

B.L.E.

# Contact

Incorporating Marathon Magazine

Vol.1 No.2

Keeping in touch with Athletes

March 1995

## Pictures from BLE Inter-Clubs Cross Country





**F**irst of all my unreserved apologies for the tone and content of the last newsletter. I assure you it was penned without any malice whatsoever intended and was penned in utter frustration at the time. I have since been assured that B.L.E are only too delighted to have a regular newsletter for its members and a long and fruitful discussion at a recent management meeting has paved the way for future issues. I assure you readers it will reflect the policy of the Association and we hope it will be used by everybody in the Association to promote the sport of Athletics.

The month of February was indeed a very busy one, so busy, I will have to hold over the full results of the Senior Indoor Championships and the Inter-clubs cross-country until the next issue in early April. Also, the results and pictures of the very successful first Indoor International involving Ireland, Belgium and the Southern Counties of England. Ireland did very well in both and had a full complement of athletes turned up could very well have won both.

## INDOOR SCENE

In the run-up to the World Indoors in Barcelona, Marcus O'Sullivan and Niall Bruton have been in good form. Niall out-sprinted Marcus to win the U.S. indoor mile Championships. Sinead Delahunty had a very good time of 8.58 in finishing 2<sup>nd</sup> in the 3,000m at the same championships.

Mark Carroll too has been in great from and has his sights set on an American Collegiate indoor title. As well as Marcus and Niall, we wish Frank O'Mara, TJ Kearns, David Matthews, Sinead Delahunty and Laura Sharpe the very best in Barcelona. We have a proud record to uphold. The Team Manager will be Bobby Begley and the coach Tommy Coyle.

## WORLD CROSS

Ireland will be represented by both a Senior mens and Senior womens team in Durham on the 25<sup>th</sup> of March. Selected teams are: **Ladies:** Catherina McKiernan, Sonia O'Sullivan, Catherine Shum, Teresa Duffy, Ann Keenan-Buckley (Captain) and Jill Bruce. Res: Mary Donohoe.

Maureen Harrington. **Men:** David Burke, Seamus Power, Cormac Finnerty, Noel Cullen, Noel Berkeley, Richard Mulligan, John Treacy. Res: John Burke and Peter Matthews. It is unlikely that both Sonia O'Sullivan and John Treacy will run. Best of luck to both teams and lets hope that Catherina can go one better and bring home that elusive gold like she did at the European Championships.

Next year, we may have the funds to send a Junior team with a verbal commitment given by the new Minister of Sport Bernard Allen, T.D. to make finance available. This good news came at the Annual B.L.O.E. Star Awards, sponsored by Waterford Glass, at Kilkenny on Saturday the 4<sup>th</sup> of March. James Nolan received the supreme award. Congrats to eleven BLOE athletes who took medals at the British AAA underage championships.

So until next Month the very best to you.

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**Whitechurch,**  
**Co. Cork.**

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## OPEN JUVENILE AND SENIOR CROSS COUNTRY SPORTS

*BLE rules*

*on Sunday, 16th March, 1995.*

*Galway Racecourse, Ballybrit, Castlegar,  
commencing 2 p.m.*

### EVENTS

Boys and Girls	Under 8	300 m.
Boys and Girls	Under 9	400 m.
Girls	Under 11	800 m.
Boys	Under 11	800 m.
Girls	Under 13	1,000 m.
Boys	Under 13	1,500 m.
Girls	Under 15	1,500 m.
Boys	Under 15	2,000 m.
Girls	Under 17	2,000 m.
Boys	Under 17	3,000 m.
Senior & Junior Men + Vets		5 000 m.
Senior Ladies		3,000 m.

### PRIZES

Events U 8,9: First 12 individuals

All Other Events: First 6 individuals and First 3 Teams.

Teams: BLOE U-11, 13,15 & Senior Men - 4 to Score

Vets. Jun. Men & Sen. Ladies & Boys & Girls U 17 - 3 to Score

**ENTRIES TO:** Sean Duffy, 19 Glenview Drive, Riverside, Galway. Before 16th March, 1995.

**ALL ATHLETES** Pay at Gate - BLOE - 50 p. Adults £2.00, Spectators £1.00

All events generously sponsored by local business concerns.

**AL PRIZE FUND** £2,500 approximately.

## Fixture List - March 1995

### MARCH 1995

- 10/12 IAAF World Indoor Championships, Barcelona
- 11 Nestle Irish Schools Cross Country Championships Belfast.
- 12 Ballycotton Running Promotions, 10 Mile Road Race 2.30 p.m.
- 12 BLOE A.G.M. Springhill Court Hotel, Kilkenny
- 14 EAA International Indoor Meet, Ciudad de Valencia, Spain.
- 17 Clonmel AC 10K Road Race, Clonmel 12 noon.
- 17 Leevale AC, 5K Road Race, Cork City 1.00 p.m. C: Tony O'Leary 021-362152
- 17 Tullamore Harriers A.C. Road Race, 11.30 a.m. Tullamore C: M. Gillespie 0506-51248
- 18/19 BLOE U13-U18 Individual C'ships. Nenagh, 10.30 a.m.
- 19 Eastern Region Novice & Vets Rd. Race, Tolerton C: Pat Fitzgerald 0502-23348
- 19 West Limerick A.C. 10K Road Race, Adare, 2.30 p.m. C: Willie Costello 069-62205
- 25 World Cross Country Championships, Durham, England

### APRIL 1995

- 2 Redgate A.C. 10K Road Race & 3 Mile Walk E.S.B. Ardnacrusha 2 p.m. C: Claire Daly 061- 228555
- 2 Eastern Region Senior Road Races C: Pat Fitzgerald 0502 23348
- 2 BLOE Indoors U13-U18 Relays, U13, U15, U17, U18 B + G Shot U13-U18 B+G High Jump, Nenagh, 10.30 a.m.
- 2 London Marathon
- 9 BLE National Road Relays and 20k Walks Men, 10k Walk Women, Coolmine, Dublin
- 9 Ferrybank A.C. T/F Sports Clover Centre, Ferrybank 1 p.m.
- 9 St. Laurence O'Toole A.C. 4th John Memorial Road Race 2.30 p.m. Carlow C: Mary O'Brien 0503/43236
- 9 World Marathon Cup, Athens.
- 9 Kilnaboy A.C. 10 Mile Road Race, Kilnaboy 2 p.m.





Start of ladies race

# BLE National Intermediate and Veteran Women Cross Country Championships

*Santry, Co. Dublin  
5th February, 1995.*

**O**ne of the biggest entries ever received for a National event contested the National Inter and vets championships over an excellent course behind Morton Stadium on Sunday February 5th. The conditions were ideal after the recent rains and the course was surprisingly fast.

## TERESA AND ROSEMARY TOPS

The opening race saw the combined ladies Inter and vets and here Teresa Tuohy of Nenagh and London Irish showed a clean pair of heels to the younger brigade out-distancing National Novice Champion and Junior Champion from Last year Rosemary Ryan from Bilboa in Limerick. St Finbarr's and Cork took the vets titles while at Inter level it was Galway City Harriers and Dublin. I travelled with Liam O'Brien to the event as I have done many times since I first got to know him 25 years ago.

He did not sound too enthusiastic about his first National venture into the

vets category and was there basically to help his team, but it afforded him the opportunity to get his first individual Cross-country national medal. He did so with the minimum of fuss breaking away before half way, the first time he has ever made a move so early in a race he came home with 43 seconds to spare from the Belfast pair Ray Curran and Matt Shields. St Finbarr's took the team title with Cork the Inter-co.

## INTERMEDIATE MEN

This provided a very big field with former Junior stars John Murray and Paul Logan in the line-up, some doubted the eligibility of both. John Murray in fact ruled himself out on 2 counts, having finished in the top 3 in the National Senior Steeplechase and having represented Ireland at the event in Scotland in 1991 when in fact he won the race.

