

# LINDA ENJOYS 'TEMPO' WIN



LINDA BYRNE'S last minute decision to run the Rathfarnham 5km as her first race since the marathon at London 2012 proved worthwhile when she finished first woman, taking home the generous €400 cheque on offer to the race winners.

Not that it came easy - the Dundrum South Dublin athlete (pictured) was chased all the way by transplanted Cork woman Olive Drumm, who now lives in Dublin and runs with Crusaders.

## TEMPO

"I was down to do a tempo run today, so this suited me fine, although Orla pushed me hard - that first mile was savage," said Byrne after her victory in a time of 16 minutes 11 seconds.

Her big aim for the winter is the European Cross-Country Championships in December.

"We could have a good team - myself and Ava Hutchinson, along with Mary Cullen, who's back training, and, of course, Fionnuala Britton," she says.

Wicklow woman Britton won the European title last year and will defend

her title in Budapest, Hungary.

Byrne had found the marathon in London - only her second ever - challenging. "It was three laps of a very twisty course and the heavy rain made it slippery. Still, I'm pleased enough with how I did. I'll run a spring marathon next year and hope to get closer to 2 hours 30 minutes."

Finishing third of the women was Donore's Barbara Cleary, with Theresa McGloin fourth and Hannah Dalton of Templeogue the first junior.

## TANDEM

In the men's race, Dunshaughlin junior Thomas Moran almost caused a sensational upset when he sprinted to the line in tandem with Dunleer's experienced Martin Quinn. Quinn got it by a whisker, winning in 15 minutes, with Moran, who is studying in UCD, one second behind and Raheny's Cillian O'Leary just beating Thomas Hayes of Kilkenny for third.

A record entry of 1,200 had signed up for the race with the oldest of them being Civil Service's Brendan Earley. Brendan, who admits to being "over 80", still runs about 30 miles a week spread over six days. "Getting slower all the time!" he says, with a grin. He still finished far from last of the 1,015 finishers. A true inspiration!



# ATHLETICS CLUB NOTICE BOARD

**DON'T** forget to update YOUR club notes regularly. Information - briefly please! - no later than Monday evening to [inaughton@herald.ie](mailto:inaughton@herald.ie). Or text 086-1023306. Keep your members up to date - contact the EVENING HERALD now!

**BLACKROCK:** Congrats to Gerry on his run at Rathfarnham 5km; his last race before Sun's Berlin Marathon. Good luck Gerry! Well done also Clare who ran the Charleville Half Marathon in 1:46:33. For training times contact Patricia or Paddy 01-2840446.

**BUSINESS HOUSES ATHLETIC ASSOCIATION:** Next events - Dublin Teachers' C-C, Castleknock College, Sat Oct 13 (11am). Entry for BHAA races is €10, plus one-off €15 annual reg fee. Or €15 guests. C: 01-6232250; [www.bhaa.ie](http://www.bhaa.ie)

**CIVIL SERVICE HARRIERS:** Training Tues and Thurs 7pm, Sat 10am and Sun 9am. Training Tue/Thu 7pm; Sat 10am, Sun 9am from clubhouse in Phoenix Park. See [www.phoenixparkrunners.ie](http://www.phoenixparkrunners.ie).

**CLONLIFFE HARRIERS:** Well done to Sergiu winner Charleville Half Marathon, Gary 4th, Michael 8th and Alish 6th woman. At Rathfarnham 5km, Brian came 10th with Becky 10th woman and Aisling 3rd W40. Training: Tue/Thu 7.0; Sun 11.0. Contacts: Gladys or Joe Cooper 01-4304533 (juveniles); Peter McDermott 01-8374370 (seniors); Pamela Cooper (women's capt) 086-1503015. [www.clonliffeharrisersac.com](http://www.clonliffeharrisersac.com).

**DONORE HARRIERS:** Great runs all round at Rathfarnham 5km from Gavin (pb), Sam, Barbara (3rd woman), Oisín, Dervla (pb), Ide (pb), Sinead (pb), Des, Barbara M, Breda (pb), Samantha, Jim Mc, Michele Murphy, Tom and Betty; also from Barbara at Monaghan 5km, Terry 4th M60 Star of the Sea C-C and Emmet at Charleville Half Marathon. AGM Thu Sept 27; all members please attend. Training: Donore Sports Centre, Chapelzod Road, Tues/Thurs 6.45, Sat/Sun 10.0; FFL/Meet and Train Wed 6.45. New members welcome. Contact 01-6266209; [www.donoreharrisers.com](http://www.donoreharrisers.com).

