

WORLD CHAMPIONSHIPS SOUVENIR ISSUE

# *Irish* RUNNER

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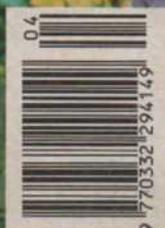
## SIMPLY THE BEST!

### O'SULLIVAN CONQUERS THE WORLD

### RESULTS, COMMENTARY & ANALYSIS

### OLYMPIC SHOWDOWN: PAT HICKEY SOUNDS WARNING

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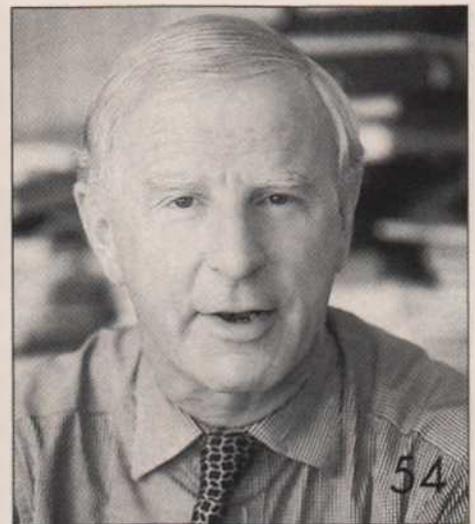
# Irish RUNNER

September 1995 Vol. 15 No. 4.

Cover: Sonia O'Sullivan. Photo by Mark Shearman.

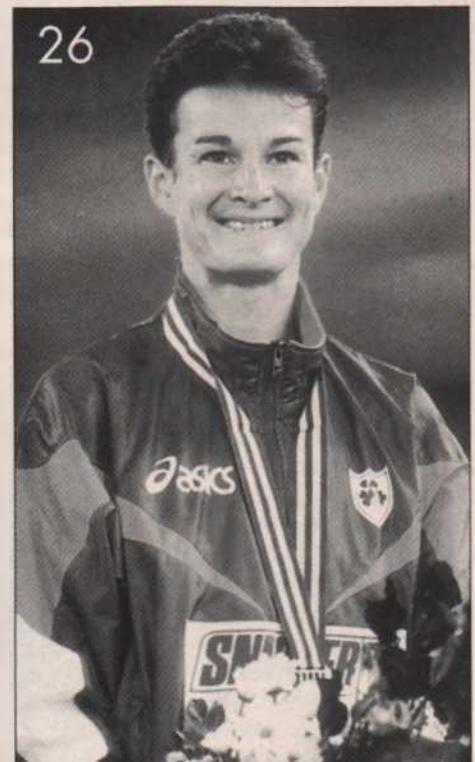
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## RUNNING THE COUNTRY

THERE IS a current catchy advertising slogan devised by a certain well-known shoe company which simply says, 'You either ran today, or you didn't'. For East Cork athlete, Denis McCarthy (pictured), this question just does not arise, for, on June 5th last, Denis completed ten years without missing a single day's running.

The greatest exponent of an unbroken running streak has to be Doctor Ron Hill, the European, Commonwealth and Boston Marathon champion from the late 'sixties and early 'seventies, who has a streak going all the way back to December 1964. Seven or eight years ago, Hill recorded another unique landmark by competing in 50 different countries before his fiftieth birthday.

It was this achievement of Hill's that prompted Denis McCarthy to go for a similar target, that of running a race in each of the 32 counties on this island, before his 32nd birthday. This he accomplished in March of last year, with some nine months to spare, and he must surely be the only runner to achieve this quite remarkable feat.

Denis started in athletics as a juvenile in 1976, competing in the local East Cork Cross country leagues, which also served as a grounding for Sonia O'Sullivan a few years later. His father, Dan, has been a long-standing servant of athletics in the area, as chairman of the East Cork Board, and is probably best known to outside runners as the official starter of the many road races in the region, in particular the Ballycotton '10'.

With personal bests on the track of 8:33 for 3000m and 14:58 for 5000m, Denis is no mean performer. He has represented Cork on many occasions in cross-country, particularly in the intermediate grade where he was a regular on the team for

seven years. This enabled him to compete in quite a few counties, before he moved out of intermediate as a member of a winning county team in 1988.

When he had achieved about 18 different counties, Denis felt that his goal was attainable. Obviously, for someone in the far south of the country, the northern counties would be the hardest to get to. A trip to Belfast in '91 saw him get in Antrim (Belfast Games 3000m), and the following day, Armagh (Craigavon 10K). This was despite getting lost in the Craigavon race, ending up in the 'twenties', an incident (one of many, we hasten to add) that is now consigned to the folklore of East Cork AC.

One of the most novel races was an 11 mile event in Comber, Co. Down, comprising of road, fell and cross-country. Some of the races he won include the now-defunct Rosslare Half-Marathon in 1983, two ten mile races in Youghal and Leamybrien (Co. Waterford), and a '10K' in Ballyporeen, Co. Tipperary.

At Christmas '93, Denis had just three counties to go. On St. Stephens Day, he travelled to Tyrone, where, on a snow-covered course he finished third in the Greencastle '10K'. A

week later, he availed of an invitation to take part in the Derry Cross Country Championships, thus leaving just Monaghan on his agenda, and this he 'bagged' the following March when he finished fourth in a road race in Glaslough.

For most of the races in the far North, it meant leaving his home in Ballynoe at an unearthly hour, and not arriving back until near midnight. One of the longest journeys he undertook was to Donegal, a round trip of about 500 miles. He left home at 5.30am, slept for a short while in his car alongside the tomb of W.B. Yeats in Drumcliffe, Sligo, before going on to Donegal Town where he finished 6th in a '5K' on the road.



## RETURN OF LENIHAN

JOHN LENIHAN (right) made a strong return to international competition in the annual National Grid Snowdon Mountain Race against world class opposition. The 10 mile up and down race has a 3,140 foot climb and in hot conditions Lenihan started steadily, then passed two English and one Italian runner to be first to the summit in 40:58.

That time has only been bettered by ascent record holder Robin Bryson and race record holder Kenny Stuart, and by Lenihan himself when he won in 1989. Unfortunately, that victory was not to be repeated as the Italian Gino Caneva quickly passed him, and then the eventual winner Mark Kinch of England came by to finish in 1:02.58, just 29 seconds outside the 10 year old record. Nevertheless, Lenihan maintained 3rd place to finish in a time of 1:04.42, which would have won the race last year and

was just 30 seconds short of his previous winning time. As he is aiming to peak for the World Cup in September it was an encouraging performance.



## MAGNIFICENT 9

THE NINE member Irish junior team performed heroically at the recent European Junior Championships in Hungary. Leading the way was long jumper, Ciaran McDonagh, whose effort of 7.73cm came within five centimetres of the gold medal.

His jump shattered the existing Irish junior record and was just a centimetre away from the bronze medal position and three from silver. James Nolan also occupied fourth place in the 800m final, clocking 1:48.43 behind the Spanish winner, Roberto Parra (1.45.90). Gillian O'Sullivan set a new Irish junior record in the 5km walk in which she finished ninth; Jamie Costin was outside his best in finishing thirteenth in the 10k walk; Andrew Walker and Alan Dunleavy reached the finals of the 1500m and 5000m, respectively; Kevin Walker was eliminated in the heats of the 1500m and Mandy Bloomer went out in the heats of the 400m hurdles.

## CLOTHES WAR

THE ONGOING conflict between BLE and the Olympic Council of Ireland over the sponsorship of the gear to be worn by Irish athletes at next year's Olympic Games in Atlanta rumbles on.

In the latest twist in the long running saga BLE claim that their position was vindicated as a result of decisions taken at the IAAF Congress in Gothenburg during the World Championships.

According to BLE International Secretary, Christy Wall, the Congress decided that Rules 12 and 139 would be enforced at the track and field events at the Atlanta Games.

In practical terms this means that the clothing worn by the athletes competing in the Games must be approved by their national federation and the track and field events at the Games would be run under the auspices of technical delegates appointed by the IAAF.

BLE have a clothing contract with Asics which runs until after the Olympic Games. However, the OCI also have a contract with rival company Reebok and they are insisting that Irish athletes wear the Reebok gear at the Atlanta Games. It is understood that there are similar conflicts between national Olympic committees and athletic governing bodies in at least half a dozen other countries, including Britain, Germany, Holland and the Czech Republic.

Olympic Council of Ireland President Pat Hickey, who was also in Gothenburg for the World Championships, claims that the decisions taken by the IAAF Congress have no relevance as far as the International Olympic Committee are concerned.

"It's a bit like the Irish government passing a motion instructing the United Nations to do something about the war in Bosnia," declared Hickey. He revealed that IOC President Juan Samaranch and his cabinet met the executive board of the European Olympic Committees (Hickey is a member) on the morning after the IAAF Congress.

"At that meeting the IOC reiterated their support for our position and pledged their full backing - both legal and monetary - for our stance," said Hickey. The background to the BLE/OCI conflict is detailed in an interview with Pat Hickey in this issue. See page 54.

Answering specific allegations made by Hickey in the interview, Christy Wall said he didn't know anything about a letter sent to BLE by the OCI after the Barcelona Olympics instructing them not

to enter any clothing deals for the Atlanta Games as the OCI planned to do their own deal. "They did not send it to me."

Wall totally refutes a claim made by Hickey that there is no monetary element in the BLE deal with Asics.

"I can state quite categorically that there is a financial element in the package. Pat Hickey does not know what he is talking about." He added that the conflict over the gear was an international issue and BLE had always adopted a low key approach to it.

"I understand Pat's (Hickey) position. It's difficult to step back from where he was at. It is difficult for him to admit that he was wrong."

Commenting on Hickey's suggestion that members of the BLE Management Committee "hated" him, Wall said that was not the case. "Remarks like that are unhelpful," he said.

Regarding the threat by OCI to select athletes for the Atlanta Games over the heads of BLE if the clothing row remains unresolved, Wall pointed out that all track and field events would be under the control of technical delegates appointed by the IAAF. National federations would have to con-

firm that athletes were competing twenty four hours in advance of their event. Otherwise they would not be allowed take part.



Christy Wall.

## GREAT SONIA SUPPORTER



Sonia O'Sullivan with John O'Reilly of Heinz Ireland.

THE DECISION by Heinz Ireland to support Sonia O'Sullivan some years ago proved another master move from the company whose international president and chief executive is former Irish and Lions rugby player, Dr A.J.F. O'Reilly.

Heinz Ireland managing director, John O'Reilly, said the company were absolutely thrilled with Sonia's gold medal winning performance in Gothenburg "We were supporting Sonia when no one else was. She personifies all the qualities we have: she's young, successful and a winner."

The Heinz company almost had a second medal to celebrate as talented Offaly athlete, James Nolan finished fourth in the 800m at the recent European Junior Championships in Hungary. Last year, Heinz Ireland awarded a training grant worth £2,000 to Nolan.

# Fanahan McSweeney

## AN APPRECIATION

**Fanahan McSweeney, Irish Olympian, died on July 27th after a long and bravely-fought illness. Michael Joyce recalls a great athlete and friend.**

Fanahan McSweeney was a very special friend of mine. He was a true friend to all who knew him. He was a devoted and loving husband to Jean, an adoring and proud father to Andy and Fanahan Beag, a dutiful son to Paddy and Madge and an ever-helping brother to Pat, Joe, Kevin and Jerry.

Born in November 1947, the eldest of five brothers, he first showed sporting brilliance on the hurling fields. As a sixteen year old, he played senior hurling with his native Castletownroche and minor for County Cork. But with success at a local level on the grass running tracks in County Cork, his interest in athletics developed. A sensational national record for 220 yards of 21.1 seconds in 1968 signalled the beginning of a great athletics career.

With the help of Brendan O'Reilly, the then national high jump record holder, Fanahan secured a scholarship to McNeese State University, Louisiana, in 1969.

He was hugely successful in the States. There were, and still are, few non-blacks using starting blocks at major US track meets. Fanahan was generally the exception. In 1970 and 1971 he won the U.S. Indoor Championship. He graduated from McNeese with an Engineering Degree and with the distinction of being its most successful ever athlete.

In 1972 Fanahan competed in the Munich Olympics at 400 metres. Those Olympics unfortunately are most remembered for the massacre of Israeli athletes. It was Fanahan who hinted to the outside world the fact of the presence of the Arab terrorists hours before the killings took place.

Fanahan won an amazing 11 Irish championships. That is an indication of the total dominance he had in Irish 400m and 200m running in the 1970s. He also, of course, held the European 440 yards record for some time. In February 1970 in Houston he lowered the record from 47.8 seconds to a superb 46.3 seconds. Fanahan's 200 metre record stood for 14 years while his 400 metre time was unsurpassed for 16 years.

Fanahan was always the 'reliable' to win his event in international matches. The

story goes that when Eamonn Coghlan made his senior International debut in 1974 he immediately struck up a friendship with Fanahan. On the night before competition Fanahan took the young novice out on the town (in Germany). They were severely reprimanded for staying out late. Ironically, they were the only Irish winners the next day!



On his return to Cork with his Engineering degree, Fanahan had no difficulty finding work. He worked as a site engineer on the construction of the country's biggest hospital - Cork Regional (now University Hospital). After that he went into private practice. Being always innovative, Fanahan developed a chimney heating system. He mortgaged his house to the hilt to develop his invention. There followed many years of bringing in investors, pushing for government grants, court cases and near financial ruin, but he never gave up. Never giving up was to be the real story of his life.

In 1986 disaster struck. He was diagnosed with cancer. He underwent major surgery in Dublin's Mater hospital. On Christmas Day 1986 I recall visiting him in hospital where he showed me the operation scars. He had become so thin I was shocked. I remember saying "you can fight this" to which he replied "I know and I will and I'll win". He believed in his words. I admit I was quite doubtful. On that Christmas Day his great friend Father Andy Sheahan was also in for a visit. Fr Andy was, as usual, doing all he

could to cheer him up. The night nurse, who tried hard to get us out because it was well past visiting hours, started doubting that Andy was really a priest. The light hearted humour which followed certainly helped Fanahan forget the pain - if only for a while.

The following day, Eamonn Coghlan was brought into the same hospital with a dog bite. Typically, Fanahan was more concerned about Eamonn's threatened indoor season than his own misfortune.

The most memorable wedding (outside of my own of course) that I ever attended was Fanahan and Jean's in March 1988. Fr Andy gave a wonderful sermon. Everybody was extremely happy for the lovely couple. Sadly we were to hear shortly afterwards that Fr Andy had got the Big C too. He must have been happy before death with the news that Fanahan and Jean had a child on the way. Andy McSweeney was born in March 1991. Fanahan Beag arrived two years later. Fanahan, as a form of therapy for himself, recorded many of the moments of his illness on his home word processor. He told me about this in late 1993. He kindly let me, good pal Ger Canning and a few other friends, see this most private piece of writing and after a little encouragement, agreed that *Irish Runner* editor, Frank Grealley, could see it with a view to publication. The book "*Living and Loving with Cancer*" was published and reviewed on the Late Late Show in October 1994. The launch at the Silversprings Hotel the following week was thronged with athletes, cancer sufferers and friends.

