



Founded 1983

Editorial.

By the time you read this newsletter our cross country season will be drawing to a close. I believe our Club enjoyed an excellent season with a lot of our athletes performing very well at Wicklow and National level. A number of our juveniles qualified to represent Wicklow as did a number of our juniors and senior athletes. Our senior ladies were in excellent form having won all in Wicklow and continued their fine form at both Leinster and National level. Our senior men after a fine start at the Novice championships held in Bray in October faded dismally in the races that followed. After winning the senior title in 2003, after a lapse of a couple of years, we had hoped to build on that success and once again become the dominant Club in Wicklow. Winning our county cross-country championships should be the goal of all our members, however to win it, we must compete, this did not happen in 2005 at either senior or intermediate level. We are now in a new year and we have almost twelve months to prepare for the 2006 cross country season and I'm calling on all our senior athletes to make a commitment to compete and seriously contest the senior cross country title and to make every effort to bring the title back to Bray Runners AC. Make 2006 our year and banish the dark days of 2004 and 2005

Adidas Dublin City Marathon 31/10/05.

The outlook for this event was not really encouraging as 10,000 plus athletes lined up for the start of the Adidas Dublin City marathon. The rain came down in torrents, streets began to flood and the athletes as they stood around could not wait to get moving in an effort to keep their bodies warm. At 9am off they went. Among the large entry were a number of Bray Runners and as the race snaked its way around the city streets and suburbs of Dublin, the Bray athletes were settling into the groove and preparing themselves for the classic distance ahead of 26.2miles. All along the route our Club runners were supported by numerous groups of club members who battled the elements and from to urge them on. First home for the Club was Martin Francis who satisfied an ambition of a sub 3hour marathon.

Results were as follows:

Martin Francis 2h.52mins.39secs,

Paul Rice 3h.06mins,
Paul McCormack 3h 22mins.25secs
Matt Hickmott 3h.24mins,
Dawn Connor 3h.48mins,
Nollaig Browne 3h.41min who came especially from England for the event.
Well done to all our athletes and well done to all our supporters who braved the elements and supported our marathon squad.

Leinster Intermediate Even Ages Mullingar 07/11/2005 Bray Runners Figure on Gold Winning Wicklow Teams

Two Bray Runners were on the successful Wicklow teams that won Gold medals at the Leinster Even Ages cross country championships held in Belvedere House, Mullingar. Hannah Houlden U/12 had a super run and was 6th on the Wicklow team and Lorraine Hourihan U/18 just back from a trip to America ran a fine race and contributed greatly to the success of the U/18 Wicklow team. Both athletes qualified for the all Ireland inter county championships in Athlone in December. Other Bray Runners competing at these championships were Stephen Broderick and Richard Owens U/16.

Non Appearance At Events.

The non-appearance of athletes at events is not something we welcome or encourage. When athletes are entered for events, particularly when representing the Club/County at Leinster or National level, we expect the minimum courtesy of being informed of their unavailability as soon as possible, **not showing up on the day is unacceptable** and may well impact on that athletes' future selection for Club/County teams. Non appearance on the day also lets down your team as well as preventing another athlete getting the opportunity to run for his/her county. Athletes are also reminded that the entry fees for Leinster / National competition should be paid in advance of competition to a club official. Please note these expenses will not be borne by Bray Runner AC.

Intermediate Ladies 06/11/2005

Bray Runners ladies following on from their bronze medal success at the Leinster Novice competition in Dundalk, figured well in the Intermediate competition finishing in 4th place narrowly missing out on the medals despite a spirited team performance. Michelle Lambkin continued her excellent cross-country season by leading the women's team home followed by Mary Dawson, Liz Ryan and Susan Lawless.

New York Marathon 06/11/2005

John Kenny, who has only joined us recently, ran his first marathon in New York and finished in a time of 4h.54mins 45secs. Karina Mayer also running the classic distance for the first time finished in a time of 5h.27mins. Paul Tergat of Kenya was the winner of the men's race in a time of 2h.09min.30secs, and Jelena Prokopcuka of Latvia won the ladies event in a time of 2h.24mins.41secs.

