



Founded 1983

Editorial

The Silver European Medal won by Sean Clifford in the 10Km at the XV European Masters Track and Field Championships held in Poznan, Poland from 19–30 July is undoubtedly the highlight of the year and arguably the high point in the Club's 23 year history. We all share in the joy of Sean's success. Over the years Sean has epitomized the loyal club athlete, who barring injury has always turned out for Bray Runners at County Championships. He has shown us all what hard work and dedication can achieve. More than that Sean has encouraged unselfishly his fellow athletes to give of their best, has willingly shared his experience with others, and has been the first to congratulate any athlete who beat him in a race. Sean, who was a relative latecomer to running, is not only an inspiration to our senior athletes but also a role model, in particular, for our juvenile athletes who can see at first hand at a very young age what can be achieved.

National Bronze medals for our Ladies was another high moment during the summer as well as the completion of Phase 1 of 3 Bray Head Terrace. Our Club is developing at a phenomenal rate, our senior section has seen a large increase in new members both male and female. Likewise our juvenile section is expanding and developing as their results over the summer has shown. Well done to all who have helped in any way in progressing our Club thus far.

National Bronze for Ladies

AAI National 10k Road Race, Tinryland, Carlow

Tinryland was the venue for the 2006 National 10k Road Race and what a venue it is. The course was long and very hilly and instead of complaining about the cold at the starting line we found ourselves commenting on the heat instead. The sun shone brightly for the entire race and the sudden rise in temperature for the first time this year was a factor during the race. It was food for thought to go out and buy some wrap around shades for fear of even

more wrinkles appearing through squinting. So four Sli Cualann members took part, Michelle Lambkin, Mary Dawson, myself (Susan Lawless) and Jean Bader of Parnell AC, finishing in that order respectfully. Water was much appreciated at the finish and was also splashed around a bit for fun. Those of us that had run the 10k in Enniscorthy earlier in the year agreed that the course we had just completed was considerably tougher so everyone was pleased with their time. I think the spectators would have known how tough it was just by hearing the loud gasps coming from mouth and seeing the pain on my face – not a pretty sight I'm sure. After a lengthy cool down it was time for a cuppa and a chat to catch up on what we had all done since the last race and what races were coming up in the pipeline. When the prize giving started we struggled to understand the Carlow accent but there was no mistaking the announcement that we had won third team prize. Michelle excitedly dropped everything she was holding and bounced up to collect our medals. We were all smiling from ear to ear – long may it continue.

Susan Lawless – Joint Ladies Captain

Editors Note.

Susan unfortunately had to take a break from Club duties for personal reasons and we all hope to see her back in the near future.

2nd Place for Vincent. 22/04/06

Vincent O'Sullivan continues his good performances whilst over the water with another excellent run in the 7 mile Kenilworth Castle Multi-terrain Race finishing in 2nd place, 37:40.



Dog Attack.

Two of our members John Kenny and Pat McCourt were attacked by a dog during one of our Thursday training session in Shanganagh Pk during the summer. This was a particularly nasty incident as it was an unprovoked attack and resulted in both members having to attend the A/E at Loughlinstown Hospital. The attack was reported to the Gardai in Shankill and they informed us that there would be more regular patrols in the park and that summonses would be issued to dog owners who did not keep their dogs on a lead.

RTE 5 Mile BHAA League 29/04/2006

With over 300 athletes taking part in this event our athletes were in tremendous form all finishing in the top sixty places. The course around the embassy belt of Ballsbridge / Donnybrook was over 4 laps. Martin Francis continued his good form with an excellent showing, finishing in 44th spot in a time of 29m 09s, Sean Clifford dipped comfortably **under**

the 30 minute barrier with a time of 29m 23s which earned him 1st O/60 prize. Mary Dawson continuing her good finished in a time of 32m 10s and was placed 8th in the ladies category.

Knowledge is power.

"Before a race, get to know the course if you don't already. Run part of it as a warm-up, drive it in your car, or ask a few race veterans to describe it for you in detail. Knowing what's in store can help calm your nerves."

-Katie Neitz, RW senior editor

Dunboyne 5 Mile Road Race 10/05/2006

Sean Clifford was our only representative in Dunboyne. With over 200 athletes putting their toes to the line this was always going to be competitive. The warm sultry conditions were not helpful to fast times however the evergreen Clifford ran a PB for the season of 29m14s to win his category and finish in 30th position overall.

