ADY BIDS FOR BALLYFIN: Tullamore's Liam ly, Ryan McDermott of Dromore and Sean Tobin from Clonwill lead the men's race entry at the AB Travel Ballyfin Junior is in Emo Court, Co Laois on October 8.

rady, third in the first running of the event in 2009 and seclast year, has since won an U19 All-Ireland cross-country title the Celtic junior international. Former winner and last year's er-up Mary Mulhare leads the women's entry.

TRIES ALREADY FOR BELFAST: Entries are ady coming in for next year's 31st Deep RiverRock Belfast City athon on May 7. Last year, 20,000 people took part in the athon, the marathon relay and associated events. Entry fee is £33 or £80 for relay teams at www.belfastcitymarathon.com.

-OLYMPIANS AT BALLYHAUNIS: Former mpian Noel Berkeley has become a Cork BHAA race regular last weekend made a worthwhile trip to Connacht, where he the Ballyhaunis 8km. Another ex-Olympian in action was nliffe's Jerry Kiernan who finished third over 50 behind Domo an and Billy Gallagher. Mary Gleeson was first woman.

ARREY ENJOYS ADVENTURE: A total of 363 ed out for the Wicklow Adventure Race based in Powerurt. Winner of the long 65km was Padraig Marrey in 3 hours 9 utes. Emma Donlon was first woman in 3.40. Eanna Cunnane Linda Haug were the shorter 35km race winners.

THE DISTANCE | Long-distance junkies are spoilt choice this weekend, with the Cork to Cobh 15-mile, the Ione Three-Quarter Marathon and the Causeway Coast Maran and Half Marathon in Co Antrim. In Athlone, pacemakers are offer in four time categories, as well as split times for the rter- and half-marathon. Late entries at €49 are available.

ALISTER TRIUMPHS: Joe McAlister of St achy's led home 728 finishers at the Bangor 10km, finishing in 3. Kerry Harty was eighth overall and first woman, one place ad of Gladys Ganiel O'Neill. Lizzie Lee beat Claire Gibbons Carthy to win the Cork Women's Mini Marathon.

SWEENEY SURGES RATHARNHAM

BETWEEN the perfect weath- WSAF, the rejuvenated Tommy er conditions, a record entry and a commanding victory for Joe Sweeney, the organisers of best to keep in touch. last Sunday's Rathfarnham 5km had plenty to smile about.

Over 800 had entered the race and 721 finished - a record for this race, first held in 1998 when 523 finished.

Many were repeat customers using the race either as a test of their fitness after the long summer months or as a fast legspinner on the roads before the slog of crosscountry.

Up front, Sweeney (pictured), second in 2010 behind Mark Fagan, was the clear favourite, and he pushed the pace from the start. Behind him Sean Hehir of host club Rathfarnham

ATUIFFICE CLUD NOTICE DOADS

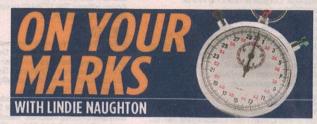
Evans of Gowran and Donore's John Travers were doing their

There was no catching the flying Dundrum South Dublin man, however, and he came home comfortably in 14 minutes 18 seconds - slightly slower than a year earlier.

Sean Hehir, who is preparing for the cross-country season and a spring marathon, was

happy enough to finish second, as was Evans in third place. John Travers, third last content with fifth this time after he was edged out by the veteran Shane Healy.

Healy,



made the 1500m semi-finals at was followed soon after by the the 1996 Olympics, has a new goal. At the age of 42, he wants to become the first man over 40 to run a sub-four minute mile Manning and Orla O'Mahoney. outdoors.

Eamonn Coghlan remains year, had to be the only man over 40 to have achieved this feat indoors.

BATTLING

Making it a DSD double when first junior woman. she won the women's race was the newly married Aoife Liffey Valley's Tom O'Connor. Culhane, formerly Byrne,

Raheny quartet of Annette Kealy, who was also first over 40, Aoife Talty, Lorraine

For Manning, it was only her second race after a summer spent battling injury.

Raheny also took the junior prizes, with Kevin Dooney 10th overall and Chloe Doran the

Finishing first over 50 was

In the inaugural race 14 years She finished in 16:54 and ago, O'Connor finished fourth.