

NIKE/BALLYCOTTON '10'

A KERRY HEAD TO



• Racing through the narrow streets of Ballycotton

Weather conditions were near perfect for this year's Ballycotton promotion held on March 10th, and the big entry reflected the ever increasing popularity of this quite charming event.

John Griffin was always prominent in the early leading group of nine runners, which included three former Dublin marathon winners, Griffin, Jerry Kiernan and Johnny Bolger. Also prominent was four times winner of the event, Liam O'Brien of East Cork.

At three miles, which was reached in 14.09, Griffin began to wind up the pace at the front and only Jerry Kiernan looked capable of containing him at this early stage.

The two Kerry natives continued to dictate the pace up front, but by halfway Griffin had opened a gap on a struggling Kiernan who was still feeling the effects of his 2.17 marathon performance in Seville just four weeks before.

Griffin had established a ten seconds lead by the six-mile mark and he further increased

that margin to 20 seconds over the next mile. From there to the finish Griffin was completely out on his own and he won comfortably in 48.22, close to a minute faster than his winning time in the same event last year.

Jerry Kiernan had to fight hard over the final miles to withstand the challenge of Liam O'Brien who came through strongly to take third position. Kiernan finished in 49.48, just nine seconds clear of the fast finishing O'Brien. John Kelly of Liverpool Harriers finished in fourth position, just a second behind O'Brien. Gerry McGrath of DSD finished fifth.

The East Cork team of Liam O'Brien, Donnacha O'Mahoney and Martin Drake won the team event with 24 points, from Limerick, 32, and Leevale, 54.

The men's veteran race saw a brilliant performance in the over-45 category by former Irish cross-country champion, John Buckley of St. Finbarr's who set a new record of 52.45.

David Francis of Westbury Harriers won the over-40

division in 52.56, eleven seconds slower than Buckley. Mick Neville won the over-50 category in 55.49 and Flor O'Leary of St. Finbarr's set a new over-55 record of 59.26. Sean Kearns of Crusaders won the final veterans category of over-60 in 70.07.

Connie Kelly of Blackrock cruised to victory in the women's race in 57.29, her second successive win in the event. Bernie Stankard of Galway City Harriers finished second in 59.48, with Brid Murphy of St. Finbarr's just eleven seconds adrift in third position.

The women's team event was won by St. Finbarr's on 37 points from Leevale, 54, and East Cork, 57. Breda Fogarty (DCH) won the over-35 veteran division in 61.09. Joan Coyle (DSD) was best over-40 in 68.09 and Kathleen Dempsey (Sports World) was best over-45 with 69.47.

Men's race winner John Griffin was delighted with his return to form following a very frustrating period of injury. "I

ran this race and won it last year while carrying an injury," he said, "then I got very disillusioned when I ran badly in the National Marathon in Clonmel and further achilles tendon injuries put an end to my 1990 season," he said.

As usual the Nike/Ballycotton '10' was a superbly organised event. This was the 14th promotion and the race seems each year to increase in popularity. Its reputation is also spreading abroad and this year England's biggest athletics magazine, *Running*, sent a feature writer to the East Cork fishing village to pen a special story on the race.

Men

1. John Griffin, St. Johns 48.22; 2. Jerry Keirnan, Clonliffe 49.48; 3. Liam O'Brien, East Cork 49.57; 4. John Kelly, Liverpool 49.59; 5. Gerard McGrath, DSD 50.08; 6. Robert Costello, Limerick 50.20; 7. John Bolger, Limerick 50.27; 8. Toddy Finn, Kanturk 50.28; 9. Donnacha O'Mahony, East Cork 50.52; 10. John Lenihan, Ríocht 51.00;

11. Ricky Burke, Leevale 51.10; 12. Martin Drake, East Cork 51.32; 13. Patrick Heffernan, T. Crokes 51.37; 14. James Sullivan, Waterford 51.39; 15. Leonard O'Regan, Leevale 51.48; 16. Sean Harte, St. Finbarr's 51.50; 17. John Fitzgerald, Clonmel 51.52; 18. Michael McDevitt, Wirral 51.56; 19. Neil Cusack, Limerick 52.10; 20. Gerard Mullane, Limerick 52.32;

21. Tony Halloran, DCH 52.35; 22. Bernard Feery, Clonmel 52.39; 23. Tony Duggan, St. Josephs 52.42; 24. John Buckley, St. Finbarr's (M45) 52.45; 25. Adrian Tracy, Limerick 52.50; 26. John O'Driscoll, Bandon Bridge 52.50; 27. David Francis, Westbury (M40) 52.56; 28. Tony O'Leary, Leevale 53.03; 29. John Collins, Leevale 53.10; 30. Sheamus Harnett, East Cork 53.16;

31. Gerry Doyle, WSAF 53.32; 32. Michael Roche, Dungarvan (M40) 53.43; 33. Declan Coakley, Bandon Bridge 53.44; 34. Martin Harte, Mullingar 53.49; 35. Gerry Thomas, Sportsworld 53.52; 36. Frank Morrissey, St.

