

At least 1,000 entries are expected for this year's Rathfarnham 5km run, which takes place on Sunday, September 25 at 10.0.

This Rathfarnham course has proved to be very fast, with a long final-kilometre run downhill to the finish. MARTIN FAGAN from Mullingar Harriers set the men's course record of 13:54 in winning last year's race, while JOHN TRAVERS of Donore Harriers set the Junior course record at 14:18 when placing third.

With host club, Rathfarnham/WSAF AC, winning last Saturday's Woodie's DIY

RATHFARNHAM AIM FOR HOME RULE

National men's team title, hopes are high for a first club team victory in their own promotion.

There is a prize fund of €5,000 for this top-drawer event. The winning man and woman will receive €500 and there is an additional €150 bonus if either course record is broken.

There are cash prizes too for the first six

finishers in the men's and women's races. There will also be prizes for first two in all the usual Master categories (Over 40 to 60) and to encourage more Athletics Ireland clubs to participate, the organisers are offering prizes to the first five mixed teams with two men and two women to score. Two mixed junior team prizes are also up for grabs.

The Rathfarnham 5km is also a big mass-participation event open to walkers, joggers and runners.

This year, the first 900 finishers will receive a special souvenir long-sleeved Technical T-shirt - excellent value for the €20 entry fee - while St Luke's Hospital in Rathgar is the nominated Charity to benefit from the race.

Registration for the event is available at www.athleticsrathfarnham.ie. Enquiries to: peter.claffey@athleticsrathfarnham.ie. Early entry is advised.

UP AND RUNNING

FRANK GREALLY WITH THE LATEST FROM THE LOCAL SCENE upandrunning@independent.ie

Hehir delighted with half marathon victory

SEAN HEHIR of Rathfarnham/WSAF Athletic Club cruised to a comfortable victory in Saturday's Woodie's DIY Half Marathon Challenge & National Championship in Waterford.

Hehir (26) made his winning break close to eight miles from the end and ran on strongly to win his first national road championship in 65 minutes 24 seconds. Brian Maher of Kilkenny City Harriers finished second in 66:40 and Alan O'Shea from Bantry AC placed third in 66:50.

An emotional Hehir was delighted with his victory over a record field of over 800. "It is a great feeling to have won the championship and I am very happy with my performance," he said.

Hehir also led his club to their first ever team victory in this event. Hehir, Barry Minnock and Mark Ryan made up the victorious combination.

It was an extra special day for the Kilkishen, Co Clare native Hehir, as the Dublin-based primary school teacher was appointed club captain

earlier this year by Rathfarnham/WSAF coaching manager Adam Jones.

"It put the icing on the cake to lead the club to team victory," he said.

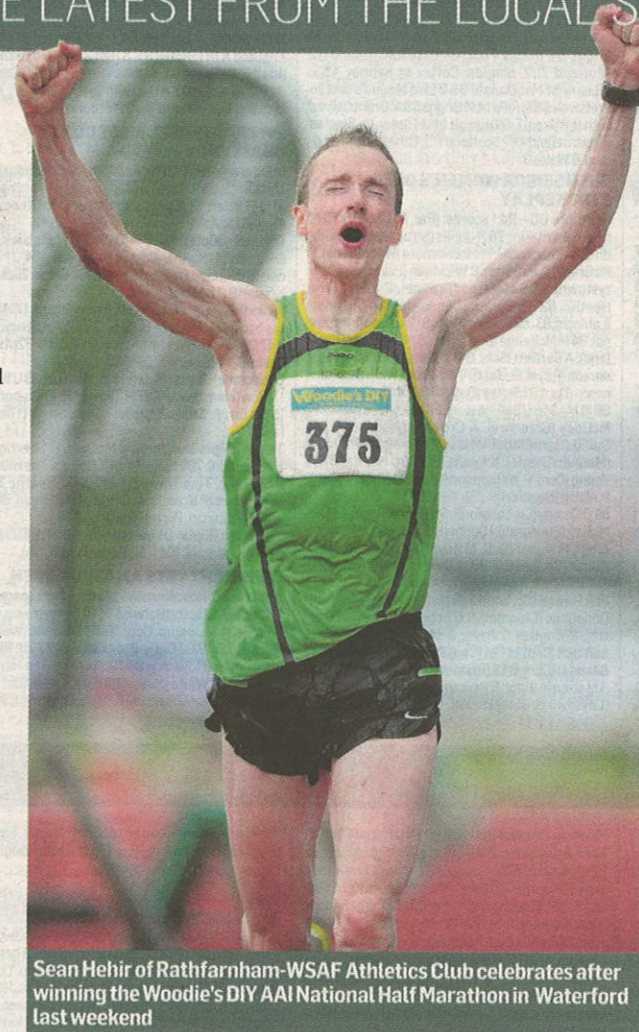
Hehir, who won the National Intermediate Cross-Country title in 2009, is coached by former Olympic marathon runner Dick Hooper.