Club Winter League

Our Juvenile Winter league is up and running for the 3rd year and once again has proved very popular with the young athletes. To make the races that bit more interesting this

year we have a designed a number of courses, which will be used to vary the distance and terrain of the races. Parents/ Guardians are reminded that the young athletes do most of their training on the road (footpaths) on these winter evenings and should come to training properly attired e.g wearing their reflective bibs and or something bright.

Vevay Road Progress Report

Work continues at our new premises in the Vevay, members meet most Saturday afternoons to do some work on improving and developing the premises. If you would like to become involved and offer some help, please contact Dermot 086-8227454, Sean 0862593023 or any member of the committee.

Running in London. By Vincent O'Sullivan

In terms of running the season 2004/2005 wasn't such a good one for me but I did get to spend a year in London and experience living and running in one of Europe's largest cities. As I was studying at the time I naturally joined up with the University of London squad. The group trained down in Battersea Park with the Serpentine Club, named after the lake in Hyde Park and boasting over 1100 paid-up members.

The track sessions were coached by Frank Horwill. Frank had made a massive impact on athletics in his coaching career of over fifty years. A regular columnist for Runner's World etc, the influence of Frank's methods can be seen in the training schedules of most elite runners from the 1970's onwards. A good example being his four-second-rule for running repeats. Recent developments in sports science have validated many of his long held ideas on nutrition and physiology. His website (<http://www.serpentine.org.uk/advice/coach/>) is well worth checking out if you want some very specific no-nonsense advice.

The list of his athletes who attained international honours is a long indeed. Possibly the crowning achievement being Tim Hutchings' fourth placing at the 1984 Olympics and two World Cross Silvers. However Frank's notoriety comes from the fact that so many top athletes/coaches adopted his methods. For instance, Peter Coe used Frank's five pace system throughout his son's career. The thrust of the idea being that training should be done in blocks of ten days, every second day being a rest day and, crucially, the pace of interval training gets quicker and quicker over the course of the training period. Using this system Sebastian Coe's many achievements included setting an 800m world record of 1.41.7 which was to stand for over fifteen years

Frank also left his mark as an administrator, having founded the British Milers Club in the 1960's. The idea was to run fast paced races with entry standards and prizes to boost the level of middle distance running. Fifteen years later this system had produced Coe, Cram and Ovett. The idea has been copied many times over, perhaps most recently in Ireland where he helped launch the Irish Milers Club with Brendan Hackett.

That's the sort of biography you can find in a book somewhere. I had the dubious honour of experiencing Frank's killer sessions. 16 by 400m (at 5km speed) with 100m jog recovery was a standard Thursday night. 5km, 4km....1km picking up the pace down the ladder with 1 minute rest was another favourite. 8 by 800m with 75seconds recovery was another regular. 1 mile at 5 min pace, 100m walk followed by 400m flat out repeated

6 times in total was a real killer. Track sessions would usually start with ten 100m strides both forwards and backwards! The session would end with 5 minutes of relays. However nothing prepared you for Frank's Saturday Session. A sample session was: 5km time trial; 15 minutes of hill work; 2 by 3000m; 10 by 100m sprints; piggy back relays; plyometrics; upper body work; reaction drills and a 20 minute game of football or Olympic handball to finish off. The whole thing took two hours. Most of the athletes spent the rest of the afternoon lying down in a park together eating lunch, drinking copious amounts of water and being too tired to talk.

Frank presides over the whole thing in good humour. Trying to make us laugh with some of the worst (and dodgiest) jokes I have ever heard. These days Frank has dedicated his remaining days in athletics to helping mere mortals such as myself to achieve their personal goals.

As I said, the season didn't go well for me for other reasons (who would have thought being a student again would involve actual study!) but it was still enjoyable to see one of the greatest coaches in athletics at work. The training was unbelievably hard. Perhaps too hard for an amateur athlete. However Frank put it in perspective: "Overcome the pain of training by rating it. "Am I really suffering? How do I rate it on a scale of 1-10? With 10 putting me in hospital and 0 no discomfort at all. No, I'm not suffering all that much.""

