



Founded 1983

### **Inside This Issue**

*Juvenile Awards*

*Wicklow Cross Country Reports*

*BHAA League Update*

*Chicago Marathon*

*Sean honoured by Town Council*

*Chi Running*

*Djouce H/cap*

### **Editorial**

Cross Country season has come and gone and we can be reasonably happy with the overall Clubs results. We hosted the Novice and Even Ages event in Presentation College in October, which was followed up with the Intermediate and un-even ages competition in Roundwood, where Martin Francis won the Intermediate title in fine style. A number of our ladies Maria O'Rourke and Gráinne Cunningham also made their debut in this event. Some of our juveniles also made the headlines qualifying for Leinster competition and then progressing to the Nationals. The Wicklow Senior cross country was dominated by our ladies squad with Mary Dawson winning the individual title followed by team mates Michelle Lambkin 2<sup>nd</sup> and Liz Ryan 3<sup>rd</sup>. The Masters event held in Rathdrum in December was very well supported with Bray Runners making up well over 50% of the athletes that were competing.

Work on Bray Head Terrace has come to an end and we hope to give all our members an opportunity to see the premises in the coming months as it our intention to host a number of meetings and talks on various aspects of our sport.

With the track season almost upon us and with the Athletics Track in Greystones now open it is our intention that we make full use of this new facility in the coming weeks and months.

The AA Wicklow track and field championships 2007 will be held at this venue and we hope

that all our athletes will be familiar with the facility by the time these championships come around.

### **Longford Half Marathon 27/08/2006**

Kevin Grace appears to have shaken off his recent injury with a fine run in the Longford Half Marathon, finishing in a time of 1h 37m 11s. Kevin hopes to complete the Adidas Dublin Marathon in October.

### **Fit4Life League Shanganagh 09/09/2006**

Bray Runners hosted the first of the Fit4Life League series that was held in Shanganagh Park and almost 100 athletes took part. The accurate 5k course consisted of two and a half laps along the newly laid path in the park.

Thanks to all our members who contributed to making this event such a success, as usual a lot of time and effort goes into putting a race together e.g. measuring the course, marking, marshalling the course and the finish areas, clean up etc, so well done to all concerned.

Thanks also to Vale View FC for their generosity and co-operation in allowing us the use of their new clubhouse.

### **Results;**

Adrian Hayes	18m 52s	13th
Michelle Lambkin	19m 29s	22nd
Richard Hourihan	19m 09s	16th
Joe Kelly	19m 11s	17th
Matt Hickmott	19m 17s	19th
Eddie Daly	19m 39s	25th
Jason Carton	20m 28s	30th
Giovanni Romoli	22m 01s	45th
Gráinne Roberts	23m 32s	64th
John Kenny	24m 11s	69th
Barry Keane	24m 16s	70th
Lorraine Hourihan	29m 59s	92nd

## Blackrock Invitation Sports 10/09/06



Our juveniles were invited to Caryfort Park the home of Blackrock Athletic Club to take part in a triangular competition that also included Donore Harriers AC. The competition took the form of a mini track and field event and was conducted in a warm and friendly atmosphere. This was an ideal opportunity for our athletes to get back into competition mode after their summer break. We had a small squad of 15 athletes who performed very well and were rewarded with a fine medal haul. When all the competition was completed, all the athletes and coaches were treated to light refreshments by a very hospitable Blackrock AC committee. Our thanks to Tom Kelly of Blackrock for an excellent afternoon of athletics and for the very warm welcome extended to Bray Runners.

### Results:

U/11	80 m.	1	Helen McAuley
	Mini Javelin	2	Hayley Mc Auley
U/11	200 m	1	Hayley McAuley
U/11	400m	3	Elizabeth Curran
U/13	800 m	1	Claire Fox
U/15	100 m	1	Fionnuala Moran
	100m	2	Dawn Slattery
U/15	Shot	1	Samantha Gilhooly
	Shot	2	Dawn Slattery
	Shot	3	Fionnuala Moran
U/15	800 m	1	Fionnuala Moran

	800 m	2	Dawn Slattery
	800 m	3	Samantha Gilhooly
U/17	Shot	2	Richie Hourihan
U/17	100m	2	Richard Hourihan
	1500m	2	Richard Hourihan



### **Nottingham Marathon 10/09/06**

At the starting area there was lots of things going on such as warm up areas, Lucozade tents with free drinks, also available were time schedule bracelets which were a good idea but after a few miles I could'nt see it, as the print was so small... We were told that there were 9000 entered for the half marathon and 1800 for the full 26.2 miles. It was very warm day with the temperature rising to a high of 25 degrees. All went well until about 1 and half miles then the big hills start and they continued for about 10 miles. There was a lot of support until the break off for the full marathon then you were on your own.(it was hard for my family to move about the course as a lot of the city roads were either closed off or jammed with traffic, but they made it to start, 5miles, 9miles and 11miles and all made it to the finish)

I found it very hard to keep going. There was no shelter from the sun. People were dropping like flies. There were a lot of marshals and first aiders who were of great help to those who needed assistance, and the drink stations were every three miles, I drank so much I was like a water bottle, they didn't give out gel (food) until about 18 miles.(could have done with it a little earlier) The last mile and a half was lined with supporters which gives you a bit of lift. My older brother came back to the 25mile mark and ran along with me which was a good energy boost. I finished in 4hours 20mins, which was 25 mins better then my last marathon. All in all I enjoyed the day and enjoyed a few pints and a B.B.Q afterwards!!

Only 1200 finished the marathon and just over 6000 finishing the half. So I was pleased I made it. I would like to thank the club for all their support. Special thanks to Pat Mc'Court for all his help and support in my training.

Tony Brannigan



### **Waterford 10K Road Race 10/09/2006**

Kevin Grace was in action in Waterford City taking part in their very popular annual 10K road race. Kevin who is just getting back from injury finished the race in a time of 44m 30s. This event is gaining in popularity each year and possibly one worth considering for a Club trip.

### **Navan Sports 17/09/06**

David Costello travelled to Navan to test his speed on the track at the Navan AC sports day. David ran the 100m in a time of 11.5secs.