Ava Hutchinson of Dundrum South Dublin AC won the women's national title in her first race over the distance, finishing in 74:17.

Gladys Ganiel O'Neill of North Belfast AC, who led in the early stages, finished up in second in 75:32 and Julie Turley from Dromore AC placed third in 78:02.

"This was my first half marathon and I found the final mile especially hard," Hutchinson said. The National Cross-Country champion expects to run in the National Lottery Dublin Marathon in October.

The Raheny Shamrock AC team of Eilish Kelly, Annette Kealy and Fiona Roche won the women's team title.



Sean Hehir of Rathfarnham-WSAF Athletics Club celebrates after winning the Woodie's DIY AAI National Half Marathon in Waterford last weekend

Donore open day to showcase classy set-up

DONORE HARRIERS in Chapelizod will host a special open afternoon this Saturday - 12.0 to 2.0 - for potential new members between the ages of eight and 18 at their impressive sports centre and all-weather track.

Donore Harriers has produced 13 Olympians over the years, including JIM McNAMARA and WILLIE DUNNE, who still coach at the club.

Donore now has a thriving juvenile/junior section with inspirational coaches such as JOHN GEOGHEGAN and TONY JENKINS.

Former Irish international JOHN DOWNES is also heavily involved and BARRY POTTS heads up a thriving Fit 4 Life programme that caters for recreational runners.

The Donore Harriers Committee have shown a lot of courage and vision

over many years and today their facilities are of an exceptional standard.

The rubber-type surface is ideal for training and easy on the legs and joints. The club has also installed floodlights at the track - a great addition, especially in the winter months.

"We will have a big welcome for everyone who comes to visit on Saturday," Donore Harriers stalwart MAURICE AHERN said.

"This special open afternoon will give young athletes and their parents a chance to discover what Donore Harriers has to offer.

"All of the club's coaches will be there to talk about training matters and club facilities and services."

For more information contact Maurice at 087-9397633.

DIARY OF EVENTS

SATURDAY

North Leitrim Glens Run 10k and Half Marathon - Manorhamilton, Co Leitrim, 12.0. Entry €32.10 half mar; €21.40 10km. www.northleitrimglensrun.com

Killarney Women's Mini Marathon - 1.0.

marathon; €15 10km. Medals, spot prizes. C: Claire Greene 086 2620688.

Achill Roar - C: www.roar.ie

Braveforce Night Obstacle Run - Novice (4km), inter (5km), elite (10km). Entry €60. www.braveforce.ie

Tri an Mhi XXVI Sprint - Lough Lene, Collinstown, Co Westmeath, 10.0. C: C: trianmhi@gmail.com

Pulse Hollingsworth Sprint Triathlon - Port Beach, Clogherhead, Co Louth. C: Colm Kennedy 086 3050184;

www.pulsetri.com

Tri3 Sprint Triathlon - Kilrush, Co Clare.

Clifden Lifeboat 10km - 2.0. Entry €10 or €25 teams of 4. All funds to Clifden RNLI. Call/text 0851680402 or 0876271288;

www.clifden10k.com

Ballina 10km - 3.0. Mayo ACC&C Cellular Rd League Race 7. C: Marian 086 3644073

Scarriff 10km - 2.0. Entry €10 or €15 on day. C: Eugene Moroney 087 9459412

Templemore 4-mile - Templemore Town Park, Templemore, Co Tipperary. C: Sheelagh Stapleton 087 8294809

Luggacurren 10km - Luggacurren, Stradbally, Co Mayo. C: James Kilbride 087 7567020

Repeat glory for Herlihy and Roche

THERE WERE repeat wins for Michael Herlihy and Tracey Roche at the Tom Fitzpatrick Memorial 10km at Liscarroll on Friday last, an event which was also the penultimate race in the Ballyhoura Active Series.

Herlihy, a member of the North Cork club and co-ordinator of the series, came home a clear winner, his 32:57 over a minute ahead of

Marathon on Saturday and then travelled to Skibbereen on Sunday. Gerry plans on completing his 100th marathon in Dublin in October.

The John Buckley Sports/Cork Half Marathon, promoted by St Finbarr's AC, takes place this Sunday - the 22nd running of the event. Sunday's race gets under way at 11.0 with entries (at €25) available on the morning.

Wexford Cancer Dun