I'll finish with a list I found, giving his thoughts on what distinguishes his best athletes (all sub four minute milers) from the merely average:

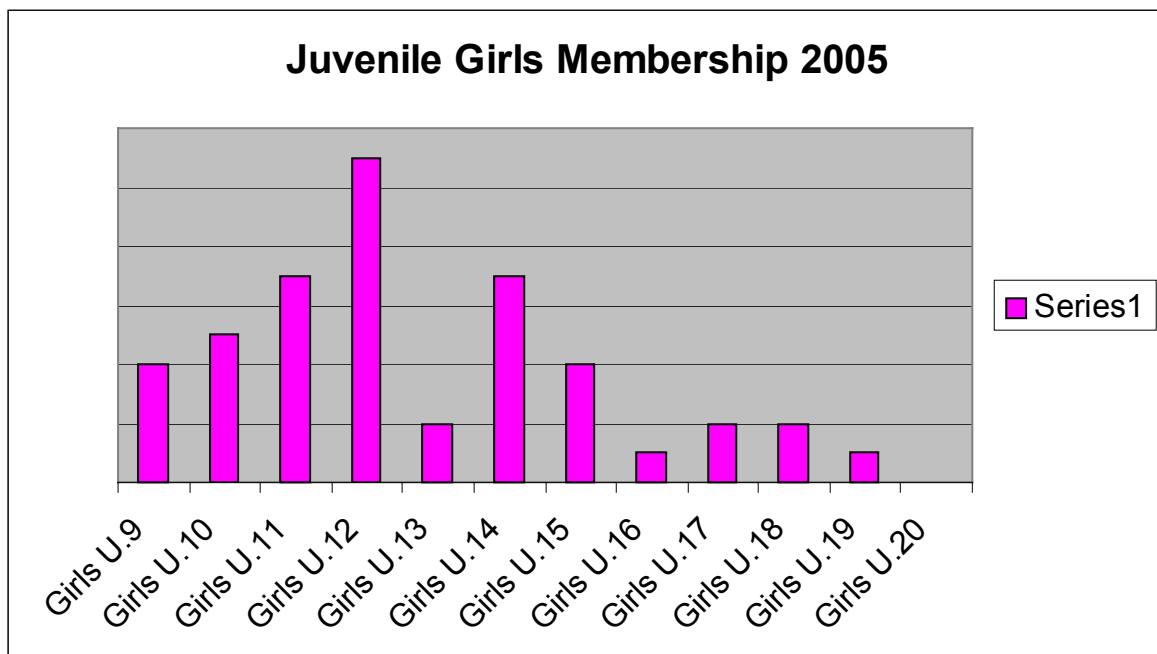
1. Never missed a training session, unless it was a prescribed day of rest.
2. Did not question the validity of training given.
3. As training feats escalated so did their belief increase with regards performance.
4. Did not fear "blowing up" in races. They never said after a race, "I could have run faster." They gave their all.
5. Were polite. They respected me, and I, them.
6. Each had a favourite track session which, when completed well, boosted their confidence to perform well.
7. Had a sense of humour.
8. They kept at it. A bad race was not a catastrophe. It was a reason to train harder, a reason to be more determined.

Trinity Winter Series 08/11/2005

Martin Francis ran the first race in the 2005 Trinity Winter Race series in a time of 17.45mins.

Child Officer Course. 11/10/2005

Mary Hannon our Club Child Officer attended a dedicated course for Child Officers in Roundwood. Over the coming weeks and months it is Mary's intention to make herself known to most if not all parents of our juveniles. To date we have circulated all our juveniles and parents/guardians contact details for Mary (these details are also at back of this newsletter). Bray Runners are at present drawing up a policy statement regarding the membership and training of juvenile members of our Club.



Junior and Senior Cross Country Championships. Avondale. 20 Nov. 05

Three in a Row for Bray Runners Ladies

The splendid setting of Avondale House, Rathdrum was the scene for the AAW (Athletics Association of Wicklow) blue ribbon event of the year. The beautiful surroundings of Avondale house set the scene for Bray Runners senior women to capture the senior team cross country title, which followed recent successes for the Bray ladies at Novice and Intermediate level. Michelle Lambkin took the silver medal with a tremendous run, followed by team-mate Mary Dawson in 3rd place. Susan Lawless who continues to improve with every race finished in 4th with Karina Meyer just back from New York marathon following in 5th place. Ciara Kavanagh who is another athlete improving with each outing finishing in 6th spot.