### **Fit4Life League Greystones 19/09/2006**

The second race in the Fit4Life League took place in Greystones over a distance of 3k; these short races are proving very popular with over 100 competitors taking part. We were once again very well represented in all categories.

Results.

Martin Francis	14m 03s
Donal O'Sullivan	14m 44s
Dominic Horan	15m 18s
Richard Hourihan (J)	15m 32s
Jason Carton	15m 39s
Liz Ryan	17m 23s
Giovanni Romoli	17m 53s
John Kenny	19m 23s
Eithne Mooney	19m 47s
Laura O'Neill	20m 00s

### **Fit4Life League Wicklow**

Race 3 of the Fit4 Life League was held in Wicklow Town and again the numbers taking part were around the 100 mark. At this stage of the race series I feel I have to mention the performances of **Richard Hourihan (Junior)** who has competed in all the races to-date and whose times are improving all the time and is generally finishing ahead of most of his senior Club mates.

#### **Results;**

Martin Francis	10m 18s	5 <sup>th</sup>
Dominic Horan	11m 05s	16 <sup>th</sup>
Richard Hourihan	11m 11s	18 <sup>th</sup>
Michelle Lambkin	11m 45s	28 <sup>th</sup>
Giovanni Romoli	12m 35s	45 <sup>th</sup>

### **Juvenile Awards Night Martello Hotel 20/09/06**

The highlight of our social calendar is the Juvenile Awards celebrations, Martello Hotel was the venue and we had close to 80 juveniles and parents in attendance. The evening began with a table quiz organised by Sarah and Carmel followed by light refreshments of chicken and chips and minerals.

The presentation of awards was presided over by our Hon Treasurer Cyril Smyth. The occasion was also used to introduce **Ms Margaret Scargill** (Child Officer) to parents and athletes alike. Margaret has agreed to work in this role in tandem with **Ms Mary Hannon** (Child Officer).

## Juvenile Award Recipients 2006



Athlete of the Year  
 Most Improved Athlete  
 Most Improved Newcomer  
 Club Spirit Award

**Richard Owens**  
**Lorcan Murphy**  
**Claire Fox**  
**Lorraine Hourihan**

### Other Athletes to be recognised were:

Aidan Clancy, Dawn Slattery, Fionnualla Moran, Samantha Gillhooly, Oisín Moran, Liz Curran, Jenny Scargill, Eimear Corcoran, Richard Hourihan

### BHAA Half Marathon. 23/09/2006

Over two and half thousand athletes took part in the BHAA Half Marathon held in the Phoenix Park. Bray Runners had ten athletes prepared to take on the 13.1 miles, this is one of the largest turnouts from the Club for a half marathon in recent years. Our Club originally formed as a marathon running club in the early eighties regularly had large entries in the long distance races and it is encouraging to see distance running returning to Bray Runners AC.

2006-09-23	Adidas Dublin Half Marathon	Gráinne Roberts	113m 29s	
2006-09-23	Adidas Dublin Half Marathon	John Kenny	121m 24s	
2006-09-23	Adidas Dublin Half Marathon	Martin Francis	82m 08s	
2006-09-23	Adidas Dublin Half Marathon	Sean Clifford	84m 24s	1st O/60
2006-09-23	Adidas Dublin Half Marathon	Joe Kelly	93m 50s	
2006-09-23	Adidas Dublin Half Marathon	Paul McCormack	98m 56s	
2006-09-23	Adidas Dublin Half Marathon	Jason Carton	99m 45s	

Official Times for the following athletes not with editor

Maria O'Rourke  
 Aoife Sweeney

## **AAWicklow Novice and Even Ages Cross Country Championships Presentation College, Bray. 01/10/2006**

Presentation College was once again the venue for **AAWicklow Novice and Even Ages Cross Country** championships and a squad of fifty of our athletes were in attendance to compete over the various distances.

In a number of the juvenile races our teams were incomplete due to athletes not showing on the day for a variety of reasons. As highlighted a number of times in the past, cross country events are team events and we do ask athletes to make the effort to show up and compete and **not** let their Club members down.

In the events where we did have teams we contested very well and we were among the medals. We also had a number of excellent individual performances throughout the afternoon of competition.

Mateo Romoli

Katie Carraher 4<sup>th</sup>

Lorcan Murphy 2<sup>nd</sup>

Richard Owens 2<sup>nd</sup>

Richard Hourihan 4<sup>th</sup>

In the few days prior to the Novice event it was decided by the Wicklow Board to defer the Masters race and introduce an Open Race in its place and this did cause some confusion to athletes as they were unsure what event they were eligible to compete in. Our concern at the short notice given to this Club of the cancellation of the “Masters” competition was highlighted to the County Board at their October monthly meeting.

We had two teams in the Novice ladies event which had the largest entry for years, however despite some strong performances we had to settle for Silver team medals while our 2<sup>nd</sup> team finished in 4<sup>th</sup> place . New girl Gráinne Roberts led the charge with a great run followed by strong runs by Maria O’Rourke and Ciara Kavanagh but it was not enough to out do the performance of the Inbhear Dee ladies.



We also had two Novice men’s’ teams with no fewer than 11 of our Novice men taking part, we had to settle for the Bronze medals. Alan Dillon led our A team around closely followed by Joe Kelly and Kevin Grace. However Inbhear Dee were the surprise package of the day winning both the men and the women events.

This was the 4th year Bray Runners AC have hosted these prestigious championships in the grounds of Presentation College and we are extremely appreciative to Gerry Duffy and the Board of Management of Presentation College for all their help and co-operation.



**Child Officer.**

We are delighted to announce that Margaret Scargill has agreed to act as an additional Child Officer within our Club. Margaret and Mary Hannon will work together in this role. Athletes and parents alike are encouraged to contact our Child Officers on any aspect of Club activity that may infringe on their child enjoyment whilst being a member of Bray Runners Athletic Club.

**Coaching Courses**

We are pleased to announce that Mary Dawson, Michelle Lambkin, David Costello, Aisling Growney and Lorraine Hourihan have all successfully completed the Athletics Leaders course over the past few months.