The book has enjoyed all the success it truly deserved. It's a book about love and hope, pain and suffering, fight and courage, faith and devotion. Fanahan didn't want to die. He repeatedly said it. It was so painful to hear such sentiments from him. Two weeks before his departure to another, pain-free world, he told my wife Catherine and I, in St Patrick's Hospice, Cork, that he just didn't want to give in. The pain must have been horrendous. His immense love for Jean, Andy and Fanahan Beag had sustained him thus far. We found it heartbreaking.

On 26th July 1995 I saw him at home. I talked a lot. Sonia had broken her 1500 metres record the night before. I don't know if he could comprehend. He slightly pressed my hand a few times. He had reluctantly accepted the morphine. The following day he passed on in peace.

We'll never forget you, Fanahan. You were blessed in many ways, not least in having a lovely and loving wife, Jean and two great sons. Your book will give hope to all who read it. The ways of your life are examples which many of us can only aspire to follow.

Rest in peace. You deserve to now.

# STONE MAD ABOUT RUNNING

**B**rendan O'Carroll is deadly serious about his health. He has to be. His job may appear to be one long giggle, but physically it's no joke.

"When we take the show on the road, some mornings I don't climb into bed until around 4am. That sort of a schedule takes it out of you. The more you look after yourself, the better you perform. It makes sense."

At 40-something, he's no chicken. But when it comes to fitness, he's no turkey either!

"Running has always allowed me to keep pace with my life," says Brendan. "And if it wasn't for sports, I would have been 'on the run' in more ways than one. There's no doubt that it kept me out of trouble - and for that I'll always be thankful."

The comedian's love-affair with running began back in his schooldays. He tells a great story about a stone!

"Every morning I got the bus into school. But the nearest stop was about 20 minutes away from the school-gates. So I used to kick this stone from the bus-stop to the gates every single morning . . . running as I went.

"In the evening, the stone would come out and I'd kick it all the way back again. You know, I had that bloody stone for years."

As he got older, he got faster. The Home Farm soccer nursery beckoned, and Brendan was moulded into a speedy forward of some renown.

"I put my running to some good use," he says. "I eventually ended up on the 'Dream Team'. We went through SIX seasons without losing a game!

"I kept my place on that team by virtue of the fact that I was fitter than most. The running stood me in good stead."

Brendan O'Carroll has an interesting style. He doesn't stride, or power through his running routine. He sort of bounces along.

"Maybe that's because I'm a bouncy sort of fellow," he says.

Maybe so. But running is no longer the way of life it used to be for Brendan, it's more a means to an end nowadays. A way of keeping his body tuned. He'll run every day, if he can. But he can't put in the mileage he used to anymore. Fame costs - and it's usually with your time that you start paying.

When he talks of running, it's like he's conjuring up a long lost friend. He gets just a little misty and waxes just a little lyrical. When he's touring, however, one of the first things he'll look for when the bus stops is a place to put himself through his paces. The O'Carroll entourage is also very picky about the kind of hotel they book into.

"We always look for a place with a gym," says Brendan. "If you start letting the body slip at all, it's that much more difficult to catch up."

He's also very careful about what he puts into his body. "I'm lucky in that I don't have much time for chips or fatty foods. It helps. When you get a little older, the weight has a nasty habit of creeping up on you. Before you know it, you're fighting a los-



*A long-running act!*

## FOOD FOR THOUGHT

If you're just not in the mood for that evening run, your afternoon lunch could be to blame. Feelings of sleepiness, lack of alertness and even depression have been linked to food.

Carbohydrates, which fill your muscles with energy, may literally put you to sleep because they also affect brain function and mood. Protein, on the other hand, enhances mental performance.

As an athlete, you can't afford to sacrifice carbohydrates to stay alert. Fortunately, by learning to time meals and workouts and to monitor meal make-up, you'll optimise performance both on and off the road.

Check out these light lunch combinations:

- Tuna or turkey on wheat bread and a piece of fruit;
- Salad topped with cottage cheese or yoghurt and a couple of whole-grain rolls;
- A small pizza topped with veggies and low-fat cheese.

**Enjoy!**

ing battle against the flab."

He eats a lot of fish and white meat, and is also partial to the odd cream cake. The entire clan fell upon the few tasties your humble and financially challenged correspondent brought to the O'Carroll mansion in Ashbourne!

He also claims to have discovered the secret of youth. Physically he's in such good shape that you can't argue with him. "Pollen," he announces. "I read a story some time ago about people in a small village in Georgia in the former Soviet Union, where they lived to around the age of 130. When I saw it first, I thought it must be some kind of mistake. But I checked it out and found that indeed many of the people there did live to well over 100.

"The main industry in the town was bee-keeping - and they ate honey and pollen by the bucketful. I started taking pollen a few years ago, in the form of capsules - and I've been buzzing ever since."

After a good run, there's nothing Brendan likes more than a massage. As luck would have it, Ki Massage specialist Rita Fitzsimons lives a stone's throw from his own house.

"Rita is just brilliant. I had a problem with a trapped nerve in my shoulder some time ago. The pain was unbearable, and it went on for years.

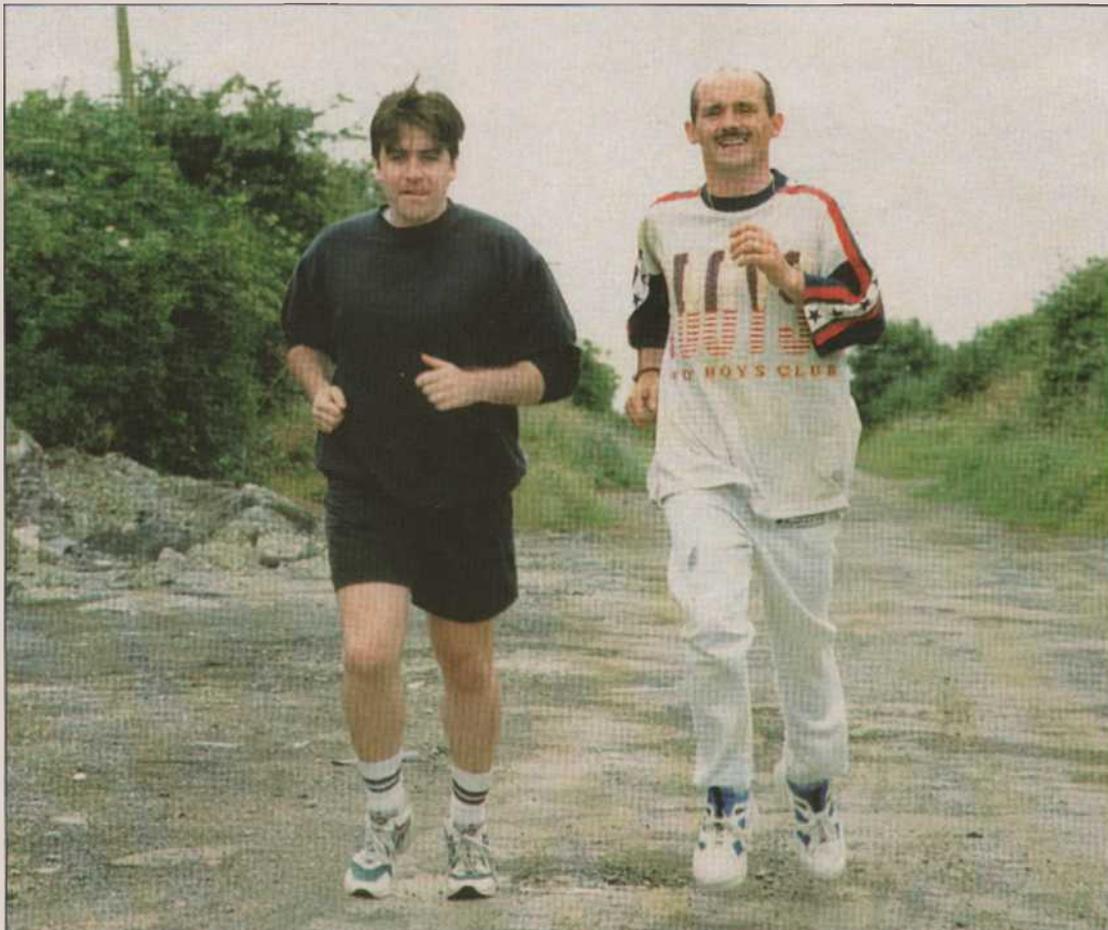
"I went to so many doctors, but the problem was just getting worse. Eventually I stumbled on Rita and in just six sessions she cleared the problem up. To this day, I've never had any more trouble."

He can be a bit obsessive. He was obsessive about his running.

"As a kid I ran everywhere. Even today, if I find I'm putting on a bit of a belly I'll do sit-ups for the next six months to get rid of it."

Running has been kind to Brendan O'Carroll. At an early age it instilled in him a respect for good health. It also gave him a body to be proud of... a body worth keeping in good shape. But, above all, it taught him that you don't get anything out of life unless you put in the effort. It's a lesson he has learned well.

For years Brendan O'Carroll hoped and prayed that his talent would take him to the top. For years he dreamed of being up there with the greats. Now he is...



Brendan O'Carroll puts Rory Hafford through his paces.

## TOO TIRED TO TROT?

**MANY runners are plagued by chronic tiredness.**

**"Doctor, I feel tired all the time," is one of the most common complaints athletes make to their G.P. s. As many as three people in ten say they suffer from chronic fatigue, especially when they are under stress.**

**But chronic tiredness can have a host of other causes, including food allergies, nutritional deficiencies and chemical sensitivities.**

**'Feeling Tired All The Time' is a new book written as an introduction to the treatable scourge that is fatigue.**

**Penned in simple language by Dr Joe Fitzgibbon, it explains the main causes of fatigue, and why some people feel permanently worn out. It also suggests ways to address the problem and resume a normal, healthy and active life. A directory of support organisations is also included.**

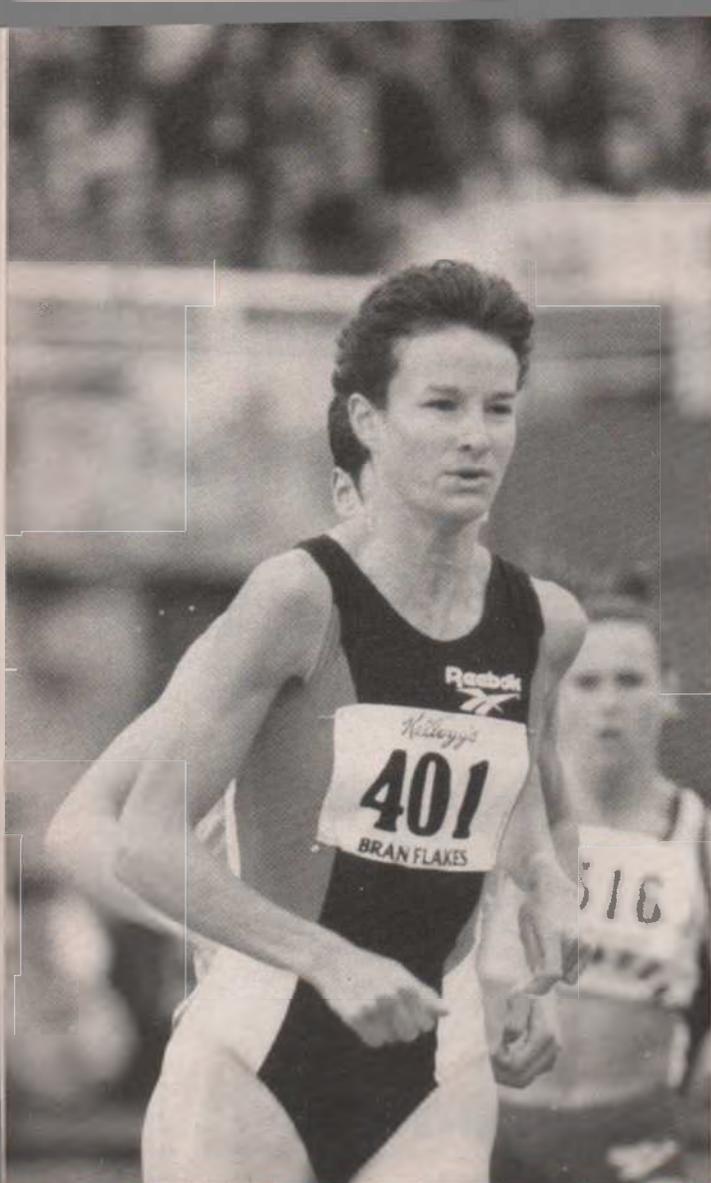
**OSTEOPOROSIS**, or Brittle Bones, is a disease that stalks many older female athletes. In fact, it's shaping up to be one of the biggest health problems facing us in the not too distant future.

As many as 20 to 30 per cent of trained female runners experience irregular menstrual cycles, which in turn can lead to reduced bone mass and increased risk of osteoporosis in later years.

There are now FIVE times as many broken bones presenting due to osteoporosis as there were back in the '60s. The increase in the problem is thought mainly to be due to a bad diet, a diet that is primarily lacking in calcium and vitamin D.

To tackle the problem, a group of experts have now come together to form the Osteoporosis Medical Council of Ireland. And they have produced a booklet entitled 'Make No Bones About It', which is yours free when you send a large self-addressed envelope to:

**Osteoporosis Information Bureau, Premier Dairies, PO Box 105, Rathfarnham, Dublin 14.**



Newman's 400m title

# NATIONAL



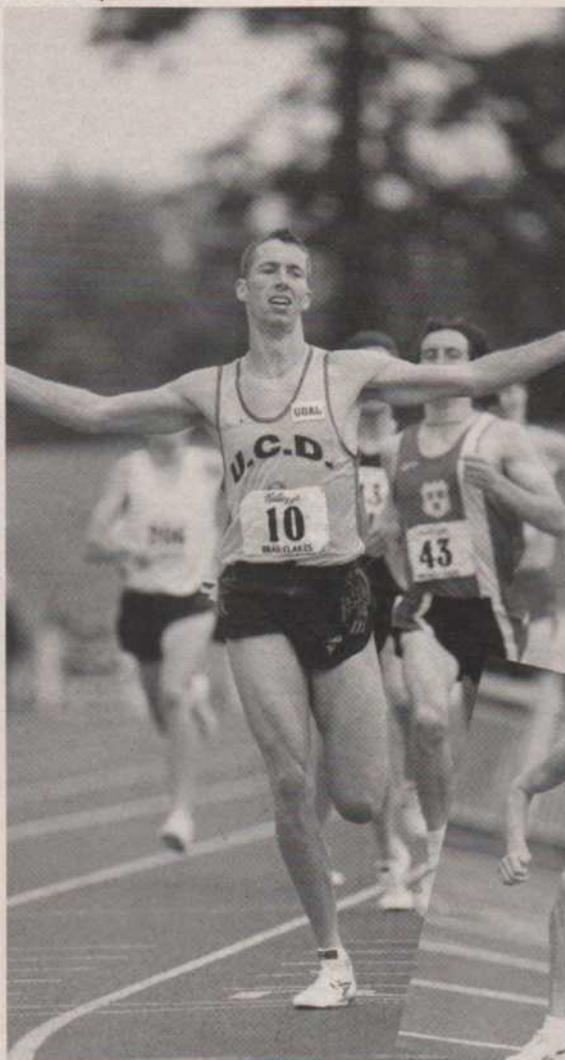
**D**avid Matthews, Sonia O'Sullivan, Mark Carroll and Michele Carroll were the stand-out performers at what were one of the best BLE Track and Field Championships in a number of years.