He showed something of his junior talent when coming home ahead, but he would still have been ruled out having failed to wear the singlet of his new adopted club DCH. Of course some of the gloss was taken from the fine effort Cormac Troy the Offaly farmer who has shown a tremendous commitment to

training he shadowed John Murray for half the race and they opened a huge lead. Paul Logan running again on his bare feet looked very much to be out of it in the early stages and was not even in contact with the leading pack but he put in a tremendous 2nd half to his race to move right up to runner-up spot continuing his upward spiral after a series of injuries.

Charlie Gallagher Donegal got the better of Colm Burke, Laois for the bronze. Tullamore won the club event, a big boost for the midlands outfit, more famed for their facilities in recent years rather than for the exploits of their athletes in the competitive arena. Dublin took the Inter-co title from Offaly and Tipp.

## LADIES (Veterans and Intermediate)

1. T. Tuohy, V1, Nenagh Olympic A.C. (IND), 17.53; 2. R. Ryan, Bilboa A.C. (IND), 18.08; 3. M. Greenan, V1, Dublin City Harriers, A.C. (IND), 18.18; 4. K. O'Rourke, Dublin (inter), 18.21; 5. C. Parnell, V1, Cork (V), 18.33; 6. J. Hough, V1, St. Finbarrs A.C., 18.42; 7. B. Muckian, Louth (Inter), 18.43; 8. A. Shine, (Cork (Inter), 18.43; 9. T. Naughton, Galway City Harriers, A.C., 18.49; 10. E. Smith, U.C.D. A.C., 18.50; 11. B. McCluskey, Crusaders A.C. (IND), 18.51; 12. G. Carr, V1, Clonliffe Harriers A.C., 18.57; 13. K. Freeman, Clonliffe Harriers A.C., 19.02; 14. M. Jennings, V1, Waterford A.C. (IND), 19.12; 15. B. Fitzsimons, Kildare (Inter), 19.13; 16. P. Gowran, Mullingar Harriers A.C., 19.16; 17. M. Burns, V1, Dublin (V), 19.20; 18. S. Lusby, Galway City Harriers, A.C., 19.21; 19. P. Griffin, V1, Ballinamore A.C. (IND), 19.22; 20. M. Sheehan, Cork (V), 19.25; 21. Colette O'Riordan, Cork (Inter), 19.30; 22. S. Gallagher, Tirchonail A.C., 19.35; 23. O. Gormley, Raheny Shamrock A.C., 19.36; 24. B. McCabe, V2, Mullingar Harriers A.C., 19.38; 25. R. Murphy, U.C.D. A.C., 19.44; 26. L. Foy, Kildare (Inter), 19.49; 27. C. O'Dowd, Raheny Shamrock A.C., 19.53; 28. J. Swayne, Carlow (Inter), 19.55; 29. D. Dowler, Clonliffe Harriers A.C., 20.01; 30. E. Murphy, Galway City Harriers A.C., 20.03; 31. O. Nolan, V1, Sportsworld A.C.'A', 20.07; 32. K. Williamson, Carlow (Inter), 20.09; 33. M. Coonan, V1, Lucan Harriers A.C., 20.11; 34. E. McNelis, V3, Naas A.C., 20.14; 35. J. Forde, Galway City Harriers A.C., 20.16; 36. V. Flynn, Mullingar Harriers A.C., 20.17; 37. A.M. Healy, Cork (Inter), 20.17; 38. M. McCreery, V2, Dublin (V), 20.19; 39. T. Doyle, Carlow (Inter), 20.20; 40. K.



## Top 6 in Vets and Inter ladies



McLoughlin, V1, Dublin (V), 20.21; 41. E. Loughman, V2, Naas A.C., 20.24; 42. A. Kavanagh, Mountmellick A.C. (IND), 20.25; 43. R. Ridgeway, V2, Metro/St. Brigid's A.C. (IND), 20.29; 44. M. Martin, V2, Finn Valley A.C. (V), 20.31; 45. L. Brogan, Tírchonail A.C., 20.34; 46. M. Rooney, V1, Tírchonail A.C., 20.37; 47. J. Coyle, V3, Dublin (V), 20.40; 48. J. Mitchell, Blackrock A.C., 20.41; 49. L. O'Sullivan, Marian A.C., 20.42; 50. E. Arkins, V1, Lucan Harriers A.C. (V), 20.45; 51. A. Buckley, V1, Raheny Shamrock A.C. (V), 20.46; 52. B. Burke, V1, Clonliffe Harriers A.C. (IND), 20.47; 53. G. Carragher, V1, Sportsworld A.C. 'A', 20.48; 54. E. Lynam, Cork (V), 20.50; 55. L. May, Unattached (IND), 20.52; 56. P. Gallagher, Tírchonail A.C., 21.01; 57. J. Comiskey, V3, Raheny Shamrock A.C. (V), 21.01; 58. A. Ahern, Clonliffe Harriers A.C., 21.02; 59. A. Healy, Marian A.C., 21.05; 60. M. McHugh, Galway City Harriers A.C., 21.06; 61. E. Kenny, V3, St. Finbarrs A.C. (V), 21.07; 62. M. Ryan, V1, St. Finbarrs A.C., 21.10; 63. E. Murphy, Blackrock A.C., 21.26; 64. N. McNamee, Donegal (Inter), 21.32; 65. S. Diver, Donegal (Inter), 21.32; 66. V. McEvoy, V1, Kildare (V), 21.35; 67. F. Ayres, Sportsworld A.C. 'A', 21.37; 68. E. Swan, Raheny shamrock A.C., 21.38; 69. M. Walsh, V3, Tullamore Harriers A.C. (IND), 21.39; 70. K. Dempsey, V4, Sportsworld A.C. 'A', 21.43; 71. R. Crockett, V2, St. Finbarrs A.C. (V), 21.48; 72. A. Reid, V1, Lucan Harriers A.C. (V), 21.52; 73. A. Higgins, Sportsworld A.C. 'B', 21.54; 74. M. Murray, V2, Finn Valley A.C. (V), 21.55; 75. M. Joyce, Mullingar Harriers A.C., 21.56; 76. J. McTeenan, V1, Lucan Harriers A.C. (V), 21.56; 77. A. Reede, V3, Raheny Shamrock A.C. (V), 21.57; 78. L. Enright, Marian A.C., 21.58; 79.

C. Pender, Carlow (Inter), 22.02; 80. A. Duffy, Louth (Inter), 22.02; 81. A. McGill, V1, Finn Valley A.C.(V), 22.03; 82. R. McGann, V1, Sportsworld A.C. 'A', 22.17; 83. B. McGlynn, V1, Finn Valley A.C. (V), 22.24; 84. B. Enright, Marian A.C., 22.25; 85. M. Lyons, V2, St. Finbarrs A.C. (V), 22.26; 86. M. Butler, Blackrock A.C., 22.26; 87. S. McMahon, Louth (Inter), 22.28; 88. L. Keogh, Blackrock A.C., 22.34; 89. B. McDermott, V2, Mullingar Harriers A.C., 22.35; 90. B. Carroll, Clonliffe Harriers A.C., 22.36; 91. M. Whelan, V1, Sportsworld A.C. 'A', 22.43; 92. S. Fitzsimons, Louth (Inter), 22.45; 93. P. Smith Craddock, V1, Blackrock A.C. (V), 22.46; 94. E. Cooney, Sportsworld A.C. 'A', 22.47; 95. R. Hayden, V3, Raheny Shamrock A.C. (V), 22.49; 96. C. Feeley, Donegal (Inter), 22.51; 97. B. Murphy, V1, Lucan Harriers A.C. (V), 22.53; 98. L. Ryan, U.C.D. A.C., 22.53; 99. P. Higgins, Kildare (Inter), 23.03; 100. I. Walsh, Donore Harriers A.C. (IND), 23.08; 101. C. Gilmore, Sportsworld A.C. 'B', 23.09; 102. M. Nolan, Sportsworld A.C. 'B', 23.10; 103. G. Walsh, V4, Mullingar Harriers A.C., 23.10; 104. A. Woodlock, V5, Donore Harriers A.C. (IND), 23.12; 105. H. McNally, Sportsworld A.C. 'B', 23.18; 106. J. Herron, V4, Finn Valley A.C. (V), 23.22; 107. S. McArdle, Sportsworld A.C. 'B', 23.31; 108. J. Hilliard, V2, Sportsworld A.C. 'B', 23.35; 109. D. Moore, Raheny Shamrock A.C., 23.44; 110. M. Burnside, Blackrock A.C., 23.50.; 111. M. O'Hogartaigh, U.C.D. A.C., 24.00; 112. E. O'Brien, V2, Lucan Harriers, A.C.(V), 24.17; 113. M. Burke, V2, Blackrock A.C. (V), 25.05; 114. L. Nooney, Mullingar Harriers A.C., 25.16; 115. S. Devin, Louth (Inter), 25.45; 116. T. Murphy, V3, St. Finbarrs A.C. (V), 26.04; 117. M. Horgan, V2, St. Finbarrs A.C.

