



Founded 1983

Apologies

I must apologise for the delay in getting this latest issue of our Newsletter to you, I have combined Summer / Autumn 2007. If I have omitted any result or article please do remind me and I will include in next issue.

Dermot

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The following result missed the deadline for our last issue of the newsletter, Richard Hourihan surprised everyone (except himself) when he returned with a Bronze medal in the 2K Steeplechase from the Leinster finals.

Cumann na mBunscoil sports day.12/06/2007 Charlesland

A number of our young athletes competed for their schools in the above event and here are some of the results that arrived on my desk were :

Lorcan Murphy	1 st	U/12	600m
Lisa Owens	3 rd	U/9	80m
Carla Celada	3 rd	U/12	100m

BHAA League ESB 5K 19/06/2007

Tom Cavanagh had a fine race in the mid week ESB 5K finishing in a time of 23m 26s. The winning time was 16m:58s (last home in a time of 46m:42s)

The conditions for the race were very bad, heavy rain and the Irish sea covering some of the course, (that's my excuse and I'm sticking to it ..Tom)

IMRA League 11/07/2007

So the masses gathered at the startline at Ballinastoe for the last but one of the Leinster League races and the longest one at that, with the most climb thrown in for good measure. There was a good bunch of runners and about 10 zillion flies gathered in clouds around peoples heads. Aprox 1 hour later it was all over - the route description that is. The finest oratory of a route description ever which was afforded a great response from the would-be runners.

This was the Ballinastoe summer race. It could be easily mistaken for the Ballinastoe winter race, such was the conditions underfoot throughout the race.

Martin Francis	62m 37s	2 nd O/40
Maria O'Rourke	78m 31s	7 th Lady
Gráinne Cunningham	87m 55s	1 st O/40

AAI Juvenile Track/ Field Tullamore. 14th / 15th July

We had three juveniles who qualified for the National finals, Lorcan Murphy(High Jump), Richard Hourihan (Steeple Chase), Richard Owens (800m) and Stuart Scargill (Javelin) Unfortunately Stuart picked up an injury the before competition and was unable to compete. Lorcan equalled his PB and finished in very credible 7th place. Richard Hourihan finished 8th in the Steeplechase final and Richard Owens equalled his PB in the heats but unfortunately did not make the final.

Adventure Races.

Maria O'Rourke has been taking part in some adventure races throughout the summer which consist of hill running, mountain biking and kayaking, and she is doing quite well by all accounts. Maria was a member of the ladies team that finished 2nd in the CLEC endurance race in Carlingford on July 28th. And she was on the second mixed team in the Ballyhaunis blitz the previous weekend in Limerick.



**John McDonnell takes on the North Face Ultra Run
The North Face Ultra Trail Courmayeur-Champex-Chamonix Aug 2007
90 km, 5000 m vertical gain 24 hours max. finishing time.**

The North Face Ultra-Trail Tour du Mont Blanc is considered the longest, most challenging and most prestigious ultramarathon in Europe and boasts some impressive numbers: Roughly 160 km of trail, 9000 meters of elevation gain through three countries, and breathtaking scenery showcasing the grandeur of Mont Blanc with its seven valleys, 400 peaks and 71 glaciers. **The North Face Ultra Trail Courmayeur-Champex-Chamonix** is likewise appealing, with its route following much of the International de Grande Randonnée du Tour du Mont-Blanc path.

"Both of these events are among the greatest tests of human endurance and natural beauty in the world. They push all participants to explore their physical and mental limits," said Topher Gaylord, President Outdoor International, which comprises The North Face® and JanSport® brands. "We are honoured to be the title sponsor of these events and strongly encourage all those interested and able to apply."

"The North Face Ultra Trail du Tour du Mont Blanc and The North Face Ultra Trail Courmayeur-Champex-Chamonix were both envisioned with the toughest challenges of human fortitude and natural difficulty in mind," said Race Director Catherine Poletti. "More than just simple sport competitions, these races present a real human adventure for all participants (athletes, volunteers, partners, etc.). Maintaining and daring to improve the integrity and authenticity of the test is our will and at the center of our work for the upcoming editions," added Catherine Poletti.

John completed the 86km event in 591st place out of 1,500 starters, in a time of 18 hrs and 41 minutes.

Dublin Bus 10 Mile Road Race 08/09/2007

Conditions were almost perfect on Saturday morning for the Dublin Bus 10 miler at which was disappointing very generous cash prizes as being a bit tough, Nevertheless, I think that



perfect on Saturday morning for the Rathcoole. There was quite a low turnout for the organisers, particularly given the on offer. The course is generally regarded making it hard to achieve personal bests. most runners enjoyed the event and were

pleased to have conquered that long climb - twice. There were fewer runners under the hour than previous years - only seven managed it this time but 15 did it in 2006 and 2005.

Martin Francis put in another powerful performance finishing in 10th place in a time of 1h 1m 08s, while Grainne Cunningham finished 1h 24m 42s. well done to both our athletes on such good performances on a very tough course.