In the **Junior Ladies** race Aisling Growney captured the gold medal with a fine individual performance leading home our junior team of Lorraine Hourihan, Katie Curran, and Sinead Fitzgerald to win the Silver team medal.

In the **Junior Men's** event Oran Harrison and Ronan Corcoran ran a fine race, with Stephen Broderick competing as a guest in this event.

In the **Senior Men's** race, Bray Runners unfortunately were not amongst the medals. Parnell's Terrence Byrne took the gold medal and led his Club to the team title. The Bray Runners squad included Martin Francis, John McDonald, Alan Dillon (Guest), Dermot Brennan, Keith Sommers and Pat McCourt.

The **mixed relays** saw a number of our juvenile athletes amongst the medals including Kevin Dougan and Keelin Murphy.

Thanks to Carmel Murphy, Mary Hannon, Cyril Smyth and John Noble for their support on the day.

Letters to the Editor

Editors Note

Members are reminded that the letters /articles printed in this section do not represent the view /policy of Bray Runners AC. Responses to these articles may be printed in subsequent newsletters.

Wicklow Senior Cross Country Championships

Being an athlete, the ultimate goal is to compete for your country, and if you have what it takes, then you may be lucky enough to compete at the Olympics for the Holy Grail. If you speak to any international runners, from whatever country you choose, you will find that their careers have one aspect in common - they all began running either at school or with their local club. Their first objective was to obtain a place on their club's first team. Thereafter, the next goal was to represent their club in the County Championships. Those who went on to greater things look back at those County Championships and remember how important they were to their careers.

But, we are not all world class running machines. In terms of cars we range from the slow Mini, to the reliable Ford, to the pacy Rover. Few of us will make the next or any World Cross Country or Track Championships. However, the one thing most athletes strive for is to improve and to endeavour to keep apace with the faster athletes. It may be that you ran a bit slower on your favourite training run or you under performed in your last race or training session, you will always want to improve the next time out.

So what realistic targets can we set ourselves, or in other words, what is our Holy Grail? What about striving to be the best in your county, to go down in the record books as a County Champion or represent your club as a member of the winning team.

In my own case, I had a slightly better than average running career, competing at a very high level for over 25 years. During my running career I won all Wicklow Cross-Country

titles including three Senior Individual Championship titles and more team medals than I care to remember. At that time, the County Novice, Intermediate and Senior Cross-Country titles were the Holy Grail as they still are to this day for clubs in this and other counties. Furthermore, during my career I competed in the European Club Championships in Portugal in the 10k on the track in front of ten thousand people, ran fast times in road races and during this period I also started Bray Runners A.C. with a few other people including Sean Clifford. Do not get me wrong, I am not boasting, I just wish to show that while I have competed at a European level, the Country Championships were an integral part of my career. I look back now to past Wicklow Championships, played out in front of a handful of cows and sheep, and I stick out my chest with pride and remember I was a Wicklow Champion.

Therefore, I was very disappointed and embarrassed that at the last two Men's Senior Wicklow Cross-Country Championships, Bray Runners, the club that has won more County titles than any other club in Wicklow, could not field a full Men's Senior team on both occasions. This despite the fact that we have had record numbers training on Sunday mornings and Thursday nights. To those who did compete and represent their club I wish to extend heartfelt thanks because they realise how important this competition is to the club. Congratulations must also go to the Ladies and Junior teams on their success.

Ask not what your club can do for you, but what can you do for your club

Pat McCourt.

Coaching Courses. 10/12/2005

It is our policy to increase the number of qualified coaches in our Club. Therefore, we are delighted to congratulate **Mary Hannon** and **Carmel Murphy** on receiving their coaching badge after completing the Introductory Level course at St Abban's Athletic Club, Co. Carlow.

Qualified Coaches Dec. 2005			
Name		Introductory Level	Level 1
Michael	Whelan	Yes	
Dermot	Brennan	Yes	Yes
Gaye	Enright	Yes	Yes
Dominic	Horan	Yes	
Cyril	Smyth	Yes	
Niamh	Saunders	Yes	
Sarah	Corcoran	Yes	
Martin	Corcoran	Yes	
Paul	McCormack	Yes	
Eamonn	Tilley	Yes	Yes
Carmel	Murphy	Yes	
Mary	Hannon	Yes	

Vinny doing well in Birmingham

Vinny O'Sullivan's return to form continues and in recent weeks has had a number of good results. They include:

The Birmingham University 5k cross country on the 19th Nov. where he finished in a time of 19.24mins and more recently on the 3rd Dec he finished a 3K cross country in Birmingham in 19th place.