(V), 26.12; 118. C. O'Hagan, V3, Louth (Inter), 27.00; 119. K. Burns, V5, Naas A.C., 28.34; 120. D. Brady, V2, Blackrock A.C. (V), 28.47; 121. M. Marshall, V4, Mullingar Harriers A.C., 29.11; 122. E. Fennell, V2, Blackrock A.C. (V), 29.56; 123. P. Buckley, V5, St. Finbarrs A.C. (V), 30.48.

## INTERMEDIATE WOMEN INTER CLUB

1. GALWAY CITY HARRIERS A.C. - 92 points; 9, 18, 30, 35.
2. CLONLIFFE HARRIERS A.C. - 112 points; 12, 13, 29, 58.
3. TIRCHONAILL A.C. - 169 points; 22, 45, 46, 56.
4. MULLINGAR HARRIERS A.C. - 216 points; 16, 36, 75, 89.
5. SPORTSWORLD A.C. 'A' - 221 points; 31, 53, 67, 70.
6. RAHENY SHAMROCK A.C. - 227 points; 23, 27, 68, 109.
7. U.C.D. A.C. - 244 points; 10, 25, 98, 111.
8. MARIAN A.C. - 270 points; 49, 59, 78, 84.
9. BLACKROCK A.C. - 285 points; 48, 63, 86, 88.
10. SPORTSWORLD A.C. 'B' - 381 points; 73, 101, 102, 105.

## VETERAN WOMEN INTER CLUB RESULT

1. ST. FINBARR'S A.C. (V) - 223 points; 6, 61, 71, 85.
2. LUCAN HARRIERS A.C. (V) - 231 points; 33, 50, 72, 76.





3. RAHENY SHAMROCK A.C. (V) - 280 points; 51, 57, 77, 95.
4. FINN VALLEY A.C. (V) - 282 points; 44, 74, 81, 83.
5. BLACKROCK A.C. (V) - 448 points; 93, 113, 120, 122.

#### INTERMEDIATE WOMEN INTER COUNTY

1. DUBLIN (INTER) - 39 points; 4, 10, 12, 13.
2. GALWAY (INTER) - 92 points; 9, 18, 30, 35.
3. DONEGAL (INTER) - 169 points; 22, 45, 46, 56.
4. CARLOW (INTER) - 178 points; 28, 32, 39, 79.
5. LOUTH (INTER) - 266 points; 7, 80, 87, 92.

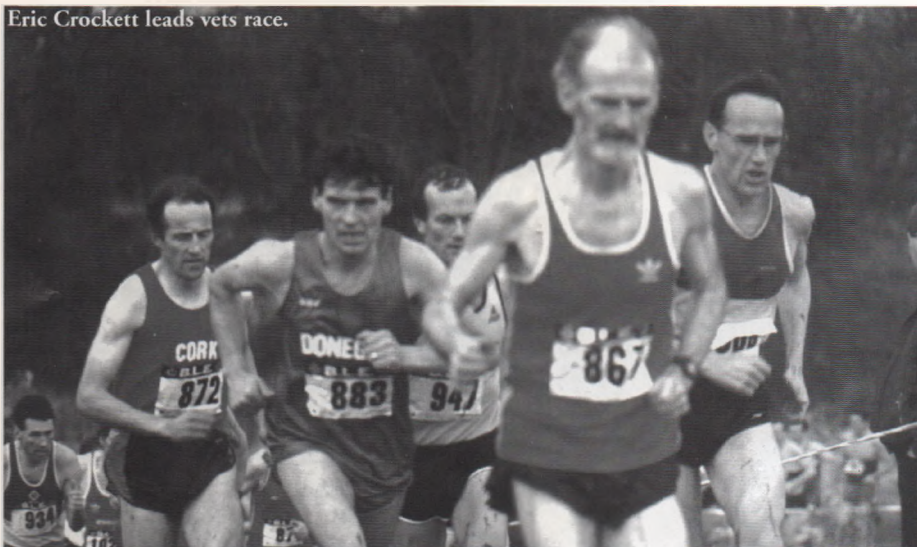
#### VETERAN WOMEN INTER COUNTY RESULT

1. CORK (V) - 85 points; 5, 6, 20, 54.
2. DUBLIN (V) - 128 points; 17, 33, 38, 40.
3. DONEGAL (V) - 282 points; 44, 74, 81, 83.

#### BLE NATIONAL VETERAN MEN

1. L. O'Brien, V1, East Cork A.C., 25.10;
2. R. Curran, V1, Annadale Striders A.C., 25.53; 3. M. Shields, V1, North Belfast Harriers, 25.59; 4. E. Crockett, V1, St. Finbarrs A.C., 26.04; 5. N. Martin, V1, Finn Valley A.C., 26.14; 6. S. Manley, V1, Donore Harriers A.C., 26.18; 7. J. Cullen, V1, Liffey Valley A.C., 26.22; 8. K. O'Dwyer, V1, Tipperary, 26.25; 9. B. Sherlock, V2, Monaghan Phoenix A.C., 26.27; 10. D. Noonan, V2, Clonliffe Harriers A.C., 26.30; 11. C. Maher, V1, Tipperary, 26.33; 12. E. McEvoy, V1, St. Finbarr's A.C., 26.35; 13. J.J. Murphy, V1, Tinryland A.C., 26.39; 14. P. Morgan, V1, Wexford, 26.14; 15. J. Buckley, V2, St. Finbarrs A.C., 26.42; 16. A. Murray, V1, Finn Valley A.C., 26.44; 17. J. Peavoy, V2, M.F. Runners A.C. (IND), 26.45; 18. J. Rankin, V1, Donore Harriers A.C., 26.47; 19. T. O'Neill, V1, Sportsworld A.C., 26.50; 20. F. Garrihy, V1, Ennis T.C. (IND), 26.51; 21. T. Murphy, V1, Cork, 26.52; 22. M. McCausland, V1, Donegal, 26.55; 23. P. Younger, V1, Annadale Striders A.C., 26.57; 24. M. Conway, V4, Galway City Harriers A.C., 26.59; 25. P. Myles, V1, Donore Harriers A.C., 27.00; 26. G. Maybury, V1, Civil Service A.C. 'A', 27.01; 27. Noel Hanratty, V1, Trim A.C. (IND), 27.03; 28. A. Keyes, V1, Annadale Striders A.C., 27.03; 29. R. Crowley, V2, St. Finbarrs A.C., 27.04; 30. J. Gunnigle, Civil Service A.C. 'A', 27.11; 31. S.

Eric Crockett leads vets race.



