

# UP AND RUNNING



NATIONWIDE EVENTS reports and pictures

## BERKELEY GOES BACK TO US COLLEGE DAYS FOR TULSA 15K

Noel Berkeley returned to his old stomping grounds on Saturday at the Tulsa Run 15k held in Oklahoma. The DSD athlete attended the University of Oklahoma during the late 1980s and finished 12th in this long-standing race back in 1989, recording 44.26 — a time which would have placed him sixth on this occasion.

Now aged 48, the Midleton-based runner still clocked a fine 52.59 on Saturday, which gave him 23rd overall. Suffering from a slight injury of late, he also finished first in the M45 age-group, all the more noteworthy as the race incorporated the USATF Masters' Championships.

Held since 1978, the Tulsa Run is Oklahoma's most historic race, with the 15k event attracting more than 4,000 runners. It was won by Kenyan Julius Kogo in 43.35.

Meanwhile, at the BUPA Great South Run 10-mile at Portsmouth on Sunday, Stephen Scullion of Clonliffe, winner of the Belfast Half-Marathon last month, finished ninth in 51.31.

Times were affected by the gale-force winds over the last two miles, which slowed women's winner Florence Kiplagat of Kenya to 53.53 — a long way off of Sonia O'Sullivan's 11-year-old course record of 51.00.

## CORK RIVALS READY FOR BATTLE AT ANNUAL C-C CHAMPIONSHIPS

Next Sunday will be a red-letter day for Cork cross-country, with the senior and junior championships due to take place at Riverstick on lands purchased by the county board in early 2012.

At Carrignavar last year, Leevale finally won back the senior title from East Cork, who had won it for the previous nine years.

And to make it a day to remember, the city club also claimed the individual title through Mark Hanrahan and made it a double when Lizzie Lee led the women's squad to another team victory.

Hanrahan, fourth in the Gerry Farnan race more than a week ago, has been selected on the Irish team for the Lotto Cross Cup in Antwerp on the same day, so, in his absence, individual honours could go the way of East Cork, with James McCarthy and Sean McGrath (third and fourth last year) both in fine form.

However, given Leevale's strength in depth, it's hard to see them relinquishing the team trophy.

Lee will be going for an unprecedented fifth win in as many years, and here Leevale are also firm favourites for team honours.

Togher, given their current crop of young athletes, should once again take the junior men's team title.

JOHN WALSH



Jubilant women's winner Maria McCambridge and overall winner Sean Hehir (inset) joined a record entry in the Airtricity Dublin Marathon on Monday. SPORTSFILE

## MARATHON SEES FIRST IRISH WIN IN 20 YEARS

Sean Hehir and Maria McCambridge shed tears of both joy and relief on Monday at the finish of the Airtricity Dublin Marathon. Both athletes had to dig deep to achieve their individual victories and you could sense how sweet this success felt for each of them.

It was a day to savour too for Dick Hooper — Olympic marathoner and winner of the Dublin Marathon on three occasions — who is now coach to Hehir and McCambridge.

Hooper knows well how it feels to win in Dublin and you can be sure that the Raheny Shamrock AC stalwart also shed a few tears when he realised that his athletes were going to deliver on the double on Marathon Monday.

It would have meant a lot to Hooper that his athletes also won the Woodie's DIY National Marathon titles that were incorporated in the Dublin event.

There were tears too in the eyes of Airtricity Dublin Marathon race director Jim Aughney when he greeted Hehir and McCambridge at the finish line. Along with Hooper and Eugene Coppinger from the Dublin Marathon, and Chris Jones, Theresa McDaid and Jim Davis from Athletics Ireland, Aughney has been

pivotal to the great success of Marathon Mission — the joint initiative between the Dublin Marathon and Athletics Ireland, aimed at raising the standards of elite marathon running in Ireland.

The fact that four women and one man achieved the 'A' qualifying standard for last year's London Olympics is testimony to the success already achieved by Marathon Mission. Monday was another big step forward for marathon running in Ireland, and even though the winning times of Hehir (2:18.21) and McCambridge (2:38.51) were slow by international standards, it was wonderful to see two Irish athletes lead a record entry of close to 15,000 home.

"Dick Hooper gave me a whole new sense of self belief since he started coaching me," Hehir said. "I owe a lot of my success to Dick and to Jim Aughney and the team at Marathon Mission."

This was a sentiment echoed too by McCambridge, who, at 38, achieved what must be her sweetest success in a long career.

"Dublin is where I am from and that is why winning the Dublin Marathon feels so special for me," McCambridge said.



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### 31ST HSE FOUR-MILE TO BRING RUNNERS ON MARINA CIRCUIT

One of the oldest of the Cork BHAA promotions, the HSE four-mile event takes place on Sunday morning on the Marina circuit, writes John Walshe.

This will be the 31st HSE-themed race. Starting time is 11am and further details can be had from Michael Murphy at 087 7977121.

Around 300 ran last year, with Brian Murphy from Kerry an easy winner in 20.52. Helen Leonard took the female honours in 25.34.

### STOOK EVENT TO INCLUDE FAST AND FURIOUS DOWNHILL TEST

Anyone looking for a 10-mile before the end of the year should pencil in the Stook race in Kilkenny, which takes place for the second time on Sunday, November 17.

This year, the organisers have introduced the Stook Flying Mile, described as 'Ireland's fastest timed downhill mile', where you will get an official one-mile split.

There will be chip timing and a unique cowbell for every finisher.

The entry fee is €20 online or by post, with a closing date of November 10. See [www.stook10.ie](http://www.stook10.ie) for further information.