Liz Wins in Monavea 09/09/2007

Liz Ryan travelled to St Abbans , Monavea Co Laois to take part in the Leinster senior road race and she was not disappointed as she finished in a time of 21m 25s for the 5K course and took the Gold medal for 1st O/35

What is Fartlek?

by: [Ian Kemp](#)

Fartlek is a form of road running or cross country running in which the runner, usually solo, varies the pace significantly during the run. It is usually regarded as an advanced training technique, for the experienced runner who has been using interval training to develop speed and to raise the anaerobic threshold. However, the 'average' runner can also benefit from a simplified form of Fartlek training, to develop self-awareness and to introduce variety into the training program.

For the **advanced runner**, the aim in Fartlek can be best described by relating it to *interval training*. The purpose of interval training is to develop speed by running for short distances at a speed significantly higher than the normal strong race pace, with these short runs separated by intervals of easy running or jogging. Intervals are normally run over predetermined distances, and usually on the track.

Fartlek is similar to interval training in that short fast runs alternate with slow running or jogging recovery intervals. However, in Fartlek the running is done on the road or on parkland or bush tracks. There is no predetermined schedule to follow, but instead the athlete will set her/his own interval lengths and pace in response to their own feeling of the workload. An advantage of Fartlek is that the athlete can concentrate on feeling the pace and their physical response to it, thereby developing self awareness and pace judgement skills. Also the athlete is free to experiment with pace and endurance, and to experience changes of pace.

It is primarily a technique for advanced runners because it requires 'honesty' to put in a demanding workload, and also 'maturity' to not overdo the pace or length of the intervals. With these qualities, Fartlek makes for an excellent component of a distance runners training programme.

A 'mild' form of Fartlek can also be of benefit for the **'average runner'**. Here I am thinking of the road runner who normally trains over a variety of distance, at a fairly constant pace, and who may have done no or little specific speed training.

The technique here is to introduce into your normal runs some short periods of slightly higher pace. Maintain these for a short period, say 200-400m (aim for a bend in the road, power pole or some other landmark up ahead). Then drop your pace back below your normal running pace, or slow to a jog, until you have fully recovered and your breathing has returned to normal. Then return to running at your normal pace, and put in another slightly fast interval later in the run. In this way you are putting a slight extra stress on your system which will, in time, lead to an improvement in your speed and in your anaerobic threshold.

You can use this approach to develop more self-awareness, by concentrating on what you are feeling while running at the different paces. How fast a pace can you attain before your regular, easy breathing begins to be laboured? After slowing down, how long before your breathing & other responses return to normal? What happens to your stride length as you increase speed?

I read the following article in Runners World and I thought it very interesting and maybe of interest to some of you. (Editor)

DRINK THIS

[The eight rules of fluid replacement, and how they'll energize your running.](#)

By **John Brant**

Picture a blazing 90°F Sunday in July. Your basic instinct tells you to lie panting in the breezeway with the dog, or poolside with a cold drink. But your so-called "higher reasoning" tells you that your success in October's marathon hinges on whether you complete today's long run. What's it going to be?

Never mind, you're a runner, so we know how you're going to answer that. Which means you need to know this: Drinking an adequate amount of fluids is the single most important thing you can do before, during, and after a run. Especially a long run on a hot day.

So grab a cool drink, find a comfortable place to sit, and listen up.

1. Drink early and often--every day. With dehydration, a drop of prevention is worth an ocean of cure. Drink water or other low-calorie fluids in small, steady quantities throughout each day, to the point when your urine flows clear. Bring a water bottle with you wherever you go, or take a drink every time you pass a water fountain at work or school. Staying well-hydrated throughout the day benefits you in ways beyond your running. It helps keep you alert and will

prevent that dull, headachy feeling that slows you down in the middle of the day.

2. Fortify yourself with fluids before you run, and aggressively consume fluids during your run. An hour or two before your run or race (depending on your tolerance), top off your fluid tank by guzzling 16 ounces of water or sports drink. Then take in between 5 and 12 ounces of fluid every 15 to 20 minutes during the run. If you're running for less than an hour, you'll be fine drinking just water. Your body's stores of carbohydrates and electrolytes are sufficient to carry you for at least that long.

3. When you run long, use a sports drink. Study after study shows that for exercise lasting more than an hour, runners perform significantly better when drinking a sports drink than when drinking plain water. Sports drinks contain carbohydrates at a concentration of about 7 percent, which, by the way, is significantly lower than that in your average soft drink. This is good, because the lower concentration enables you to absorb the fluid more quickly. Its carbs provide fuel, while its electrolytes--sodium and potassium--stave off cramps, nausea, and hyponatremia (a dangerous condition caused by drinking too much water). Go with a flavor you like as this will encourage you to drink more.