Wicklow Schools. 17th Nov 05

There were a number of our athletes competing at the recent Wicklow Schools Cross Country Championships held in Greystones.

First years students Fionnuala Moran and Dawn Slattery won **Gold Team Medals**. Other athletes to do well were Suzie Cullen 12th and Samantha Gillooly 13th.

In the senior race Aisling Growney finished 1st and took the Gold medal.

National Inter Counties Sligo 27 Nov. 05

Bray Runners ladies travelled to Sligo under the banner of the Slí Cualann / Wicklow for the National Inter-Counties cross-country and performed very well at the event.

Fionnuala Britton of Kilcoole was 2nd, Michelle Lambkin of Bray Runners finished 42nd, Mary Dawson of Bray Runners followed in 47th and Susan Lawless also of Bray Runners was 53rd. Jean Bader of Parnell AC another team member was 57th. This race showed superb performances from our ladies against some of the best athletes in the country.

Their endeavours earned them the place of 4th county team in section B.

In the U/19 event Aisling Growney put in another brave performance against the country's top juniors and finished in a very credible 13th place and was part of the winning Wicklow Junior Women Teams who finished in 3rd place.

Hannah Houlden finished in the top 100 with another fine run in the U/13 event, while Stephen Broderick U/15 who was competing at this level for the first time finished mid table in his event.

National Medals For Bray Runners

Bray Runners ladies squad travelled to Athlone for the National Novice Cross-Country Championships. Following on from their success at the Leinster Novice Cross-Country Championships, Bray Runners ladies were once again in great form as they spearheaded the Wicklow team to National bronze team medals. First home for Wicklow was Jenny McAuley of Parnell AC finishing 2nd followed by Michelle Lambkin of Bray Runners in 16th. Mary Dawson and Susan Lawless of Bray Runners finished 26th and 50th respectively and Jean Bader Parnell AC in 56th place. However on this occasion the Slí Cualann team was just out of the medals in 4th place.

Hannah Houlden of Bray Runners was in great form finishing 102nd in the U/12 race which attracted over 160 athletes while Lorraine Hourihan U18 ran superbly in her event.

Christmas Club H/cap

We held our annual Christmas Handicap race on Dec 15th. The course was over the familiar Southern Cross/ Boghall route. A large number of our senior athletes as well as a number of our juniors turned out for this yuletide race over 4.5K and competition was very keen. Although this is the season of goodwill there was none forthcoming from the handicapper Eamonn Tilley according to Chairperson Dermot Brennan, generous

handicaps were not the order of the day and all athletes had to fight good and hard to hold on to their position resulting in a really competitive event. All athletes appeared happy with their respective times, most if not all had improved on their last race around this fast course. Not wishing to single out any particular performances, Alan Dillon covered the distance in a great time of 16.42mins, and Barry Keane who was first over the line in a time of 24.14mins, was pushed all the way by Ronan Corcoran (who has improved greatly on his time from last year). Then there was Lynn and Ciara who decided to add an extra 100m to the course by going the wrong way in search of Bernard (sorry Bernard couldn't resist) and Dermot who waited for Sean to catch up. On a serious note though this was an excellent event with plenty of good craic. Thanks must go to Senior Captain Eamonn Tilley who organised this event and provided generous sponsorship from his employer **Legrand**.