**JOHN WALSH**

Last year McCambridge, who runs for Dundrum South Dublin AC, was devastated when she drew the short straw that saw her miss out on selection for the London Olympics, even though she had achieved the qualifying standard. The problem was that four Irish women achieved the standard, and only three could be selected.

And so, McCambridge had to watch from a distance as her DSD teammates Linda Byrne and Ava Hutchinson, along with Caitriona Jennings (Rathfarnham/WSAF) competed in London.

**B**ut she never complained and continued on with her training and racing, while quietly accepting the Olympic marathon selection process.

Monday's victory saw McCambridge win her 18th national title over a range of events: cross-country, track

and road — by any standards, a remarkable achievement.

Hehir, the Clare native and primary school teacher who runs in the colours of Rathfarnham/WSAF AC, had to settle for the silver medal in the national championships at last year's Dublin Marathon, as Paul Pollock won the gold medal — finishing ninth in 2:16.30.

Hehir ran 2:17.19 and vowed to return this year to chase the gold medal and the national title.

Hehir's father — who is also named Sean — played hurling for Clare, and his mother, Cushla Murphy, who was there to greet him at the finish, is also a former athlete.

This was the first time in 20 years that an Irish runner has led the field home in the men's race in Dublin, and one has to go back to the year 2000 for another Irish

success in the event, by Sonia O'Sullivan.

The fact that there were no Kenyan or Ethiopian competitors in Monday's race always meant that the winnings times would be slower, but neither Hehir or McCambridge will worry about their own finishing times as they test-drive the brand new Renault Fluence ZE electric car (value close to €30,000) that they each received for their winning efforts.

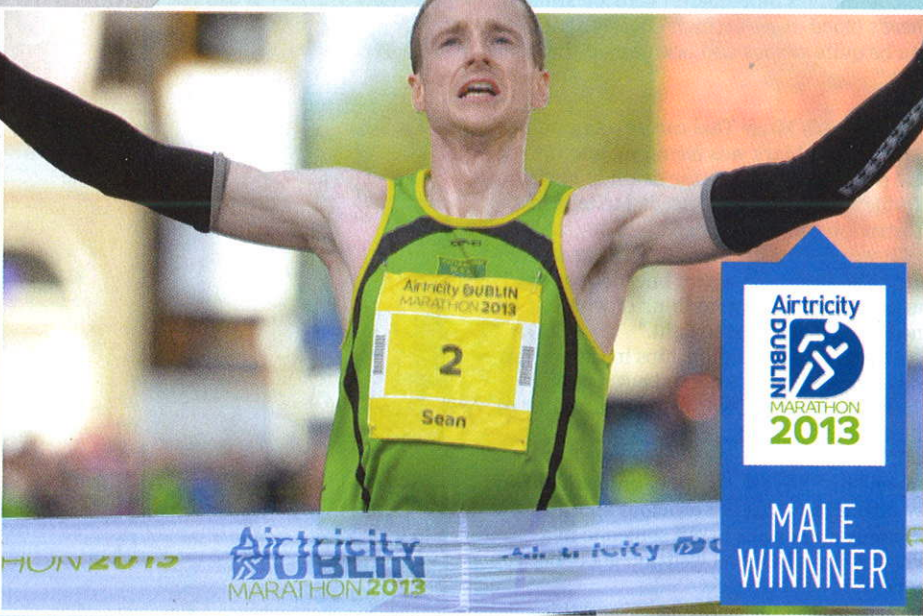
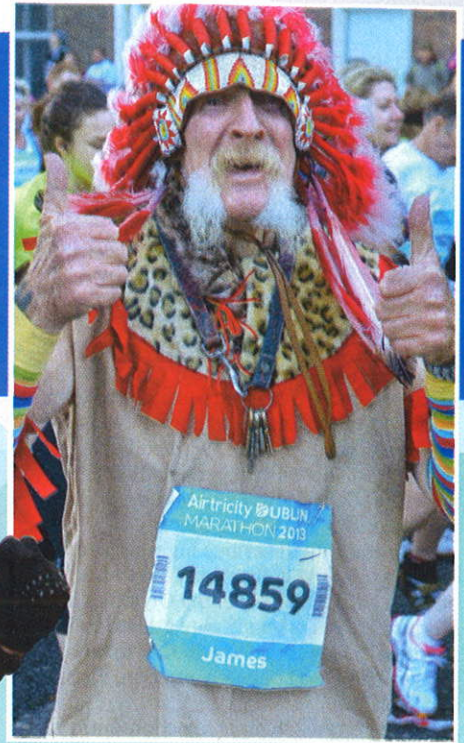
There will be some satisfaction too for Joe Sweeney (2:19.26) and Claire McCarthy (2:39.27), who finished second in the respective men's and women's events. Both athletes came close to pulling off individual victories and they will have each learned a lot from their Dublin experiences.

The weather was kind to Dublin this year and Aughney and his Airtricity Dublin Marathon crew must have heaved a collective sigh of huge relief early on Monday morning when they realised that the predicted storm was not going to hit.

Aughney estimated that there were 1,165 volunteer stewards on duty around the Dublin course on Monday. They, along with the thousands of spectators, helped to make it a very special day for everyone who took part in the big event. Roll on the Airtricity Dublin Marathon of 2014 and another record entry.

**FRANK GREALLY**





(Clockwise from above) James Hemphsey gives the race a thumbs up; Fiona O'Carroll Delaney keeps hydrated; Jacqui Dunphy and Alison O'Sullivan celebrate; men's winner Sean Hehir powers home; and Kerry footballer Colm Cooper with Alastair McDonald and Claire Spencer. STEPHEN MCCARTHY/BARRY CREGG/TOMÁS GREALLY/RAMSEY CARDY