Defibrillator

A **Defibrillator** has been donated to our Club by John and Jackie Doyle and their family. Through their fantastic fund raising efforts, following the sudden death of their son, they raised sufficient funds to donate a number of AED (Automated External Defibrillator) units to sporting clubs and organisations in the Bray area which also included the training of three members of our Club in the use of this equipment. Club members who are certified in the use this equipment are Dermot Brennan, Martin Corcoran and Carmel Murphy all of whom have been trained and certified by the Irish Heart Foundation in the use AED, which we hope to have available at all official Club training sessions. We are extremely grateful for the generous donation of this vital piece of life saving equipment.

Irish Cancer Society 10K Wicklow 14/05/2006

A few of us did the 10km run in Wicklow today Sunday 14th May 06 for the Irish Cancer Society. I didn't get times but the women's results were:

2nd Mary Dawson

3rd Liz Ryan

4th Susan Lawless

6th Ciara Kavanagh

Richard Kavanagh, Ciara's dad also ran, I'm not sure where he came. There was a small turn out for this new race seeing as it clashed with Sportsworld 5 mile but everyone was

happy with the relaxed atmosphere and the flat, grassy run by the beach. The wind was behind on the way out so it was a tough 3.5mile return with no let up from the wind.

Report by: *Joint Ladies Captain Mary Dawson*

AA Wicklow Summer League 24/05/2006

3Mile Trail Run The Murragh

Only two of our athletes travelled to Wicklow Town for this very enjoyable trail run along the coast at Wicklow. Most of the field was made up with junior athletes from Inbhear Dee and Roundwood with seniors / masters from Parnell AC. Des Earls of Inbhear Dee won the race in a time of 15m.33s closely followed by Mick Byrne Parnell 15m.37s with Cormac Conroy Parnell in 3rd place 16m.19s. Richard Kavanagh 33rd just back from injury finished strongly in 21m.15s and just behind we had Giovanni Romoli 35th 22m.02s.

BHAA League Intel 5 Mile Road Race 27/05/2006.

Mary Dawson ran a fine race in the very windy Intel 5 Mile RR, Mary completed the course in 7th place in a time of 32m 02s. Martin Francis also in good form finished in 20th position in a time of 28m.54s.

23rd Annual Senior Awards.

We held our Annual Awards celebrations in "Montebello" home of Sean and Sally Clifford, Strand Road, Bray. With almost ninety members, friends and invited guests in attendance this was an excellent night for our Club now in its 23rd year. We are indebted to Sean and Sally for once again opening up their home to Bray Runners and for the very warm welcome and hospitality shown to all.

Our main Guest for the evening was Special Olympian Lorraine Whelan accompanied by her father Brendan who joined with us in our celebrations. Lorraine's Gold and Bronze Winter Olympic medals, which she won in Nagano in Japan were the focus of much attention and admiration from all in attendance.

Other guests included Frank and Kathleen Slevin from the Slevin group, Bryan Dunne of Lucozade, and former international athlete and local man Gerry Curtis and his wife Una. Terry Kavanagh Chairman of Athletic Wicklow and Billy and Marie Porter were also in attendance. Others celebrating with us on the night Mary Ryan who travelled from Cork, and former members Bobby Mitchell and his wife Cathy, Conor and Norah Swords and many many more.

The recipients of the Annual awards were;

Most Improved Athlete	Ciara Kavanagh
Masters Athlete	Sean Clifford
Personality of the Year	Carmel Murphy
Athlete of the Year	Mary Dawson.

Leinster U/13 Track and Field Championships Navan 28/05/2006

After great performances in the Wicklow Track and Field held in Donard, Lorcan Murphy and Oisín Moran travelled to Navan to perform in the Leinster championships. Both athletes raised their performances for their respective events both narrowly missed out on the medals.

Lorcan Murphy	600m	9 th		
Lorcan Murphy	Long Jump	4 th	4m 21cm	PB
Oisín Moran	Ballthrow	41m		PB
Oisín Moran	Shot	7m 75cm		PB

Lorcan Murphy and Oisín Moran in action in Tullamore



Clare 10K 24/06/2006

Ciara Kavanagh and Lynn McMahon travelled to Ennis Co. Clare to take part in the inaugural Clare 10K. Both of our athletes were anxious to improve on their fine performances in the Flora Mini Marathon and they did. Lynn finished in a time of 49m 10s, closely followed by Ciara in a time of 51m 49s.