4. Don't wait until you're thirsty to start drinking. By then, it could be too late. In other words, the old tenet of "listening to your body" doesn't work when it comes to fluid replacement. We often don't feel thirsty before or in the early stages of a long run, but that's exactly when we need to start drinking. Otherwise, dehydration can set off a chain of negative reactions. Since sweat is made from fluid in your blood, your blood becomes thicker as you sweat and your heart has to work harder to pump. Your body temperature rises, which creates the need for more water. Meanwhile, dehydration compromises your body's ability to absorb carbohydrates and electrolytes from your digestive tract. And so on.

5. But don't drink too much. If you feel or hear sloshing in your stomach, it's telling you it's full, and you don't need to drink for a while. You might have to monitor this carefully, though, because we all have varying rates at which fluids leave our stomachs and enter the rest of our systems. Variations in size, gender, age, and metabolism come into play. You might not slosh; you might cramp or feel nauseated instead. Whatever signal you receive, stop drinking for at least 15 minutes.

6. After your run, drink between 16 and 24 ounces of sports drink for every pound of body weight you lost during exercise. This means you'll take in more than you lost, but that's okay because you'll urinate some of it away. Again, make sure you consume sports drinks or other fluids that contain sodium, which will help you retain the fluid you drink.

7. Beware of hyponatremia, a potentially fatal condition caused by taking in too much water and too little salt. Hyponatremia, or "water intoxication," usually happens only during long, hot runs, when a runner loses a lot of sodium through sweat and consumes a great deal of plain water. This combination may unwittingly dilute sodium levels in your blood, which sets off an electrolyte imbalance. Hyponatremia can trigger seizures, coma, and even death. Initial warning signs mimic those of dehydration, including confusion, disorientation, muscle

weakness, and vomiting. Women and slower, beginner endurance runners are at most risk of this condition. Still, the likelihood of developing hyponatremia remains small. Banish hyponatremia from your worry list by 1) including salt in your normal diet (particularly a few days before a long event), and 2) drinking sports drinks, rather than plain water, on runs over an hour.

8. Be careful out there. The better your overall condition, the better you'll be able to cope with low or moderate degrees of dehydration. (Case in point: In the 1984 Olympic Marathon, Alberto Salazar lost 8.1 percent of his body weight in sweat, and still ran a 2:14.) But if you feel yourself slipping into fluid debt-symptoms include chills, dizziness, disorientation, and cessation of sweating-don't panic. Stop running, find shade or an air-conditioned building, and start drinking as soon as possible. If you don't quickly improve, ask for help or call 911. If you do start to feel better, resist running and walk or ask for a ride home. Then vow to never let yourself become dehydrated again.

Gaye Enright Moves To Brussels 23/08/2007

We will miss the services of Gaye Enright who has moved to Brussels for circa two years. Gaye who has been active in our Club for a number of years as a committee member, and officer of the Club. Gaye was also very active in the coaching of our juvenile athletes. Gaye's contribution to the Club will be greatly missed. Prior to Gaye's departure we held an informal "Bon Voyage" party in Bray Head Terrace where a small presentation was made to her.

3K Time Trial. Shanganagh 09/08/07

We had a reasonable turnout for our 3K time trial. Before the start of the race all competitors were asked to predict their finishing time, needless to say quite a number were very shy and played down their good form with all sorts of excuses I've been on holidays.... I have'nt run for two weeks... I have no idea how I'd do over 3k... etc etc etc, even though we have been doing speed sessions all summer long. Anyway the time trial went very well and was very competitive to the finish. Richard Hourihan finished in 1st place closely followed by Sean Clifford who unfortunately collided with a dog and had a nasty fall. Joe Kelly back from injury coming in 3rd place. Re the predicted times Frank Gill was most accurate... predicting his finishing time as 13m 00s and his actual time was **13m 02s** .

Name	Predicted Time	1K <i>1 Lap</i>	2K <i>2 Lap</i>	3K <i>3Lap</i>	Result
J Carton	10m 00s	3m 32s	7m 43s	11m 35s	4th
S Clifford	10m 30s	3m 37s	7m 22s	11m 03s	2nd
P McCourt	12m 30s	4m 22s	8m 30s	12m 20s	9th
J Milner	12m 30s	4m 12s	8m 25s	12m 19s	8th
C Kavanagh	13m 30s	4m 41s	9m 43s	14m 30s	13th
R Kavanagh	12m 00s	3m 50s	7m 57s	11m 52s	5th
V Brunton	12m 00s	4m 03s	8m 07s	12m 15s	7th
R Hourihan	11m 40s	3m 32s	7m 06s	10m 43s	1st
J Kelly	12m 00s	3m 40s	7m 35s	11m 28s	3rd
F Gill	13m 00s	4m 22s	8m 47s	13m 02s	10th
B Quinn	12m 20s	3m 50s	7m 57s	11m 56s	6th
T Brannigan	14m 00s	4m 22s	9m03s	13m 34s	12th
Noelle	14m 00s	4m 22s	8m 47s	13m 03s	11th

South Armagh Half Marathon. 26/08/2007

Paddy Ryan travelled up north for the South Armagh half marathon and his trip was not in vain as he finished the course 1h 45m 31s

Longford Half Marathon.26/08/2007

Richard Kavanagh and Tony Brannigan made the trip to Longford for the annual Half Marathon which is growing increasingly popular with athletes from all over the country. Richard who has been training very well over the summer months finished the race in a time of 1h 32m 14s and taking 3rd spot in the O/50's. Tony Brannigan who has his sights set on the Dublin City completed the course in 1h 48m 56s.