Connolly, V1, Liffey Valley A.C., 27.12; 32. M. Jordan, V1, Dundee A.C. (IND), 27.13; 33. M. McHugh, V3, Tipperary, 27.14; 34. B. O'Connor, V2, Sportsworld A.C., 27.18; 35. J. Todd, V1, Tullamore Harriers A.C., 27.20; 36. D. O'Carroll, V1, Liffey Valley A.C., 27.23; 37. B. Domican, V1, Naas A.C. (IND), 26.23; 38. P. Kerrigan, V1, Cork, 27.24; 39. L. Grendon, V1, Civil Service A.C. 'A', 27.25; 40. L. Foley, V1, Sportsworld A.C., 27.27; 41. S. Duffin, V1, Annadale Striders A.C., 27.28; 42. A. Jones, V3, Sportsworld A.C., 27.35; 43. J. Shields, V2, Finn Valley A.C., 27.37; 44. F. Cashman, V2, East Cork A.C., 27.40; 45. E. Brady, V2, Metro/St. Brigid's A.C., 27.45; 46. B. McKenna, V1, Civil Service A.C. 'A', 27.46; 47. D. McGann, V2, Civil Service A.C. 'A', 27.48; 48. J. O'Leary, V1, Lucan Harriers A.C. (IND), 27.52; 49. D. Kehoe, V2, Wexford, 27.58; 50. B. Doherty, V1, Annadale Striders A.C., 28.00; 51. J. Doherty, V1, Donegal, 28.07; 52. T. Twomey, V1, East Cork A.C., 28.09; 53. T. Murphy, V2, Clonliffe Harriers A.C., 28.11; 54. B. Delaney, V1, Carlow, 28.13; 55. T. Gunning, V1, Laois, 28.15; 56. M. Nugent, V1, Sportsworld A.C., 28.17; 57. P. O Murchu, V1, Dundrum South Dublin A.C., 28.20; 58. P. Doherty, V1, Finn Valley A.C., 28.24; 59. M. Neville, V3, Tullamore Harriers A.C., 28.28; 60. M. Lawton, V1, Limerick A.C. (IND), 28.30; 61. M. Farrell, V1, Tipperary, 28.33; 62. J. Roulston, V1, Finn Valley A.C., 28.39; 63. C. O'Neill, V1, Donore Harriers A.C., 28.44; 64. D. Madigan, V1, Sportsworld A.C., 28.46; 65. K. McGovern, V2, Tullamore Harriers A.C., 28.48; 66. M. Wright, V1, Liffey Valley A.C., 28.49; 67. J. Walshe, V1, East Cork A.C., 28.49; 68. P. Ryan, V1, St. Finbarrs A.C., 28.53; 69. P. Keane, V1, Clonliffe Harriers A.C., 29.00; 70. C. Ryan, V2,

Tipperary, 29.02; 71. A. Cowzer, V1, Sportsworld A.C., 29.02; 72. G. O'Doherty, V1, Finn Valley A.C., 29.05; 73. P. Connolly, V1, Letterkenny A.C., 29.06; 74. L. Kehoe, V2, Wexford, 29.07; 75. M. Hughes, V3, Mullingar Harriers A.C., 29.17; 76. M. Coleman, V2, Liffey Valley A.C., 29.22; 77. P. Dolan, V2, Tipperary, 29.24; 78. J. Grogan, V1, Tullamore Harriers A.C., 29.25; 79. T. Goulding, V1, Leevale A.C., 29.27; 80. P. McDermott, V1, Clonliffe Harriers A.C., 29.29; 81. P. Wright, V1, Sportsworld A.C., 29.33; 82. T. Beaver, V1, Wexford, 29.37; 83. T. Martin, V2, Civil Service A.C. 'A', 29.40; 84. A. Earkins, V1, Liffey Valley A.C., 29.40; 85. D. Whelan, V2, Laois, 29.48; 86. A. Neenan, V1, Mallow A.C. (IND), 29.51; 87. N. O'Brien, V1, Tipperary, 30.03; 88. K. Cuddy, V1, Tinryland A.C., 30.06; 89. C. Creagh,



Liam O'Brien wins,





Top 6 vets pictured with Ronnie Long.



St. Finbarr's Vets team winners

V3, Mullingar Harriers A.C., 30.10; 90. J. Robinson, V2, Mallow A.C. (IND), 30.11; 91. S. Walsh, V3, Wexford, 30.13; 92. S. Duffy, V3, Tullamore Harriers A.C., 30.15; 93. T. Twomey, V4, Metro/St. Brigid's A.C., 30.18; 94. M. Timmons, V2, Raheny Shamrock A.C., 30.22; 95. J. O'Leary, V4, Leevale A.C., 30.27; 96. J. Quigley, V1, Leevale A.C., 30.28; 97. R. Meade, V1, Tullamore Harriers A.C., 30.30; 98. K. Humphreys, V1, Dublin City Harriers A.C. (IND), 30.30; 99. F. O'Leary, V5, St. Finbarrs A.C., 30.32; 100. R. Fuller, V3, Dundrum South Dublin A.C., 30.36; 101. P. Harding, V2, Laois, 30.49; 102. H. Brandsma, V1, Sportsworld A.C., 30.53; 103. F. Nolan, V1, Metro/St. Brigid's A.C., 30.57; 104. J. Kennedy, V4, North Belfast Harriers, 30.58; 105. C. Duffy, V1, Lourdes A.C. (IND), 31.02; 106. J. Byrne, V3, Civil Service A.C. 'B', 31.04; 107. S. Connolly, V1, Tinryland A.C., 31.08; 108. G. Murphy, V1, Donore Harriers A.C., 31.11; 109. P. Morris, V5, Donore Harriers A.C., 31.20; 110. J. Byrne, V1, Tinryland A.C., 31.27; 111. J. Smith, V2, Clonliffe Harriers A.C., 31.33; 112. S. O'Dwyer, V1, Raheny Shamrock A.C., 31.40; 113. J.

Hynes, V3, Finn Valley A.C., 31.51; 114. J. Ryan, V1, Laois, 31.54; 115. J. O'Rourke, V1, St. L. O'Toole, A.C. (IND), 32.22; 116. G. Harrison, V1, Liffey Valley A.C., 32.36; 117. P. Quinn, V1, Raheny Shamrock A.C., 32.41; 118. N. McCabe, V1, Mullingar Harriers A.C., 32.47; 119. P. Scanlon, V1, Metro/St. Brigid's A.C., 32.59; 120. F. Novell, V1, Liffey Valley A.C., 33.04; 121. M. Aughey, V1, Metro/St. Brigid's A.C., 33.06; 122. V. O'Brien, V1, Dundrum South Dublin A.C., 33.51; 123. W. Dunne, V5, Donore Harriers A.C., 34.41; 124. B. Earley, V6, Civil Service A.C. 'B', 37.35; 125. T. Lynam, V6, Raheny Shamrock A.C., 40.16; 126. N. Corish, V7, Raheny Shamrock A.C., 40.38; 127. W. Morris, V7, Galway City Harriers A.C., 41.02.

#### INTER COUNTY RESULT

1. CORK - 82 points; 1, 4, 12, 15, 21, 29.
2. DUBLIN - 85 points; 6, 7, 10, 18, 19, 25.
3. DONEGAL - 195 points; 5, 16, 22, 43, 51, 58.
4. TIPPERARY - 260 points; 8, 11, 33, 61, 70, 77.

5. OFFALY - 426 points; 35, 59, 65, 78, 92, 97.

#### INTER CLUB RESULT

1. ST. FINBARRS A.C. - 60 points; 4, 12, 15, 29.
2. ANNADALE STRIDERS A.C. - 94 points; 2, 23, 28, 41.
3. DONORE HARRIERS A.C. - 112 points; 6, 18, 25, 63.
4. FINN VALLEY A.C. - 122 points; 5, 16, 43, 58.
5. SPORTSWORLD A.C. - 135 points; 19, 34, 40, 42.
6. LIFFEY VALLEY A.C. - 140 points; 7, 31, 36, 66.
7. CIVIL SERVICE A.C. 'A' - 141 points; 26, 30, 39, 46.
8. EAST CORK A.C. - 164 points; 1, 44, 52, 67.
9. CLONLIFFE HARRIERS A.C. - 212 points; 10, 53, 69, 80.
10. TULLAMORE HARRIERS A.C. - 237 points; 35, 59, 65, 78.
11. TINRYLAND A.C. - 318 points; 13, 88, 107, 110.
12. METRO/ST. BRIGID'S A.C. - 360 points; 45, 93, 103, 119.
13. RAHENY SHAMROCK A.C. - 448 points; 94, 112, 117, 125.