BHAA LEAGUE 13/06/2006

Sandymount 5K Beach Run.

Mary Dawson continues her good vein of form in this very well supported and highly competitive race, The organisers were delighted with the largest entry in years, and were also delighted with the high standard of performance by the athletes. Mary Dawson finished the 5k distance in 4th place in a time of 21m .00s.

BHAA Graded Meet. Ringsend Track 14/06/2006

Sean Clifford continued his preparation for the European Championships in Poland, by taking part in this event. Running on the track is so much different to competing on the road circuit and this 3K event was very important in Sean's build up to Poznan, Sean finished in a time of 10m.55s

Wicklow League Race No. 2 20/06/2006

The second of the Wicklow League Race series was held in Roundwood, and once again there was a reasonable turn out. Bray Runners were well represented with Sean Clifford, Bernard Quinn, John Kenny, Richard Kavanagh and Giovanni Romoli all putting their toes to the line. It was nice to see former member Sean Meaney back racing again, who knows he may soon be wearing the Bray singlet again.

Results

Sean Clifford	31m 18s
Bernard Quinn	34m 12s
Richard Kavanagh	36m 45s
John Kenny	43m 34s
Giovanni Romoli	39m 10s



11th Invitational Track and Fields Competition 27/06/2006

Our annual event continues to be as popular now as it was 11 years ago when we first thought up the idea to have an event to promote juvenile athletics in Bray. Our event over the years has grown in size and the standard of competition has improved tremendously, and in particular, the standard of performance from our own young athletes has certainly improved. All the original clubs continue to support our event with increasing numbers from each club competing, and look upon the event as one of the highlights of the track and field season. I must thank all the officials of the various Clubs who are always more than willing to help out, as well as a large number of our own members



who are always on hand to assist on the night. I would like to thank and acknowledge our photographer for the evening Willie Rooney who did an excellent job capturing the event. Willie is available for First Communions ,Confirmations Weddings etc (*contact details with editor*).

As I said previously the performances from our own Club athletes have continued to improve over the years and this was the case again this year with a number of excellent individual displays resulting in Bray Runners finishing in 2nd place in the Bourke Cup for best team and our A and B Medley Relay teams finishing in 2nd and 3rd place respectively in a very exciting finale to the evening. Full results on www.brayrunners.com.



Graded Meet Santry Stadium 29/06/2006

Sean Clifford continues his track preparation for the European Masters Championships in Poland next month with a fine run in the Morton Stadium in Santry, finishing the mile in a time of 5mins 32secs.

British 10km London run 02/07/2006

At the weekend I finished the British 10km London run, a brilliant run it was and I would certainly recommend it to Club members. The course goes around Trafalgar Square, near Big Ben, Westminster Abbey and the London Eye. It was a great way to see the sights of London to be honest. I finished in 47m 38s with a bandy knee and 35 degree heat!!!

Kevin Grace

Rathfarnham 5K 02/07/2006

A small Bray Runners squad travelled the short distance to Rathfarnham to take part in this extremely competitive road race. First home for Bray Runners was Sean Clifford in 18m 19s winning the O/60 category, this was one of Sean's final races before he heads off to Poland to compete in the European Masters Championships later this month. Mary Dawson finished 10th in 19m 10s, with Muriel Haire just behind winning the O/40 category in 19m.18s. Michelle Lambkin completed the course in 20m 00s.

National Junior U/23 Track and Field Tullamore 02/07/2006

Dave Costello qualified for 100m final, however could not compete in the finals due to an Achilles problem. Dave did however finish 4th in the long jump.

5 Mile Adidas / Irish Runner Race Series 09/07/2006

Each year the number of athletes entering this race continues to grow with over 2500 entrants this year. Joe Kelly who recently joined the ranks of Bray Runners had a fine run and covered the distance in a time of 33m 38s. John Kenny ran a **PB** and finished the race in 41m 57s.

Race No. 3 Wicklow League 2 Mile Shanganagh. 13/07/2006

A large field of Wicklow athletes assembled for race No. 3 in the Wicklow Race Series, the 2 mile race was over three laps mostly on grass but did take in a wooded section of 300 metres in Shanganagh Park.

The course was praised by all the athletes and fast times were the order of the day.

