

## Healy planning outdoor Sub-4

THE big talking point after last Sunday's Rathfarnham 5km Road Race, which attracted an entry of over 800, was the impressive fourth place performance by former Olympian **Shane Healy**, who finished as the top Master in the event.

**Joe Sweeney** of Dundrum South Dublin AC took an early lead on the downhill, first kilometre and coasted to a comfortable victory in 14 minutes 16 seconds. Sweeney, who plans on running a marathon next spring, finished second in the same event last year.

National Half-Marathon champion **Sean Hehir**, wearing the colours of the promoting club, chased Sweeney home for second spot in 14:50 and **Tommy Evans** (Gowran A.C.) took third in 14:58.

**Aoife Culhane** made it a DSD double when winning the women's race in 16:41 from **Annette Kealy** (Raheny Shamrock AC) 16:50 and her club-mate **Aoife Talty**, who placed third in 16:54.

However, it was the spirited performance by Healy in 15:11 – just ahead of Donore's **John Travers** – that stood out on the day. It is over 13 years since Healy had put on a pair of training shoes. A semi-finalist at 1500 meters in the Atlanta Olympics of 1996, Healy only returned to running when his friend **Dermot McDermott** asked him to coach former European Junior 1500m Champion **Colin Costello**, who was planning a return to racing.

Back in 1996, Healy, who was coached by Eamonn Coghlan, ran 3:36.58 for 1500m in Madrid to qualify for the Atlanta Olympics. A year later he set a personal best of 3:35.29 in Brussels – a time that has seldom been bettered since by an Irish athlete.

Now Healy, who turns 43 next week, aims to be the first runner over 40 to break four minutes for the mile outdoors. Coghlan delivered his Sub-4 minute over-40 effort of 3:58.13 in an indoor race in the USA in 1994.



### IN THE PICTURE

Former Olympian Shane Healy made a great comeback to comeback to competition on Sunday to finish fourth in the

Rathfarnham 5km Road Race. Healy wants to be the first over 40 runner in the world to break four minutes for the mile.

## Former Olympians show age is no barrier

IT was a weekend when former Olympians showed that age does not have to be a limiting factor, as in Ballyhaunis on Saturday where NOEL BERKELEY of DSD led the field home in the annual 8km road race – the final race in the Mayo AC Road League.

Berkeley, who competed in the Barcelona Olympics, travelled by motorbike from his home in Middleton in east Cork to compete in the event and finished in 25:54 to take the men's race ahead of ROGER BARRETT (Ballina AC), 25:56 and

MICHAEL CANTY (Ballina AC), 26:38. Another former Olympian, JERRY KIERNAN finished third in the over-50 Masters category in 31:10.

"I enjoyed the spin to the west as well as the race," Berkeley said.

There was a clean sweep for Mayo AC athletes in the women's race where MARY GLEESON notched up victory in 29:16. COLETTE TUOHY placed second in 30:49 and ANNE LENNON was third in 31:28. There was a big cheer too for 81-year-old local SEAN DOONER who finished the course in 59:15.

## Lynskey blazes a trail out West

MAYO'S ANDREW LYNKEY won last Saturday's inaugural Great Western Greenway 10k – a trail run that took place between Westport and Newport.

Lynskey came home

in 36:47 closely followed by DAVID HARPER (Westport, 36:49) and BRENDAN CONWAY (Mayo, 37:12).

KATHLEEN BARRY (Partry) won the women's race in 43:15.

### DIARY OF EVENTS

#### TOMORROW

Run Kerry Run Tralee 5 mile, C: [www.runkerryrun.com](http://www.runkerryrun.com)

#### SATURDAY

Valentia Island Half-Marathon, Co Kerry, 12.0. C: [www.valentiaislandtriathlonclub.ie](http://www.valentiaislandtriathlonclub.ie)

Rosscarbery Steam Engine 5km Fun Run & Walk, 3.30. C: Denis Calnan 086 6315057

Galway Bay Half-Marathon, 11.0. Also 10km. C: [www.galwaybayhalfmarathon.com](http://www.galwaybayhalfmarathon.com)

Ballina Fit for Life 8km, 4.0. C: Michele Reynolds 086 4180159

#### SUNDAY

Athlone 3/4 Marathon (31.644 km), Glasheen, Athlone, 11.0. C: Barry 087 2424237; [www.athlone3quarter.com](http://www.athlone3quarter.com)

Liz McDonnell 5km, Celbridge, 1.30. C: Lisa Dixon 087 6326693, Tony McDonagh 086 8158507.