Warriors 10 Mile Race Sligo 26/08/2007

Gráinne Roberts had a super run in this very tough race in Sligo run as part of the Warriors Festival. With almost 100 female athletes in this event the cream rose to the top and Gráinne finished in a magnificent 13th place in a time of 1h 26m 48s

Parnell 5Km Road Race

Friday September 21st - 2007

Luckily I arrived at registration earlier than I had planned (The traffic wasn't as heavy as expected). The start time had been moved forward to 7:00. (Not great as I was told registration closed at 7:15!!!) I didn't see any of my fellow bray runners there. The start was just over 1k from the registration at the Avondale gate lodge so a nice gentle warm up got us to the start.

The race started with a slight incline over the first 300m followed a gentle downhill section until we reached the 1k mark (if you're accustomed running in Wicklow consider this as flat) the next 2.5 km were quite flat. The last 1.5 Km was down hill. This no doubt helped give some very good times, I crossed the line in 19:28 which was a personal best, beating my previous best time by over one and a half minutes. There was the usual tea and biscuits in the gate lodge afterwards. Overall, other than the start time, this was a very fast and well organised race. So if you want to run a PB it's the race to enter.

Tom Cavanagh

Remax 5K Road Race Wicklow 26/08/2007

In what was a very busy weekend for Bray Runners Eddie Daly and Sean Meaney travelled to Wicklow for the Remax Charity 5K road race. Sean Meaney recovering some of his form finished in 18m 53s closely followed by Eddie Daly 19m 20s.

ARRAN PUSHES HAILE GEBRSELAISE ALL THE WAY IN BERLIN MARATHON 30/09/2007

This was his seventh attempt at the marathon, and Haile Gebrselassie finally succeeded in one of the objectives he set himself when he launched himself into the 42.2k race five years ago. He broke the world record in the real, - BERLIN-MARATHON today, running 2.04.26, taking 29 seconds off the record of friend and rival, Paul Tergat of Kenya, who ran 2.04.55 in this same event in 2003. "This was something special," said the 34 year old Ethiopian immediately after he emerged from a scrum of photographers, water dripping from his face from the bottle he upended on himself at the conclusion of his run on a cool and overcast

Berlin morning. “The conditions today were perfect, last year was too windy (he ran 2.05.56). The spectators were wonderful, I want to say thank you to the people of Germany”.

After heavy rain on Saturday, the conditions were exactly as the diminutive Ethiopian had said he preferred, 14C at the start, rising to 18C at the finish shortly after 11am. It is the 24th record of Gebrselassie’s career, which shows no sign of abating. “I promised I’d run 2.03, that didn’t happen, maybe next time”.

Right on cue, the race director’s telephone rang, and Mark Milde passed the phone to Gebrselassie, to receive congratulations from Tergat, calling from Kenya. “Sorry Paul,” said Gebrselassie, laughing, “I think I had better conditions than when you ran the record. I’ll tell Mark to invite you back next year”. Promising to be back in Berlin himself for the world championships in 2009, Geb passed over the phone, and Tergat said, “That’s sport, records are made to be broken. I’m very happy for him, we are good friends”. Tergat said that his own next marathon was likely to be in Fukuoka, Japan in early December, a race won by Gebrselassie last year.

It was four of Tergat’s compatriots – Rodgers Rop, Wilson Kigen, Andrew Limo and Peter Kiprotich, with fellow Ethiopian, Eshetu Wondimu - who provided the springboard for Geb’s record attempt, pacing him as far as 30 kilometres. None of the other elite tried to follow at all, even over the first kilometres. The initial pace to 15 kilometres was on for a 2.04 finish, but dropped off such that by halfway, something just outside Tergat’s record seemed likely. But, despite being by himself for the last 12 kilometres (whereas Tergat was shadowed by colleague, Sammy Korir, who finished just one second behind), the experience of running the course last year was all the impetus that Gebrselassie needed.

“There was a bit of wind in my face, but at 27k, it was behind me. Then at 35k it was in front again, but not so much. After 20k, I knew I could break the record, because I felt so good”. This was Gebrselassie’s 24th world record, his first was in the 5000 metres in Hengelo, Netherlands in 1994. This was also the sixth world record on Berlin’s superfast course. Starting with Christa Vahlensieck’s 2.34.48 back in 1977, the dark ages of women’s marathoning, the recent records have been: 2.06.05 by Ronaldo da Costa of Brazil in 1998, 2.20.43 by Tegla Laroupe of Kenya in 1999, the first sub-2.20 women’s marathon, 2.19.43 by Olympic champion, Naoko Takahashi of Japan in 2001, and Tergat’s 2.04.5 in 2003.