There were over 100 athletes in the race and this was down to the large number of our own Club members who supported this event as well as a number of guest runners who were made more than welcome Des Earls

(InbhearDee) won the race with our own Vincent

O'Sullivan on his heels as they both battled for the line. This was also the last race for Sean



Clifford and Barry Keane before they headed off to Poland for the European Masters championships, There were light refreshments / sandwiches etc served after the race, and thanks to all who contributed to making this event another success for our Club.

Dublin City Council 5km, Ringsend, 19th July.

Over 200 athletes put their toes to the line for this evening event, Vincent O'Sullivan had a solid run finishing in 4th place in a time of **15:53**. Mary Dawson continued her good form finishing in 7th place in **19m 12s**. Murial Haire was **1st O/40** in a time of **19m 35s**.

European Masters Championships 20th July Poland 10K

After months and months of tough training the BIG Day finally came for Sean Clifford, when he got the opportunity to compete in a major championship. Sean was not going to let the opportunity pass and in a temperature of 34deg battled his way around 25 laps of the Olimpia" Stadium in Poznań, Poland, beating athletes from all over Europe to take the **SILVER** medal. **This is a great achievement for Sean one of the Clubs founder members and for Bray Runners and we all share and take pride in his success.**

RESULT

1 De La Camara, Emilio	M62 Spain	36:37.43
2 Clifford, Sean	M60 Ireland	40:16.41
3 Rezac, Ivo	M64 Czech Republic	40:28.68
4 Shakirov, Makhmut	M62 Russia	41:10.96
5 Mateus, Alfredo	M61 Portugal	42:28.67
6 Abascal, Victor	M60 Spain	42:30.89
7 Schlonski, Walter	M61 Germany	43:08.50
8 Mlodzieniak, Antoni	M60 Poland	43:11.86
9 Johnson, William	M62 Great Britain	43:38.73
10 Joch, Frantisek	M64 Czech Republic	43:59.32
11 Verev, Olavi	M61 Estonia	44:16.74
12 Mullane, Danny	M60 Great Britain	45:30.28
13 Malykh, Vladimir	M62 Russia	45:31.84
14 Macarrilla, Manuel	M62 Spain	45:57.83
15 Sucha, Vaclav	M60 Czech Republic	46:09.26
16 Joutsenlahti, Anssi	M62 Finland	47:41.56
17 Gonsiorovsky, Zdenek	M64 Czech Republic	48:26.48
18 Sautiere, Andre	M63 France	56:54.06
-- Wodniok, Rudolf	M62 Germany	DNF
-- Wojciechowski, Jozef	M62 Poland	DNF
-- Knapen, Henk	M62 Netherlands	DNF
-- Bonass, Patrick	M62 Ireland	DNS
-- Skapski, Ryszard	M60 Poland	

The 5K Championship Event 28/07/2006

Final Result

1 De La Camara, Emilio	M62 Spain	0872266641
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Tony's mob number 17:22.55

2 Gronhardt, Ulrich	M61 Germany	18:20.54
3 Cano, Francisco	M61 Spain	18:36.24
4 Clifford, Sean	M60 Ireland	19:00.59
5 Malykh, Vladimir	M62 Russia	19:08.64
6 Abascal, Victor	M60 Spain	19:12.57
7 Mlodzieniak, Antoni	M60 Poland	19:45.41
8 Mateus, Alfredo	M61 Portugal	19:48.17
9 Skapski, Ryszard	M60 Poland	19:53.49
10 Joch, Frantisek	M64 Czech Republic	20:04.16
11 Mullane, Danny	M60 Great Britain	20:14.76
12 Johnson, William	M62 Great Britain	20:32.04

IMRA Summer League

Some of our athletes appear to perform much better at altitude according to the results below. Alan Dillon is certainly showing much improved form over the past number of weeks. (*Share your secrets with us Alan*) Daniel Buckley is another who is showing a likeness to hills and beginning to make his presence felt. Its great to see Liz Ryan back in the competitive mode (there must be a lot of secret training taking place). Read Alan Dillon's report on the IMRA Summer League below.

IMRA Hill Running League 2006

I got into hill-running completely by accident about 5 years ago. At the time I was into hill-walking in a big way. A group of us would go hill-walking every 6 weeks or so. One of the walkers, Diarmuid, was a hillrunner. In the middle of the walk he would announce that he was "off for a run" and would saunter off into the distance, reappearing an hour or so later. At the time I thought he must be completely mad to actually want to run up a mountain.