The winning performance of David Matthews in the men's 800m was a victory in the classic mould as the UCD commerce student beat a quality field to win the national title, kicking strongly for home with a final 200m in 26.65. Daniel Caulfield of DCH, who had performed brilliantly at Cork City Sports, had to settle for the silver medal on this occasion and Niall Bruton of Clonliffe took third.

Sonia O'Sullivan's participation at the championships was not without controversy. An internal communications problem within BLE Management meant that there was no public confirmation that O'Sullivan had requested and had been given a bye to the final of the women's 800m by BLE officials.



Frank's farewell



Majestic Matthews



Molloy on her marks

Rosie's reward

# RIDE

THE 1995 KELLOGGS BRAN FLAKES BLE NATIONAL T & F CHAMPIONSHIPS WERE THE BEST FOR MANY YEARS. FRANK GREALLY WAS THERE.

The defending 800m champion Aisling Molloy was most upset about this arrangement and then a little bewildered as O'Sullivan finally decided to contest the 1500m instead of the 800m. To her credit, Molloy ran a quality race despite these distractions and won the 800m comfortably in 2.03.51.

Meanwhile, Sonia O'Sullivan demonstrated her world-class status in the 1500m which she won comfortably from Sinead Delahunty (Kilkenny) and Breda Dennehy (Bandon A.C).

Michele Carroll of Crusaders showed that at 34 she still reigns supreme as Ireland's top female sprinter when she completed an impressive 100m, 200m and 400m hat-trick to bring her total tally

of championship medals to 31. The Dublin born mother of two won her first national sprint championship title back in 1977.

Mark Carroll of Leevale also delivered a top drawer performance when winning the 1500m in a personal best of 3.39.67, just outside Eamonn Coghlan's championship record. Here Cormac Finnerty of Mullingar showed more rapid improvement as he finished a close second to the talented Cork man.

Nicky Sweeney, fresh from his British AAAs title win a day earlier, retained his discus title and Sean Cahill of Cushinstown won his first 110m hurdles title.

Torrential rain on Sunday afternoon

almost brought the championships to a premature conclusion. However, a rain soaked Frank O'Mara was one of the happiest competitors at these excellent championships as he won the 5000m, sprinting the last lap in an impressive 59.6 seconds. Defending champion Seamus Power and national cross country champion David Burke, had to settle for silver and bronze respectively.

This 5000m victory was a fitting finale for Frank O'Mara, who some days later announced his retirement from top level international athletics.

The Limerick athlete has given tremendous service to Irish athletics over many years, and this national title was well deserved and hard fought for.

# Queen Michele

**After eighteen years at the top, Michele Carroll shows no sign of hanging up her spikes**

**T**he Queen of Irish sprinting, Michele Carroll would be forgiven if she had no sporting ambitions left. But even

though she has claimed an unprecedented thirty one national titles, including another hat trick at the most recent championships, the 34 year old mother of two is not ready to hang up her spikes just yet.

The victim of an appalling administrative blunder in 1980, when, although having achieved the qualifying time she still wasn't selected for the Moscow Olympics, Michele now has her sights set on achieving the qualifying standard in the 400m for next year's Olympic Games in Atlanta.

Ironically, although she garnered the headlines in *Santry* last month for her achievement in winning the 100m, 200m and 400m, her participation in the latter event was almost a kind of afterthought.

At best it presented her with another challenge - the love of which she believes she inherited from her father and which she has always applied both on and off the track. Her main ambition this season was to achieve the 100m qualifying standard of 11.64 for the World Championships in Gothenburg.

A series of events, most notably the death of her father in the spring, conspired against her better efforts and the miserable weather during the nationals put paid to her hopes of making the team for Gothenburg.

Yet it is surely a reflection on the standard of Irish sprinting that Carroll continues to dominate eighteen years after

she first broke the Irish 100m record. Her 100m (11.43) and 200m (23.51), current Irish records, date back to 1978 and there is no sign of anyone on the horizon to challenge her dominant position in those events at least. In fairness the competition is stiffer over 400m.

"It is disappointing that more women sprinters are not coming through. I believe if there was more competition I could push myself more. When I started off I had plenty of competition and cer-

years earlier for winning a Business House race. "All she remembered about the race was that she was sore the next day. She couldn't go to work which was considered a major disaster at the time," recalls Michele.

Her introduction to formal athletics came through the Community Games. She won a silver medal at the Dublin finals and was interested enough to join the Thomas McDonagh club (now known as West Dublin) which was

based in Eamonn Ceannt Park.

Under the watchful eye of coach Michael McCormack she made rapid strides, creating a sensation in 1977 when as a sixteen year old she broke the twelve second barrier for the 100m, posting a new national record of 11.8. Later that year she competed in the European Junior Championships in Poland.

She missed a bronze medal in the 100m by one hundredth of a second and was fifth in the 200m final, but remembers the championships for an entirely different reason. Ronnie Carroll was also a member of that Irish team. It was the first time they had met. They are now husband and wife and business partners.

The fiasco over her missing out on the Moscow Olympics still hurts but it's not in her nature to point the finger of guilt at anyone in particular.

"There were a lot of problems before those Olympics as the government wanted them boycotted but the Olympic Council decided to send a team. I had run the qualifying standard the previous year but it seems as if that was overlooked. I was put on standby the last day with my passport at the ready but the phone call never came.

"At that age you feel your chance will come again. But it wasn't to happen for me - but I am still hoping. At the time I was very disillusioned and didn't know what to do with myself."

Her athletic salvation came in the form of an athletic scholarship to the University of Arizona in Tucson. It was not all a smooth path stateside, however. After competing in the NCAA indoor finals she sustained a serious hamstring injury which, combined with an appen-



*Queen for rather more than a day.*  
Photos: Matthew Browne, Sportsfile

tainly there were no easy titles to be picked up. Even now it's not as easy as it looks. If I run slow I will be beaten, so I have to put the work in at training."

When Michele was growing up in the Perrystown area of South Dublin, considerable attention was given in the Walsh family home to ensure that one solitary plate from a tea set was preserved.

Michele's mother had won the tea set



*With son Eoin at this year's Nationals.*

dicitis operation, kept her on the sideline for most of the 1981 season.

When she returned she began to run the 400m for the first time as it didn't place as much strain on her damaged hamstring as the shorter events and she became a key member of the University of Arizona's 4 x 400m relay team.

Academically she did particularly well, graduating with a degree in graphic design in 1985. For a year afterwards she concentrated on her new career, working in an advertising agency in Tucson and did a minimal amount of racing.

During all this time she maintained contact with Ronnie who had graduated from Arkansas and then moved to Texas as an assistant coach. Every summer, of course, she came home to Ireland and

**"At times the running is a kind of a hobby."**

gradually began to accumulate her tally of national titles.

Ronnie and Michele got married in 1987 and two years later they decided to settle in Ireland where they established their own graphic design business, RMC Design. A serious leg injury forced Ronnie, a former national cross country champion, to retire from competitive athletics. Their first child, Eoin, was born in 1990 and Ruairi arrived last year.

Remarkably, apart from the years in

which her two sons were born and 1981 when she was recovering after her appendicitis operation, she has never missed a national championship.

By her own admission she has not always been totally focussed on athletics. "I always have a goal in my head. But it might not have anything to do with athletics, it could be the business or the two boys. At times the running is a kind of a hobby."

Yet she has never been beaten in the nationals in the 100m and suffered just two defeats in the 200m.

What makes her story all the more remarkable is that she contracted bacterial meningitis in 1993. Now two years later she speaks so dispassionately about the whole episode that one could be forgiven for believing she was talking about a common cold.

"I had trained very hard over the winter months and perhaps my immune system was very low. I had run 7.38 in the 60m at the British AAA Championships and I felt I could break my 100m Irish record.

"During all of this I was getting continuous sore throats and colds. Then one night I got a severe headache and the light started to bother me. I remember waking up one morning and although it wasn't quite dawn I just wanted to keep my head under the covers to avoid any contact with light.

"I tried to persuade Ronnie that I would be grand, but thankfully he insisted that I get up and he brought me to hospital. Within a couple of hours I was having a lumbar puncture performed and I was actually treated with a new antibiotic. The fact that I already had taken three courses of antibiotics in an effort to find a cure for my sore throat aided my recovery."

Health problems surfaced again later in the year when a saliva gland got infected and she had to spend another few days in hospital, but she has now put those problems behind her.

"At this stage I take my running a year at a time. It's increasingly difficult to juggle everything. I am still involved in the business with Ronnie and I have the two boys. However, I want to give athletics one more serious go.

"I feel I can make the 400m qualifying standard for Atlanta. Even though I did very little training for the 400m, I ran 54.18 and I believe I can knock one to one-and-a-half seconds off that. I am still running in low 24s in the 200 and running off that kind of speed I believe I can give the standard a shot."

Perhaps next summer a sixteen year old injustice will finally be corrected. Michele Carroll will not win any medals at Atlanta '96 but nobody is more deserving of the chance to compete in an Olympic Games.

# OUT OF THE RECORD

It was a measure of the pedigree of the Bislett Games that, with no world records set, this year's meeting disappointed. Sean McGoldrick reports from Oslo. Photos by Mark Shearman.



Another Golden win for Sonia O'Sullivan.

**T**he walls of the administration building attached to the Bislett Stadium in Oslo

are decorated with black and white photographs of the athletes who have broken world records there over the last seventy years.

There are sixty pictures in all; one for each record set since Dutchman Adrian Paulen set a 5000m world record in Oslo on July 25, 1924.

Bislett's reputation as THE world record track was probably immortalised in a twelve month period between July 1979 and 1980, when Sebastian Coe set world records for the 800m, the mile, and the 1,000m, and his fellow countryman Steve Ovett then bettered Coe's mile record and set his own 1500m record within the space of fifteen days.

There were other magic nights, notably in 1985 when within the space of a couple of hours, local heroine Ingrid Kristiansen set a new 10,000m world record while Said Aouita and Steve Cram set world records for the 5,000m and mile, respectively.

Since then, however, just five new



Disappointment for McKiernan

records have been established, the most recent being William Sigei's new mark for the 10,000m (26:52.23) in 1994. Having marketed its meeting as the place where world records are broken, there is now a tangible sense of disappointment when a Bislett

Games passes without a new record being established.

Now part of the lucrative Golden Four series, the promoters are beginning to refocus their marketing strategy on that aspect of the meeting rather than on the possibility of world records being broken.

Indeed, at a press reception on the thirty third floor of the luxurious Oslo Plaza Hotel on the eve of the meeting, director Arne Hansen appealed to journalists not to focus so much attention on whether a world record was broken.

But old habits die hard. One suspects, indeed, that the Bislett Games owe their place in the Golden Four series more to past reputation than

current financial strength.

Hansen insisted that, following the eleventh hour decision of Linford Christie to compete in the 100m, he had all the athletes he wanted. To the neutral observer, that smack of the sort of statement a politician might make on the eve of an election. For the first time in many years there was no Dream Mile race. A dearth of top-class milers was cited as the official reason for its absence.

Yet surely the event was tailor-made for Noureddine Morceli (who had set a new 1500m world record in Nice earlier in the month), to make an attempt on his world mile record. The reality was, however, that Oslo couldn't afford Morceli, and the era when top-class athletes ran in Bislett for sentimental reasons has passed into history.

Mind you, the absence of Morceli didn't affect the attendance. According to Hansen, for the first time in the history of the Bislett Games all 20,000 advance tickets were sold out twenty four hours in advance.

The fact that Norwegian athletes such as sprinter Geir Moen, Hanne Haugland (high jump), Mette

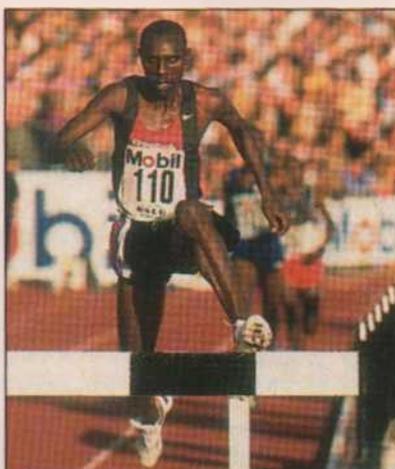
Bergmann (discus) and Steinar Hoen (high jump) all had realistic ambitions of challenging the top overseas competitors, obviously boosted local interest.

And even though it was essentially a very serious athletics meeting, the organisers knew the value of a gimmick event to generate publicity. Thus we had the spectacle of two local personalities in a head to head in a 'fun' 800m race, with a car on offer to the winner.

From an Irish perspective the meeting graphically illustrated the power structure in Irish athletics. Even though they have won five indoor world titles between them, Frank

concept of pacemaking at Grand Prix meetings.

However, at the business end of the meeting, Irish eyes were predictably focussed on Catherina McKiernan and Sonia O'Sullivan. The latter had promised an attack on her European 3,000m record on a track where she has always run well. In contrast McKiernan was altogether



Moses Kiptanui.

more circumspect about her debut in the Bislett Stadium. Indeed, colleague Tom O'Riordan suggested on the way to the stadium that all wasn't well with the Cavan athlete.

How tragically prophetic his remark was to prove. It looked a perfect evening for

McKiernan to

record her first major success at a Grand Prix meeting. It had rained for most of the day; temperatures were moderate; there was little wind and McKiernan had run faster over the 5k distance than any of the other seventeen athletes in the field.

On the surface everything seemed in order, as McKiernan went to the front right from the gun. It appeared as if there was a pacemaker in the field, but the alarm bells were ringing as early as the fifth lap as McKiernan lost her lead and began to drift backwards.

Three quarters of the way through the race she had lost touch with the leaders, who

included three Kenyans, Marina Bastos from Portugal and the eventual winner, American Lynn Jennings. As the former world cross country champion crossed the winning line, McKiernan was more than one hundred metres adrift and in obvious distress. Her time of 15:44.23 was nearly

forty five seconds outside her personal best.

The tortured look on Catherina's face in the open-plan changing area underneath the stand, moments after the race, bore testimony to the mental and physical anguish she had endured for most of the previous month.

One suspects she was glad she could

finally talk about it in the open. With an ice pack glued to the instep of her right foot, McKiernan spoke frankly about the injury. It had plagued her from the moment she felt a pain in her foot as she walked through the terminal building in Dublin Airport, on the way to the Swiss Alps three weeks previously to undertake a programme of high altitude training.