#### BLE NATIONAL INTERMEDIATE MEN

1. C. Troy, Offaly, 35.56; 2. P. Logan, Limerick A.C. (IND), 36.22; 3. C. Gallagher, Letterkenny A.C., 36.35; 4. C. Burke, Laois, 36, 38; 5. G. Crossan, Letterkenny A.C., 36.55; 6. C. Meehan, Dundrum South Dublin A.C., 36.59; 7. M. Carroll, Tullamore Harriers A.C., 37.04; 8. P. Maher, Raheny Shamrock A.C., 37.08; 9. M. Hassett, Tipperary, 37.11; 10. G. Webb, Tullamore Harriers A.C., 37.14; 11. G. Hickson, Civil Service A.C., 37.17; 12. P. Farrell, Carrick-on-Shannon A.C. (IND), 37.18; 13. P. Byrne, Gowran A.C., 37.22; 14. J. McHugh, Waterford A.C., 37.26; 15. J. McIntyre, Finn Valley A.C., 37.31; 16. S. Caulfield, Kilkenny, 37.33; 17. D. Casey, Mullingar Harriers A.C., 37.35; 18. T. Jordan, Wexford, 37.39; 19. E. O'Donnell, Mullingar Harriers A.C., 37.40; 20. L. Stafford, Wexford, 37.42; 21. B. Feery, Clonmel A.C., 37.47; 22. D. Corcoran, Civil Service A.C., 37.52; 23. A. Kearns, Clonliffe Harriers A.C., 37.55; 24. D. Mulligan, Donore Harriers A.C., 37.59; 25. D. Nolan, Clonmel A.C., 38.00; 26. M. Ferguson, Dublin, 38.02; 27. T. McElwaine, Wexford, 38.06; 28. D. Healy, Clonliffe Harriers A.C., 38.08; 29. S. McCarthy, Clonmel A.C., 38.09; 30. L. Dunne, Tullamore Harriers



38.12; 31. G. Heffernan, Civil Service A.C., 38.19; 32. E. O'Connell, Dundrum South Dublin A.C., 38.22; 33. R. Graham, Team P. Elliott A.C. (IND), 38.24; 34. D. Brabazon, Kildare, 38.25; 35. J. Aughney, Civil Service A.C., 38.28; 36. H. Twomey, Donore Harriers A.C., 38.35; 37. R. O'Brien, Clonmel A.C., 38.38; 38. D. Geary, Cork, 38.39; 39. J. Feery, Tullamore Harriers A.C., 38.42; 40. D. Duggan, St. Joseph's A.C., 38.46; 41. P. Brady, Liffey Valley A.C., 38.48; 42. F. Cosgrave, Blackrock A.C., 38.49; 43. J. Murray, Kildare, 38.53; 44. B. Fox, Clonmel A.C., 38.59; 45. R. Bedford, Civil Service A.C., 39.02; 46. W. Baldwin, Kildare, 39.03; 47. P. O'Neill, Wexford, 39.07; 48. R. Byrne, Blackrock A.C., 39.10; 49. J. Diver, Finn Valley A.C., 39.20; 50. D. Cormack, Gowran A.C., 39.20; 51. M. Fennell, Civil Service A.C., 39.25; 52. G. Daly, Liffey Valley A.C., 39.29; 53. J. Fitzsimons, Kildare, 39.31; 54. S. Breslin, Mullingar Harriers A.C., 39.32; 55. B. McLoughlin, Clonliffe Harriers A.C., 39.36; 56. D. McPhilips, Dublin, 39.38; 57. H. Gallagher, Letterkenny A.C., 39.39; 58. T. McCann, Cork, 39.45; 59. J. Cashman, Cork, 39.47; 60. D. Farrell, Gowran A.C., 39.48; 61. M. Delahunty, Tipperary, 39.50; 62. S. Kennan, Civil Service A.C., 39.56; 63. B. McCabe, Finn Valley A.C., 39.58; 64. C. O'Callaghan, Blackrock A.C., 40.01; 65. C. Doyle, W.S.A.F. A.C., 40.05; 66. R. Condrón, Tullamore Harriers A.C., 40.08; 67. G. Duggan, Cork, 39.08; 68. P. O'Mahony, Leevale A.C., 40.18; 69. P. McCarthy, Cork, 40.22; 70. A. Curley, Tullamore Harriers A.C., 40.23; 71. M. Cornyn, Donore Harriers A.C., 40.26; 72. R. Duignan, Dundrum South Dublin A.C., 40.30; 73. B. Gallagher, Liffey Valley A.C. (IND), 40.37; 74. J. Casey, Sportsworld A.C., 40.46; 75. B. Kehoe, Wexford, 40.50; 76. J. Tyrrell, Sportsworld A.C., 40.52; 77. A. Doyle, Wexford, 40.56. 78.. J. Kelly, Liffey Valley A.C., 41.02; 79. D. Seward, Kildare, 41.02; 80. S. Moriarty Jnr, Clonliffe Harriers A.C., 41.05; 81. J. Connolly, Carrick-on-Shannon A.C. (IND), 41.08; 82. D. Brady, Donore Harriers A.C., 41.09; 83. F. Dunne, Kildare, 41.28; 84. D. O'Carroll, Blackrock A.C., 41.34; 85. P. Power, Liffey Valley A.C., 41.39; 86. P. Murphy, Cork, 41.45; 87. D. Coakley, Cork, 41.49; 88. A. Costello, Raheny Shamrock A.C., 41.50; 89. D. Butler, Kildare, 41.55; 90. T.F. Byrne, Donore Harriers A.C., 41.56; 91. B. Prout, Clonmel A.C., 41.58; 92. G. Parke, Blackrock A.C., 41.59; 93. M. Beeson, Sportsworld A.C.,

## Inter Action.



Rosemary Ryan.



Vets Start.



Cormac Troy

42.20; 94. P. McDonnell, Liffey Valley A.C., 42.26; 95. P. Tester, Liffey Valley A.C., 42.30; 96. D. Moran, Dundrum South Dublin A.C., 42.37; 97. M. O'Brien, Tipperary, 43.05; 98. C. Keenan, Laois, 43.11; 99. D. McConnon, W.S.A.F. A.C., 43.29; 100. K. Goff, W.S.A.F. A.C. (IND), 43.44; 101. N. McGee, Letterkenny A.C., 43.55; 102. D. O'Toole, Donore Harriers A.C., 44.12; 103. A. Hyland, Donore Harriers A.C., 44.15; 104. C. Cahill, Raheny Shamrock A.C., 45.25; 105. A. Kennedy, Mullingar Harriers A.C., 45.51; 106. A. Kennedy, Raheny Shamrock A.C., 46.03; 107. S. Murray, Team P. Elliott A.C. (IND), 69.31.

### INTER CLUB RESULT

1. TULLAMORE HARRIERS A.C. - 86 points; 7, 10, 30, 39.
2. CIVIL SERVICE A.C. - 99 points; 11, 22, 31, 35.
3. CLONMEL A.C. - 112 points; 21, 25, 29, 37.
4. LETTERKENNY A.C. - 166 points; 3, 5, 57, 101.
5. CLONLIFFE HARRIERS A.C. - 186 points; 23, 28, 55, 80.

6. MULLINGAR HARRIERS A.C. - 195 points; 17, 19, 54, 105.
7. DUNDUM SOUTH DUBLIN A.C. - 206 points; 6, 32, 72, 96.
8. DONORE HARRIERS A.C. - 213 points; 24, 36, 71, 82.
9. BLACKROCK A.C. - 238 points; 42, 48, 64, 84.
10. LIFFEY VALLEY A.C. - 256 points; 41, 52, 78, 85.
11. RAHENY SHAMROCK A.C. - 306 points; 8, 88, 104, 106.