**Summer League Success.**

Richard Kavanagh and Giovanni Romoli finished 3<sup>rd</sup> O/50 and 3<sup>rd</sup> O/40 respectively in the Wicklow Summer League 2006. *(Well done to both athletes on their success)*

**Bray Head Terrace.**

The work on phase 2 (downstairs) of our premises at Bray Head Terrace is all but finished and we hope to begin using it for Club activities very soon. The purchase and renovation of the property was a large undertaking for the Club. Those of you who have viewed the interior will agree that the transformation in the last six months has been remarkable likewise the exterior is also splendidly landscaped and refurbished.

The premises will be used for Club meetings, and in the coming months we also intend to hold a series of talks by invited speakers on various aspects of athletics.

**BHAA League****Teachers 4 Mile Castleknock 14/10/2006**

Martin Francis and Bernard Quinn were our representatives in the Teachers 4 Mile cross country event held in Castleknock. Martin Francis who is presently in excellent form finished the race in 17<sup>th</sup> place in a time of 22m 01s and followed by Bernard Quinn in 55<sup>th</sup> place finishing in 24m 55s.

**Simon 5 Miler****Phoenix Park 15<sup>th</sup> Oct 2006**

Having completed a very busy schedule in the IMRA Summer League Liz Ryan continues to get the races under her belt. This time she completed the very well supported Simon 5Mile run in a time of 36mins, this is 3 minutes faster than last years' event. Bernard Quinn also competed in this one finishing in 33m 35s

**Leinster Medal for Tara.**

The excellent performance by Tara Casey U/11 at the Leinster cross country in Avondale earned her a Leinster Bronze medal as the Wicklow team finished in 3<sup>rd</sup> place. Other athletes to do well in this competition were Shauna Douglas, Alannah Murphy, Shauna Howick.

### **National Qualification**

The following athletes Tara Casey and Shauna Douglas U/11 and Katie Caraher U/13 qualified to represent Wicklow at the National Uneven Ages finals in Athlone on the 9<sup>th</sup> Dec. 2006. Qualification for the finals was achieved as a result of their excellent performances in the Leinster cross country championships held in Avondale.

### **AAWicklow Intermediate Cross Country Roundwood. 15th October**

#### ***Martin Francis is Intermediate Champion***

Martin Francis was the star of the show at the Intermediate Cross Country championships event held in Roundwood. Martin having competed very well the previous day (see above) in the BHAA league, gave our Intermediate squad the injection of pace it needed to compete in this competition. Following on from our Bronze medal performance in the Novice competition in Presentation College a few weeks earlier Martin Francis led the team to the Silver medals with a superb individual performance to claim the individual title.

#### **Intermediate Squad**

Martin Francis

Joe Kelly

Eddie Daly

Jason Carton

Giovanni Romoli

John Kenny

Barry Keane

Alan Dillon

### **Cheruiyot Wins Chicago 22/10/2006**

#### **A bad fall at the finish propels the Kenyan star into the record books By David Monti**



Robert Kipkoech Cheruiyot became the first man to win both the BAA Boston and LaSalle Bank Chicago Marathons in the same year despite falling backwards just before the finish tape which propelled him just across the finish line sliding on his back. He did not break the finish tape, but was declared the winner because both his timing chip and his torso went over the plane of the finish line. "What happened was he just slipped," said Pat Savage, the head referee for the event who confirmed Cheruiyot's 2:07:35 official time. "He was starting to lean back as he went into the banner," he added referring to the finish tape which was stretched across his path. "Luckily for him, he slipped completely forward."

Cheruiyot, who defeated two-time runner-up Daniel Njenga in the final 800m sprint to the finish, struck the back of his head on the pavement and had to be helped away from the finish line by the race medical team. He was taken to Northwestern Memorial Hospital and will be

held there overnight for observation, according to executive race director, Carey Pinkowski. "Robert did not want to go to the hospital," Pinkowski said. It was a dramatic finish to a dramatic race which was contested in raw conditions. Temperatures were only a little above the freezing mark under cloudy skies, and the winds were strong, especially in the final seven kilometers when it was right in the athletes' faces. The roadway was slick from a strong rain the night before, and a lingering mist which hung over the Windy City this morning kept the surface wet. "It was cold, but sometimes you just have to tough it out," said American Abdi Abdirahman who finished fourth in a personal best 2:08:56.

Cheruiyot, 28, the Boston Marathon record holder, was one of four men to break away from the field in the 18th mile after the pacemakers left the race. Despite vomiting in the first half of the race, he was pushing the pace with Jimmy Muindi, the five-time Honolulu Marathon champion, Njenga, and Abdirahman. At that point the victory was up for grabs, and Abdirahman, running in his third marathon, thought he could get it. "We were down to four people," said Abdirahman who finished fifth at the ING New York City Marathon last November. "You've got to believe in yourself." But Abdirahman was the first to fall out of contention when, at the 35 km elite fluid station, he reached for his bottle, and the other men surged leaving him back on his heels. "I was feeling great at 35-K and I made a little mistake," he recounted. "I realized that I made a mistake when I grabbed my water and those guys had about 20m on me."

Njenga, appearing at this race for the fifth time and finishing on the podium on every try, was the one who wanted to win the most. He poured himself into his training in Hokkaido, Japan, in July and August to get ready, and he remained behind Muindi and Cheruiyot saving his energy. "As you know Robert Cheruiyot is a very strong man," said Njenga after the race. "From the third kilometer (to go) me and Muindi, who is number three, we were trying to push each other." Muindi was the next to let go, and turning left off of Roosevelt for the final run-in to the finish line on Columbus, Cheruiyot and Njenga were locked in the battle of their careers. Cheruiyot pulled ahead, but Njenga fought back, nearly drawing even with his rival. But, Cheruiyot went again and this time Njenga couldn't respond. "For me, for the last one kilometer I was feeling good," he said. "I was trying to push."

With Cheruiyot flat on his back, and Njenga coming over the line in 2:07:40, Njenga thought he might be the winner of the race. "After he fell down, me, I thought I'm the one who won the race," said Njenga his voice cracking with emotion. "Then somebody told me that I'm number two." The stately Kenyan then paused as tears overwhelmed him. "What I'll do is I'll do my best for upcoming races," he said wiping his eyes. He added: "I have to accept it." Muindi finished third in 2:07:51, just one second off of his personal best time, with Abdirahman finishing alone in fourth. American Brian Sell finished sixth in a personal best 2:10:47, running nearly the entire race alone. "Twenty-five point-three," answered Sell when he was asked how many of the 26.2 miles of the race he ran alone. He had wanted to break 2:10. "I thought for sure I was in 2:09 shape," he said.