Few words of real comfort could be offered to her. With the start of the world championships just fifteen days away, she didn't need reminding that her chances of recovery in time were slim. We made as dignified an exit as possible, with her words ringing in our ears.

"When I'm alone tonight I will probably have a good cry for myself."

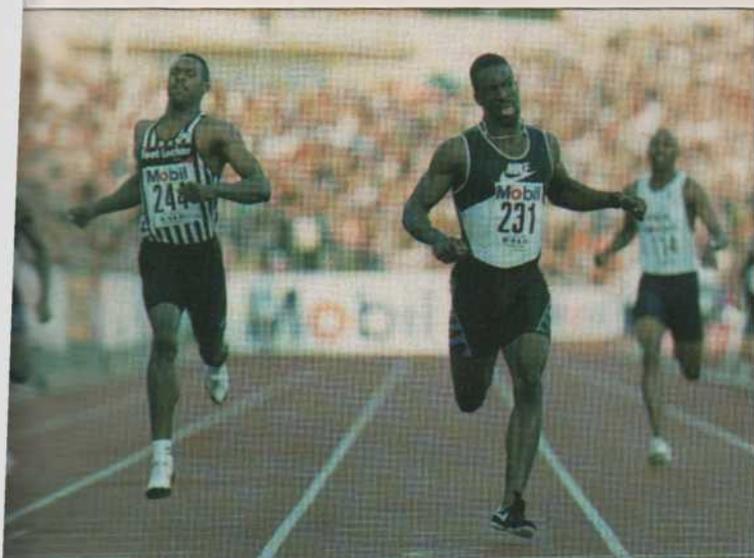
There were no nasty surprises in the 3,000m. American Ruth Wycsocki set a decent pace, reaching the 1,000m mark in 2:47.2. However, with Sonia O'Sullivan then forced to embark on a solo front running performance for the next 2k, her chances of breaking her own European record were slim.

O'Sullivan thrives on competition, and inevitably, being out in front so long, she lost her concentration. But her time of 8:34.31 was still the fastest in the world this year, and the victory gives her a chance to share in the gold bars on offer to athletes who win in Oslo, Zurich, Brussels and Berlin.

There were no world records set. Moses Kiptanui did come within one second of his own 3,000m steeplechase record, while Michael Johnson went close to smashing Butch Reynolds' 400m hurdles record.

On the way out of the stadium, souvenir T-shirts were on sale for 50 Kroner, half the asking price on the way in. That, it seemed to me, rather summed up what was, by Bislett standards, a rather ordinary meeting.

**Full Results in Results Section.**



Masterclass: Michael Johnson (231) takes the 400m, from Butch Reynolds.

O'Mara and Marcus O'Sullivan were reduced to the status of pacemakers in the 3,000m and 1,500m, respectively. Paul Donovan filled a similar role in the 5,000m, in which Cormac Finnerty gave a battling performance to finish tenth - two places ahead of Britain's Rob Denmark - in a time of 13:29.84, well outside his personal best.

For the other three it was just another payday at the office. After all, they are professional athletes and they have to earn a living too. Yet it was a poignant reminder of the vagaries of time to witness them being reduced to such a role.

Incidentally, their status as so-called 'hires' did attract interest from an unusual source. A journalist from the distinguished American sports magazine, *Sports Illustrated* travelled to Oslo to write a feature on the whole



Niyongabo wins the 1500m.

# Record Machine

**World 1500m  
Champion  
Nouredine Morceli  
is on track to  
establish himself as  
the greatest middle  
distance runner of all  
time. Phil Minshull  
profiles a legend.**

**S**hortly after winning the 1991 World Championship 1,500m, Nouredine Morceli said, "Said Aouita was the athlete of the 1980s. I will be the athlete of the 1990s."

So far, apart from one tactical aberration at the Barcelona Olympics, he has done nothing to show that statement was incorrect.

Three world championship gold medals, wins at the 1994 World Cup and Goodwill Games and five outdoor world records before he even got to Gothenburg make him an extraordinary athlete by any reckoning, including his own.

He has also repeatedly stated his intention to hold every single world record from 800m to 10,000m.

Normally such a suggestion would provoke derisive laughter, but apart from doubts over his ability to reduce Sebastian Coe's 14 year old 800m record of 1.41.73 there are no sounds of sniggering, only heads nodding in agreement.

This year he has already notched up two world records and had a very close near miss in another attempt to reduce his 1,500m mark.

Dateline: St. Petersburg June 30. Morceli runs 3.32.45 in driving rain and announces, "I know I can break the world 1,500m record this year."

Three days later he knocked almost three seconds off Aouita's 2,000m record with an astonishing run of 4.47.88 in Paris.

Paced by his younger brother Ali, the record seemed about to stay in the Moroccan's hands as Morceli reached the halfway point in approximately 2.26.5. The metric mile ticked by in 3.38.7 but the peerless Algerian unleashed a phenomenal last 500m to

Rieti immediately after his Olympic debacle to 3:27.37.

The first lap was covered in a lightning fast 54.9 seconds with his brother once again making the pace. Ali stepped off the track at 700m to let France's Frederic Cornette take over as the work



*Nouredine Morceli - peerless athlete and prodigious worker.*

*Photo: INPHO.*

finish way under the old best for the rarely run distance.

The next stop on his personal Tour de France was Nice in July 12. Attacking the more conventional distance of 1,500m he broke his own mark by over a second, reducing the record he set in

horse but the second man in harness could not keep the driver satisfied for very long.

Morceli moved into the front at the kilometre mark and reached the bell in 2.47.02, unleashing a 53.4 last 400m to claim another blue plaque from the

International Amateur Athletic Federation. Kenya's William Kemei finished as his nearest rival nearly half the home straight in arrears but still claimed a new Kenyan record of 3.31.40.

"All my records are precious to me but this is very special," he said afterwards. However he has further revisions in mind, "I believe I can run 3.26 this year and do 3.42 for the mile."

He took a tilt at achieving the former in nearby Monaco thirteen days later when he ran only 15 hundredths of a second

power.

He finished ninth in the 1988 World Junior Cross Country Championships in Auckland and later that year finished second in the world junior 1,500m, behind Kenya's Wilfred Kirochi. Good, yes, but not outstanding.

The following year, disgruntled at the fact that the Algerian Olympic Committee had not taken him to Seoul and that he was being given no financial assistance by his federation, he enrolled at Riverside College in California. In

he was a strong contender for athlete of the year in everybody's poll include a 3.29.20 1500m on 20 June 1993, at the time the second fastest 1,500m ever; a world mile record of 3.44.39 on 5 September 1993 in Rieti and a world 3,000m record of 7.25.11 in Monaco on 2 August 1994.

The latter mark sliced nearly four seconds off Moses Kiptanui's mark. Some would argue it is his best run, representing virtually two back-to-back sub-four minute miles.

The question has often been posed, how fast can Morceli go?

He doesn't put a limit on what he can ultimately achieve.

"My problem is being by myself for the last half of my races. It's always best to have someone to push you."

One man who has also seen him at close quarters, and who can testify to his awesome talent is Marcus O'Sullivan. The Cork man has paced Morceli on several occasions, most notably to his 1993 mile mark.

"He's a tremendous worker. He truly believes he can achieve certain things and he will do whatever work he feels necessary to help him reach those goals."

O'Sullivan has trained with Morceli in the past but admits he couldn't keep pace with some of his brutal schedules, including 12 quarter miles in 56 seconds with a minute's

recovery.

"Morceli's attitude to that was 'when I can do 16 quarters like that then I will be in world record shape'!"

Morceli has a softly spoken demeanour, but his statements can seem arrogant in print when taken out of context. Often he is merely stating facts as he sees them, rather than boasting.

O'Sullivan sets the record straight. "He's a great athlete yes, but he's also a genuinely amicable person. He always has respect and time for others.

"The quality of a person has always been important to me. Morceli is one of the very few athletes I would help any-time to achieve what they want."

Since we are only halfway through the Decade of Morceli, are there any thoughts that the man himself intends to call it quits after he gets his longed-for Olympic Gold?

The simple answer is: No. "It's important that an athlete not set just one record and then disappear," said Morceli, apparently alluding to the mercurial presence of the Chinese women runners in the Stuttgart World Championships two years ago.

"It's important for me to be at the top for many years. That is the mark of a true champion."

Long may Nouredine Morceli, the Middle Distance King, reign.



Keeping the statisticians busy.

Photo: Mark Shearman.

slower and may well have gone into new territory but for some barging on the opening lap when he was knocked off his stride in the almost inevitable melee caused by 15 men being on the starting line.

After being a second off his Nice first lap he speeded up sufficiently over the crucial third lap to keep the 12,000 strong crowd on the edge of their seats with a run only he himself has bettered.

Since winning the world championship in 1991 he has only been beaten in four races over 1,500m or a mile, all in 1992 when he was carrying an injury.

Born on 28 February 1970 in the mountainous town of Tenes, the young Morceli and his nine member family were brought up in a small flat with no electricity.

His elder brother Abderrahmane was the first Morceli to hit the headlines, at least in Algeria, with a number of national 1,500m and mile records. He finished fourth in the 1977 World Cup 1,500m and the Algerian government recognised his achievements by moving the family to a bigger townhouse with all amenities.

Impressed by the rewards on offer to runners, Morceli junior started training regularly around the age of nine but there was little in his early running career that marked him out as a potential record wrecker of such awesome

1991 he improved to 3.31.00 in Helsinki on 27 June, but Tokyo was to be the stage that marked his breakthrough.

In the world championship final, the early pace was set by Kenya's David Kibet but Morceli broke the field with a long surge for home just after the bell, coming home in a championship best performance 3.32.84. The silver medal went to Wilfred Kirochi, his junior nemesis, but the Kenyan finished exactly two seconds adrift.

However, his greatest disappointment to date also occurred in front of a packed stadium and a global TV audience of billions.

Having gone to Barcelona as the clear favourite for the 1,500m he never got into the race and wound up seventh in a desperately slow tactical race won by the home favourite, Fermin Cacho.

His Olympic disaster still weighs heavily on his mind. "There are many great athletes who have not got an Olympic medal but for me it would be inappropriate to finish my career without one."

The clear impression given is that the last three seasons have been one long methodical build up to fulfilling his destiny in Atlanta.

In 1993 and 1994 he went through both years undefeated, including a total of 16 races at 1,500m or a mile.

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## FEARLESS MARIA

**Y**ou've probably heard the story about Fernanda Ribeiro by now. Apparently when the newly crowned World 10,000m champion was a precocious 11 year old she chased the great marathoner Rosa Mota to within 15 seconds in a half marathon road race. You can imagine the stir that caused!

Well, it may or may not have been as dramatic, but in last year's G.V. Ryan we had an action replay of sorts. That evening, 15 year old Maria Lynch sprinted past National champ, Geraldine Nolan in the 800m. She raised a few eyebrows that day and prompted the odd inquiry of "whose yer wan" ?

In the 15 months since then Maria Lynch has raised many a title and made quite a name for herself in the quieter, albeit competitive, surroundings of her own age group.

You couldn't call a second place in the European Youth Sport Games in Bath a hiccup, particularly when she ran an impressively fast pb of 4.27. Nonetheless it is the only blemish on a wonderful winning streak of 1500m track racing this season.

The friendly Muckross student has won gold at the following major championships : the International Schools in Colwyn Bay (4.30), the British AAAs in Birmingham (4.36), the All - Ireland Schools in Tullamore (4.42), and the Tailteann Games in Santry (4.34).

The 16 year old triplet born between brothers Jonathan and Des is a member of the prolific Eddie McDonagh stable of Dundrum South Dublin. With pbs of 2.09 and 4.27, it is her enthusiasm and fresh mental attitude as much as any physical training that contributes to her success.

### LYNCH'S TIP

"Before races I like to be alone. So I like to relax on my own and think. .... sometimes about nothing in particular and sometimes about the race and how I want to run it. The physical warm up is part of getting ready, but it's only part of it. Relaxing and concentrating on what I want to do and what I can do is the other vital part."



*Maria Lynch and Eddie McDonagh.*

## GREEN DREAM

**T**o go where no man has gone before is special. To go where only John Treacy has gone before is something else entirely. Until a few weeks ago, Treacy was the only Irishman to win Schools International cross country and track titles in the one year. It's now time to sharpen the pencils, plug in the keyboards and chalk in the name of G.T. alongside the great J.T.

Schools cross country champion in April, Gareth Turnbull won a brilliant 1500m in July to complete a mighty double. In the CC he showed his finishing power when he waited and waited and eventually kicked for home. On the track he changed tactics. From once the gun sounded he as much as said, "Here I am, to beat me you've got to get by me." Nobody managed to even get up to him. His gallant 3.56 pb front running display won many fans and he was cheered by a hugely appreciative crowd.

His history-making feat will not be lost on his coach, because Dr. John Moran is the Vice Principal and history teacher at St. Malachy's College in Belfast and one of the driving forces behind that inclusive school / club set up that nurses so much



*Gareth Turnbull, St Malachy's, Belfast, receives the Jack Sweeney Memorial Award for best overall performance in the 1995 Nestlé Taiteann Irish Schools. Presenting the trophy are the late Jack Sweeney's daughters Mary Campbell (l) and Ann Condron.*

talent every year.

Indeed even before the outdoor track season got underway, Turnbull was busy following a racing schedule that would take your breath away. He won the Inter Schools CC on March 11th and between that and the Schools International fixture on April 1st he added the AAAs 3000m Indoors in Birmingham as well as the BLOE 3000m Indoors in Nenagh.

And the truly great news for Irish athlet-

ics is that the young lad from Glengormley in Co. Antrim can't wait to follow further in Treacy's footsteps and eventually run for Ireland. "I want to make the point now, so that there will be no confusion later, that I want to run in the green of Ireland."

Turnbull has a knack for racing. At 16 years of age his 800m / 1500m times of 1.55 and 3.56 are impressive by any standards. He can also produce the goods on the country and with the support of the Malachy's squad and the rejuvenated Brian Conway for company next season he won't be lacking encouragement.

### TURNBULL'S TIP

"I wouldn't be sure about how many miles I run every week. I concentrate on running for a certain number of minutes. That way I'm more relaxed, it's more enjoyable. I'm not bogged down with a definite schedule. It also helps me accept that I can't be feeling great every day and on those days I run easy for shorter periods."



## KIPKETER HAS IRISH CONNECTION

**W**ilson Kipketer (above), the newly-crowned World 800m champion was one of the courteous group of Kenyans who visited Ireland back in 1989.

Since that trip some of the small nine man group have graced the world tracks with the grace and elegance that was so evident during their brief few weeks among us.

Kipketer was one of three from that group who competed in Gothenburg. He maintained his unbeaten 800m run and carried the pressure of favourite for his adopted Denmark remarkably well. Potentially he is the man most likely to break Coe's long standing two lap world record of 1.41.