### INTERMEDIATE MEN INTER COUNTY RESULT

1. DUBLIN - 138 points; 6, 11, 23, 24, 26, 48.
2. OFFALY - 153 points; 1, 7, 10, 30, 39, 66.
3. TIPPERARY - 165 points; 9, 21, 25, 29, 37, 44.
4. DONEGAL - 192 points; 3, 5, 15, 49, 57, 63.
5. WEXFORD - 264 points; 18, 20, 27, 47, 75, 77.
6. KILDARE - 338 points; 34, 43, 46, 53, 79, 83.
7. CORK - 359 points; 38, 58, 59, 67, 68, 69.



# B.L.E Junior Indoor Championships and Senior Relays

Nenagh, Co. Tipperary  
11<sup>th</sup> - 12<sup>th</sup> February, 1995.

**I**ndoor athletics continue to flourish in Ireland and provide an excellent opportunity for our up and coming Juniors with regular winter competition. We are fortunate to have a fine indoor arena at Nenagh and it is good to see all the top athletes using the facility for both training and competition. This years national Junior B.L.E Championships surpassed all previous events from both an entry and competitive point of view.

## MEN'S EVENTS

Stuart McQuade and Kevin Cogley were impressive in the sprints with the 400m, going to Michael Esmonde. James Nolan as expected took the 800m. Larry Morrissey came out on top in the 1,500m with Alan Dunleavy tops in the 3,000m. Trevor McGlynn won the 60mh. Jamie Costin had a narrow win in the 5km walk from Joe Ryan Mullingar. Liam Kelly son of well known official, Paddy was tops in the high jump from his clubmate Seamus Byrne. Fergal O'Connell won the Pole vault while Pat O'Connor was surprise winner of the long jump. Jason Flynn triumphed in the shot.

## LADIES

The 60m sprint final provided one of the highlights of the week-end. Lena Barry took gold from Nicola Moore and Grainne Redmond 3rd with Karen Shinkins relegated to 5th. Karen came back for silver in the 200m behind Grainne with Lena 3rd. This is a really talented bunch and should be looked after well. Mandy Bloomer 400m hurdles Senior outdoor champion dipped just under the 60 secs to win the 400m.

Elizabeth Gallagher took the 800m in a modest 2.19.3 while both the 1,500m and 3,000m were surprisingly poorly supported, the golds going to Margaret Danagher and Therese Buckley. Laura Macken took the 60mh title to Roscommon. The 3k walk was won by

Roisin O'Callaghan. Louise McGloin won the high jump the long title going to Sarah Good. Patricia Cahill won the triple. Edel Maher took the shot title.

## RELAYS

The Relays too provided exciting fare with Nenagh losing the 4x200 title when dropping the baton. They made up for it with an exciting win in the 3,000m UCD dominated the 400m and 800m Ferrybank took a double in the hurdles and Pole Vault while improving St. Abban's doubled in the high and triple jumps.

## MEN'S RESULTS

### 60 m

1, S. McQuade, Dublin City Harriers, 7.00 H. 6.96; 2, C. McDonagh, Fr. Murphy, 7.13 H. 6.97; 3, K. Cogley, D.M.P., 7.22 H, 7.08; 4, D. Gilbane, Carrick on Shannon, 7.19 H, 7.18; 5, P. McIntyre, Fingallians, 7.34 H, 7.21; 6, D. Nolan, Inbhear Dee, 7.21 H, 7.25; 7, G.D. Gettinby, North Down, 7.33 H, 7.33; 8, T. Dunne, Thurles Crokes, 7.21 H, 7.37.

### 200 m

1, K. Cogley, D.M.P., 22.6 H, 22.76 S,

22.49 F; 2, T.P. O'Connor, Emerald, 23.0 H, 22.89S, 22.62F; 3, T. Dunne, Thurles Crokes, 23.3H, 22.98S, 23.07F; 4, D. Gilbane, Carrick on Shannon, 23.3H, 23.00S, 23.72F; D. Hough, Corran, 23.2H, 23.42S; J. Stacey, Fingallians, 23.2H, 23.51S; D. Crocock, Sligo, 23.6H, 23.58S; N. Marshall, Mullingar Harriers, 24.8H, 25.88S

### 400 m

1, M. Esmonde, Moyne, 52.25 H, 51.1; 2, D. Hough, Corran, 52.3, 51.3; 3, J. O'Sullivan, North Laois, 52.9H, 52.3; 4, D. Kearns, Lusk, 53.78H, 52.7; s. Flood, D.M.P., 53.90; E. Benson, Togher, 54.05; C. Farry, Corran, 55.17; T. Costigan, Moyne, 55.19; S. McAteer, Lifford, 55.4; M. McDonagh, Leixlip, 55.94; A. Hayden, Moyne, 56.47.

### 800 m

1, J. Nolan, Unat., 1.55.4; 2, B. Taaffe, Ferdia, 1.59.4; 3, P. O'Sullivan, North Cork, 2.01.7; 4, K. McNamara, Marian, 2.04.8; 5, B. Harron, Finn Valley, 2.05.2; 6, I. McDonald, Sligo, 2.06.1; 7, M. Rabbitte, Claremorris, 2.06.8; 8, D. O'Farrell, Crusaders, 2.09.3; 9, A. Hayden, Moyne, N.T., 10, L. Maginnis, Portadown College, N.T.

### 1500 m

1, L. Morrissey, Ferrybank, 4.09.7; 2, B. Taaffe, Ferdia, 4.12.9; 3, W. Morris, West Dublin, 4.13.2; 4, D. Kenneally, West Waterford, 4.14; 5, I. McDonald, Sligo, 4.20; 6, D. Turner, Roscommon Harriers, 4.32; 7, U. Gately, Roscommon Harriers, 4.52.

### 3000 m

1, A. Dunleavy, Dundrum South Dublin, 8.36.8; 2, M. Radley, West Waterford, 8.44.4; 3, R. McCormac, Limerick, 8.50.3; 4, C. Walsh, Tullamore Harriers, NT, 5, E. O'Neill, Crusaders, N.T.; 6, D. Turner, Roscommon Harriers, N.T.; 7, W. Morris, West Dublin, N.T.; 8, A. Harty, West Waterford, N.T.





### 60 m Hurdles

1, T. McGlynn, Strabane, 8.78; 2, M. McNamara, Limerick, 8.93; 3, D. Hayes, West Waterford, 9.01; 4, N. Ring, Dundrum South Dublin, 9.02; 5, C. Farry, Corran, 9.71; 6, D. Collins, Navan, 9.88; 7, R. Butler, Bohermeen, 9.90; 8, S. McCormack, D.M.P., 10.28; F. English, Waterford, DNF.

### 5 km Walk

1, J. Costin, West Waterford, 21.53.8; 2, J. Ryan, Mullingar Harriers, 21.56.2; 3, M. Lennon, Kilkenny City Harriers, 23.48.2; 4, B. O'Donnell, St. Finians, 24.04.9

### High Jump

1, L. Kelly, St. Abban's, 1.99; 2, S. Byrne, St. Abban's, 1.85; 3, J. Fitzpatrick, Longford, 1.85; 4, K. Bell, East Down, 1.85; 5, D. Hayes, West Waterford, 1.80; 5, F. English, Waterford, 1.80; 7, G. Cremmin, Limerick, 1.80; 8, G. Fleming, Grange Woodbine, 1.80; 9, G. McArdle, Grange Woodbine, 1.65.

### Pole Vault

1, F. O'Connell, Grange Woodbine, 4.01; 2, D. Byrne, St. Abban's, 3.10; 3, G. Fleming, Grange Woodbine, 3.00; 4, G. McArdle, Grange Woodbine, 2.40.

### Long Jump

1, T.P. O'Connor, Emerald, 6.70; 2, D. O'Farrell, Borrisokane, 6.59; 3, G.D. Gettinby, North Down, 6.32; 4, F. English, 6.15; 5, J. Burke, Bohermeen, 6.12; 6, J. Barry, Thurles Crokes, 6.02; 7, P. Shannon, Ballybrack, 5.98; 8, D. Murphy, Waterford, 5.82; 9, P. Brosnan, D.M.P., 5.57; 10, P. Moore, Clonliffe Harriers, 5.44; 11, J. Fitzgibbon, Ballybrack, 5.28.