Gebrselassie was followed home in Berlin, at a distance, by three Kenyans. In second place, over two minutes behind, was Abel Kirui, on 2.06.51, a personal best by almost four minutes. Third was Salim Kipsang, also in a personal best, 2.07.29. Fourth was 2005 Berlin winner, Philip Manyim, on 2.08.01. **Arran Ruthledge (Bray Runners AC) 3.28.10.**

Arran was joined by Dermot and Pat and a number of other Irish athletes, for after race refreshments in downtown Berlin. Arran admitted (after a few drinks) that like Bernard Dunne a few weeks earlier he had been caught cold by Gebrselassie’s very quick start and there was just no way back .

Geb’s colleague, Gete Wami also successfully defended her title, with a solo run of 2.23.17.

That was three quarters of a minute outside last year' time, and she admitted that she cruised the last few kilometres, in recognition of her plan to run the New York Marathon in just five weeks' time. "I want to run New York," she said straight afterwards, and I want to win the jackpot". New York, and Jelena Prokupcuka of Latvia are duly warned. Wami's victory moves her into the lead of the rankings in the World Marathon Majors, the two-year five event series, including Boston, London, Berlin, Chicago and New York. If Wami prevents the Latvian winning a third consecutive New York title, the Ethiopian will win the half million dollar series prize herself.

Irina Mikitenko was second in Berlin, in 2.24.51, the fastest debut in German women's marathoning history. Third was Helena Kirop of Kenya, in 2.26.27, also a personal best. But, happy as all the other top placers were with their achievements, the day and the kudos belonged to Haile Gebrselassie.

AA Wicklow Cross Country Championships Even Ages Cross Country Avondale 07/10/2007

The first day of the AA Wicklow cross championships in Avondale yielded a large medal haul for Bray Runners AC. Our young athletes put all their training into practice and packed very well to secure no fewer than three sets of medals U/12 Girls Silver, U/14 Girls Gold and U/14 Boys Gold. These results coupled with a number of individual medals, Lorcan Murphy Silver U/14, Claire Fox Silver U/14, Richard Owens Gold U/18 and Richard Hourihan Silver U/18 made it a very successful day for our Club. We also had a number of our athletes qualifying for inclusion on the Wicklow squad for the Leinster finals in on 28th Oct. at the same venue.

Results

U/8 Girls

Olivia Duffy 2nd

U/8 Boys

Oscar Daly

U/10 Girls

Lisa Owens

Ursula Daly

Keelin Murphy

U/12 Girls

Silver Medals

Tara Casey 5th

Niamh Sutton 6th

Shauna Douglas 11th

Elaine Sutton 16th

Alannah Murphy 21st

U/12 Boys

Andrew Sutton	5 th
Bill Stapleton	13 th
Stephen Carvill	16 th

U/14 Girls***Gold Medals***

Claire Fox	2 nd
Isobel Owens	7 th
Katie Caraher	8 th
Carla Celada	14 th
Eimear Corcoran	23 rd

U/14 Boys***Gold Medals***

Lorcan Murphy	2 nd
Alex Radic	4 th
Ruari Donnelly	5 th
Christopher Curran	8 th
MacDara McMahon	11 th
David Richardson	14 th
Andrew Fahy	15 th
David Carvill	16 th

U/18 Boys

Richard Owens	1 st
Richard Hourihan	2 nd

Novice Men

We had a squad of 10 Novice men in action on the same day and pride of place must go to Colm Mullen who led the Bray Squad to silver medals with an excellent display of front running to take the individual title.

Result

Colm Mullen	1 st
Joe Kelly	12 th
Jason Carton	15 th
Eddie Daly	18 th
Paddy Ryan	21 st
Richard Kavanagh	23 rd
Tom Cavanagh	26 th
Declan Flanagan	29 th
Giovanni Romoli	33 rd
Barry Keane	36 th
Pat McCourt	DNF

Novice Ladies

Our ladies squad suffered from lack of numbers and unfortunately did not complete the event with a full team. Maria O'Rourke worked hard and was rewarded with a 4th place while Natasha Brown running her first race in the Bray colours finished 15th.

Result

Maria O'Rourke	4 th
Natasha Brown	15 th
Sarah Corcoran	DNF

Un-Even Ages Cross Country Roundwood 14/10/2007

The good form of our juvenile athletes continued on day 2 of the cross country with our U/11 and U/13 Girls winning Silver team medals, while our U/15 Boys team won the Gold. Like the previous week we also had a number of individual medal winners.