**DUBLIN ATHLETICS BOARD:** Winter dates: Senior - Oct 14 Novice C-C, Phoenix Pk (1pm); Oct 21 Gerry Farnam C-C, Phoenix Pk (2.15pm); Nov 4 Sen/Jun C-C, Santry; Nov 18 Inter C-C, Tymon; Jan 12, Master's C-C, St Anne's. Juvenile Lge: Sept 30, Oct 14, 21, all Phoenix Pk. Juvenile C'ships: Nov 4, even ages, Santry; Nov 11, uneven ages, Marley. Full list of 2012/13 fixtures at our new look website; online reg coming soon! [www.dublinathletics.com](http://www.dublinathletics.com).

**DUNBOYNE AC:** At Star of the Sea C-C, Rory K was 15th and Rory O'N 25th, with Emilia 4th woman and 1st W40. Good runs also from juveniles Dara, Daniel, Claran, Aobhain, Doireann, Abigail, Victoria, Anna, Kate, Faye. At Charleville Half Mar, Tony ran 1:28.44 (pb). Well done also Darragh 6th inter boys at Leinster Schools Combined Events. Training - Roeske Rd (beside GAA club) sen/vets Tue/Thu 7.0, FFL/Meet and Train 8.0; juveniles Mon/Wed 7.0. C: Seniors - Phelim Glynn 01-8252670; juveniles Siobhan Lavin 01-8251241; [www.dunboyneac.com](http://www.dunboyneac.com).

**DUNDRUM SOUTH DUBLIN:** Well done to Linda 1st Rathfarnham 5km in her first run after London 2012; good runs also Olivia 9th woman, Mark 20th, Sheelagh 1st W50,

Sorcha, Sarah, Emer, Lisa, Niamh, Barbara and Aisling. At British and Irish Mountain Running C'ships, Killian was 2nd and Andrew 14th M18; Liam 3rd and Julian 14th M16, Claire 5th and Sarah 8th W18. Good luck to juveniles in Sun's Dublin C-C league. Training times: contact Liz McDonagh 01-2984973; [elizmac@eircom.net](mailto:elizmac@eircom.net) or [www.dsdaac.com](http://www.dsdaac.com)

**IRISH MASTERS ATHLETICS ASSOC:** Trials for British and Irish Masters C-C, Sun Oct 21, Phoenix Pk. If you're over 35, why not join us? Contact Anne 087-9563134 or see [www.irishmastersathletics.com](http://www.irishmastersathletics.com).

**IRISH MOUNTAIN RUNNING ASSOC:** Hill running now takes a rest until the end of season Slievnamon race in Kilsash on Nov 10 to be followed by agm. Race entry €7, plus one-off €10 annual reg fee. C: [www.imra.ie](http://www.imra.ie).

**LIFFEY VALLEY:** Agm, Thu Sept 27 (8.30pm). Training - Tue/Thu 7.0; Sat/Sun 10.0 from clubhouse in Islandbridge beside Memorial Park entrance. Info 01-6241609; [www.liffeyvalleyac](http://www.liffeyvalleyac)

**MEET & TRAIN:** Meeting Oct 1 (7.30pm), Donore Sports Centre to discuss winter races and new format and summer race league Rd 3; contact Sue with ideas. C: 086-2327570/ [www.womensmeetandtrain.blogspot.com](http://www.womensmeetandtrain.blogspot.com).

**ORIENTEERING:** Leinster C'ships Sun Sept 30; see [loc2012.wordpress.com](http://loc2012.wordpress.com). Practice on permanent courses at Ticknock, Hellfire, Carrickgollogan and Donadea; see [www.coillteoutdoors.ie](http://www.coillteoutdoors.ie). Full fixture list [www.orienteering.ie](http://www.orienteering.ie)

**RAHENY SHAMROCK:** At the Rathfarnham 5km, Cillian was 3rd; good runs also Simon Reece, Colm, making his Shamrocks debut, Lorraine, Annette 1st W40, Simon 16.49; Dave G 16.56; Brian 17.32; Patrycja, John C, Alan, Niall Mc, Niall P, Karen, Connor, Liam. At Charleville Half Mar, Barbara was 2nd, while at the Star of the Sea C-C, Damian was 6th and 1st M40, with good runs from Mick T 12th and Mick G. Agm Thu Sept 27 (8pm), clubhouse. Training - Adults: marathon/road/beginners - Mon, Tue, Thu, Fri, 6.30; Sat 10 (for hill training), Sun 8am (long run) clubhouse; Wed 6.0 St Paul's, Sybil Hill C-C/Track - Sat 10.30, St Anne's Pk (Manor Hse entrance). Juveniles: Wed 6.0 Manor House; Sun 10.45 Anne's Pk (beside playground). Gen info 01-8481404/ 01-8345809; [www.rahenyshamrock.ie](http://www.rahenyshamrock.ie).