Olympic steeplechase champion, Matthew Birir was an unlucky faller in Gothenburg when looking safe for bronze, while Joseph Tengelei, now the Kenyan 800m champ was run out at the semi-final stage.

While virtually ignored by the national association at the time, the Kenyans did run against many of the best juveniles and it was UCD's Nigel Brunton who prevented them having a clean sweep of Tailteann track medals when he won the 1500m. Niall Bruton also in the 1500m and John Murray in the steeplechase showed signs that day of their potential and were not at all over-awed by the occasion.

Another member of the group, sprinter Cliff Odendo, is currently captain of the Kenyan Hockey team.

## GET READY FOR THE CROSS COUNTRY SEASON!

**B**ack to school and traditionally it's time to start preparing for the cross country season. Here is a ten point plan to help you prepare and plan your running schedule. Pick a handful of these points and gradually introduce them to your training routine.

### 1. PROGRESS SLOWLY

Gradually build up ..... the number of running days each week, ... the distances you run, ... and the intensity of the sessions. Remember a little a lot is better than a lot a little.

### 2. VARIETY

Change the venue and avoid boredom. There are many ways to skin a cat and many types of schedules that will bring results. Take responsibility for your training and vary the distances and location. As much as possible run on grass and avoid hard surfaces.

### 3. SET GOALS

Success or failure should not be determined by results in a race. Set goals that you can measure and that you can control yourself, e.g. "I will run three days each week for the next month" or "I will cover an average of 10/15 miles each week between now and mid-term break," or "I will reduce my time over X course by 15 seconds," etc., etc.

### 4. YOUR COACH

Talk to your coach and discuss your plans for the coming year. Discuss last season and identify what was good and needs to be developed, what was poor and needs to be improved, what you like, what you dislike, what you want to achieve, etc.

### 5. WARM UP / DOWN

Develop a routine that will include a good warm up and warm down. Habits tend to stick, so work out a good pattern. Stretch, stride and stretch again is a good code to stick by. Include conditioning exercises like press ups and abdominal work as part of every session.

### 6. FUN

If training is always tough, you will soon get fed up. Take the time, trouble and thought to make sessions enjoyable. A laugh a day keeps the boredom away. Run with friends, real or imagined..... why not imagine you're running the socks off Sonia O'Sullivan !!

### 7. KEEP A DIARY

The satisfaction from knowing that you have improved is immense. So write brief notes of your sessions, times / distances / pbs, etc. and compare what you do with what you set out to do. This feedback helps you learn about yourself and reinforces good behaviour.

### 8. SPORTSMANSHIP

Make time to encourage and help other athletes. Be generous in your praise and recognise good effort as well as good results. Congratulate those who achieve and be grateful to coaches, officials, parents and teachers who give up their time to organise events for you.

### 9. SPEED

Do not ignore fast work. You will enjoy the exhilaration of running fast and a good running action needs practice. Only perfect practice makes perfect so give thought to what your arms, legs and head are doing.

### 10. LIFESTYLE

Pay attention to what you eat, drink and



*Working on schedules?*

sleep. Mothers usually know best, so stick to home cooking and eat plenty of bread, potatoes, rice and pasta. Top up with sandwiches and include the odd chocolate bar as a treat. Buy a water bottle and sip plenty before, during and after a session. Eight hours sleep is the minimum an active young runner should get.

## BREATHNACH RETAINS SHOT TITLE

**T**he 'Irish Whales' would have been proud of Sean Breathnach of Rosmuc when he retained his Schools International shot putt title in Colwyn Bay. The popular Connemara strong man putt the iron ball all of .75m further than last year when it landed at 16.41m.

Afterwards the strong man agreed to pose with the song men from one of England's most popular groups.

# SONIA O'SULLIVAN

BY LIAM MOGGAN

This article first appeared in the May/June edition of *Irish Runner* in 1986.

**S**uperb front-running by Sonia O'Sullivan in the All-Ireland Schools and the Interprovincial Schools cross-country championships gave further confirmation that the Ballymore/Cobh girl is one of the great juvenile talents in the country at present. Sonia served notice in those championships not only of her versatility but also of her readiness to make her mark on the track again this year.

Tall, thin and long-striding - indeed the archetypal 'successful female junior' - Sonia has been one of the most consistent athletes in any grade in the last two years.

Last year, in Schools competitions alone, she won over 3,000 metres at the Munster, the Irish, the Tailteann and the International Schools Championships. In the cross-country season just ended, only two English competitors and a 19-second gap prevented another quadruple success; for earlier she had won the Munster, Irish and Interprovincial titles, before finishing third and captaining the Irish Schools team to second place in the International against England, Scotland and Wales.

To show her versatility she won the Community Games 4-mile 'marathon' on the road, and also collected three Munster silver medals for race-walking. Not bad for one year! Sonia O'Sullivan became involved in athletics in 1982 in an unusual way - but one that all club coaches should note! "With a few friends I learned that the Ballymore/Cobh club were hosting a party for members only. So we joined up immediately—for the social and recreational side of course!"

An unconventional start maybe, but the tinsel and lights of party-time were quickly replaced by 'intervals' and 'long runs'. Pay-up time had arrived! In 1983, Sonia won the Munster Schools U/14 cross-country title and her 'serious' athletic career was about to take off in style.

She has grown up in Cobh, in the Great Island in Cork Harbour - a hard environment for running with its many hills and strong ocean-breezes. Middle-distance training partners are few, so much of her



work is done alone. Speedwork sessions with clubmate Tina O'Donovan, (the '85 B.L.O.E. Pentathlon champion), weekly circuit training in the local Scout hall, and the odd work-out at the Mardyke track in Cork City provide variety.

Sonia trains hard under the caring supervision of Pat O'Halloran and Sean Kennedy. Pat she sees nearly every day. He was an active athlete, specialising in sprints and long jump until injury prematurely ended his career in 1983.

In her four-year career Sonia has achieved much: she has won individual National titles; she has captained the Irish Schools cross-country team; she was our only female winner in the '85 Schools track International; she was a scoring member (finishing in 6th place) in our historic first-ever win in the Intermediate Home Countries CC International in 1984.

Is she satisfied? "With my past achievements, yes. But I am determined to improve. My main aim this season is to break 9.40 for 3,000m and qualify for the World Juniors in Athens in August. Ultimately, like all athletes, I would love to compete in and win a medal at the Olympic Games. My greatest disappointment was finishing seventh in the National Junior cross-country last February. I could have been up higher had I not lost my shoe in the muck, and stopped to take off my sock. Well, I learnt

by my mistake and next time I'll tie my laces tighter!"

Who are her greatest rivals? "They are all in County Cork. With the likes of Anita Philpott (North Cork), Michele Murphy (Pres. Cork), Mairead Looney (Blarney) and Carmel McCarthy (Bandon), you must always be on your toes. These girls ensure that the local races are often the hardest. The All-Ireland B.L.O.E. 1,500m last year was a repeat of the Co. Cork final: myself, Anita and Mairead were first, second and third in both races."

The appeal of the front runner is universal. The courageous 'catch-me-if-you-can' approach enthralles onlookers. Sonia is a determined frontrunner in that mould. She will appeal greatly to spectators when she competes before a wider public, and, doubtless, she has the ability to make it to the very top.

## Profile

**Name:** Sonia O'Sullivan

**Date of Birth:** 28/11/69

**Height:** 67ins.

**Weight:** 112lbs.

**Resting Heart Rate:** 56 BPM

**Personal Best Times:** 800m:

2.14.00; 1500m: 4.35.35; 3,000m:

10.01.00.

Likes: "Travelling to race meetings and making new friends, also the excitement and atmosphere during a race when everyone seems to be shouting support."

## A Typical Week's Training

### (a) Summer

Mon. 6 miles easy  
Tues. (100m, 200m, 400m.) x 5  
Wed. 5 miles steady  
Thurs. 5 x 800m fast  
Fri. 7 miles with hills  
Sat. Rest  
Sun. Long run or race

### (b) Winter:

Mon. 6 miles easy  
Tue. circuit training & 3 mile jog  
Wed. 7 miles fartlek over hills  
Thur. 5 x 1,000m or 10 x 400m  
Fri. 5 miles easy  
Sat. Rest  
Sun. Long run or race

# CONGRATULATIONS SONIA!



from

## **SNICKERS**

Official Snack  
Food  
of the  
World Athletics  
Championships

# DAYS IN GOTHENBURG

5TH IAAF WORLD CHAMPIONSHIPS IN ATHLETICS  
GÖTEBORG 1995

**H**ow do you measure the success of a World Championships? World records? Medals won by the national team? Intense and close competition?

Nine days in Gothenburg gave us a good measure of all these. From Sonia O'Sullivan's 5,000m gold, to Jonathan Edwards' majestic triple jump world record, there were performances and dramas to match the best this or any other sport has to offer; a blend of the classic Olympic Games format with the frenetic pace and glamour of the Grand Prix meetings.

To many enthusiasts, the bi-annual World Championships are a Games too many. Top Europeans now compete in a major championship every year, where only 12 years ago, only the Olympics and the Europeans had the status of, as it were, 'compulsory event'. But if that crowding of the schedule is damaging the sport, the damage was hard to detect in Gothenburg. True, some old warriors, including Linford Christie and Heike Drechsler, showed signs of wear and tear, but that could hardly be blamed on the demands of the World Championships. They have both, after all, been performing super-humanly for over a decade.

There has been comment to the effect that Gothenburg saw a 'changing of the guard', the triumph of a new generation and the passing of more familiar faces. But the revolutionary metaphor has its limitations. Athletics at Gothenburg showed all the signs of a healthy organism - strong continuity with the past, in the form of mature, experienced athletes, alongside vigorous new growth.

That new growth took the form not only of individuals, but perhaps even more



Irish Gold

relevant was the fact that several countries were represented for the first time on the podium. Whereas the major championships have always provided a competitive forum for 'minor nations', these World Championships saw many

achieve their first real success. The sport may be about the taking part, but there's nothing like success, as we in Ireland well know. Who knows what future Olympians may have been inspired by Syria's Ghada Shouaa, or

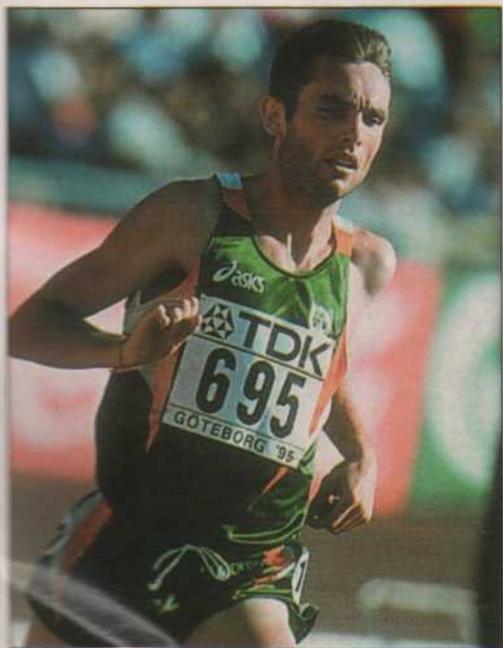


**U.S. Gold**

Letitia Vriesde of Surinam? It can surely be no coincidence that, a decade after Said Aouita took his place amongst the all-time greats, North Africa seems to produce ever-growing numbers of world-class athletes.

As 'fans' of track and field, we can only welcome the success of these newcomers, even though their achievements may cumulatively be at the expense of our own medal haul. While Ireland strives to regain or maintain the former glories born of a long tradition, the energy and enthusiasm of the newcomers ensures that the task will never be easy - it can only be harder. If the Irish team as a whole failed to match Sonia O'Sullivan's achievement, there may be some cause for concern, but equally for appreciation of the standards we must strive to meet. Success like Sonia's is the more valuable for the fact that it is hard come by. No medal comes easily. Were the top Chinese absent from Gothenburg? So what, there are plenty more mountains to climb.

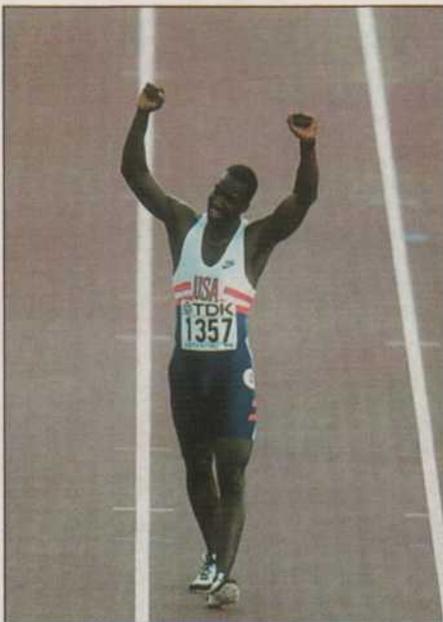
It is to the benefit and credit of the sport that it is able to achieve such growth, not only in the fodder for TV broadcasts on which it increasingly depends, but in the quality and numbers of participants. The two go hand in hand, of course. Television has been the key to a wider constituency for athletics, and has provided most of the money which both stimulates and enables the sport's development.



**Battling Bruton**

Many sports brand themselves 'global' these days. Athletics is one of the very few that can live up to the claim. Modern track and field is perhaps uniquely accommodating of a huge variety of physical and cultural types, from the sparrow-like build of many great marathoners, to the muscled bulk of a sprinter or thrower.

And for all the change, the traditional structures and values of athletics remain strong. Mercedes or no Mercedes, few of the top athletes are in any doubt that the focus of their careers is the Olympic Games, just as it was for their predecessors. That balance of per-

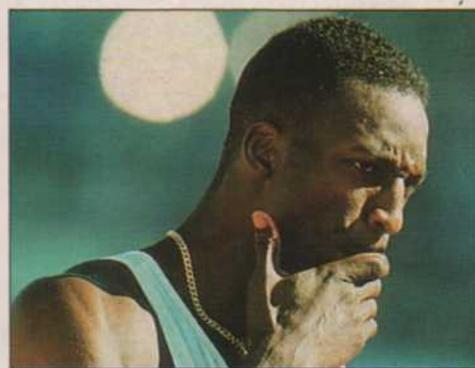


**Magic Johnson**

spective is part of the valuable contribution of more mature and experienced athletes. In Ireland, old hands like Eamonn Coghlan, John Treacy and Frank O'Mara don't just add knowledge and anecdote to TV coverage - they, along with their contemporaries and fore-runners are an invaluable resource of experience for the young athletes of today. We forget them at our peril.

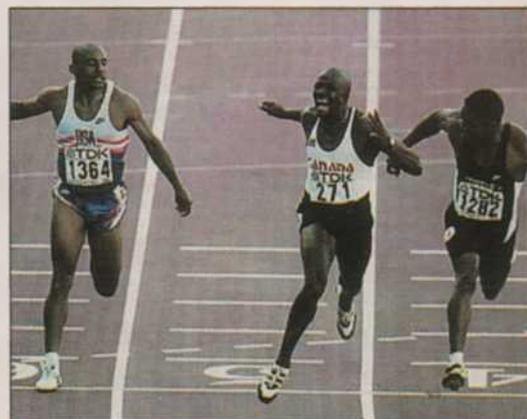
There were encouraging signs that Ireland's new generation is already up and running. David Matthews, Mark Carroll and Niall Bruton may not have carved their names on the track, but all confirmed their potential with performances that give plenty of cause for optimism.