Christmas Club Handicap sponsored by Legrand

Athlete		Off Time	Category	Clock Time	Finish Time	Place	Overall
Barry	Keane	0.30 sec	Senior men	24.44	24.14	1st	17th
Ronan	Corcoran	6.30 mins	Jn men	25.29	22.59	2nd	13th
Lynn	Mc Mahon	1.00 mins	Senior ladies	25.47	24.47	3rd	19th
Clare	Farell	2.30 mins	Junior ladies	25.49	23.17	4th	14th
Karina	Mayer	2.30 mins	Senior ladies	25.59	23.29	5th	15th
Ciara	Kavanagh	0.45 sec	Senior ladies	26.05	24.45	6th	18th
Carmel	Murphy	0.45 sec	Senior ladies	26.23	26.23	7th	20th
Lorraine	Hourihan	Start	Junior ladies	26.04	26.24	8th	21st
Brendan	Whelan	2.30 mins	Senior men	26.34	24.04	9th	16th
Mary	Dawson	9.00 mins	Senior ladies	26.43	17.43	10th	5th
Sarah	Corcoran	0.45 sec	Senior ladies	26.54	29.09	11th	22nd
Michelle	Lambkin	9.30 mins	Senior ladies	26.55	17.25	12th	4th
Muriel	O Haire	11.00 mins	Senior ladies	26.56	18.41	13th	7th
Pat	McCourt	8.00 mins	Senior men	27.05	19.05	14th	9th
Tony	Brannigan	5.45 mins	Senior men	27.4	21.55	15th	11th
Susan	Lawless	7.45 mins	Senior ladies	27.48	20.03	16th	10th
Sean	Clifford	11.25 mins	Senior men	27.57	16.57	17th	3rd
Dermot	Brennan	9.45 mins	Senior men	28.04	18.19	18th	6th
Bernard	Quinn	10.00 mins	Senior men	28.45	18.45	19th	8th
John	Kelly	6.55 mins	Senior men	28.51	21.56	20th	12th
Allen	Dillon	12.10 mins	Senior men	29.01	16.49	21st	1st

Scott Hannon 12.15 mins Senior men 29.08 16.52 22nd 2nd

Djouce H/Cap 18th Dec. 2005-12-24

Hot on the heels of our own Club popular Djouce handicap. A number competing in this event for the first excellent times you would never think were ideal for this race and thus with some regulars suggesting that run to-date

Karina in full



handicap came the very of our athletes were time, although by their so. Weather and conditions attracted a very large entry this was the largest Djouce flight in Djouce

Well done to **Richard Owens** who won the junior 2.5 mile race in Djouce in a time of 18.18mins.

Senior results

Pos.	Name	Time	
3 rd	Martin Francis	29.45	1st O/40
13 th	Allan Dillon	31.30	10 th
14 th	Sean Clifford	31.37	1st O/55
17 th	Paul Rice	32.03	11 th
19 th	John McDonald	32.14	3rd O/40
23 rd	Michelle Lambkin	32.49	3rd Lady
26 th	Bernard Quinn	32.29	1st O/50
40 th	Murial Haire	35.15	1st O/40
45 th	Pat McCourt	35.45	2nd O/50
80 th	Lynn McMahan	40.30	15 th Lady
83 rd	Marie Jo Thauvin	40.54	2nd O/45
84 th	John Kenny	41.00	41 st
86 th	Liz Ryan	41.14	17 th Lady
89 th	Ronan Corcoran	41.53	44 th
90 th	Tony Brannigan	41.59	45 th

91st	Barry Keane	42.00	1st O/60
92nd	Karina Mayer	42.06	19th Lady
93rd	Ciara Kavanagh	44.20	21st Lady

Ronan and John in Djouce



Welcome to New Senior Members

Alan Dillon Recently transferred from Crusaders.
Lynn McMahon

Training Talk

"Just as fast running makes your standard pace easier, long runs make your regular distance seem shorter--thus easier. By pushing the pace on some days and lengthening the distance on others, you'll be able to cruise in the effortless zone on the rest of your runs." -*From Runner's World Complete Book of Beginning Running by Amby Burfoot.*

"Instead of being locked into a long run on a specific day each week, remain flexible. When good weather is forecasted, be ready to go. Also remember that a short run is better than no run. Run for 15 minutes here, 20 minutes there as the weather permits." -*Katie Herrell, RW.com associate producer*

"To minimize damage both in training and in racing, keep your weight low, wear shoes with plenty of support, and run with a shuffling style to lessen the pounding on your legs and feet." -*From Runner's World Complete Book of Running by Amby Burfoot*
Bernard dancing in Djouce



London 2006 Marathon News

The Flora London Marathon will once again be extraordinarily strong on the men's side as race director David Bedford announced today the addition of several top level athletes for the 2006 edition of his race.

