

HEHIR AND RYAN SET TO BATTLE IT OUT ON THE STREETS OF TUAM

THE eighth running of the Tuam Athletic Club 8km Road Race takes place on Sunday at 2.30. This race started back in 2005, when 130

entrants took to the streets of Tuam in County Galway. The race entry has grown steadily every year since and last year just over 400 completed the

traditional two-lap course around the town.

Major road works in and around the town of Tuam has resulted in a new single-lap, fast, flat course being designed for this year's event and a record entry of more than 500 is expected.

Sean Hehir (Rathfarham WSAF

AC), who recently won the Fields of Athlery 10k, will be taking part, as will three-time race winner **Gerry Ryan**.

The women's race should also provide an interesting contest and it is expected that **Veronica Coleran** will return to defend her title.

The first 300 entrants into

Sunday's race will receive a 3-pack of top-quality Keltanji running socks. Entry fee is €15 and there is a €1,200 cash prize fund, including all age category winners and team prizes.

Online entry is available via www.rtmireland.com. Late entries will be taken on the day. For further info visit www.tuamac.com.

UP AND RUNNING

FRANK GREALLY WITH THE LATEST NEWS FROM THE LOCAL RUNNING SCENE



The award winners at the Athletic Association of Ireland Leinster Star Awards dinner in Carlow last Saturday

Brilliant Britton tops Leinster honours list

THE Athletic Association of Ireland Leinster Star Awards Dinner took place on Saturday night in the Seven Oaks Hotel in Carlow.

It was a most enjoyable social occasion and honoured high-level achievers in athletics from each of the Leinster counties, as well as four great long-standing volunteers to the sport.

This was the 21st anniversary of the Leinster Star Awards and the overall Outstanding Achievement Award went to European Cross-Country champion **Fionnuala Britton** from Killocoole AC, who had continued on her winning way on the international front with a great victory in the Edinburgh cross-country event earlier in the day.

The Wicklow star was unable to attend the awards dinner, but she sent a written message expressing her pride and delight at being chosen for the Outstanding Achievement Award.

"It was in the Wicklow and the Leinster Championships

where I first discovered my love for cross-country," Britton wrote in her message.

"I would like to thank the people in both organisations that helped, encouraged and supported me along the journey to winning a European Championship."

There was special cheer too for the recipients of the 2011 Outstanding Service to Athletics Awards - **PJ McGrath** (Meath), **Mick Hayden** (Offaly), **Sean Lynch** (Kilkenny) and **Pl Curran** (Carlow).

COUNTY AWARD WINNERS

CARLOW - Lauren Dwyer (St Laurence O'Toole's AC), Adam Murphy (SLOT), Olawale Egbeyemi (SLOT)

DUBLIN - Siotra Cleirigh Butner (DSD), Ian Guiden (Clonliffe Harriers), Sean Hehir (Rathfarham/WSAF AC), **KILDARE** - Sinead Lawlor (Celbridge AC), Eoin Moore (Celbridge AC), Paula Reilly (Celbridge AC)

KILKENNY - Caitiona Twomey (Kilkenny City Harriers), Jack Saunders (St Joseph's AC), Eoin

Mudlowney (Castlecomer AC), **LAOIS** - Nessa Millett (St Abban's AC), Conor Daly (St Abban's AC), Aidan Kelly (St Abban's AC)

LOUTH - Amy McTeggart (Boyne AC), Mark Rogers (St Peter's AC), Geraldine Finnegan (Dunleer AC), **MEATH** - Alison Daly (Na Flanna AC), Garrett Kelly (St Andrew's AC), Darragh Rennicks (Bohermeen AC), **OFFALY** - Eileen Rafter (Tullamore Harriers), Dean Power (Tullamore Harriers), Joseph Mulligan (Tullamore Harriers)

WESTMEATH - Linda Conroy (Mullingar Harriers), Padraig Moran (Mullingar Harriers), Paddy Kelly (Mullingar Harriers), **WEXFORD** - Catherine Corcoran (Bree AC), Colin Nolan (Emmiscoorthy AC), Francesca Revilla (Menapians AC)