Drum Youth Project and Health Café 5km, Castle Park, Kilkenny, 12.0. C: Rosie O'Brien 086 6064110. [Facebook.com/drumyouthcentre](http://Facebook.com/drumyouthcentre)

BHAA 'Sports Supplies' Cork-Cobh, 9.30. C: Kevin Cummins 021 4292509.

Grange 10km, Grange, Co Sligo. C: Michael 087 2526841

Ballyholland 10km, TBC. C: Paul Coulter 07766517044; [paulbootcamp@hotmail.com](mailto:paulbootcamp@hotmail.com)

Desertmartin 5 Mile, TBC. C: [Bbradley34@hotmail.com](mailto:Bbradley34@hotmail.com)

#### TUESDAY

West Waterford Fit for Life Challenge 5-Week League, Friary College, Dungarvan, Co Waterford. C: Norma Wall 087 9385965

#### THURSDAY

West Waterford Fit for Life Autumn League, Friary College, Dungarvan, Co Waterford. C: Norma Wall 087 9385965.

### Triathlon/Duathlon

#### SATURDAY

Eireman Off-Road Triathlon (or Duathlon), Courtown, Co Wexford. C: [www.eireman.org](http://www.eireman.org). Eoin Ryan 086-3060890.

### Hills, trails & orienteering

#### SATURDAY

Stone Cross to Lug Relay (53km) 8.0, Wicklow. C: [www.imra.ie](http://www.imra.ie)

#### SUNDAY

Dublin 'Come-and-try-it', Marlay Park, 11.0 to 1.0.

Cork Autumn League/Family Day No 3, Curragh Wood.

### Cross-Country

#### SUNDAY

AAI County Novice Cross-Country Championships, Dublin Novice C-C Championships, Phoenix Park, 1.30  
Dublin Juvenile League 3, 11.0.

### IN-FORM LEE HITS TOP GEAR

LEEVALE runner LIZZIE LEE, second last year to KERRY HARTY, capped a successful 12 months with an impressive victory in last Sunday's Cork Women's Mini-Marathon.

Lee was pressed all the way by CLAIRE GIBBONS-McCARTHY of St Finbarr's, with ORLA DRUMM (UCC) finishing third.

Lee made her move around halfway and opened a slight gap on Gibbons-McCarthy, which she held all the way to finish in 21:58 – seven seconds ahead of her nearest rival.

For Gibbons-McCarthy, it was her third time finishing runner-up in the race, to add to her three third-place finishes. Drumm held on for third with the consistent CARMEL CROWLEY from Bandon taking fourth.

### ROAD RACES PROVING POPULAR AS EVER

BIG entries are expected for two popular road events this weekend – the Galway Bay Half-Marathon and 10km on Saturday, and the Athlone three-quarter Marathon, which takes place on Sunday.

Information on the Galway event is at [www.galwaybayhalfmarathon.com](http://www.galwaybayhalfmarathon.com). The Athlone contact is [www.athlone3quarter.com](http://www.athlone3quarter.com).

### TORRES STORMS TO LOUGHREA 10K SUCCESS

HEAVY rain made things difficult at last Sunday's Grey Lake 10k in Loughrea, where American JORGE TORRES won in 30:58 from MICHAEL SHANNON (Kilnaboy), 32:09 and GERRY RYAN (Craughwell), 32:15.

FREYA MURRAY, from Edinburgh, won the women's event in 35:47 from LAURA SHAUGNESSY, and MARIAN BURKE.