Results

U/11 Girls

Silver Medals

Shauna Douglas	4 th
Nianh Sutton	5 th
Keelin Murphy	6 th
Isobel Owens	11 th
Ciara Grogan	13 th

U/11 Boys

Bill Stapleton	17 th
Owen Duffy	22 nd
Stephen Carvill	23 rd
Liam Carolan	24 th

Girls U/13

Silver Medals

Katie Caraher	2 nd
Isobel Owens	4 th
Tara Casey	16 th
Elizabeth Curran	19 th
Lauren Sweeney	24 th
Elaine Sutton	25 th
Alannah Murphy	29 th

Coaching Courses

Congratulations to Martin / Sarah Corcoran on completing the AAI Level 1 Coaching Course held over 2 weekends at the Charlesland Track in Greystones in November.

Leinster Schools' Cross Country 25/10/2007

Congratulations to Isobel Owens who came 2nd in the Leinster league "schools" cross country first round in the Phoenix Park in the U/14 "minor" event.

Adidas Dublin Marathon.

We had an added interest in this year's Adidas Dublin Marathon with the 3 of our Belgium colleagues competing. Christian and his wife Arlette, Jacque and Bernard arrived in Dublin on Sat. 27th Christian and Arlette stayed with Sean and Sally and while Jacque and Bernard stayed with Dermot and Marion. After been collected from the airport, they were brought to Marathon Registration, collected their numbers and chips etc. They were entertained that evening in a local restaurant and then visited a local pub where they sampled some Guinness. After a run on the Sunday morning in Shanganagh where they were introduced to other members of our Club they visited



Avondale and watched the Leinster cross country Championships. Marathon Day was a great success for our Belgium visitors with Christian and Jacque finishing under the three hours while Bernard was slowed up somewhat by the previous nights Guinness and Seans whisky. They had another opportunity to meet members of the Club after the race...yes in another hostelry, Maria, Arthur, Tony and his wife Yvonne all came along to greet our guests. Martin Francis, Tony Brannigan, Derek Hayes, Maria O'Rourke, all finished the marathon in great style.

Philippe Remy	2h 56m 18s
Christian Mailer	2h 58m 28s
Martin Francis	2h 58m 36s
Derek Hayes	3h 04m 14s
Bernard Magis	3h 22m 04s
Maria O'Rourke	3h 42m 39s
Nicola Daly	3h 59m 09s
Tony Brannigan	4h 07m 02s

Development Day

A development day for juvenile/ junior athletes was held at the Charlesland Track in Greystones on the 3rd Nov 2007. A number of our top national coaches gave advice and practical demonstrations in Track and Field disciplines eg sprints, hurdles, high jump, long jump, and all the throwing events. There was also a very informative talk / slide show on nutrition. Those attending were Richard Hourihan, Ruari Donnelly, Alex Radic and Dermot

Brennan . More of these development days are planned for 2008 and athletes/ coaches are encouraged to attend.

Leinster Cross Country Finals Avondale. 28/10/2007

Our U/14 Girls were in tip top form for these championships and finished 5th in the very competitive Club competition.

Results

Claire Fox	16 th
Katie Caraher	25 th
Isobel Owens	45 th
Carla Celada	81 st

Our girls also played a vital role in securing Silver Medals for Wicklow in the County Team event.

Winning medals at any level is a real bonus and medal winners tend to get all the notice however there were a number of excellent personal performances by a number of our athletes through out this competition, Girls U/12 Shauna Douglas 73rd, Niamh Sutton 81st competing at this level for the first time also her brother Andrew finishing 70th in the U/12 Boys. Leinster cross country competition is arguably the toughest events in the country and to witness the fine performances by all our athletes certainly augers well for the future.

The Leinster Novice races both men and women proved very successful for Bray Runners and for our umbrella club Sli Cualann with a number of our athletes making the all important difference between who won the Gold Team medals. In the **ladies** race Aisling Growney in terrific form finished 4th led the Sli Cualann team to Gold medals, and following closely behind was Valerie Brunton 13th. The Sli Cualann ladies also came 2nd in the County competition. The **Novice men** also won Gold in the Club competition and Silver in the County event, with our own Colm Mullen finishing 7th. In the Masters event Sli Cualann were out of the medals however a fine performance by Sean Clifford won him the Gold medal in O/60 race.(Full results are available on www.athleticsleinster.com.)

Leinster Cross Country Un-Even Ages, Laois 11th Nov.

A number of our athletes travelled to Abbeyleix, Co. Laois as part of the county squad to take part in the un-even ages cross country. The course was not a particularly easy however our young athletes performed exceptionally well and all finished in lofty positions.

Isobel Owens U-13 finished 18th and was 3rd Wicklow athlete home, while Katie Caraher U-13 came 20th and was 5th Wicklow athlete home and Tara Casey 108th and 6th Wicklow athlete over the line . They contributed greatly to the Wicklow team that won County Silver medals. These were excellent performances from girls when you consider there were over 150 athletes in their event



In the boys event Ruairi Donnelly U-13 was 62nd out of 73 athletes
Claire Fox was 13th in U-15 competition and the 2nd Wicklow athlete home. This was another excellent performance considering Claire was running above her age group.

In the U-15 Boys Christopher Curran finished 36th where there were 70 athletes competing.