A few months later, over a few post-hill-walk pints, I was chatting with Diarmuid about rock-climbing and he said he'd love to have a go at it sometime. Thinking it was the drink talking I foolishly replied that if he went rock-climbing with me then I would go hill-running with him. I had completely forgotten this conversation when the phone rang two days later. It was Diarmuid wanting to go rock-climbing. As he had fulfilled his side of the bargain, I had to honour my promise that I would go hill-running. I honestly didn't want to go. The funny thing was that, once I tried it once I was completely hooked. Hill-running combines the experiences of running and hill-walking, I find it more enjoyable than hill-walking because it's more exhilarating and it can often be a welcome relief to running on the roads or training in Shangannah Park all the time. One of the great things about hill-running is that you can choose a different route every time.

The Irish Mountain Running Association (IMRA) is an umbrella organisation that promotes hill-running competitions and leagues, mainly in Leinster. They have many different leagues over different types of mountain terrain and distances. Their most popular league is the

Summer League which consists of 13 mountain races run on consecutive weeks. A runner must complete 7 races to get an official league position. If you do more than 7 races, your best 7 results are taken. The race distance builds up gradually over the 13 races, starting at 7km and gradually increasing to 12km. Here then, is the story of the Summer League 2006.

Race 1: Mountain View – 26/04/2006

Distance: 7 km

Climb: 290m

Runners: 206

Results:

Name	Position	Time
Alan Dillon	15th	32:50:00

The first Wednesday of the summer league. I cycled the last two miles to the race because of parking problems at the start. This was to prove to be my downfall later on. Two hundred and six souls braved the damp weather to run up and down Three Rock Mountain, starting near the village of Stepside. IMRA had deliberately made the first race much harder than usual to try to keep the numbers down. Despite this the races continue to attract more runners every year. A very steep start, a dangerous boulder field and a dash to the top. I could hear a runner getting quite close to me as I neared the finish. I remember thinking “He’s not getting past no matter what!” The finish was incredibly steep downhill and it was a question of who could keep their nerve. When I got home, I pulled a muscle in my back while lifting my bike out of the car. At that stage, I thought my summer league was over. The next day I couldn’t reach down to put on my shoes or socks!

Race 2: Hellfire and Brimstone – 03/05/2006

Distance: 6 km

Climb: 260m

Runners: 211

Results:

Name	Position	Time
Martin Francis	15 th (2 nd M40)	27:29
Alan Dillon	16th	27:31
Daniel Buckley	30 th (1 st MJ)	29:05

Having visited Eileen McGrath for a miracle massage, I made it to the start line but was very stiff. This is a fast course on much better terrain, mainly wide forest trails. I got lost because some little feckers moved the markers and I just blindly followed the guy in front of me but I only lost about 30 seconds. Martin Francis passed me but I got him again later. I was totally confused as to where I was when I suddenly realized I was nearly at the finish. I was running downhill as fast as I could when I heard heavy footsteps gaining on me. I thought to myself “I

bet that's Martin" and of course it was. I just couldn't hold him off in the final dash to the line.

Race 3: Three Rock Dash – 10/05/2006

Distance: 6.6 km

Climb: 260m

Runners: 221

Results:

Name	Position	Time
Alan Dillon	12th	32:21
Martin Francis	17 th (3 rd M40)	32:53
Daniel Buckley	42 nd (1 st MJ)	35:03

I was thinking of Stephen Roche before I started this race. I had decided to cycle up to the start at Ticknock to "warm up". By the time I got there I was in oxygen deprivation, with images of Stephen Roche with the oxygen mask after his famous victory in the Alps, the year he won the Tour de France.

Despite very good directions from the course marker before the race, I followed the leading group when they went wrong. I heard someone shout "You've gone the wrong way!". The remainder of the leading group didn't turn back. Thinking I was doing really badly, I pushed myself too hard. I was passed by 5 runners on the descent and I thought I was running a terrible race. When I got to the finish line, there weren't many runners there. I only realized later on that I must have been 6th or 7th at the top. Daniel Buckley came over to me after the race. "You're in Bray Runners aren't you" says he. As I was having difficulty breathing at the time it was hard to have a conversation. When I looked at the results the next day, I realized that Daniel had won the junior category in both his races. A talent for the future, I'd say.