Cheruiyot was unable to speak to the media after the race, but his manager, Federico Rosa, said that he had a "subarachnoid hemorrhage," bleeding inside of his skull, including inside of the brain. His condition was stable. "He is of course happy, but he is very tired," said Rosa whose father, Gabriele, coaches Cheruiyot and world record holder, Paul Tergat. "His condition is stable. He was a bit confused after the race and did not remember what happened. "Cheruiyot won \$125,000 in prize money for winning the race plus a \$15,000 time bonus and an undisclosed appearance fee. Although no man had ever won Boston and Chicago in the same year, Toshihiko Seko of Japan (1986/1987) and Greg Meyer of the United States (1982/1983) had won Chicago in the fall and Boston the following spring.

### **Leinster Novice Cross Country 23/10/2006**

#### **Belvedere House. Mullingar**

Mary Dawson and Michelle Lambkin were the Clubs representatives in Mullingar for this prestigious race. Both ladies ran very well finishing in 16<sup>th</sup> and 17<sup>th</sup> place respectively. Sli Cualann finished in 8<sup>th</sup> position. It is a shame that only 3 of the top ten finishers in the Wicklow Novice ladies championships took part in this event. Likewise only two of the top 10 finishers in the Wicklow Novice men's event turned out to compete.

### **Adidas Dublin City Marathon**

#### **30/10/2006**

Our marathon runners were out in force for the Adidas Dublin City Marathon. Martin Francis with a great run and looking so relaxed broke the 3 hour barrier and finished the race in 2h 58m. Paul McCormack in a time of 3h 35m 48s was our next athlete to cross the line and appeared to be enjoying himself when he was spotted waving to his supporters on Nutley Lane. Kevin Grace doing his first marathon completed the course in 3h 45m 17s. Maria O'Rourke was close behind and finished in 3h 58m 14s. Grainne Cunningham finished in a 4h 19m 58s.

Russian Aleksey Sokolov won the 27th adidas Dublin Marathon, and created a new record, finishing in a time of 2:11:30 - 1:29 within the 2004 record held by Lezan Kimutai. Sokolov led from the off, setting a very fast pace, and running sub 5 minute miles for a large part of the course. He received an additional €5k time bonus for running sub 2:12, as well as the overall prize money for 1st, and the Noel Carroll Memorial Trophy.

A fellow Russian, Alina Ivanova was the first woman home, in 2:29:49.

Two new Irish National Champions were crowned, with Cian McLoughlin, of Clonliffe Harriers the first Irish home, finishing 10th overall, in a very strong time of 2:22:37.

Defending Women's Champion Pauline Curley from Tullamore was just pipped over the final few steps by Belfast woman Jill Shannon, running her debut marathon.

### **Leinster Intermediate and Uneven Ages. Avondale,**

#### **Rathdrum. 05/11/2006**

A number of our athletes took part in the uneven ages cross country competition which was held in Avondale, Rathdrum. With over 150 starters in most of the lower age group races the competition was always going to be very competitive and our



young athletes did themselves and Bray Runners proud. The Wicklow U/11 girls won Bronze medals with Tara Casey a scoring member. Other U/11 girls to do well were Shauna Douglas, Alanah Murphy, and Shauna Howick. The U/13 event saw fine performances from Katie Caraher, Claire Fox and Niamh Byrne. The u/13 Boys, Lorcan Murphy, Peter Collins, and Oisín Moran although out of the medals all ran very well.



**In the Intermediate mens' race** Jason Carton and John Kenny competing for Slí Cualann (our umbrella club) on this occasion were mixing it with the best of Leinster over a very tough 10K course. Jason finished 34<sup>th</sup> and John was in 40<sup>th</sup> position. Slí Cualann finished 2<sup>nd</sup> Club team, Wicklow finished 2<sup>nd</sup> county team

*John and Jason in action at the Leinsters in Avondale*



**AAWicklow Senior Cross Country. Avondale 12/11/2006**  
**Mary Claims Title and Clean Sweep for Ladies**

**Wicklow Senior Cross Country**

**Clean Sweep For Ladies as Mary Wins County Title.**

Mary Dawson won the Wicklow Senior cross country title in Avondale last weekend with a fine performance over club mates Michelle Lambkin who was a close 2nd and Liz Ryan who got the bronze medal. Gráinne Roberts 5th and Gráinne Cunningham 8th completed the Bray Runners team.



The Bray Runners senior men were not strong enough on this occasion to overcome a very able Parnell squad led by Mick Byrne 1st who won both the Gold and Silver team medals with our Bray squad having to be content with the Bronze. Bray Squad, Martin Francis, Allan Dillon, Eddie Daly, Jason Carton, Matt Hickmott, Arthur Fortune, Stephen Moloney, Barry



Keane, Joe Kelly (injured). Support Crew Dermot, Sean Clifford. and Cyril Smyth.

Richard Hourihan finished in 2nd place in the Junior mens event.

There were also a number of our juveniles present in Avondale taking part in the fun relays.

### **Senior Women**



Place	Name	Club	
1st	Mary Dawson	Bray Runners	16.38
2nd	Michelle Lambkin	Bray Runners	17.06
3rd	Liz Ryan	Bray Runners	18.01
5th	Gráinne Roberts	Bray Runners	18.39
8th	Gráinne Cunningham	Bray Runners	19.50

### **Senior Men**

Place	Name	Club	
1st	Mick Byrne	Parnell	33.03
6th	Martin Francis	Bray Runners	37.26
10th	Alan Dillon	Bray Runners	38.42
14th	Eddie Daly	Bray Runners	40.10
15th	Jason Carton	Bray Runners	40.29
18th	Matt Hickmott	Bray Runners	41.14
20th	Arthur Fortune	Bray Runners	47.30
21st	Stephen Maloney	Bray Runners	49.55
22nd	Barry Keane	Bray Runners	50.35

### **WWW Results**

All results as far as possible posted on [www.brayrunners.com](http://www.brayrunners.com). Please forward your results to Dermot in order that they are posted on our site and for inclusion in our Newsletter

## **Bereavements**

**We were all saddened to hear of the death of Pauline Whelan, late wife of Micheal who died after a long illness. Pauline was a very popular supporter of our Senior Awards celebrations every year and she will be sadly missed by all who knew her. Our sympathy also goes to Gaye Enright and her family at the passing of her dear mother Kitty.**

## **Sean Clifford Acknowledged by Town Council 14/11/2006**

Sean Clifford's European Silver medal win in Poland during the Summer was acknowledged at a civic reception held in the Bray Town Hall. The Cathaoirleach of the Council, Anne Egan congratulated Sean and presented him with a beautiful engraved memento of the occasion.