**RATHFARNHAM WSAF:** Well done to the record number of you who finished the Rathfarnham 5km, in perfect running conditions. Great wins from Martin and Linda. Thank you to all members who helped on the day. Training: Sen/Masters - Mon/Wed, 5.30 and Sun 8.9am, easy runs from clubhouse; Sat 9.0/10.0 pace run, Bushy Park, children's playground; Tues 6.30, Bushy Park, interval session, Thu 6.30, PE Bushy Park. Juvenile (8-16) - Mon/Wed, clubhouse, 6.30pm. Contact Adam at 087 2523092. [www.athleticsrathfarnham.ie](http://www.athleticsrathfarnham.ie) or Facebook.

**TALLAGHT AC:** Tallaght 5-Mile, Sun Oct 7 (10.30). Training Mon/Wed 6.0; Tues/Thurs 7.0; meet clubhouse Greenhills Rd C: 01-4514844; [www.tallaghtac.ie](http://www.tallaghtac.ie)

**THURLES CROKES AC:** Rathfarnham 5km - good runs Dennis 16.17, Liam 19.19. At Kilselan 10km in Tipp, Dave was 7th and Marie 3rd woman, while at the Charleville Half Mar, Shane was 24th, Declan 2nd M40 79.03 with good runs Billy, John O'S and Austin. Info 087-2800484.

## RUNNING SHORTS

### Ciobanu quickest in Charleville

CLONLIFFE'S Sergiu Ciobanu laid down his colours for next month's Dublin Marathon when he won the Charleville Half Marathon in 65 minutes 05 seconds. For second place, Rathfarnham's Sean Hehir ran a personal best 65:31 secs, while third was Paddy Hamilton of Annadale in 67 minutes.

Maria McCambridge of Letterkenny was first woman in 73:04 secs, followed by Barbara Sanchez 76:04. Even more remarkable was the achievement of McCambridge's husband Gary Crossan. He finished in 76:43, pushing son Dylan all the way. Can this be a record?

### Matthews proves the real star

The race was a fundraiser for the Gary Kelly Cancer Support Centre. Martin had started a busy weekend with victory in the Streets of Monaghan 5km on Friday evening, where Nuala Reilly and Conor Cooney also won their age groups.

### Santry hosts school showdown

FOR schools athletes, the track and field season finally ends with Saturday's Aviva All-Ireland Schools Combined Events Championships at Santry (10am).

Battle of the day is likely to come in the boys' inter competition, where Leinster champion Mark Rogers of St Joseph's Drogheda takes on Sam Healy of Carrigaleigh CS, the Munster champion.

## WHAT'S ON

**SATURDAY**  
 • Aviva All-Ireland Schools' Combined Events, Santry, 10.0.  
 • 'Run West' Ballyhaunis 8km, 4pm. Mayo AC/C&C Cellular League Rd 7. Entry €20; reg rugby club.  
 • Martin 087-2455989; [www.mayoac.com](http://www.mayoac.com).  
 • Rosscarbery Steam Engine 5km Fun Run & Walk, Co Cork, 4pm. Entry €8; all proceeds to local charities. C: Denis Calnan 086.6315057.  
 • The Great Doneraile 5-Mile Steeplechase Challenge, Doneraile Park, Co Cork, 2pm. Entry €12 or €30 teams.

Co Kilkenny, 1pm. Juveniles U8 - U18, Junior and senior races women 3000m, men 7500m. Cash prizes; also prizes teams of 4 M&F.  
 C: 086-8100299; [www.stenansac.com](http://www.stenansac.com)  
 • Kilcock GAA Kilomathon, Tiam. Entry €30. C: info@kilcockgaa.com.  
 • Liz McDonnell Off-Road 5km, Castletown House, Celbridge, 2.30pm. Entry €15 adult, €8 U16. All proceeds to ARC Cancer Support.  
 C: 087 2427279; [www.lizmcdonnellrun.com](http://www.lizmcdonnellrun.com)  
 • Drumbaragh GFC Spire 5km, Drumbaragh, Kells, Co Meath, 1pm. Entry €20 adult, €10 jun. In aid of Diets House. C: Paul 087 2874403.