Events, like individuals and nations, have their day. Though the classic track events remain the staples of the sport, the personal appeal and performances of athletes like Jonathan Edwards and for many years Sergei Bubka, bring to their disciplines a limelight they may rarely, if ever, have enjoyed. Not just for the home fans, who will, naturally, celebrate success wherever they can find it, but to the world.



**Reflective Michael**

There may be more at stake at the top these days, and in the commercialisation of athletics many have seen the death of old values, but again, where was the evidence in Gothenburg? Unlike team sports, track and field doesn't lend itself to obvious displays of sportsmanship - it's a sport of individuals who, for all the support they may receive along the way, ultimately fall back only on their own talent and commitment. Yet for every display of rancour or bad grace in Gothenburg (there were some), there were many more gracious gestures and



**Canadian Gold**

genuine displays of solidarity. That's athletics at it's best, transcending the decimal points and dollar signs.

Money is a reality in athletics today, for better or worse, and the implications of professionalism must be faced. To reach the top, as Sonia O'Sullivan has done, the cushion that money brings is a necessity. There is an increasing stratification of success - you're either at the top or you're not. That again means there is no substitute for excellence.

Much that transpired in Gothenburg will, in the nature of things, soon be consigned to the archive of titles lost, records surpassed and careers ended. Already, the Grand Prix circuit has eclipsed some of the performances highlighted on these pages, and the sights of the world's greatest and aspiring greatest athletes are trained on Atlanta. For now, however, here are the facts and the highlights of what was, in our estimation, a great nine days.

To those who drove away from Gothenburg in a new Mercedes, our congratulations. To those who didn't - we hope to see you in Atlanta.

# NEXT STOP ATLANTA

Photo: INPHO



Poised for victory

**S**ONIA O'SULLIVAN'S historic women's 5,000m Gold medal performance in Gothenburg was, in the Cobh-born World Champion's own words, "just a dress rehearsal for next year's Olympic Games in Atlanta, U.S.A."

O'Sullivan's gold medal run in Gothenburg was a flawless tactical performance delivered with the type of authority clearly labelled world class.

Of course we have come to expect nothing less than world class from the multi-talented O'Sullivan but in a World Championships Final there are no gold medal certainties, a fact that was not lost on O'Sullivan who prepared for the 5,000m final in the calm and thoroughly professional manner that has brought her to the pinnacle of her profession as a middle distance track specialist.

When told that the Chinese had not attended the championships because they were too busy training for Atlanta '96, O'Sullivan replied: "I'm also training for Atlanta. This was a dress rehearsal. I'm ready to race the Chinese at any time. I'm not worried by them."

## 9 DAYS IN GOTHENBURG by Frank Greally



Father & daughter

Sonia O'Sullivan walked away from fear's shadow in the aftermath of the 3000m final in the Barcelona Olympic Games of 1992 and the total self assur-

ance she projects today has been hard earned and thoroughly deserved.

There is no doubt that the 5000m finalists in Gothenburg would have felt intimidated by Sullivan's presence on the start line. They each knew that O'Sullivan would only settle for gold and that she was capable and fully prepared for any type of tactical battle in a fast or slow final.

O'Sullivan had a simple race plan: "To win whatever the pace. I came here to win gold."

It was a measure of O'Sullivan's maturity that she did not panic when Gabriela Szabo of Romania sprinted away to cover the opening lap in 65.28, which if maintained would have delivered a world record by over a minute. Nor did Sonia panic when a long jumper almost toppled her six laps into the race.

"I wasn't worried about Szabo's early pace," O'Sullivan said. Anyway, if we want to run a world record we have to learn to run that fast."

The menacing presence of 10,000m gold medallist Fernanda Ribeiro on O'Sullivan's shoulder helped keep the TV viewing Irish nation in suspense.



Ever growing fan club

The tension mounted when Ribeiro took the lead with three laps remaining. But then there was blessed relief when a powerful surging 28.81 final 200m took O'Sullivan clear to win handsomely in a championship record of 14.46.47.

"I was never in doubt about Sonia's ability to win the gold medal," Olympic Marathon Silver medallist, John Treacy said. "She looked so dominant in the qualifying round and so easy," he said. "I just knew that all the 5000m finalists must have felt scared at the sheer depth of her talent," Treacy said.

Sonia's Physical Therapist Gerard Hartmann was another who was never in doubt about what the end result would be in Gothenburg.

"Sonia was just in such superb physical condition that I could not believe anyone could beat her," Hartmann said.

O'Sullivan has been a regular visitor to Limerick native Hartmann's adopted home in Gainesville, Florida now a place of pilgrimage for many of the world's top athletes who develop injury problems.

Three years ago Hartmann successfully treated a career-threatening achilles tendon injury for O'Sullivan and he was again the man to the rescue last March when Sonia arrived back from Australia carrying another foot injury, a stress frac-

ture to the tibia.

"The only possible obstacle I see to Sonia O'Sullivan winning at least one gold medal in Atlanta '96 is the chance of another serious injury," Hartmann said.

The former national triathlon champion is full of admiration for O'Sullivan whom he describes as the most dedicated and professional athlete he has ever treated.

"Sonia does exactly what is asked of her and I know that she regularly does a series of exercises aimed at injury prevention that I prescribed for her three years ago. You will regularly see Sonia carrying around an ice pack and icing vulnerable areas especially around the shins where she has had problems," Hartmann said.

Sonia also follows Hartmann's advice to change her training shoes after every 300 miles and ensure that 85% to 90% of her training is done on a grass surface.

"Sonia has had a tendency to get injured in March for the past few years and I have looked at this as something of a blessing in disguise," Hartmann said. "It has forced her to rest after a big winter mileage build up."

Hartmann believes that it is a good idea

for O'Sullivan to winter in Australia, but only for the purpose of a training build-up. "I would not like to see her racing there again next year, as there is always the danger of picking up an early-season injury," he said.

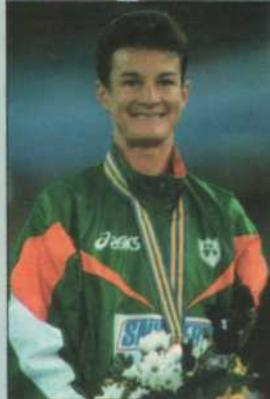
Hartmann also demolishes the media-driven myth that Sonia trains daily with the top Kenyan runners. "All Sonia's training sessions are prescribed sessions and sometimes Sonia's coach Kim McDonald will have some of the Kenyans act as pacemakers to assist Sonia deliver planned training splits," he said. "She will also go for some long easy runs with the Kenyans but you won't find her racing them," he said.

Hartmann does not see O'Sullivan having any problems with the intense heat in Atlanta '96. "Just the other day in Atlanta it was 95 degrees with 87 degrees of humidity and it is likely to be like that next summer," he said. "However, I would have no fear for Sonia in those condi-

tions as she trains in warm climates and adapts very well.

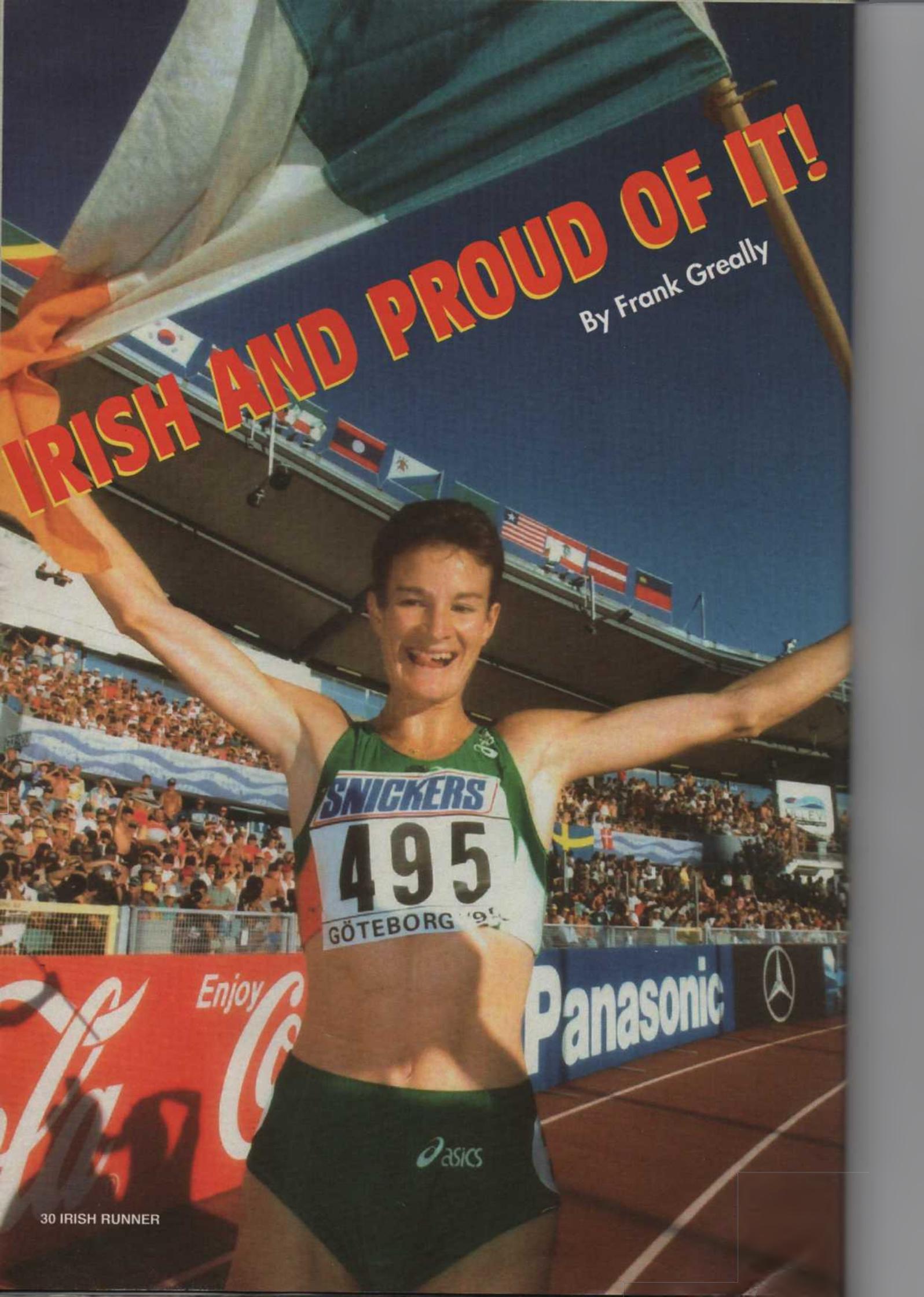
As this issue goes to press Sonia O'Sullivan has notched up another class performance when winning the 3000m in Zurich. There will be an all out attempt on the 5000m world record in the Brussels Grand Prix meeting followed by more hectic travelling and racing before the season ends in early September.

It is only then the the full impact of her historic achievement in Gothenburg is likely to sink in. She will savour her homecoming to the 'Holy Ground' in Cobh but neither fame nor fortune will cause Sonia to waver from her primary objective of claiming at least one gold medal in Atlanta next year.



Golden girl





# IRISH AND PROUD OF IT!

By Frank Grealley

SNICKERS  
495  
GÖTEBORG '91

Enjoy

Panasonic



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**S**onia O'Sullivan conducted her post race interviews for the world press in Gothenburg with the usual dignity and direct honesty that we as an Irish nation have long admired from the newly-crowned world champion.

Midway through this briefing in the presence of many of the luminaries of the international sports press and an RTE TV crew, Sunday Independent sportswriter Paul Kimmage decided to question Sonia as to why she refused to accept a few Irish tricolours offered to her immediately after she crossed the finish line.

This was, to say the least, a cheap shot by a journalist desperate for a different story angle. It was a highly insensitive and, (we were later to learn), deeply distressing question for Sonia - but nonetheless one which she answered with truth and dignity.

Sonia O'Sullivan does not owe Paul Kimmage or anyone else an explanation as to why she declined to accept some of the tricolours offered to her at the trackside in Gothenburg. She has always projected a proud, honest and positive image of Ireland in athletics arenas around the world, and she continues to be an inspiration to both young and old.

In the interests of accuracy and fair play, and to put the record straight for all time on this incident, it is important that the facts are clarified.

A delighted Sonia O'Sullivan crossed the finish line in Gothenburg and made straight for her father John, who greeted his daughter with a loving embrace. He offered her his tricolour but she politely declined the offer, telling him that she wanted "one with a pole."

Just a short distance away, as Sonia began her victory lap, she singled out Irish fans Sean Callan, Harry Gorman and Michael Carney in the stands, and stopped to greet them. Sonia is on first name terms with these fans, and the respect is mutual.

"Sonia stopped and asked us if we were happy now," Sean Callan said. "Then she asked me for my flag which was on a heavy pole that was well over five feet long."

Sean Callan, a former Irish junior cross country champion and, along with Harry Gorman, a recipient of the Irish Runner/Seiko Award for supporting athletics, also confirms that Sonia then raised and held the flag aloft for several minutes, to facilitate a group of



Gothenburg '95

(Mark Shearman)

the world's leading sports photographers that had crowded around her. Our photograph, supplied by the international news-agency Reuters, further confirms Callan's version of events that afternoon in Gothenburg.

"Sonia then turned back to us and told me that the flag was too heavy to carry on the victory lap and I would have to be in total agreement with her there," Callan said.

"Sonia then left the flag safely for me and an official passed it back up the stand as Sonia went on her victory lap. It was ridiculous for anyone to suggest that Sonia did not want to carry the flag when even after her victory lap she again facilitated several other international photographers by holding up another tricolour for a photo call,"

Callan concluded.

One must also question the failure of BLE team management in Gothenburg to make a statement supporting Sonia O'Sullivan. Where was their sense of chivalry? There was nothing to be defended, but some on-the-record support from the national association would have been helpful.

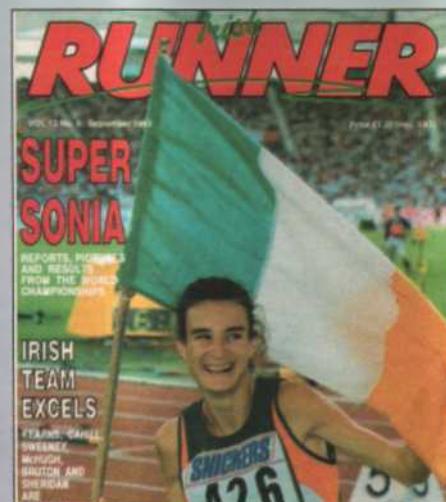
It is clearly evident from the pictures accompanying this piece that Sonia O'Sullivan has been an Irish flag-bearer in Stuttgart, Helsinki and Gothenburg. To question her commitment to all things Irish shows a lack of appreciation of her efforts, and more than a modicum of begrudgerly.