## **BHAA League**

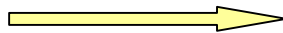
### **Bank of Ireland 4 Mile 18-11-2006**

The muddy conditions did not deter the large number of athletes who turned out for the Bank of Ireland 4 mile cross country. Bernard Quinn was among those that braved the conditions and finished the run in 82nd place in a time of 28m 52s



### **Havana 10K 19/11/2006**

Eddie Daly certainly goes to unusual lengths to do a race, Eddie travelled to Cuba to compete in the Havana 10K and finished the race in 43m 30s and when he was not running, Eddie spent some time rolling his own Havana Cigar see image.



## **Djouce Runs**

Our Sunday morning Djouce runs are proving to be a great success with an average of 15 to 20 athletes turning up on a regular basis. Djouce is a pleasant change from running in Shanganagh although to be fair both venues have their advantages.

### **ISH Charity 5K 26/11/2006**

Dominic Horan no sooner had his bags unpacked when he entered the ISH Charity 5K Run in Hyderabad, India. There were about 100 in the race, and it was 100 Rupee to enter (about €2). The course was dusty and fairly flat with undulating bits of trail. ("but it was closer to 6k, the splits were all over the place, a minute difference in some of them on a flat course" quips Dominic). Dominic finished 3<sup>rd</sup> senior in a time 23m:06s.

### **Citywest 5K 02/12/2006**

The conditions were certainly not conducive to fast times, very strong winds were the feature of this race. Martin Francis and Mary Dawson battled the elements in this BHAA league race

although the turn out was lower than usual, the competition for places was still very keen and both our athletes had to battle hard to try improve their positions in the league Martin finished 7<sup>th</sup> in his category in a time of 18m 54s whilst Mary was 5<sup>th</sup> lady in a time of 20m 36s.

### **Master Ladies Win Gold. 03/12/2006**

In exceptional windy conditions in Rathdrum our ladies masters team defeated the elements and came away with the gold team medals. Murial Haire led the charge finishing in 3<sup>rd</sup> place, 3<sup>rd</sup> O/40 and closely followed by Maria O'Rourke in 4<sup>th</sup> spot 1<sup>st</sup> O/35, and Grainne Cunningham in 5<sup>th</sup> place 2<sup>nd</sup> O/35.

Our Masters men were certainly out in force with a seven-man squad turning up to compete. Martin Francis was in fine form and was narrowly beaten into 3<sup>rd</sup> place (2<sup>nd</sup> O/40) by the inform Billy Porter. Sean Clifford was our next man over the line winning the O/60's Gold medal, closely followed by Bernard Quinn 1<sup>st</sup> O/50, and Richard Kavanagh 2<sup>nd</sup> O/50. Then came Barry Keane in 2<sup>nd</sup> position in the O/60 category followed by John Kenny 5<sup>th</sup> O/45. Tony Brannigan unfortunately had to pull up due to an injury.

### **AAI National Cross Country Athlone IT 09/12/06**

We were all very proud of our three juvenile athletes who qualified for the National Cross Country held in Athlone IT. Shauna Douglas, Tara Casey and Katie Caraher. The three girls justifiably earned their places in the finals after superb performances in the Leinsters held in Avondale. Tara finished in 126<sup>th</sup> place while Shauna finished just behind in 136<sup>th</sup> position, there were close to 200 athletes taking part in this event. It must be said that the standard of competition at this level is very high and our girls did extremely well. Unfortunately Katie was unable to travel as she was unwell.

### **AAI National Cross Country IT Athlone 09/12/2006 by Mary Dawson**

Myself and Michelle missed the start of our race and so it was damage limitation. We gave them at least a two hundred metre head start. It was comical really, but I was so disgusted with myself for losing concentration and not being at the start at the right time. I wouldn't mind but we were there so early, that was probably half the problem, we were hanging around for so long. Anyway, no excuses, it's all part of racing! We got the shock of our lives when we saw the race starting, we didn't know whether to chase after it or whether it was worth it. I still had my fleece on! Michelle and the lads from Parnell just roared 'GO' and we took off after them like a bullet out of a gun. I was just trying to stay with Michelle, and not die from shock with the effort of barging through spectators, the speed we were running, and the thoughts of whether I'll be disqualified for not running in my singlet and number. We had to run up a steep hill, into a kind of narrow trail run and we were half way through that before we caught the back runners. It was hard to pass people out because it was so narrow but I tried to do it as politely as I could (I'd say I knocked a few athletes !!!). It was a tough race but all the Wicklow supporters had heard what happened and were out in force to cheer us on. I heard someone screaming at me to throw my jumper out to the side if I could so in full flight I took the fleece off and flung it to the side. I thought my energy was going to run out in the second lap, I had tried so hard in the first lap to catch as many as I could but it didn't

fail me and apart from a short uphill stretch on the second lap where I thought that's enough I can't go any further, I continued to catch runners right to the finish. If only the race was a km or so longer! There was 92 in the race and I finished 35th so I suppose I can't complain because I feel like I ran the race of my life!! Adrenalin has a lot to answer for. Finishing result was me 35th, in an official time of 12m.30s and Michelle 47th in an official time of 12m.52s. I know you could realistically knock 40secs off that time and at least twenty places!!!  
Despite all that we still came 5th club out of 11!