### Shot Putt

1, J. Flynn, K.C.K., 13.20; 2, A. Ahern, West Waterford, 12.49; 3 James Owens, Tirchonnail, 11.95; 4, J. Hennessy, Dooneen, 11.76; 5, D. O'Farrell, Borrisokane, 10.68; 6, D. Lalor, North Laois, 10.22.

## JUNIOR WOMEN'S

### 60 m

1, L. Barry, Emerald, 7.96H; 7.88; 2, N. Moore, Dublin City Harriers, 7.90; 3, G. Redmond, Cushinstown, 8.92; 4, M. McCloone, Tirchonnail, 8.08H, 8.07; 5, K. Shinkins, Newbridge, 8.07H, 8.08; 6, E. McGee, Cushinstown, 8.17H, 8.16; 7, S. Good, Cushinstown, 8.19H, 8.18; 8, O. Hurley, U.C.D., 8.23H, 8.20;

### 200 m

1, G. Redmond, Cushinstown, 25.57S, 25.70; 2, K. Shinkins, Newbridge, 25.55S, 25.77; 3, L. Barry, Emerald, 26.42S, 26.45; 4, C. Lynch, Limerick, 26.42S, 26.42; 5, Rowland, Nenagh

Olympic, 26.44S; T. Murphy, Galway City Harriers, 27.13S; R. Condon, St. Abban's, 28.29S; D. Deignan, Ballinasloe, 28.29S.

### 400 m

1, M. Bloomer, Mountmellick, 61.13H, 59.99; 2, V. Barry, Lismore, 61.36H, 60.12; 3, T. Doherty, Finn Valley, 62.63H, 60.55; 4, E.J. Reid, Newbridge, 63.81H, 63.27; F. Cowman, Slaney Olympic, 66.88H; S. O'Leary, Slaney Olympic, 72.36H; G. Doyle, Inbhear Dee

### 800 m

1, E. Gallagher, Dunboyne, 2.19.3; 2, T. Doherty, Finn Valley, 2.21.8; 3, I. Higgins, Galway City Harriers, 2.26.3; 4, M. Loftus, Claremorris, 2.30.3; 5, E. Cronin, St. Abban's, 2.43.2; 6, S. O'Leary, Slaney Olympic, 2.44.4.



Mick McKeown and Ena Fitzgerald.

### 1500 m

1, M. Danagher, Templemore, 5.06.62; 2, E. Egan, Slaney Olympic, 5.07.97; 3, M. Loftus, Claremorris, 5.18.84

### 3000 m

1, T. Buckley, Ferbane, 11.12.52; 2, E. Mannion, Clare River Harriers, 12.19.82; 3, N. Larkin, Borrisokane, 13.59.36.

### 60 m Hurdles

1, L. Macken, Roscommon Harriers, 9.51; 2, R. Igoe, D.M.P., 9.55; 3, F. Norwood, Kilkenny City Harriers, 9.81; 4, M. Hynes, Loughrea, 9.83; 5, B. Hopkins, Castlebar, 10.07; 6, G. Doyle, Inbhear Dee, 10.08; 7, D. Colgan, Kilkenny City Harriers, 10.15; F. Cowman, Slaney Olympic DNS.

### 3 km Walk

1, R. O'Callaghan, Newbridge, 16.33.8; 2, O. Loughnane, Loughrea, 17.33.5; 3, S. Lennon, Kilkenny City Harriers, 18.08.8;

### High Jump

1, L. McGloin, Ayrefield, 1.60; 2, S. Kinsella, St. Abban's, 1.60; 3, D. Ryan, Claremorris, 1.60; 4, R. McMillan, Templemore, 1.55; 5, N. Farrell, Claremorris, 1.45; 6, S. Clancy, West Waterford, 1.45; E. Reilly, Castlebar

### Long Jump

1, S. Good, Cushinstown, 5.60; 2, G. O'Mahony, Claremorris, 5.48; 3, E. McGee, Cushinstown, 5.39; 4, N. Savage, Leevale, 5.33; 5, S. Moffatt, Ballina, 5.16; 6, C. Teahan, Newbridge, 5.12; 7, P.

Cahill, Lismore, 4.91; 8, G. Doyle, Inbhear Dee, 4.68; 9, C. Lynch, Limerick, 4.67; 10, S. O'Reilly, Inbhear Dee, 4.32; 11, E. Reilly, Castlebar, 4.28; 12, H. Tierney, Borrisokane, 4.21; 13, K. Dargan Moore, Newbridge, 3.42; B. Carroll, Fr. Murphy.

### Triple Jump

1, P. Cahill, Lismore, 10.73; 2, S. Moffatt, Ballina, 10.04; 3, L. Hartley, Ferrybank, 9.39.

### Shot Putt

1, E. Meagher, Blarney/Inniscarra, 11.88; 2, A. Moore, Rathfarnham, 10.87; 3, B. Hopkins, Castlebar, 8.84; 4, G. Doyle, Inbhear Dee, 8.67; 5, S. O'Reilly, Inbhear Dee, 8.50; 6, E. Reilly, Castlebar, 7.15.

## NATIONAL SENIOR INDOOR RELAY CHAMPIONSHIPS

**4 x 200m Men:** 1, D.S.D., 1.34.92; 2, U.C.C., 1.35.25; 3, Crusaders, 1.41.15.

**4 x 400m Men:** 1, U.C.D., 3.24.98; 2, U.C.C., 3.32.95; 3, Boyne, 3.34.66.

**3 x 800m Men:** 1, U.C.D., 5.50.40; 2, U.C.C., 5.57.86; 3, Donore Harriers, 6.05.56.

**3 x 3000m Men:** 1, Nenagh Olympic, 11 pts; 2, Limerick, 25 pts; 3, Civil Service, 26 pts.

**2 x Hurdles Men:** 1, Ferrybank, 19.38; 2, Boyne, 20.02; 3, Strabane, 20.95.

**2 x High Jump Men:** 1, St. Abban's, 3.84m; 2, Nenagh Olympic, 3.81m; 3, Letterkenny, 3.75m.

**2 x Long Jump Men:** 1, D.M.P., 12.41m, 2, Borrisokane, 12.30m, 3, Ferrybank, 11.67m.

**2 x Shot Men:** 1, D.C.H., 27.95m; 2, Lisgaugh, 23.65m; 3, Ferrybank, 23.37m;

**2 x 56lbs Men:** 1, Mayo, 14.33m, 2, Lisgaugh, 13.92m, 3, St. Johns, 13.75m.

**2 x Pole vault:** 1, Ferrybank, 26.25, 2 Letterkenny, 25.48.

**3 Borrisokane 25.39.**

## WOMEN

**4 x 200m:** D.S.D., 'A', 1.48.46; 2, D.S.D., 'B', 2.00.69; 3, Crusaders, 2.13.62.

**4 x 400m:** 1, Waterford, 4.05.23; 2, U.C.C., 4.09.40; 3, D.S.D., 4.10.13.

**3 x 800m:** 1, U.C.C., 6.58.97; 2, D.S.D., 7.08.30; 3, U.C.C., 'B', 7.24.67.

**2 x High Jump:** 1, Ferrybank, 3.15m; 2, Nenagh Olym, 3.05m; 3, Claremorris, 3.05m.

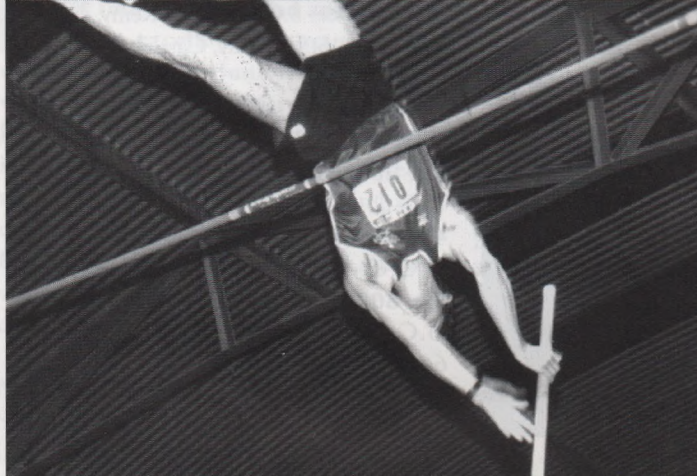
**2 x Long Jump:** 1, Ferrybank, 10.92m; 2, Cushinstown, 10.63m; 3, Claremorris, 10.25m.