The World Championships gold medal achievement was a sweet success for Sonia O'Sullivan and the Irish nation. It was positive and inspirational and laced with courage, conviction and honesty.

It is with great reluctance that I take a fellow journalist to task over an incident such as this. It is, however, important to set the record straight, and that record is that Sonia O'Sullivan has always, and will always, be very proud to carry the Irish flag and will continue to represent her country with dignity and distinction right across the globe. That's the REAL story.



Helsinki '94



Stuttgart '93

## 100m

A seriously depleted U.S. team, without Carl Lewis, Andre Cason or Leroy Burrell, further lost Denis Mitchell in the heats through injury.

With Linford Christie also fighting injury, this was never going to be a round-up of the usual suspects. The chief beneficiary of the U.S. team's worst-ever sprint performance in a major championship was Canada, emerging at last from the long shadow of Ben Johnson with gold for Donovan Bailey and silver for Bruny Surin. Ato Boldon of Trinidad completed what may turn out to be a short-lived revolution.

The women's 100m final was in essence a straight re-run of the first semi-final. The Big Three of the event, amongst whom the medals seemed certain to be shared, met for the second time in the same day - with the same result. Gwen Torrence led from the blocks with an explosive start to win convincingly from Merlene Ottey of Jamaica and the Russian Irina Privalova.

## 200m

This gold had Michael Johnson's name on it well before the final. His dominance of the event is now complete, with

# EVENT-by-EVENT GUIDE

## A Quick Review of the Track Action in Gothenburg By Conor O'Hagan

the field. The time and margin of victory - 19.79 to Fredericks' 20.12 suggest that, at last, Pietro Mennea's 1979 record of 19.72 will surely fall.

Gwen Torrence completed a superb sprint double with an emphatic victory

Privalova and Malchugina taking silver and bronze, later accused her of cheating. But rules, as they say, are rules.

## 400m

Michael Johnson's dream of a 200/400m double in Gothenburg entailed seven races in eight days - none of them easy, even for an athlete of his stunning calibre. So the big surprise in the 400m final was not that Johnson won, but that he went all-out for a time and margin of victory that came close to humiliating the field - led by the world record holder Butch Reynolds. Looked at in context, Johnson's winning 43.39 - a Championship record - may have been the performance of these World Championships.

Ultimately denied the chance of a 400m double when forced to withdraw from the hurdles by a hamstring injury, Marie-Josée Péric of France retained her flat title with the fastest time of 1995 so far - 49.28, pulling away from Pauline Davis of the Bahamas and U.S.A.'s Jearl Miles.

## 800m

Not yer average Dane, but Wilson Kipketer is proud to represent his adopted country, and Denmark - presumably - is happy to claim a man who can pick off a World Championship final field at will. Kipketer's Kenyan heritage showed in tactics reminiscent of Billy Konchellah, as he moved from the back of the pack to victory in the second lap to clear the line in 45.08. Just a cruise for the man whose 1995 PB of 1.42.87 makes him the heir apparent to Seb Coe's world record.

Ana Quirot, the Cuban 'Comeback Queen' of the championships, confirmed her recovery from a near-fatal domestic accident two years ago in superb style, with a finish that only a brick wall could have stopped.

The 1992 Olympic bronze medallist and 1991 world silver medallist overpowered Letitia Vriesde of Surinam and 1500m runner-up Kelly Holmes (both of whom ran new national records) to win in 1:56.11.

## 1500m

To coin a cliché, Nouredine Morceli is in a class of his own, and only the dim memory of his tactical blunder in Barcelona gave any cause for doubt that the gold medal in Gothenburg was his to take. Niyongabo of Burundi, second-ranked to Morceli going into these championships, kept contact until the



The women's 10,000m final

Photos: INPHO.

even Frankie Fredericks apparently no longer a serious threat. Marginally the weaker of Johnson's Gothenburg double distances, that didn't show in the final. Johnson's power showed from 50m, and from that point he was always leaving

over Ottey, the defending champion, only to be controversially disqualified for running out of her lane on the bend. A distraught Torrence was hardly mollified when Ottey, whose 22.12 finish was promoted to gold, with the Russian pair

final bend in what was an unusually fast championship race, but a last lap of 51.2 in this context is Morcelli's unique territory, and the destructive pace saw Niyongabo fade to third behind El Guerrouj of Morocco, as the mighty Algerian claimed his third world title in 3.33.73. After a fine performance in his semi-final, finishing second to Morcelli, Niall Bruton could manage only a disappointing 11th in the final.

Hassiba Boulmerka has had to contend with more obstacles than most in her rise to the top, and her determination shows amply in an aggressive style ideally suited to championship finals. Only the 800m speed of Britain's Kelly Holmes posed any real threat to the Algerian Olympic Champion, but over the final 100m Boulmerka's power and grit made nonsense of the numbers. Her 4.02.42 to Holmes' 4.03.04, with Sacramento of Portugal third in 4.03.79, illustrates the effect of her charge on the field.

### 5,000m

Reigning champion Ismael Kirui partially rescued a poor championships for Kenya with a fiercely-fought win in what amounted to an African Championship race, most of which was led by Kirui and Bikila of Ethiopia.

Shortly after the bell, Kirui's kick left Boulami and Sghir of Morocco battling with Kirui's team-mate Kororia for silver, with the Kenyan finally prevailing. Africans filled the first six places, with Dieter Baumann's much-touted challenge failing to materialise. Third European, in 12th place and 30 seconds behind Kirui, but a little older and wiser, was Ireland's Mark Carroll.

Sonia O'Sullivan's opposition included world record holder Fernanda Ribeiro of Portugal, so despite her flawless competitive record in '95, this was no gift for Sonia. True, Ribeiro had already contested (and won) the 10,000m, but with her sights set on Atlanta and the return of the Chinese, it's no insult to the field in Gothenburg to say the winning 14.46.47, albeit a championship record and incorporating the blistering 28.81 200m that shook off Ribeiro after the bell, was all in a day's work for Sonia O'Sullivan.

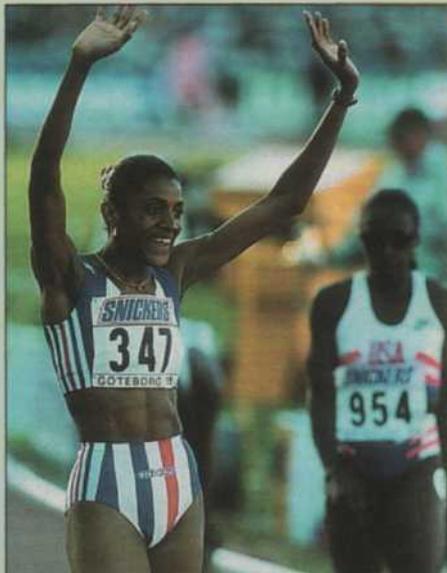
### 10,000m

Ethiopia's Haile Gebresilassie fashioned a race only he could win - for he is quite simply the only man who could finish a 27.12.95 10,000m with a last lap of 56 seconds and a last 200m in 25 seconds. That last figure may well have future historians chuckling, but we saw it happen, and it was one of the awesome sights of Gothenburg.

Mercedes No.2 for the man who can't

drive, and for second-placed Khalid Skah, the consolation of a new national record of 27.14.53 when he edged out Tergat of Kenya for silver.

New distance superstar Fernanda Ribeiro, who set a world 5,000m record earlier in the season, used her speed to deliver a coup de grace to a field already demolished by early pace. Of the contenders for gold, Commonwealth Champion Yvonne Murray went out after a heavy fall, Meyer and McColgan were



Marie-Jose Perec

unable to sustain the pace (Meyer's almost complete inability to kick forced her to set a rhythm which ultimately defeated her) and only Tulu was still with Ribeiro when she injected a final burst of pace in the home straight. That Ribeiro's winning margin was 31.04.99 to 31.08.10 for Tulu speaks volumes.

### Marathons

With 25 non-finishers out of a field of 78, the men's marathon was a brutal race in 26 degree heat. Winner Martin Fiz exercised uncanny control over the race, allowing Dionicio Ceron of Mexico to establish a dangerous-looking lead at around 39k, only to pull him back and power to a 32 second margin of victory in the final 3k, taking gold with 2.11.41, with Luiz Dos Santos of Brazil taking bronze.

Once again the marathons were run in the heat of the afternoon, when performances are inevitably stilted. A farcical mix-up in the stadium at the start of the women's race left the runners 400m short of the full distance, so times were invalid, but Manuela Machado's win in 2.25.39, along with Ribeiro's track performances, was a convincing confirmation that Portugal is experiencing a Golden Age in women's distance running.

Second in Stuttgart and reigning European Champion, Machado progressively eroded her opposition with a

series of bursts, finally losing Catuna of Romania, her only companion for much of the race, at 30k to build a lead of 46 seconds.

### 110/100m Hurdles

With Colin Jackson absent, this looked like Tony Jarrett's opportunity to shake off his perennial role as understudy. Once again, however, it was silver for Jarrett despite beating the field from the blocks - this time behind Allen Johnson of the USA, who chose the perfect moment to record a PB of 13.00 to Jarrett's 13.04, with the by-now venerable Roger Kingdom third in 13.19.

Reigning champion Gail Devers, returning from the sidelines in style after losing all of 1994 to injury, very nearly fell victim to a series of false starts, but demonstrated the event's unique combination of power and technique better than any of her rivals to recover from a slow start and power to a clear win over Shishigina of Kazakhstan.

### 400m Hurdles

The slowest World Championship final yet, but the race compensated with a grippingly close finale. Pre-championship man in form Stephane Diagana of France could manage only bronze as Adkins clung to the tiniest of leads despite a late surge from Samuel Matete of Zambia, to win in 47.98, just five hundredths of a second clear of Matete.

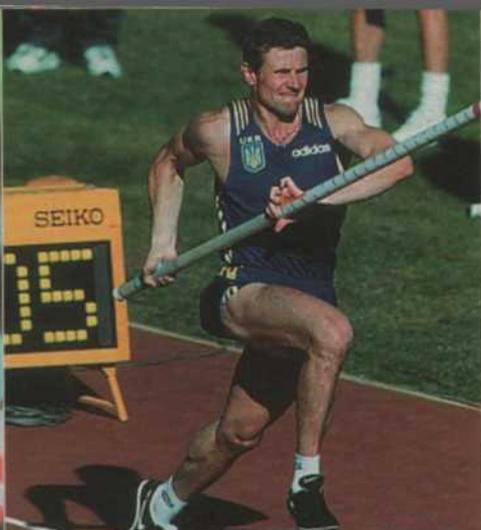
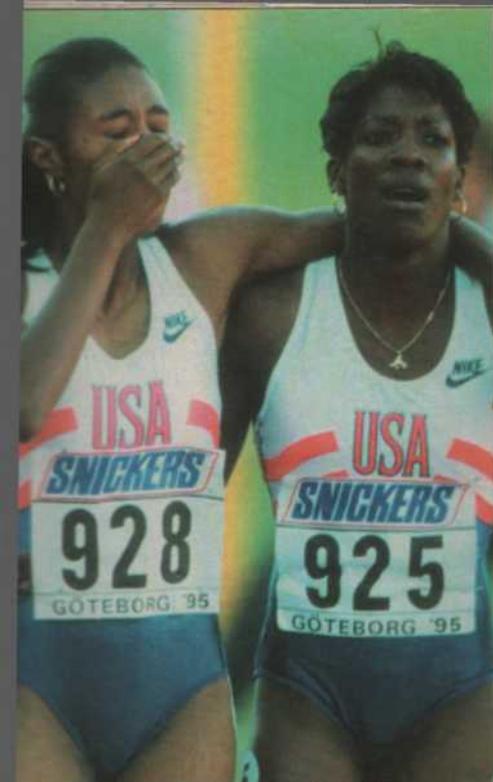
With Sally Gunnell absent through injury, and the fastest qualifying time Kim Batten's relatively tardy 54.15 from the second semi-final, almost the last thing anyone expected from this final was a world record - but that's what we got. Both Batten and her USA team-mate Tonja Buford ran inside Gunnell's mark as Batten showed an astonishingly potent extra gear - it wasn't hurdling technique, but pure speed that earned the American gold and 52.61.

### 3000m Steeplechase

The Kenyans dominate this event as comprehensively as the USA once did the sprints, so it was no surprise that the race was a purely private struggle between the Kenyans Moses Kiptanui, Christopher Kosgei and Matthew Birir.

Private, but not equal, for Kiptanui currently bestrides steeplechasing in a manner as authoritative as Kosgei's hurdling technique is perplexing.

Soon after the bell, Birir fell, leaving Kosgei to cling to silver as the rampant Kiptanui powered to a win in 8.04.16 - just two seconds outside his own world record. A second slip from Birir gifted bronze to Shaddad Al-Asmari of Saudi Arabia.



## HIGHS

**The final medal table** - 42 different countries came away from Gothenburg with one or more medals.....Out of the 240 **drug tests** performed at the 5th World Championships, there were no positives reported.....**Michael Johnson's** first-ever 200m/400m double.....**Jonathan Edwards's** two world triple jump records.....**Ana Fidelia Quirot's** return from injury to take the 800m title.....**Sergei Bubka's** 5th world championship in the pole vault.....**Stefka Kostadinova's** 2nd world title in the high-jump - eight years after the first.....**Haile Gebrsilassie's** finishing burst in the 10,000m final - 200m in 25 seconds!.....**Inessa Kravetz**, triple jump champion and new world record holder, was promoted early to lieutenant in the Ukrainian border guards.....**Kim Batten's** new 400m hurdles world record - the least expected of the championships.  
**AND OF COURSE, SONIA'S GOLD!**

**Comments on winning a Mercedes:** "This saves taking the old one to the garage." - **Dan O'Brien**..."I'll drive it around Damascus, to persuade Syrians to take up sport." - **Ghada Shouaa**....."I don't know what to do with it!" - **Irina Stankina**....."I'll still cycle to training." - **Wilson Kipketer**....."I suppose I'll have to get a driving licence now." - **Haile Gebrsilassie** (he hasn't used the last one yet!)

## LOWS

**Gwen Torrence's** disqualification from the 200m final (which she won) after stepping out of lane.....**Maria Mutola's** disqualification from the 800m for the same offence.....**Merlene Ottey's** lack of grace on benefitting from Torrence's disqualification - she claimed the American had 'cheated'....**Countless false starts** from an over-sensitive system.....The foul-up over the **women's marathon** course - and the organiser's less-than-forthright explanation.....The **unsuitable conditions** in which both marathons were run.....**Poor attendances** at the Ullevi Stadium - it was full only for one session of athletics.....The failure of the **Chinese women** to defend their Stuttgart titles.