### **Sambuddha Dutt Wednesday, December 20, 2006 (New Delhi):**

The mysterious case Santhi Soundararajan saw the athlete go from ecstasy to dismay after being stripped of her silver medal at the Asian Games in Doha because she failed a gender test. But what exactly was the criteria for which she was failed remains unclear. What is clear is the insensitive manner in which the news was leaked. "The officialdom is completely at fault. Why didn't they investigate why she passed a test in Korea but failed one in Doha, for example? I know officials who have deliberately ignored this problem."  
"That's why we had Anasuya Bai and N Radha test positive. But they were quietly withdrawn, unlike what happened in Doha," said K Jagannadha Rao, Former Sports Editor, PTI.

#### **Official ignorance**

Born into a poor family, many say it's unlikely that Santhi would have been aware of her condition.

"It is very, very unfair that you victimise a girl who has failed a gender test, unlike doping. Doping is a deliberate attempt to do some mischief. Being born with some physical, anatomical abnormality is not a sin." "If this girl has ever been examined by a doctor in the past, a gynecologist, the doctor would certainly have told her, you know that you undergo certain other tests also and safeguarded her," said Dr P S M Chandran, Director of Sports Medicine, SAI.

But even if Santhi was unaware of her condition, how has she been competing for so long? Once again the answers aren't clear. Her former coach in Trichi with whom she had started her training says that Santhi was like any other promising athlete.

"She has trained under me for the past two-three years. I have never faced any problems. Even in South Korea, everything went smoothly," said Loganathan, Former Coach. It appears that in Santhi's career questions have been raised previously too, once by other athletes in her coach's academy and another time when the Railways offered her a job. The exact truth of Santhi may never become public. But Santhi's story illustrates the nightmare faced by athletes with sexually ambiguous characteristics in a domain where gender hierarchies are rigidly determined.

### **Port Tunnel 10K Charity Run 10/12/2006**

An estimated 10,000 athletes took to the streets of Dublin to run in this once in a lifetime opportunity to run through Dublins' New Port Tunnel. Kevin Grace had an excellent run finishing the distance in a **PB** time of 43m 50s with Eddie Daly crossing the line in 44m 15s.

Maria O'Rourke was close behind and completed the distance in 47m 13s. John Kenny another of our athletes who is improving all the time finished in 55m.00s. Mary Hannon competing for the first time in a number of years finished in 69m.00s. (well done Mary)

### Djouce H/Cap

We had a great turnout for the Annual Djouce Handicap, considering almost 150 athletes took part, our athletes did very well, with some recording PB's. The event as usual was run in great spirits with many of the athletes renewing previous friendships and rivalries. Thanks to our support crew of Gráinne Roberts and Dermot who were on hand to give our athletes some encouragement along the way. Well done to Lindie Naughton and her team from Crusaders who put a lot of time and effort into keeping this traditional event going each year.



### Djouce H/Cap 17/122006

Name	H/Cap	Actual Time	Finishing Place
Martin Francis	26:00:00	30:22:00	6th
Sean Clifford	23:00:00	32:08:00	15th
Eddie Daly	21:00:00	33:40:00	23rd
Richard Hourihan Jnr	18:00:00	33:40:00	25th
Bernard Quinn	22:00:00	34:49:00	30th
Jason Carton	20:00:00	34:59:00	31st
Richard Kavanagh	19:00:00	36:57:00	46th
Paddy Ryan	19:00:00	38:24:00	56th
Maria O'Rourke	16:00:00	38:36:00	58th
Liz Ryan	19:00:00	38:58:00	60th
Giovanni Romoli	17:00:00	39:48:00	64th
Des Byrne	20:00:00	40:25:00	66th
Tony Brannigan	14:00:00	40:43:00	67th
Grainne Cunningham	15:00:00	41:30:00	74th
Barry Keane	13:00:00	41:54:00	75th
John Kenny	14:00:00	44:06:00	87th
Ciara Kavanagh	11:00:00	45:24:00	92nd

### **Leinster Team Selection**

Congratulations to Richard Owens U/17 on his selection for the Leinster squad that took part in the Belfast International in Stormont on 6th January 2007.

### **Christmas Eve in Djouce**

A few of us were able (lucky) to escape from the hustle and bustle of Christmas Eve, even if it was only for an hour. Having run regularly over the Djouce H/cap course for the past number of weeks it was decided to change the route slightly and take in the Waterfall and Crone Wood. Transport was provided at the Crone Wood car park for anyone who wanted to avail of it. On completion of the run we celebrated in real Christmas fashion with champagne and mince pies.....  
*courtesy of Catherine Corcoran and Sean Clifford*



### **Streets Of Wicklow 5K 26/12/2006**

The report on this race is very sketchy. According to the organisers approx 500 athletes turned up to shake off the excesses of the Christmas holiday, there were two races (Junior and Senior) Sean Clifford finished in a time of 18m 37s and was closely followed by his son Simon 19m 20s. Richard Kavanagh 21m 20s and Ciara Kavanagh 25m 05s, Lynn McMahon 22m 17s and her father Joe also took part.

### **Charles Barrington Memorial 27/12/2006**

Paddy Ryan was our representative in the inaugural Charles Barrington Memorial hill race, which took place over the Christmas holiday. The race was over the rugged terrain of the Sugar Loaf was not helped by the wet, muddy and misty conditions which prevailed, nonetheless Paddy finished in 43<sup>rd</sup> place in a time of 56m 54s

### **Using Creatine**

If you are considering using a supplement like creatine, which research has shown can aid performance in certain sports, it is important to be clear about why you are thinking of using such a compound. What role it plays in the body, what current research has to say about its performance benefits, what are the potential adverse effects and, finally, how its use might help you towards your long-term goal. Let's take these questions one by one.

First, what does creatine do? Creatine (in the form of phosphocreatine) has a number of roles to play in energy metabolism during exercise: first it acts to buffer changes in levels of muscle ATP as the body moves between rest and exercise; secondly, during more intense exercise it helps supply ATP to the working muscles; thirdly, it helps to control pH levels in exercising muscles. The store of phosphocreatine within the muscle is relatively small, so during high-intensity exercise there is only enough to support ATP production for a few seconds.

How does creatine benefit performance? The vast majority of research points to the conclusion that supplementation with creatine may enhance performance in activities involving short bouts of high-intensity exercise - especially those of a repetitive nature. Boosting muscle phosphocreatine by means of supplementation has been shown to improve sprint-based performance in such activities as swimming, running and cycling. Benefits have also been reported for resistance exercise. Once you know how creatine might - and cannot - help, you can decide whether it would be helpful to support your particular training goal.