Race 4: Corrig – 17/05/2006

Distance: 5.6 km

Climb: 235m

Runners: 143

Results:

Name	Position	Time
Daniel Buckley	32 nd (1 st MJ)	40:44

Following the advice of Gerry Curtis, I didn't do this race to allow my body to recover. He reckoned that at my age I wouldn't be able to sustain performance over 13 consecutive weeks without taking a break. Actually, I don't think anyone could do that (except maybe for Martin Francis!). A horrible windy and rainy night and a remote and boggy mountain so fair play to the 143 runners who participated and the organisers who made it all happen. Another great performance from Daniel.

Race 5: Bray Head – 24/05/2006**Distance:** 5.9 km**Climb:** 360m**Runners:** 213**Results:**

Name	Position	Time
Alan Dillon	15 th	31:53
Daniel Buckley	27 th (1 st MJ)	33:52
Liz Ryan	132 nd (16 th F)	42:06

My home race! It was also the long awaited (and much talked about!) inaugural hill race for Liz Ryan. This course suits my running style so fresh from my week off, I was charged up at the start line. It's a mad dash for the first 100 metres because if you get caught in the bunch after the turn to the cross, it's very difficult to overtake. Last year I ran to the cross too fast, so I tried to hold myself back. After the cross it's relatively flat up to the trig point, followed by a fast downhill return. I was swapping places with Beth McCluskey and passed her again on the steep downhill. However, the last stretch on the promenade was longer than I had expected and I slowed up considerably. Daniel won his category again and Liz came in a very respectable 16th in her category in her first hill race.

Race 6: Scalp – 31/05/2006**Distance:** 6.4 km**Climb:** 244m**Runners:** 203**Results:**

Name	Position	Time
Martin Francis	18 th (4 th M40)	26:19
Alan Dillon	20 th	26:26
Daniel Buckley	29 th (1 st MJ)	27:42
Liz Ryan	123 rd (15 th F)	34:14

I nearly didn't do this race as I was battling with and on/off cold. In the end, I couldn't resist it and headed off on my mountain bike, cycling part of the course to get to the start. On a balmy summer's evening, everyone was sweating before we even started! Very soon after the start I noticed runners passing me out who I would normally be ahead of. I felt awful and considered dropping out but hung on in there. In the second half of the race I picked up a bit and passed Daniel Buckley. Beth Mc Cluskey was just ahead of me with 1km to go but I knew I'd pass her on a very steep downhill section through the woods. As I got to the finish line, I saw Martin ahead but I couldn't catch him.

Race 7: Howth – 07/06/2006**Distance:** 8.5 km**Climb:** 360m**Runners:** 168**Results:**

Name	Position	Time
Alan Dillon	12 th	37:18
Martin Francis	16 th (4 th M40)	38:00
Daniel Buckley	27 th (1 st MJ)	27:42

I peaked in this race although I didn't realize it until a few weeks later. This is a fantastic race. It starts in the GAA pitch high above the village of Howth. The views across to Ireland's Eye and Lambeg Island are stunning. Two laps of the head so you have to keep a bit in reserve for the second lap. A quick lap around the pitch at the start to string out the runners and then it's onto the forest trails. I went slightly wrong at one stage and Martin and Beth Mc Cluskey passed me. I passed them at the top and went on to do a very good second lap. I thought I'd run it too fast and that I'd be caught by a few runners before the finish but I managed to keep it together and fell over the line.

Race 8: Paddock Lake – 14/06/2006**Distance:** 9 km**Climb:** 420m**Runners:** 160**Results:**

Name	Position	Time
Martin Francis	17 th (4 th M40)	49:47
Liz Ryan	105 th (17 th F)	63:56

Another week off for me. IMRA encourages runners to help at races so I mountain biked up to the point of the Juniors' return point and stood there being attacked by midgets, giving directions to runners. Afterwards, I cycled around the course with Beth McCluskey and took all the markers down. I have to say that all of this was more tiring than actually running in the race!

Race 9: Brockagh – 21/06/2006**Distance:** 11 km**Climb:** 450m**Runners:** 156**Results:**

Name	Position	Time
Martin Francis	22 nd (4 th M40)	50:13
Alan Dillon	23 rd	50:19
Joe Kelly	66 th	59:16

Liz Ryan	94 th (16 th F)	62:36
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The beginning of a 3-race decline for me. I felt awful on the climb and very nearly retired. For the first time ever, I fell on the way up. As I turned at the top, Martin was just behind me. I expected him to pass me soon after, but I picked it up a bit on the fantastic 5.5 km lightening fast descent – the best descent of the entire league. 500 metres before the finish line, my body said “Right, that’s it, I’m not putting up with this abuse any longer” and I slowed to a near walk. No matter how hard I tried I couldn’t run any faster.

