

Sonia brings boom in numbers to balmy summers evening 5km Trail race/walk at Doneraile Park

Excitement around the park

There was a noticeable level of excitement around Doneraile Park last Friday evening as participants and spectators alike watched Irelands most popular Olympian Sonia O Sullivan participate in the 5km race around the trails of the beautiful 18th century landscaped park. There was a noticeable increase in numbers participating in the event compared to the last race held here in April despite the fact that the Cork Marathon was being held 3 days later. There couldn't have been better weather conditions for an event to be held in such surroundings with the evening sunshine lighting up the colourful surroundings of the park.

Sonia herself added her own warm colour to the event, giving time to pose for photos with fans, signing autographs and chatting with some fellow runners before she headed off to warm-up before the start where Dr. Gaffney of Mallow A.C. set the runners off on their way. Despite having a long afternoon leading activities at Awbeg Valley A.C. School Sports, which had over 300 kids participating, Sonia managed to put her best foot forward and win the women's category. Miriam Cashman of Duhallow A.C. was second with Eibhlin Cleary of East Cork 3rd. The men's category was won by Michael Herlihy of the newly re-established North Cork A.C. with Shane Simcox of Mallow A.C. finishing second and Conor Tierney also getting the bronze for East Cork in 3rd.

Mallow A.C. show their strengths

Mallow athletic club again showed how efficient they can be in organising events such as this, getting the things that matter right. Entries, the course marking, results and post-race presentations all went smoothly and the club should be commended on putting on such a great event overall. Given that this event was such a success then it is only reasonable to assume that it will be a regular fixture on the Cork race calendar and as part of the Ballyhoura series.

While the course itself is not an extremely fast one, it provides a beautiful setting for a challenging and varied course which is away from the danger and noise of traffic. This is probably one of the most appealing factors to some of the participants who may just be starting off with running and need a safe and secure location at a friendly and relaxed event like this to encourage them to keep going in the sport. It's also a great way for experienced runners to compare their times from year to year or from month to month on a consistent course.

Ballyhoura Series Continues with another Olympian

Bilboa A.C.'s Olympian Rosemary Ryan is heading up the organisation of the fourth event in the Ballyhoura ACTIVE Summer Series which takes place in another quiet country location near Cappamore in North East Limerick. The Ger Mullane Memorial 10km road race is celebrating its 10th anniversary which starts from Bilboa GAA grounds on Friday June 18th at 8p.m. There is also a walk which starts at 7:30p.m. The event is well established and drew almost 500 participants last year. It is a looped course going through the village of Cappamore before returning to Bilboa. Multiple national title holder Seamus Power holds the Men's course record of 31:18 with Rosemary holding the womens record of 34:12 so it is also a reasonably fast course with some hills in the closing kilometres. Pre-registration is available online at www.ballyhouracountry.com/events where further information on the race is available also.

Contact Michael Herlihy, Ballyhoura Outdoor recreation officer on 086 3168954 or at mherlihy@ballyhoura.org for further information

The following is a list of the remaining events in the Ballyhoura ACTIVE Summer Series;

Fri. June 18th 8p.m. - Bilboa Ger Mullane Memorial 10k race – Bilboa A.C.

Fri. Aug. 6th 8p.m. - Mitchelstown GR8 Kilometers - Galtee Runners A.C.

Fri. Aug. 20th 8p.m. - Kiltteely Festival 5 mile race - Kiltteely CC & Bilboa A.C.

Fri. Sept. 3rd 8p.m. - Liscarroll Tom Fitzpatrick Memorial 10k- Liscarroll A.C.

Results of Doneraile Park 5k – Fri. June 4th

Position	Number	Time	Name	Club
Men				
1	1092	00:15:54	MICHAEL, Herlihy	North Cork
2	1151	00:16:59	SHANE, Simcox	Mallow Ac
3	1028	00:17:08	CONOR, Tierney	East Cork

Women

18	1152	00:18:59	SONIA, O'Sullivan	Cobh
29	1041	00:20:05	MIRIAM, Cashman	Duhallow



Sonia O Sullivan(1152) participating in the Doneraile Park 5km last Friday evening, organised by Mallow A.C. as part of the Ballyhoura Series of Road races and walks