Does supplementation lead to side effects? There are some reports of adverse effects, including fatigue, vomiting, diarrhoea, stomach cramps and anxiety. But much of the evidence for these effects is anecdotal and, as yet, there is no proof that they are actually caused by taking creatine. The fact is that many compounds that occur naturally in the body are derived from the food we eat.

In summary, then, my main message is that you should think carefully before embarking on any programme of dietary supplementation. Be clear about what you are aiming to achieve, how you need to supplement your diet and which particular supplements are best suited to the task. It is usually a mistake to take a supplement simply because someone else has said it worked for them. All athletes are different, with differing responses to training and therefore differing nutritional needs. *(This is an extract from Runners Training Bulletin)*

#### **CHI RUNNING FEATURE: BY IAN O'RIORDAN:**

Every day at any given moment thousands of us all over the world perform one of the most simple and basic human actions: Step out the front door, put one foot in front of the other, and go for a run. It could be a 10-minute jog around the block or a hard 10-miler over the hills. It could be every day, every second day, or whenever we feel like it. But we all know and seek the same benefits. Running is still the perfect cure for a multitude of human excesses.

What we don't necessarily know is how to run. Watch a dozen people running and chances are you'll see a dozen different running styles, and some of those are probably asking for trouble. Despite some common perceptions it's not running that causes injury, but the way we run.

And there's nothing more frustrating for even the most recreational of runners than injury. One recent study revealed that of the estimated 23 million runners in America, 65 per cent incurred at least one injury a year that interrupted their training. It could be a simple muscle ache or back spasm, but the implications can be felt way beyond the troubled area. Just ask Catherina McKiernan.

Anyone who saw McKiernan running in her prime was typically struck by her smooth, free-flowing stride and her seemingly effortless ability to cover ground. Poetry in motion, as we say on the sports pages. As it turns out it wasn't always good poetry.

As a youngster growing up on the family farm in Cavan she discovered a great love of running, and would soon develop into one of Ireland's greatest ever athletes. At age 22 she won the silver medal at the 1992 World Cross Country championships in Boston, and repeated that superb feat in the next three successive years.

When she later moved up to the marathon McKiernan's great talent for running was fully realised. In 1997 she won the Berlin marathon in two hours 23 minutes and 44 seconds, followed that by winning the famous London marathon, and in October 1998 ran 2:22.23 to win the Amsterdam marathon – at the time just 96 seconds outside the world record, and setting the Irish record which still stands today.

In the years after, however, a series of injuries forced McKiernan out of running for long periods. The harder she tried to get back the more her body seemed to break down, and worst of all, she gradually lost her love of running. After the birth of first child Deirbhile in 2002 she made one last effort to reach the top again, but it wasn't to be.

“I would get fierce down and be very hard on myself whenever I was injured and couldn't run”, says McKiernan. “It wasn't a happy time for me. I never really liked the pressure of competition anyway, but I always loved to run. It's a part of me and the way I am, and that's why whenever I was injured my whole life seemed miserable.”

The constant effort of trying to get back eventually took its toll, convincing McKiernan to announce her retirement from competitive running. That was almost two years ago. Today she can count on one hand the number of days she hasn't gone running since – which is even more remarkable considering she's given birth to her second child Patrick during that time. And almost incredibly she hasn't had even one minor injury. She now runs freely and effortlessly again, purely for the love of it.

That hasn't happened by accident – but rather with a lucky and perfectly timed twist of fate. A week or so after retiring a friend lent her a book with the somewhat strange title *Chi Running*. McKiernan didn't expect much until she started reading. It was like a revelation, suddenly explaining all those injury problems she'd sustained over the years.

“Normally I'd be a little slow getting into books,” she recalls, “but this one I couldn't leave down. I was hooked. The first thought when I finished was that I'd have to get in contact with the man.”

That man was Danny Dreyer, a marathon runner living in San Francisco. For years Dreyer had been trying to develop a more efficient running style, and the turning point came 10 years ago when he took his first t'ai chi class. That, he believed, provided the starting point for the correct mechanics of running. He also studied other runners, mostly the high-efficient Kenyans, and two years ago put his ideas into print. *Chi Running* has already sold over 65,000 copies and is the number one running book on amazon.com.

“I didn’t make this up,” says Dreyer, in Dublin recently to give one of his two-day Chi Running seminars. “It’s not even my material. These ideas have been out there for thousands of years. I just put a structure to them, and articulated those ideas in a way the average runner could relate to.

“It started with the principles of t’ai chi, which is about co-operating with natural energy forces, rather than fighting them. That’s quite simply done in running if people just lean forward a little, let gravity assist them, and also engage the core muscles. Too many people are power running, and letting the legs do all the work. Not only does that create a great waste of injury, it’s also more likely to create injury problems.”

At first the ideas aren’t the easiest to grasp, mental as much as physical – a sort of Zen and the art of distance running. Yet McKiernan was instantly sold. Within months of retiring she was in America studying with Dreyer, and is now Ireland’s first and so-far only certified Chi Running instructor.

“I often ask myself now what could I have done if I’d discovered this during my running career,” she explains. “I just never realised it at the time, but my style was setting me up for injury. I was up on my toes too much, which eventually lead to tight calf muscles and Achilles tendon injuries. I was also bobbing up and down and wasting energy, and carrying my arms out way to far.

“But it was the idea of injury-free running that really excited me, and in the past year that I’ve got more satisfaction teaching Chi Running than the things I achieved as an athlete. It does take practice, and some runners take to it quicker than others, but once the bad habits are broken people are running a lot better, which I love to see.”

There are many people already testifying to the advantages of Chi Running, but the best of them comes from McKiernan herself. Having perfected her running style, she was able to run throughout her second pregnancy – which included an hour run in the morning, and a 30-minute run in the evening, the day before Patrick was born last March. If that doesn’t suggest efficient running it’s hard to imagine what does.

