 7pm; cross-country sessions on Sat; long runs Sun by arrangement Info www.sportsworld-tenure.ie or call Emily 01-4904502 or Phil 086-3846592.
ST ABBAN'S: Newcomers welcome to Fit for Life sessions Mon/Wed 7.30pm. Juvenile training Tue/Fri 7.30pm. C: Mary

and the 3rd-placed senior men's team of Simon, Mick C and Bernard were third. Congrats to Sean, winner annual Jim Wall 3m h'cap from Martin and Sean McG. Many thanks to all who helped at the bag pack. Training - Adults: marathon/road/beginners - Mon, Tue, Thu, Fri, 6.30; Sat 10 (for hill training), Sun 8am (long run) clubhouse; Wed 6.0 St Paul's, Sybil Hill C-C/Track - Sat 10.30, St Anne's Pk (Manor Hse entrance), Juveniles: Wed 6.0 Manor House; Sun 10.45 Anne's Pk (beside playground). Gen info 01-8481404/ 01-8345809 See our new-look website at rahenyshamrock.ie.
RATHFARNHAM WSAF: Well done to Sean Hehir winner Nat Half Marathon and to the winning team of Sean, Barry and Mark; also to the winning M50 team of Brendan, Joe, Tommie and the 2nd placed women's team of Donna, Eilis, Helen and W40 team of Vanessa, Norita, Zoe. In all, 26 club members ran; a record in one race. Enter the Rathfarnham 5km today for just €20; race takes place on Sept 25. Long sleeved running top first 900 finishers. Training: Sen/Masters: Mon/Wed, 5.30 & Sun 8.0/9.0 easy runs from clubhouse; Sat 9.0/10.0 pace run, Bushy Park, Children's Playground; Tue 6.30, interval session, Bushy Park; Thu 6.30 PE Bushy Park. Juveniles (8-16) training Mon/Wed 6.30 (Clubhouse). New members of all standards welcome. C: Adam 087-2523092; www.athleticsrathfarnham.ie.
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