

GAMES: Nick Hammond, left, and Frank Moggan, both from Stowmarket, Suffolk, England

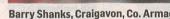


Ger Kirwan, Dublin, during the closing stages



Connie McGuigan, left, and John McCann from Tyrone





ollock's top-10 inish just what octor ordered



NA FOLEY

d chestnut about buses was reprised around the Dublin on finish-line yesterday Paul Pollock and Maria bridge ran lifetime bests to Irish titles.

arth of Irish men able to break barrier recently has been d among the nation's former ass standard-bearers.

why Sean Connolly's 2:18.52 last en winning the Irish title run in conjunction with Dublin was regarded as such a

echoing that old line about ree Irish sub-2:20s came along me time vesterday, led by flying octor Pollock (26), of Annadale a superb 2:16.30 debut.

r behind him was Sean Hehir another super first-time run of followed by his Rathfarnham e Barry Minnock in 2:18.45.

ish trio delighted race director hney, one of the founders of the had the temerity to throw the gauntlet to help resurrect the national

that's exactly what we're look-Aughney enthused.

DUBLIN MARATHON

INTERNATIONAL MEN

1G Ndungu (Ken) 2:11.09 2 R Kipchumba (Ken) 2:11.26 3 A Bedada (Eth) 2:11:31 4 U Negewo (Eth) 2:13.15 5 C Kibiwot (Ken) 2:13.31 6 D Tsega (Eth) 2:13.34

INTERNATIONAL WOMEN

1 M Makunzi (Ken) 2:30.46 2 F Chemaoi (Ken)2:31.10 3 N Puchkova (Rus) 2:31.42 4 A Bekera Dido (Eth) 2:33.29 5 M Kovaleva (Rus) 2:34.52 6 J Johannes (Nam) 2:35.00

1P Pollock 2:16.30

2 S Hehir 2:17.35 3 B Minnock 2:18.45 4 S Ciobanu 2:20.44 5 GO'Hanlon 2:26.39

6 P Duffy 2:29.48

1M McCambridge 2:35.28 2B Sanchez 2:42.10 3 P Curley 2:45.49 4 A Kealy 2:49.43 5 A Malone 2:50.11

6 A Curley 2:54.08 WHEELCHAIR

1L Jones 2:03.29 2R Powell 2:10.50 3 P Hannan 2:13.06

non mission' programme down to all the visiting Africans.

He even got a 100m jump on them at the nine-mile mark to lead the field e Irishmen in the top 14 and all through Chapelizod and Inchicore.

That looked a tad rash for any domestic runner, never mind a debutant, but k's run was particularly out- Pollock stuck firmly with the elite visi-The former underage internators until after half-way and had no after a disrupted summer, but his coach French-born Barbara Sanchez (2:42.10) rith a 64.16 half-marathon best, regrets after finishing ninth overall in the Dick Hooper - the inaugural Dublin and another place adrift in third was he was hoping to run 2:15 and fastest time by an Irishman in Dublin winner - persuaded him to stick with it. Olympian Pauline Curley (2:45.49).

since Gerry Healy's 2:15.17 in 1999.

"I don't think I went too fast. I'd always planned to go for about 5.05minute miles but everyone was sitting at 5.10 pace, so I thought I might as well take it on and see how long I could hold out for before I blew up," revealed the doctor, who is currently specialising in respiratory medicine at Belfast's Royal Victoria Hospital.

"The pain didn't kick in until 20 miles but I think sub-2:17 is the World Championship qualifying time, so I was happy

Pollock trained full-time last year in an unsuccessful bid to qualify for the Olympics but, coached by Andy Hobdell (whose charges include top Briton Andy Baddeley), he showed serious marathon potential yesterday. He is next targeting the European Cross-Countries.

THRILLED

Second-placed Hehir, from Kilkishen, near Tulla, in Clare, was equally thrilled.

A primary teacher in the Oblates in Inchicore, some of his students lined the course to cheer him on - and sport is cer-

His mum Cushla Murphy-Hehir is a and senior international. His dad Sean won NHL medals with the Clare hurlers, nover last year. his brother Diarmuid is a recent Clare U-21 player and his sister Cushla goaled for Ireland in last weekend's shinty internationals.

"Paul's time was epic and for my first one, I'm absolutely delighted," Hehir from Paris four years ago. said. "I went through half-way in 68 but from the 15-mile mark I didn't even think I'd make it to the finish line. The I'm still delighted." legs started to buckle and I had to stop twice to stretch them out.

was second to none," he added.

He was particularly delighted as he considered pulling out 16 weeks ago



The first three Irishmen home, from left, 2nd placed, Sean Hehir, 1st placed Paul Pollock, Co. Down and 3rd placed Barry Minnock, Co. Offaly at the presentation ceremony in Merrion Square

Hehir finished 13th overall, and in 14th place was Tullamore man Minformer Irish schools athletics champion nock, whose 2:18.45 was almost a minute slower than when he was sixth in Han-

For McCambridge, overlooked by the Olympic selectors last summer, there was not only the satisfaction of winning her second Irish marathon title, but her 2:35.28 knocked one second off her PB

"That's the great thing about being a minutes, feeling absolutely fantastic, runner, there's always another race," she said. "This wasn't the Olympics but

McCambridge kept with the elite women until the 10km mark (in 37:14), "People talk about New York and but when they upped the pace from London but the atmosphere out there 5:50-minute miles to 5:30s, she faded back but still finished seventh overall.

Two places behind her and second in the Irish championships was Raheny's



Geofrey Ndungu, Kenya, crosses the line to win the Elite Men's race



Gary Condren, from Saggart, Co. Dublin, and a soldier at Cathal Brugha Barracks



Adrian Kelly, from Kilcock, Co. Kildare, does the 'Mobol during the race