

RATHFARNHAM 5K PROVES BIG DRAW AS ENTRIES POISED TO HIT 1,000-MARK

SUNDAY'S annual Rathfarnham 5k Road Race looks set to reach the 1,000-entry mark for the first time.

Entries have been flowing in at

pace and race director PJ Claffey is confident that a record number will show up for the 10.0 start.

Late entries will be accepted (€30) at the race HQ in Terenure

College from 8.0 to 9.30, but this late entry service may close early if the 1,000-mark is breached.

Runners will receive a long-sleeved souvenir T shirt sponsored by Sub 4 online running shop. There is also a goodie bag sponsored by Wheelworx.

This year's event also has five

team prizes for mixed groups comprising two men and two women - a novel approach to team competition.

The course is flat and reputed to be the fastest 5km route in the country.

The event embraces club and recreational runners and it is organised by one of the most

progressive athletic clubs in Ireland: Rathfarnham/WSAF AC, whose men's team recently won the National Half-Marathon title in Waterford.

There will be post-race refreshments and prize giving in Terenure College.

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UP AND RUNNING

FRANK GREALLY WITH THE LATEST NEWS FROM THE LOCAL RUNNING SCENE

Ex-Olympians heading west

IT will be a busy weekend in the west with road events taking place in Mayo, Sligo and Galway.

In Mayo on Saturday, the Ballyhaunis 8km Road Race brings the curtain down on the Mayo AC 2011 Road League - a highly successful series of summer events.

Among the special guests running in Ballyhaunis are, former Olympians **Jerry Kiernan**, **David Matthews** and **Noel Berkeley**, as well as author **Gerry Duffy** of 'Who Dares, Runs' fame.

Late entries for this 4.0 event will be taken at Ballyhaunis Rugby Club, Doctors' Road, Ballyhaunis, up to one hour before the event. See www.mayoac.com or call Martin Fitzmaurice on 087 2455989.

The Athletics Sligo Women's 5km Road Race starts at 1.0 on Sunday from St Mary's GAA Club. Registration on the day opens at 11.0. Contact Terry Hayes on 087 2274622.

Sunday is also the day for the annual Loughrea Road Race in Galway - the Grey Lake 10k. This is a race with a

top pedigree and a big entry is expected for the event, which starts at 2.20.

The junior race at 1.30 is also expected to attract a big crowd. There is also a children's race, which last year attracted an entry of over 600.

A special guest at Sunday's Loughrea race will be former World Marathon record holder **Steve Jones** of Wales.

For more information visit www.loughreaathleticclub.com Entry is still available online at www.runireland.com.

With over 400 participants, last Sunday's Charleville Half-Marathon and relay event was a great success and the quality on show made it one of the most competitive races seen in the Cork area for some time.

Alan O'Shea, third in the Woodie's DIY National Half-Marathon two weeks previously, ran 50 seconds faster on this occasion to finish in 67 minutes flat, 34-seconds clear of **Vinny Mulvey** (Raheny Shamrock AC).

Bantry man O'Shea set his usual blistering pace, going through the first five miles in 24:30. At the halfway mark, he



Mark Hoey crosses the line to win the National Lottery Half Marathon last weekend

was 45 seconds ahead of Mulvey and although the Raheny athlete closed the gap slightly, O'Shea had enough in hand to hold on for victory.

Another Dublin runner, **Gary O'Hanlon** of Clonliffe

Harriers, took third spot in 68:00, with **Martin Doody** from Limerick fourth.

It has certainly been a busy eight days for Clonmel's **Angela McCann** as she notched up three half-marathons in that

HOEY STARS IN PHOENIX PARK

FORMER Irish junior cross-country international **Mark Hoey** from Star of the Sea club in Meath raced to an impressive victory in Saturday's National Lottery Half-Marathon in the Phoenix Park, an event that received many compliments from participants for its high level of organisation.

Hoey (24), who comes from Smithstown in Meath, came through in the final five miles after early race leader **Seamus Power** (Kilmurray/Ibrickane) was forced to slow down with a stitch.

Hoey finished strongly in a personal best time of 68:50 in only his third race over the distance. Last year the landscape gardener finished sixth in the same event, but Saturday's winning performance was his best career performance to date.

"It is a great feeling to have won such a big event with a huge entry," Hoey said. Hoey started out his athletics career with Dunleer Athletic Club before moving to Star of the Sea. He also spent a year on an Athletics Scholarship in America.

Martin Conroy from Sligo AC finished second in 69:29 and **Patrick**

Cassidy (Glaslough Harriers) placed third in 69:36.

Power struggled over the final miles but still finished sixth in 71:28. And there was an impressive performance too by Hoey's coach, **David Carrie**, who placed 11th in 73:29 to win the men's Over-45 category.

There was a personal best too for **Siobhan O'Doherty** of Borrisokane AC in Tipperary, who coasted to victory in the women's race in 76:25, her best performance since finishing second in this year's Mini-Marathon.

Annette Kealy of Raheny Shamrock AC finished second and another Raheny Shamrock runner, **Lorraine Manning**, placed third in 79:54. **Angela McCann** from Clonmel AC finished fourth in 80:15 and then went on to win the race on the following day at the inaugural Charleville Half-Marathon in Cork.

Carrie, meanwhile, is training a big group of runners - Team Carrie - for this year's National Lottery Dublin Marathon. The entries are coming in fast and early entry is advised. Online entry is available at www.dublinmarathon.ie.

short time, winning two and finishing fourth in the other.

Having won the Cork event at Blarney last Sunday week in 83:10, the 40-year-old then finished fourth in the Phoenix Park on Saturday (80:15)

before cruising to a two-minute victory over **Tracey Roche** at Charleville in 81:04.

And, for good measure, just two weeks ago McCann ran the National Half-Marathon in Waterford in 78:51.

DIARY OF EVENTS

SATURDAY

Drumragh 10k, Run West Series. C: pbdonnelly@hotmail.co.uk
Donadea Run Series race 3 (10k), Donadea Forest Park, Co Kildare 10.0. C: tonvclievents@aol.com

St Michael's AC Portarlington 10k. C: Elaine 087 6174048
Grey Lake 10k, Loughrea, 2.30. Also junior race 1.30. C: David 086 8888848
The Feakle Challenge, Co Clare, 2.0. C: karolmcmahon@eircom.net

Hills, trails & orienteering

SATURDAY

British and Irish Junior

Blacksod Point Challenge, Belmullet. C: 087 6147032, kilmorettri@gmail.com
Velvet Strand Sprint Triathlon, Portmarnock. C: Paul Norton 01 8397888
Model Duathlon, Co Armagh, 2.0. paddy.duffy@newryandmourne.gov.uk

Track and field

SATURDAY

Irish Schools Multi-Events

UNIQUE RACE IN ATHLONE

IRELAND'S only three-quarter-length marathon takes place in Glasson near Athlone, on Sunday week, starting at 11.0.

The distance to be covered (19.66 miles or 31.64 km) is ideal for those preparing for the National Lottery Dublin Marathon four weeks later.

The route is over quiet rural roads and was very well received when first run last year, with over 400 runners taking part. It is popular for those looking to make a step up from the half-marathon distance in preparation for the challenges of the full