**2 x Shot:** 1, Limerick 'B', 22.83m; 2, Limerick 'A', 22.43m; 3, Ferrybank, 20.20m.

**2 x Hurdles:** 1, Kilkenny, 19.92; 2, Ferrybank, 20.09; 3, D.S.D., 20.92.

**2 x Triple Jump Women:** 1, Nenagh Oly., 21.01; 2, Limerick, 20.35.





# Nenagh Pictorial Review







1963

# Nestlé

# 1



1995

## 33 Years of Irish Schools Athletics

### ● 1995 CALENDAR



**Cross Country**



**Track & Field**

<b>FEB 15th</b> <b>Nestlé CONNAUGHT</b> Schools Cross Country Provincial Finals Lough Key Forest Park, Boyle. 1.00 p.m.		<b>Nestlé ULSTER</b> Schools Cross Country Provincial Finals Mallusk, Belfast. 1.30 p.m.	<b>FEB 22nd</b>
<b>MAY 20th</b> <b>Nestlé CONNAUGHT</b> Schools Track & Field Athletics Provincial Championship Finals Tullamore, Co. Offaly. 11.30 a.m.		<b>Nestlé ALL-IRELAND</b> Schools Cross Country Championships Mallusk, Belfast. 2.00 p.m.	<b>MAR 11th</b>
<b>MAY 27th</b> <b>Nestlé MUNSTER</b> Schools Track & Field Athletics Provincial Championships Finals Regional Technical College Cork. 10.00 a.m.		<b>Nestlé ULSTER</b> Schools Track & Field Athletics Provincial Championship Finals. Antrim Forum, Antrim. 10.00 a.m.	<b>MAY 27th</b>
<b>APR 1st</b> <b>Nestlé INTERNATIONAL</b> Schools Cross Country Match St. Augustines College, Dungarvan. 12.00 noon		<b>Nestlé LEINSTER</b> Schools Cross Country Provincial Finals Curragh Camp, Co. Kildare. 12 noon	<b>MAR 1st</b>
<b>FEB 18th</b> <b>Nestlé MUNSTER</b> Schools Cross Country Provincial Finals St. Augustines College, Dungarvan. 12.00 noon		<b>Nestlé LEINSTER</b> Schools Track & Field Athletics Provincial Championship Finals. Santry. Wed 11.00 p.m., Sat 9.00 a.m.	<b>MAY 17th / Sat 20th</b>
		<b>Nestlé ALL IRELAND</b> Schools Track & Field Athletics Championships Tullamore, Co. Offaly 9.00 a.m. T&F.	<b>JUN 3rd</b>
		<b>Nestlé TAILTEANN</b> Irish Schools Interprovincial Athletics Championships Santry, Dublin 9. 12.30 p.m. Hammer, 2.00 p.m. T&F.	<b>JUN 24th</b>
		<b>Nestlé TAILTEANN</b> Summer School of Athletics in conjunction with BLE U.C.D. Belfield, Dublin 4.	<b>JUL 10-14 (incl)</b>



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## B.L.O.E. Star Award Winners



B.L.O.E. athletes who received the Star Awards at Kilkenny on Saturday, 4 March. Included with the athletes are: Bernard Allen, Minister for Sport; Ronnie Long, President of B.L.E.; Fr. Dick Kelly, Chairman of B.L.O.E. and John Foley, Wexford Glass - sponsors.

### Fas Project.

Youth athletes required to Coach Sprints, Hurdles, Field events and Jumps at Ballybrack Co. Dublin. Contact Maurice Byrne 107b, Granitfield, Dun Laoghaire. Phone 01-2841417.

### Open Sports.

Crookstown-Millview Open Sports. On Easter Monday April 17th at Narraghmore Co. Kildare. 1pm B.L.E. Permit. Contact Paddy Doyle. 0507-23143.



### NESTLÉ SPONSORSHIP.

The new indoor track at Santry was the location of the 33rd Annual Presentation of the Nestlé Irish and Provincial Schools Athletics Sponsorship cheques which took place recently. The Presentation was performed on behalf of Nestlé by the Chairperson of the Fingal Co. Council, Joan Maher who is pictured with Bill Hyland PR Manager Nestlé. Michael Hartnett Principal Officer Fingal Co. Council. Robert Stevenson Ulster Schools. Padraic Callagahn. Connaught Schools. Sean Nyhan Munster Schools. Fr. Barney King Leinster Schools and Darcy Chillingworth. President Irish Schools athletic Association. The schools programme involves 22,000 athletes from 800 schools in the 32 counties.

This issue of Contact is sponsored by Nestlé



### Product Information HYPERFORM 2000

**HYPERFORM 200** is the highest quality creatine monohydrate available. Creatine is a naturally occurring compound, found mostly in animal tissues, where it plays a key role in meeting the provision of energy.

Studies in Sports Science indicate that creatine is especially important for maximal athletic performance.

In conjunction with correct nutrition and training, there is substantial evidence that raising dietary creatine intake will not only help most athletes achieve greater performance in their individual sport but sustain peak performance for

a longer period through increased recovery rate.

WHY ??.. One of the many reasons why the speed, power and acceleration of carnivores (meat eating) is superior to that of herbivores (vegetarians, vegans) is their ability to access and utilise metabolic reserves of fuel more efficiently using muscle better developed and equipped to undergo maximal demand.

One of the reasons why this is so is that, in general Carnivores possess a greater total level of creatine in their muscles benefiting energy transfer, particularly where energy demand is close to maximal aerobic capacity. While the creatine content of fresh uncooked meat and fish is high, this decreases slowly on cold storage and more rapidly on cooking.

Although it is not possible to elevate creatine levels to that contained in the muscles of a cat in the muscle of man, there does appear to be a gap that can be filled to a certain extent by feeding synthetic creatine. What is also possible and has been shown repeatedly in man is that individuals have varying levels of total creatine and extra creatine consumption has a very significant effect

on these individuals that possess low levels. Recent studies have shown that individuals who are fed creatine supplement and combine this with quality training increase their content of muscle and also show a measurable improvement in muscle function.

**HYPERFORM 2000** is nature identical creatine. The synthesis process by which it is manufactured is not dependant on extraction which means that it is ideal for vegetarians - a particular sector of the community subject to low dietary creatine. It is produced under the most stringent European and International quality control.

Creatine is a naturally occurring substance in all mammals and can be elevated by increasing meat/fish consumption. Creatine is as natural a component of the human diet as vitamins, proteins, amino acids and carbohydrates. It fulfills the definition of "food supplement" precisely because it is given to supplement the level already found in the diet. Overloading is not possible as a point is reached where levels cannot be increased and it is harmlessly excreted. **HYPERFORM 2000** does not contain any prohibited substances as defined by any

known Governing Body in Sport.

### HOW TO USE HYPERFORM 2000

Creatine is not very soluble so it is very important to dissolve it in hot liquid. Once dissolved, the creatine should then be immediately cooled by adding cold fruit juice or water to minimise the breakdown of the creatine to creatinine which will be passed out in urine. The soluble effect aids the body's assimilation process considerably. **HYPERFORM 2000** is tasteless and will not interfere with the flavour if a fruit juice is added to the water.

For enquiries regarding price, supply, bulk orders and delivery, give us a call at the contact address or numbers below.

For further information contact:

**Terry McHugh**  
or **David Sweeney** at  
**T.M. Sports,**  
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Celbridge,  
Co. Kildare,  
Ireland.

Telephone:  
01 - 6273 226 or 2898 156