In the U-19 boys competition we had another fine performance from both Richard Owens 7th and Richard Hourihan 13th .

In the **Intermediate ladies** race Aisling Growney finished in 15th place in a time 16m 04s, with over 60 athletes in the race this was another super run by Aisling.

Leinster Schools Cross Country. 13th Nov.

A number of our young athletes took part in the Leinster Schools cross country held in St Gerards School, Bray. Hot on the heels of a series of cross country events our young athletes were in great form. Claire Fox won the U-13 event while Ruairi Donnelly and Alex Radic were 4th and 5th in the U-13 boys competition. Richard Hourihan won the Gold medal in the U/19 boys mile race. *I'm sure there were more athletes from our Club competing so if I have left anyone out please send in your result for inclusion in our next newsletter.*

Bank of Ireland Cross Country ALSAA 17/11/2007

Six of us made it out to the BHAA Bank of Ireland cross-country race in ALSAA. With approx 200 athletes taking part in the mens' 4 mile race and 40 in the ladies' 2 mile race the organisers were delighted with the turn out. Martin Francis was our first man home in a time of 22m 57s, Sean Clifford 24m 31s, Bernard Quinn 26m 17m, Robert Quinn 27m 05s, Dermot Brennan 27m 28s. In the ladies race Mary Dawson completed the course in a time of 12m 42s and Fiona Moran running a PB of 16m 43s. As we waited for the results we were all treated to tea and biscuits, while watching a recording of the race. **(Comments were passed on the amount of times that Fiona appeared in the film, waving and smiling at the camera at every opportunity)**

AAI Inter Counties, The Curragh. 25/11/2007

Bronze Medal for Aisling

The Woodies AAI Inter Counties 8K cross country championships were held in ideal conditions in The Curragh and Wicklow were well represented with Fionnualla Britton winning the Gold medal in a time of 28m 48s and Deirdre Byrne winning Silver in a time of 29m 41s and our own Aisling Growney the 3rd Wicklow lady over the line in 48th position in a time of 36m 06s with Emer Geraghty 50th in 36m.11s completing the team. This fine performance was enough to secure Wicklow the team bronze medals.

Jingle Bells 5K Road Race Dec 02 2007.

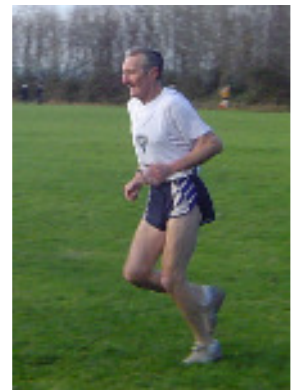
A very large crowd arrived in the Phoenix Pk for this festive 5K. A tricky course did not put off Liz Ryan who after a summer of running up and down the hills in the IMRA league had an excellent run and finished in a time of 22m 29s. Jonathon Milner was hot on the heels of the inform Liz and finished 2 secs behind in a time of 22m 31s.

Citywest 5K 08/12/2007

Bernard Quinn and Fiona Moran took the trip to Citywest for this BHAA league race, despite the bad reports about this event in 2006. The organisers did assure would be paryicipants that all would be well this alas that was the not the case. The following piece was copied from the BHAA Newsletter. *As you know, the BHAA tries to ensure that high standards are maintained in the organisation of all its races. Unfortunately, it must be said that Saturday's race did not meet the usual (indeed, expected) standards. At the prize-giving after the race, the Chairman of the BHAA, Charlie Cronin, apologised to runners and has also made personal contact with several of the leading finishers. Before leaving the venue, there was a meeting with a new hotel manager who agreed with the complaints put to him and promised to make amends next time. The BHAA committee will consider this matter at its next meeting before confirming the event for next year (or not). The course was longer than it should have been (possibly 300m to 350m) so if you were disappointed about an apparently slow time, you should make appropriate adjustments.* Bernard and Fiona completed the course in 22m 42s and 29m18s respectively which they can adjust accordingly.

AAWicklow Masters Cross Country Shanganagh 09/12/2007

We had a very large representation in both the Masters Men and Ladies races, unfortunately our Masters large in numbers were not strong enough to be among the team medals however Sean Meaney and Sean Clifford battled it out for the O/60 title with Sean Meaney just edging Clifford into the Silver medal position. Other Bray Runners competing on the day were, Robert Quinn, Eddie Daly, Bernard Quinn, Paddy Ryan, Tom Cavanagh, Frank Gill, Tony Brannigan, Richard Hourihan (junior).



In the ladies race Mary Dawson took the Individual Gold, followed by Liz Ryan in Silver medal position, with Maria O'Rourke, Grainne Cunningham and Fiona Moran completing the Bray squad.

Christmas Club H/cap. 13/12/2007

Our annual Christmas Club 5K H/cap was a great success with Richard Owens just pipping Richard Hourihan by 2 secs. You will note from the times below that the handicaps worked out very well with very little separating the runners. Afterwards we all gathered in Bray



Head Terrace for our annual Christmas get together. Thanks to Mary and Maria for adding some seasonal spirit to Bray Head Terrace and to Eimear Corcoran who spoiled us with her tasty cakes. Cyril made presentations to Gráinne Roberts and Ciara Kavanagh on behalf of the Club to mark their respective weddings earlier in the year, Ciara was not present however she did receive her gift at a later date.