Race 10: Tirbradden – 28/06/2006

Distance: 8 km (??)

Climb: 305m

Runners: 168

Results:

Name	Position	Time
Martin Francis	14 th (3 rd M40)	51:53
Alan Dillon	21 st	53:25
Liz Ryan	103 rd (10 th F)	67:04



ascent, barely ahead of.

Martin this race. As I

My decline continued and I struggled big time on the keeping up with runners who I would normally be well If you want a good laugh, check out the picture of me near the top of Tirbradden on the IMRA web site. passed me soon after the top. He ran a great descent in neared the finish I saw Beth Mc Cluskey ahead. She screamed in pain everytime her left foot hit the ground. As I passed her, I suggested to her that she should stop as she might do permanent damage. She replied that she was going to continue because she reckoned she had already done permanent damage. That’s one fierce competitor! The official distance was listed as 8km but everyone said it felt more like 10km.

Race 11: Sorrel Hill – 05/07/2006

Distance: 10 km

Climb: 412m

Runners: 134

Results:

Name	Position	Time
Martin Francis	12 th (2 nd M40)	46:57
Alan Dillon	19 th	49:22
Liz Ryan	79 th (9 th F)	60:34

I had never run this route before and I have to say that it’s one of the most spectacular ones, with a fantastic view of Blessington Lake for most of the descent. I knew soon after the start that I wasn’t running well so I decided just to enjoy the view and the beautiful evening. Martin was in a vein of good form and had his best race of the series.

Race 12: Ballinastoe – 12/07/2006**Distance:** 12 km**Climb:** 430m**Runners:** 125**Results:**

Name	Position	Time
Daniel Buckley	64 th (1 st MJ)	78:45
Liz Ryan	98 th (18 th F)	88:09
Vincent O Sullivan	DNF	DNF
Alan Dillon	DNF	DNF

As I warmed up for this race, one of the straps on my left runner snapped, meaning that I couldn't lace it up properly! I got words of encouragement from Michelle Lambkin, who was standing at the top and felt pretty OK as I started the descent. The marshall at the fence told us to go left. (I later learned that this was incorrect). I stepped up my pace and was catching the runner in front of me when I heard runners thrashing through the woods on my left. We were all completely off course! A group of 10 of us sauntered off looking for the race route. Ten minutes later we bumped into a group of runners coming from the other direction (including Liz and Vincent). Neither group was sure which was the correct way! After another 30 minutes of aimless wandering I jogged over the finish line with my left runner falling off.

Race 13: Sugarloaf – 19/07/2006**Distance:** 8 km**Climb:** 427m**Runners:** 163**Results:**

Name	Position	Time
Alan Dillon	14 th	38:06
Liz Ryan	124 th (20 th F)	55:14

I approached the start line with my left runner tied together with assorted pieces of string. Amazingly, myself and Martin were tied on 109 points after 12 races. I had to finish better than 20th to improve my overall score. Having run this race before, I knew that the track narrowed to single file after 200 metres so I headed off at top speed, gaining a good position before the narrow trail started. The pace slowed as the gradient increased allowing me to recover as we ran in single file. Everytime I run the Sugarloaf, I resolve to run all the way to the top but as usual I walked the last 50 metres bent over double. Having negotiated the initial near-vertical descent safely, I began to catch the runner in front of me. As we began the final steep descent towards the GAA pitch, my heels began to blister up. The skin of my heel seemed to be moving everytime my foot hit the ground. My feet felt like they were on fire. I abandoned all thoughts of catching the guy in front of me and focused on finishing the race.

To make matters worse, I had caught up with a very young junior who just wouldn't let me pass. This slowed me considerably and I could hear two runners gaining rapidly. Eventually, out of frustration, I shouted "For **** Sake!", at which point the junior jumped into the bush! The damage was done however and 1 runner overtook me. I was on the verge of retiring, the pain in my feet was so great, but just then I saw the finish and managed to stagger over the line (literally).

I limped down to the Glencormac Inn where the end of Summer League BBQ was taking place. It's amazing how good a pint tastes after a race!