HEAD

BY
FRANK
GREALLY



Photos by Terry O'Rourke

• Beautiful Ballycotton Bay

Finbarr's 53.53; 37. David Duggan, St. Josephs KK 53.54; 39. Eamonn McEvoy, St. Finbarr's 53.55; 39. A. N. Other 53.57; 40. Eric Bergin, Est Cork 53.59;

41. Billy Fox, Clonmel 54.29; 42. Eric Crockett, St. Finbarr's 54.37; 43. Ray Foley, Ballymore-Cobh 54.37; 44. Gerard Daly, Bandon 54.47; 45. Niall Duggan, St. Josephs KK 54.48; 46. Derek Nolan, Clonmel 54.51; 47. Gary Matthews, E. Cheshire 54.51; 48. Thomas Ryan, Eagle TC 54.53; 49. Nick Gallagher, Matt Talbot 54.53; 50. John Landy, Premier 54.55;

51. Padraig McCarthy, Bandon Bridge 54.58; 52. Michael Gamin, Clonmel 54.59; 53. Gerard Cantwell, Dungarvan 55.01; 54. Mark Bradley Oldham/Royton 55.01; 55. Roddy Burke, W Limerick (M40) 55.03; 56. Ollie Gallagher, Mullingar (M40) 55.06; 57. Stephen O'Shea, Youghal 55.10; 58. Thomas Owens, East Cork 55.11; 59. Martin Hayes, Ballymore-Cobh 55.15; 60. Damien Collins, Leevale 55.16;

61. Michael Hassett, Thurles

Crokes 55.20; 62. Humphrey Twomey, Millstreet 55.24; 63. Noel Keenan, WSAF 55.26; 64. Denis McCarthy, East Cork 55.27; 65. Adam Jones, Sportsworld (M45) 55.28; 66. David Daly, Ballymore-Cobh 55.45; 67. Michael Lawton, Limerick 55.45; 68. Paul Murray, Leevale 55.46; 69. Michael Neville, Tullamore (M50) 55.49; 70. George Walsh, East Cork (M45) 55.56;

71. Leo Burns, Dublin 56.02; 72. Patrick Dempsey, Leevale (M40) 56.03; 73. Pat Kerrigan, Mallow 56.06; 74. Michael Convey, Athlone 56.14; 75. Henry Kiely, Limerick 56.21; 76. Alan Carroll, E. Cheshire (M40) 56.28; 77. Joe Haddock, WSAF 56.29; 78. Joseph Moriarty, St. Johns 56.31; 79. Frank Nash, Redgate 56.31; 80. Padraig Murphy, Leevale 56.38;

81. John O'Callaghan, Bandon Bridge 56.39; 82. David Mellor, E. Cheshire 56.41; 83. Seamus Casey, Ballymore-Cobh 56.43; 84. Maurice Tobin, G-Fermoy (M40) 56.45; 85. John Delaney, G-Fermoy 56.45; 86. P.J. Twomey, Millstreet 56.50;

87. Eddie Mullane, Belgooly (M45) 56.54; 88. Colm O'Halloran, Chaos 56.56; 89. Denis Hegarty, Eagle TC 56.57; 90. Deirdre Parnell, Polo Pacers (F40) 57.02;

91. David Monaghan, Gt. Western R 57.03; 92. Paddy Hegarty, Eagle TC 57.09; 93. Declan McGrath, Westbury 57.12; 94. Arthur Deane, St. Helens STR 57.13; 95. Joey Hannan, Limerick T 57.14; 96. Martin Farrell, Thurles Crokes 57.17; 97. John O'Leary, Leevale (M50) 57.18; 98. Fred Walsh, East Cork (M45) 57.19; 99. Paul Parker, Ballymore-Cobh 57.23; 100. Connie Kelly, Blackrock 57.29.

Women

1. Connie Kelly, Blackrock 57.29; 2. Bernie Stankard, DCH 59.48; 3. Brid Murphy, Leevale 1st O/35, 59.59; 4. Nicola Mounty, Westbury 1.00.03; 5. Joan Hough, St. Finbarr's 1.00.13; 6. Joanne Power, DCH 1.00.18; 7. Catherine Hennessey SDS 1.00.57; 8. Breda Fogarty, DCH (F35) 1.01.09; 9. Sharon Leon, WSAF 1.02.03; 10. Eileen Prunty, East Cork 1.04.49.

Britvic

Citrus Spring

CLONMEL ATHLETIC CLUB
CITRUS SPRING
10K

SUNDAY 19TH MAY 1991
3.00 p.m.

TOP 100 FINISHERS RECEIVE
A SPECIAL SOUVENIR T-SHIRT

PRIZES

* First 15 Men

* First 5 Ladies

* First Vet O/40, O/45, O/50, O/55

* First Novice (Co. Tipperary only)

Rest Of Field Receive Medallions

In conjunction with this race there will be

A 5K WALK

beforehand in aid of
CYSTIC FIBROSIS

(Please Print)

NAME.....

ADDRESS.....

Category [] Men [] Ladies [] Novice
[] O/40 [] O/45 [] O/50 [] O/55

I hereby agree that the Organisers shall not be liable for any accidents, injury, loss or damage as a consequence of my participation in this event.

Signed.....

Date.....

ENTRY FEE £4.00

Race entries to:
DECLAN McGRATH,
NEW TOBERAHEENA,
CLONMEL,
CO. TIPPERARY.

5K Walk Sponsorship Cards
can be obtained from:
Michael Hickey,
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