(For information on Catherina McKiernan’s Chi Running courses, email [chirunning@eircom.net](mailto:chirunning@eircom.net))

### **SOME BASIC CHI RUNNING TECHNIQUES:**

Keep stride length short as you take off, lengthen gradually as you lean more.

Keep the lower legs limp.

Pick your foot up over your opposite ankle, and don’t push off with your toes.

Lean from your ankles by tilting slightly forward.

Let gravity pull you.

Land mid-foot, just behind the balls of your feet, not on your toes.

Keep your shoulders relaxed and low.

Keep your knees down and your heels up

Feel a gentle twist along your spine.

## **BENEFITS OF CHI RUNNING:**

- 1) Proper posture
- 2) Relaxed limbs
- 3) Loose joints
- 4) Engaged core muscles
- 5) A focused mind
- 6) Good breathing technique
- 7) Increased energy

<b>Active Qualified Coaches 2007</b>	
<b>Name</b>	
Lorraine	Hourihan
Dermot	Brennan
Aisling	Growney
Gaye	Enright
Dave	Costello
Sarah	Corcoran
Martin	Corcoran
Carmel	Murphy

## **Athletics Wicklow / County Bye - Laws January 2006.**

There were a few issues that arose over the course of the cross-country season regarding eligibility of some of our athletes for various competition particularly cross country events, to help clarify some issues we have published a copy of the latest AA Wicklow By-Laws.

The following is a list of the AA Wicklow Bye-Laws which we (Bray Runners AC) are bound by as an affiliated Club. If there are any aspects of these laws that you do not agree with, please forward your views to your committee and your concerns can be raised at County Board level or you may wish to attend the County Board meetings personally which are held on the first Tuesday of each month.

### **Administration**

1. That the County Star Awards be selected as follows :
  - Juvenile - athletes aged U14 - U16
  - Juvenile - athletes aged U16 - U19
  - Junior - athletes aged U16 - U20
  - Senior - athletes aged U20 upwards ( 2003 )

2. That the County Registrar be instructed to refuse applications for affiliations from newly formed clubs which are situated within a radius of three miles of existing clubs or with a base population of less than one thousand persons at the preceding census, unless such application shall have the consent of the existing club in the area and clubs in the County and voted on by those Clubs present at a properly convened meeting of the County Board.  
( Prior to 1998 )
3. That all transfers internal and external come before the County Board and be duly noted by the County Secretary in the minutes.( Prior to 1998 )
4. That two non specific members be added to the County Board. ( 2005 )

### **Cross-country / Senior**

That guests be allowed to compete at County cross-country events provided that they are AAI members and guests must be identified before the race. Guests must request permission from the County Board in advance.( 2004 )

That where Novice Cross-country Championships are run on the same date as the AAI Uneven Ages, the Under 19 and Novice Races be run together with the Under 19 allowed to score in both events. Under 18 athletes are not allowed to score in Novice events. ( 1999 )

That the winner of the County Men's Novice, Intermediate and Senior events be ineligible to compete in Novice again and the winner of the Intermediate & Senior events be ineligible to run Intermediate again. ( 2004 )

That athletes made ineligible by Rule 3 may apply to the County Board for regrading. This application must be made in writing to the September meeting and will not be considered at any other time. The decision of the County Board will be final. If rejected, an athlete may reapply the following year. ( 2004 )

That an athlete who wins a medal in a Senior, Intermediate or Novice event, where there are less than three athletes, remain eligible for competition the following year. ( 1993 )

That in all cross-country and road competitions, ladies teams to consist of three athletes. ( 1998 )

That a cup be provided for the Senior Cross-country Championships. ( 1996 )

That clubs be notified at least one month prior to Cross-country competition to enable them to ascertain eligibility of athletes. ( 1996 )

That athletes be contacted at the beginning of the season to ascertain availability for County teams. ( 1996 )

That a club be allowed to enter up to two teams in Novice, Intermediate & Senior Cross-country competitions and Road Championships and that any number of said teams be allowed to win medals. ( 1993 )

That the entries for all cross-country events for Juniors and Seniors be taken on the day up to half an hour before the event. ( 1990 )

That Veteran teams be three man teams in Cross-country with medals for the first three home.  
( Prior to 1998 )

That for the purpose of County Cross-country championships at Intermediate and Senior men's level, four members of the team will score in team competition. ( Prior to 1998 )

That the County hold an Open Race in conjunction with the Novice and Intermediate Ladies Championships with eligible athletes competing for those titles. ( 2004 )

---

### **Cross-country / Juveniles**

That U8, U9, U10 athletes not be given medals every time they take part in an event. ( 2004 )

That the first eight in all cross-country competitions be automatically included in the County team for Leinster Inter-county competitions and that the remaining two be selected by the County Board. ( 1998 )

That the first eight in Leinster cross-country competitions be automatically included in the County team for National Inter-county competitions and that the remaining two be selected by the County Board. ( 2004 )

That in the Under 19 Cross-country competition the scoring members be reduced to three. ( 1995 )

That Inter-county Relay teams for T/F and cross-country be selected in advance. ( 200 )

### **Track / Field Competition**

That athletes be notified individually when they are selected to represent the County. (1989 )

That Inter-county Relay teams for Track / Field be selected in advance. ( 2004 )

### **Contact Details**

Dermot Brennan.	Chairman	086-8227454
Martin Corcoran.	Hon. Sec	01-2829898
Cyril Smyth.	Hon Treasurer	01-2867592
Sean Clifford.	Mens's Captain	086-2593023
Susan Lawless	Ladies Joint Captain	
Mary Dawson	Ladies Joint Captain	086-1076079
Richard Owens	Junior Captain	01-2860981
Mary Hannon	Joint Child Officer	087-9270865
Margaret Scargill	Joint Child Officer	01-2829878

# Bray Honda Center

3 Duncairn Lane, Bray

Motorcycles, Mopeds  
and Scooters  
new and used

Japanese Imports  
and  
Motorcycle Accessories

Sales,



Service, and Repairs

Bray Honda Center  
Wish the Very Best of Luck  
To all Bray Runners Athletes



**Costello Garden Design**

Contact Pat at  
2762003  
087 2466343



# INTERNATIONAL JOB SOLUTIONS

SIMPLE, CLEAR, COST-EFFECTIVE

*Contact Dave 086-0771760*