Final Summer League Positions

Name	Position	
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Daniel



Liz



Martin



Alan

Alan Dillon	14 th	103
Martin Francis	15 th (3 rd M40)	109
Daniel Buckley	39 th (1 st MJ)	251
Liz Ryan	112 th (14 th F)	726

This was my best Summer League to date, with seven top 20 finishes. It was interesting how my form dipped after the sixth race and it just goes to show that you can't run at your best over a sustained period. Martin was 3rd in the M40 category. Liz was 14th in the F category and Daniel won the MJ category having won this category in each of the 7 races he participated in. I'm already looking forward to the Winter League!

Alan Dillon

Marvejols-Mende

Month July

Location The Cévennes (Lozère - the southern part of the Massif Central)

Distance 22.4K

Why do it This is one of the French classics, attracting a wide range of runners, including a fair elite section. In case you think it's a bit rich organising a race that is a kilometre or so longer than the half-marathon, think again. Any thoughts of running fast can be forgotten for

this point-to-point, which, for a road race, could euphemistically be described as 'rather hilly' (560 metres up, 500 metres down), taking in some of France's most splendid natural scenery (a cross between the Lakes and the Peaks, but on a grander scale). Three days of festivities surround the race itself, with fireworks and concerts. And, instead of a pasta party, you get an aligot party (the local speciality - cheesy potatoes) on the evening of the race. That's followed by a midnight parade through the town, if not in your birthday suit (though some do), then in 'petite tenue', with prizes for the best 'costumes'.

Field 5000 runners and one of whom was our own **Martin Francis** who after a lot of red tape and having to produce his birth cert (I mean Health Cert) ran a fine race and finished in a time of **1h 42mins**. Martin was also informed by good authority that he was the **first Irishman ever** to compete in this prestigious event.

MAJOR CHANGES FOR IRISH SPORT

By Info

Jul 23, 2006

The Institute will be a subsidiary of the Irish Sports Council and will concentrate on improving the performances of Irish elite athletes at major international sporting events such as Olympic and Paralympic Games, and European and World Championships.

A great start has been made to the process with the appointment of Sean Kelly the former president of the GAA as executive chairman of the Institute. One of his immediate tasks will be to gather the best people in sports science and coaching to develop the institute into a World class centre for sport.

This will also result in Changes for the National Coaching and Training Centre which will be now solely responsible for coach development and education. Where before they also had responsibility for support of elite athletes, a very difficult task which they implemented very well in spite of scarce resources in comparisons to other Countries. The National Coaching and Training Centre name will be changed to Coaching Ireland.

Lorient (France) 10 Mile Road Race 06/08/2006

Mary Dawson decided to give the French a run for their money whilst holidaying in France. Mary competed in the Lorient 10 mile road race and finished and 5th lady in 66mins, to quote Mary "I was treated like a stage winner in the Tour de France" .



Mick Burke Memorial 5K 19-08-2006

Dominic Horan decided to travel to Naas to take part in this very popular road race and was rewarded with a very nice time for the 5k distance. I seem to recall from a previous life that

Dominic uses this race as a marker, so watch this space, Dominic is making a serious come back.

National Masters 5K Tullamore. 13-08-2006

Following on from his recent European success Sean Clifford secured the **national** title by winning the Masters 5K in Tullamore in a time of 18m 43s. Sean is now concentrating his training on running a good time in the Chicago marathon in September.

Frank Duffy 10 Mile Road race Phoenix Park. 26/08/2006

With the Dublin City Marathon in the mind of many of our athletes, three of our distance runners took part in the Frank Duffy 10 mile road race in the Phoenix Park, Matt Hickmott running very well at the moment completed the course in a time of 67mins, followed by another of our in form athletes Joe Kelly finishing in 69mins 9secs, Maria O'Rourke another marathon hopeful was well placed in the ladies section finished in 81mins 53secs, with John Kenny crossing the line in 90m 07secs.

BHAA 3K Handicap. 30/08/2006

This 3K track race which was held in Irishtown is a new event on the BHAA calendar this year and it attracted a large number of athletes. Mary Dawson finished 1st in her grade in a time of 11m 29s .

Bray Head Terrace

Phase 1 of our premises at Bray Head Terrace is completed ahead of schedule, with the upstairs of the premises completely renovated as a self contained apartment and is now occupied by a paying tenant. Members got their opportunity to view the completed work on Thursday 31st of Aug. where light refreshments were served. All who attended were delighted with the transformation of the premises.

Before



After



Before



After



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	Child Officer	087-9270865

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