Natasha	0.0	28.31
Tony	4.0	27.33
Giovanni	4.0	27.25
Liz	4.5	26.38
Pat	5.0	26.35
Richard	6.0	26.45
Jonathan	6.0	28.45
Paddy	6,9	26.34
Joe	6.5	26.45
Robert	6.5	26.59
Sean	8.0	27.19
Richard H	8.5	26.26
Richard O	9.0	26.24

Streets Of Wicklow 5K 26/12/2007

Eleven of our athletes made the short trip to Wicklow Town for the annual Streets of Wicklow 5K road race, Richard Hourihan (Junior) his dedication to training beginning to pay dividends was the first home for Bray in a time of 18m 07s, this was on the back of winning the Ashford 5k the previous Saturday. Sean Clifford close behind 18m.37s won the O/60's while Mary Dawson 19m 47s won the O/35 with Maria O'Rourke coming 3rd in the O/35's in 23m 47s. There was a great battle for 3rd spot in the O/50's Bernard Quinn 20m 13s and Tom Cavanagh 20m 19s, Richard Kavanagh 20m 31s, and Paddy Ryan 20m 50s. Robert Quinn continues to improve with ever outing finished in 20m 13s and of course one to watch Natasha Brown clocking 27m 21s. Susan Lawless made a welcome return to racing finishing in 25m 22s.



Colm Wins Charles Barrington Memorial Race. 27/12/2007

This race is held to commemorate Wicklow man Charles Barrington who, in addition to being the first man to climb the fearsome Eiger, and owning and training the winning horse in



the first Irish Grand National, also organised the first ever mountain race in Ireland on the Sugarloaf. Colm Mullen won the Charles Barrington Memorial race, which took place over the Christmas holiday period. Colm finished well ahead of his nearest competitor and finished in a time of 28m 17s. Maria O'Rourke and Liz Ryan had a right battle for third place with Maria just getting the edge on Liz on this occasion finishing in a time of 47m 32s, with Liz close behind in 47m.56s. Paddy Ryan found the going tough and finished in 63m 33s. This is the second year of this event organised by IMRA and appears to be growing in popularity. The race was started in bright conditions by Barrington's great great grand nephew Ron Barrington and his antique gun.

Training Runs.

As well as the races there were a number of runs over the Christmas period, Sunday 24th we had Djouce with champagne and mince pies this was coupled with the special guest appearance of Lilly (Ciara's little doggie) who got her little feet dirty (would you believe it??). There was also the run in Devils Glen on the 27th organised by Pat McC. Sunday 30th saw us back in Djouce where we had a good turn out, some doing the long course while others preferred the shorter 5 mile plus run. New Years Day back in Djouce again for those who wanted to shake off the New Years celebrations. So looking back there was plenty of variety to keep everyone content and active over the holiday period.

Running in Warm Conditions

During long distance trail running, I sweat gallons and drink up to three litres over three hours of running. I supplement this with three salt tablets of sodium chloride (900 mg per tablet). Do you know the mineral composition of sweat per litre? Is what I'm taking sufficient? I feel dizzy, nauseated and have muscle cramps towards the end of the three hour run, and never know if I am overdosing or underdosing on salt tablets.

Sweat is variable from person to person. As you train in warm weather, your body adapts by producing greater quantities of more dilute sweat. A good method to approximate sweat loss is to weigh yourself prior to and following a run. Each pound that you have lost is a fluid deficit of 1 pint (about half a liter). Increasing your fluid intake while running, using your typical weight loss as a guide should minimize fluid deficits.

Now the tricky part - salt. Even with acclimatization, some people lose a lot of salt in their sweat. They have white crust on their clothing and skin. Obviously, these people need to supplement more salt than other runners. Too much water in relationship to salt may cause a potentially serious salt deficit (hyponatremia). This may cause cramping, nausea and swelling. In severe cases, coma and death have occurred. Too much salt may cause nausea also. Dehydration and heat are also common causes of dizziness, cramping and nausea, so you have your work cut out for you in determining the cause of the problem.

Check your weight and improve any fluid deficits. Instead of salt tablets, which can cause stomach problems for a lot of people, add salt to your fluids; this way your salt intake will be more evenly distributed and you don't have to worry about salt tablets irritating an otherwise empty stomach. Several companies make electrolyte tablets which are commonly used by ultra-runners (Hammer and Succeed e-caps) and seem to be tolerated well. Hopefully, with a little experimentation you can run long and symptom free. (Extract from Runners World Mag)


Thanks to all our contributors who helped compile this Newsletter
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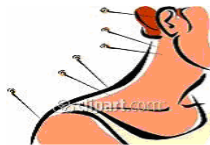


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