Reigning and two-time world champion Jaouad Gharib of Morocco; reigning Olympic champion Stefano Baldini of Italy; former world record holder Khalid Khannouchi of Ossining, N.Y.; reigning London Marathon champion Martin Lel of Kenya; reigning LaSalle Bank Chicago Marathon champion Felix Limo of Kenya; and 2004 London Marathon champion Evans Rutto of Kenya were all added to the field today. They join superstars Paul Tergat, Haile Gebrselassie and Hendrick Ramaala who had already been announced.

"I am certain this is the strongest men's field we have ever seen in London," said Bedford in a prepared statement. "It will be a bookie's nightmare! This race will go down as a true classic."

This will be the first time that Tergat, Gebrselassie and Khannouchi will face each other in the same marathon since the 2002 edition of London where Khannouchi upset the two track stars to win in a world record 2:05:38, a mark since broken by Tergat in Berlin in 2003 (2:04:55). Interest in the London race in 2002 was particularly keen because it was the debut marathon for Gebrselassie; he finished third in 2:06:35.

For good measure, Bedford has assembled an excellent supporting cast in Shigeru Aburaya and Tsuyoshi Ogata of Japan, Shami Mubarak Hassan of Qatar, Jon Brown of Great Britain, and Christopher Isegwe of Tanzania.

The London Marathon is scheduled to take place on Sunday, April 23. A recap of the field with career best times is below:

Paul Tergat (KEN)	2:04:55 WR
Khalid Khannouchi (USA)	2:05:38
Evans Rutto (KEN)	2:05:50
Felix Limo (KEN)	2:06:14
Haile Gebrselassie (ETH)	2:06:20
Jaouad Gharib (MAR)	2:07:02
Martin Lel (KEN)	2:07:26
Stefano Baldini (ITA)	2:07:29
Shigeru Aburaya (JPN)	2:07:52
Hendrick Ramaala (RSA)	2:08:32
Tsuyoshi Ogata (JPN)	2:08:37
Shami Mubarak Hassan (QAT)	2:09:22
Jon Brown (GBR)	2:09:31
Christopher Isegwe (TAN)	2:10:21

Deepest Sympathy

On behalf of everyone involved with Bray Runners AC, I would like to express our heart felt sympathy to Adrian and Derek Hayes and their families on the sad death of their father Francis who died after a short illness on Christmas Eve. Most of our members will remember Francis with fondness, as he was a regular supporter at our races, cheering on his sons and the other members of our Club.

Wicklow 5K Road Race 26/12/'05

Quite a few of our Club members decided to run off the Christmas Turkey by taking part in the St Stephen's Day 5K road race in Wicklow Town. Mary Dawson finished 2nd lady 19.08mins, with Susan Lawless 4th 21.06mins, Liz Ryan 23.32mins, Sean Clifford was 1st in the O/55's in a time of 18.36 mins, Bren Smith 7th 17.02mins, Eamonn Tilley 8th 17.03 mins, other Club members to run were Ciara Kavanagh 24.02 and Richard Kavanagh (no time submitted).

The following is a list of races up till the end of March. Please feel free to contact Eamonn or Dermot for further details.

Date	Day	Distance	Venue	Time	
Jan 7th	Sat	2/5m	Tymon Pk Dublin	12 noon	cc
Jan 22 nd	Sun	10/5km	TBC	TBC	CC
Jan 29th	Sun	10/5km	ALSAA Dublin	12 noon	CC
Feb 5 th	Sun	2/5miles	Raheny Village	14.30	Road
Feb 12th	Sun	10/5km	Cork	12 noon	CC
Feb 25th	Sat	12/6km	Santry Dublin	12 noon	CC
March 5th	sun	10 miles	Ballycotton Cork	11:00 AM	Road
March 12th	Sun	6km/3km	Tymon Pk	12:00 AM	CC
March 19 th	Sun	5km	Rathdrum	TBC	Road
March 25/26	Sun	track	Nenagh	TBC	Track

New Years' Day 5K

Eamonn Tilley was the first Bray Runner across the finish line in this very popular and very competitive 5k. The wind played a large part in determining the outcome of the event, however our athletes ran very well and recorded some good times.

Eamonn Tilley	17.06mins	
Dave Tilley	17.35mins	
Murial Haire	20.15mins	1 st O/40