WICKLOW - Claire Foley, (Greystones and District AC), Roman Marah (Roundwood and District AC), Jim Boland (St Cualann AC)

SPECIAL STAR RECIPIENT - THROWS: Killian Barry, (Crusaders AC), **STAR RECIPIENT - WALKS:** Eael Glennon (Mullingar Harriers),

Fixtures

TOMORROW

Art O'Neill Challenge trek start 11.59pm: Ultra run starts 2.08pm. From Dublin Castle to Glenmalur Valley; 25km road; 30km off-road; C: 086-3997278. www.artoneillchallenge.ie

SATURDAY

Orienteering: Dublin by Night Phoenix Park. www.orienteeing.ie

SUNDAY

Woodies DIY Masters Indoors Championships, Nenagh. Leinster Senior and Junior C-C Championships, Kilmacow, Co. Kilkenny. **New Year 8km**, Tuam, 2.30 Entry €15. Chip timing; 3-Pack Keltanji top socks first 300 entries. www.tuamac.com **Orienteering Phoenix Park**, 11-11.0. C.www.orienteeing.ie

TUESDAY

ALSAA Winter/Spring Track series (3000m), Ailsa, Dublin Airport, 7.30. Entry €4, Novices, Juniors welcome. For further information, contact: Gerry 087-2133244.

Top events filling up fast as huge demand swells entry numbers

IT looks like there is a busy season ahead on the Irish road-running scene as events like the John Treacy Dungarvan 10 on January 29 and the Ballycooton 10 on March 4 are already closed for entries.

The RTE Operation Transformation 5k in the Phoenix Park on February 18 is also full to the 5,000 entry capacity after only three days of promotion. The 1,500 entry limit for the John Treacy Dungarvan 10 was reached during Christmas week. The annual Ballycooton 10 was sold out before Christmas.

Another top road race that is fast filling up is the annual AXA Raheny 5 Mile, which takes place on Sunday, January 29. The online entry for this event is now open at www.rahenyshamrockle. Race director Pat Hooper can be contacted at 086 8158052.

Meanwhile, European Cross-Country champion **Fionnuala Britton** this week helped launch the annual Great Ireland Run 10k, which takes place in the Phoenix Park on Sunday, April 15. This is the 10th anniversary of the event in Dublin and the organisers have an entry target of 12,000 for this year's race.

RTE2 will again show the race live. The Great Ireland Run will also incorporate the Athletics Ireland National 10k Championships. This year's nominated charities are the Marie Keating Foundation and the Jack & Jill Foundation.

The online entry service is now open at www.greatirelandrun.org. The hotline for the event is: 1890-930-139.

Fitzpatrick cruises home

THOMAS FITZPATRICK (Individual) was a clear winner of Saturday's South Dublin County Council 4-mile Cross-Country race at Tymon Park. Fitzpatrick headed into an early lead and finished strongly in 21:36, comfortably clear of **Mick Clonisey** (SPAR, 21:49) and **John Eves** (UCD, 22:09).

Niamh Devlin (UCD) took the women's race over two miles in 11:49, ahead of **Catherine Devitt** (Research Consultant, 11:57) and **Fiona Mahon** (Primary Teachers, 12:16).

The next BHAA race is at Firhouse on Saturday, January 21, when the Eitricom/Meteor Cross-Country events take place.

Traynor is the top Master

MICK TRAYNOR of Raheny Shamrock AC raised some local cheer on Sunday when he regained his Dublin Masters Cross-Country title at St Anne's Park.

He finished clear of **Declan Power** of Clonliffe Harriers. **Nick Boyle** took third place. **Donna Evans** of Rathfarham WSAF AC

coasted to a comfortable victory in the women's race ahead of **Anne Curley** of Donore Harriers and **Lucy Darcy** of Sport World AC. The biggest cheer of the day was reserved for 88-year-old **Nick Conish** from the promoting club, who continues to compete with distinction.