Photos: INPHO

9 DAYS IN  
GOTHENBURG

# HIGHS & LOWS

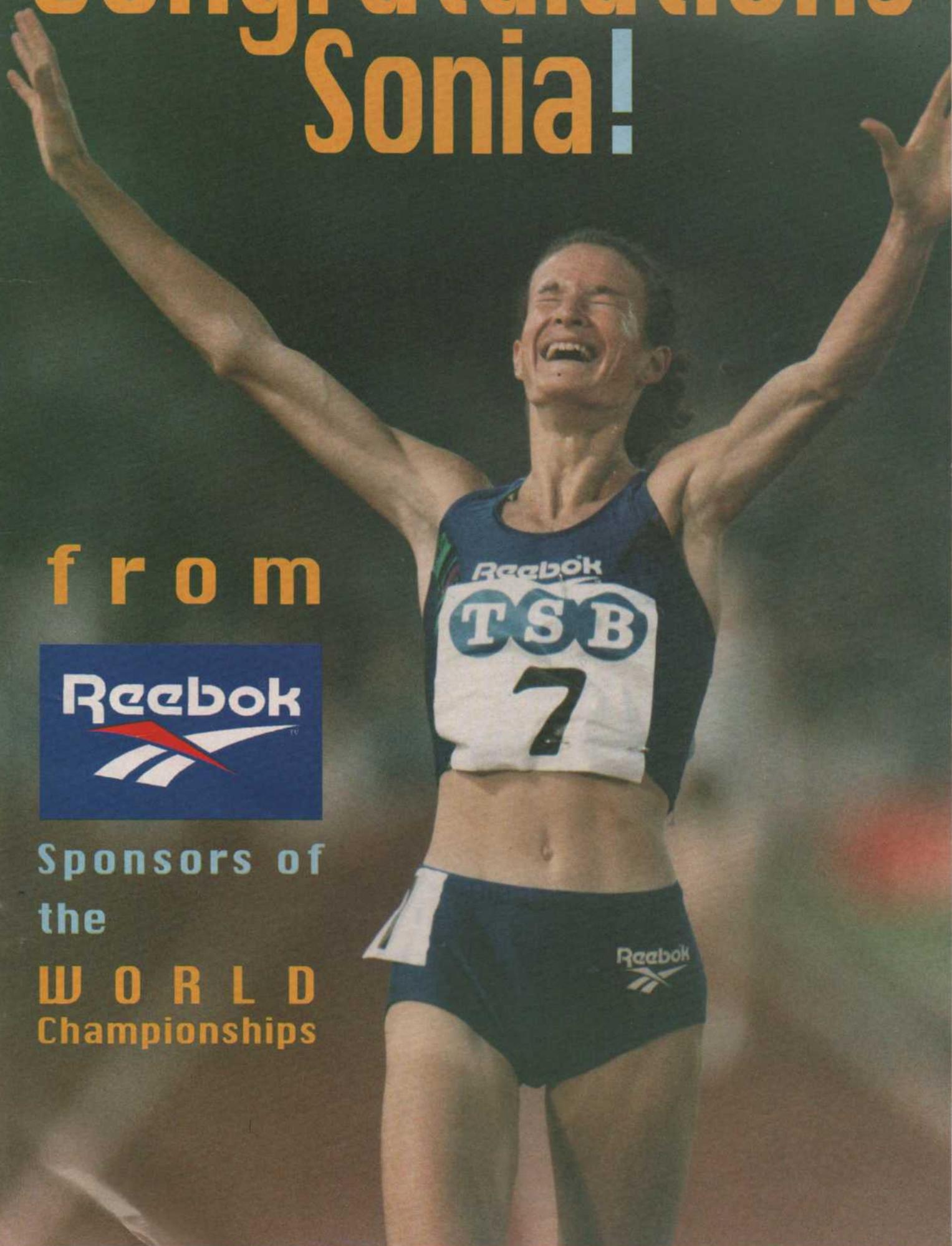
# Congratulations Sonia!

from



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the

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Championships



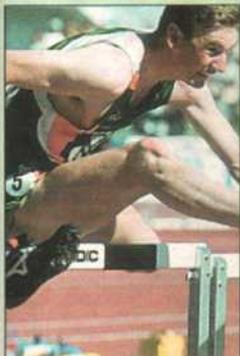
# THE LUCK OF THE IRISH



**SONIA O'SULLIVAN**  
5,000m. Winner, 14.46.47  
Ireland's greatest-ever female athlete, and there's more to come!



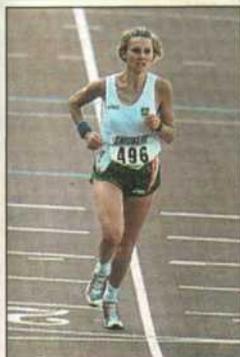
**NIALL BRUTON**  
1500m. 11th in Final, 3.39.15  
Lost focus after an excellent semi. Needs better concentration.



**SEAN CAHILL**  
110m Hurdles. 8th in Heat 1, 1st round, 14.33  
Disappointing time, but will have gained from the experience.



**MARK CARROLL**  
5000m. 12th in Final, 13.46.80  
Baptism of fire, but a real prospect for Atlanta and beyond.



**CATHY SCHUM**  
Marathon. 25th, 2.43.20  
A brave and creditable effort in tough conditions.



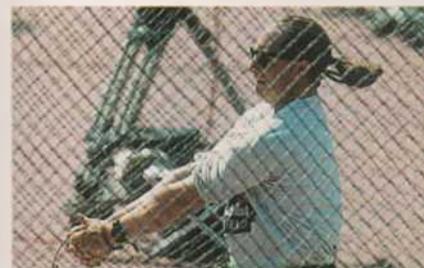
**TERRY MCHUGH** Javelin. 11th in Group B, 74.58. Dogged by injury. Remains just outside elite.



**MARK MANDY** High Jump. 16th in Qualifying Group A, 2.15 Below his best, but has the talent to return and improve.



**NOEL BERKELEY** 10,000m. 17th in Heat 2, 29.16.69 Disappointment for the DSD man. It may be time for the marathon.



**ROMAN LINSCHIED** Hammer. 17th in Group B, 68.34 Out of his depth, but this experience will help.



**NICK SWEENEY** Discus. 7th in Group B, 60.68 Injured, and did well to go this far after a blighted season. Can get back to the big time.

Photos: INPHO

**SINEAD DELAHUNTY**  
5,000m. 13th in Heat 3, 16.18.61  
Thrown in at the deep end. Can improve and progress.



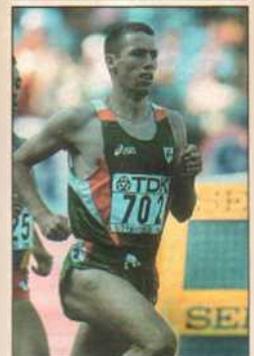
**CORMAC FINNERTY**  
5000m. 8th in Heat 3, 1st Round, 13.36.01  
Still lacks experience, but has a great future.



**DEIRDRE GALLAGHER** 10km Walk. 33rd, 46.00 (Irish Record)  
Set PB and is young enough to go on to the top.

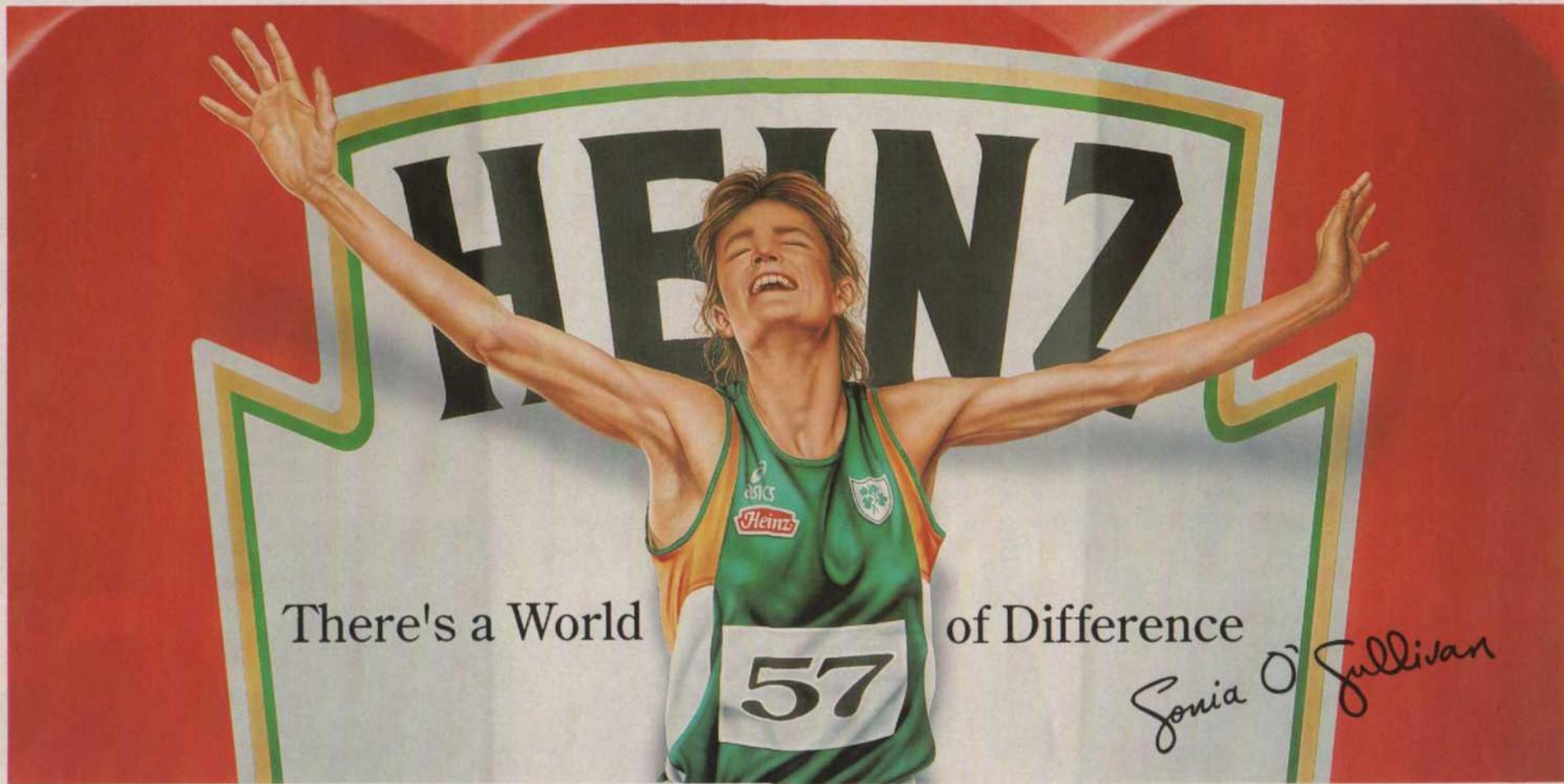


**DAVID MATTHEWS**  
800m. 4th in Heat 7, 1.46.52  
A quality performer who has the talent and confidence to do better.



**AISLING MOLLOY**  
800m. 6th in Heat 4, First Round, 2.04.15  
Disappointing. Needs to improve PB for this level of competition.





There's a World

of Difference

*Sonia O'Sullivan*

# 1995 WORLD ATHLETICS CHAMPIONSHIP RESULTS

## MEN 100m

1. Donovan Bailey, CAN 9.97; 2. Bruny Surin, CAN 10.03; 3. Ato Boldon, TRI 10.03 (NR); 4. Frank Fredericks, NAM 10.07; 5. Linford Christie, GBR 10.12.

## 200m

1. Michael Johnson, USA 19.79 (Championship Record); 2. Frank Fredericks, NAM 20.12; 3. Jeff Williams, USA 20.18 (PB); 4. Robson Da Silva, BRA 20.21; 5. Claudinei Da Silva, BRA 20.40.

## 400m

1. Michael Johnson, USA 43.39 (Championship Record); 2. Butch Reynolds, USA 44.22; 3. Greg Haughton, JAM 44.56 (PB); 4. Samson Kitur, KEN 44.71; 5. Mark Richardson, GBR 44.81 (PB).

## 800m

1. Wilson Kipketer, DEN 1.45.08; 2. Arthemisa Hatungimana, BUR 1.45.64; 3. Vebjorn Rodal, NOR 1.45.68; 4. Nico Motchebon, GER 1.45.97; 5. Brandon Rock, USA 1.46.42. **David Matthews, IRL 4th in Heat 7 - 1.46.52.**

## 1500m

1. Noureddine Morceli, ALG 3.33.73; 2. H El Guerrouj, MOR 3.35.28; 3. V Niyongabo, BUR 3.35.56; 4. R El Basir, MOR 3.35.96; 5. K Sullivan, CAN 3.36.73; 11. **N Bruton, IRL 3.39.15.**

## 5000m

1. Ismael Kirui, KEN 13.16.77; 2. Khalid Boulami, MAR 13.17.15; 3. Shem Kororia, KEN 13.17.59; 4. Smail Sghir, MAR 13.17.86; 5. Brahim Lahlafi, MAR 13.18.89; 12. **Mark Carroll, IRL 13.46.80; Cormac Finnerty, IRL 8th in Heat 3, 1st Round - 13.36.01.**

## 10,000m

1. Halle Gebrselassie, ETH 27.12.95 (Championship Record); 2. Khalid Skah, MAR 27.14.53 (NR); 3. Paul Tergat, KEN 27.14.70 (PB); 4. Salah Hissou, MAR 27.19.30 (PB); 5. Josephat Machuka, KEN 27.23.72 (PB); **Noel Berkeley, IRL 17th in Heat 2 - 29.16.69.**

## 3000m Steeplechase

1. Moses Kiptanui, KEN 8.04.16 (Championship Record); 2. Christopher Koskei, KEN 8.09.30; 3. Sa'ad Shaddad Al-Asmari, SAU 8.12.95 (AR); 4. Steffen Brand, GER 8.14.37 (PB); 5. Angelo Carosi, ITA 8.14.85.

## Marathon

1. Martin Fier, ESP 2.11.41; 2. Dionisio Ceron, MEX 2.12.13; 3. Luiz Dos Santos, BRA 2.12.49; 4. Peter Whitehead, GBR 2.14.08; 5. Alberto Juzgado, ESP 2.15.29.

## 4 x 100m

1. CANADA (Esmie, Gilbert, Surin, Bailey) 38.31; 2. AUSTRALIA (Henderson, Jackson, Brimacombe, Marsh) 38.50; 3. ITALY (Puggioni, Madonna, Cipolloni, Floris) 39.07; 4. JAMAICA (Beckford, Green, Gordon, Stewart) 39.10; 5. JAPAN (Suzuki, Ito, Inoue, Ito) 39.33.

## 4 x 400m

1. UNITED STATES (Ramsey, Mills, Reynolds, Johnson) 2.57.32; 2. JAMAICA (McDonald, Clarke,

McFarlane, Haughton) 2.59.88; 3. NIGERIA (Ekpeyong, Adejuyigbe, Monye, Bada) 3.03.18; 4. GREAT BRITAIN & NI (McKenzie, Hylton, Patrick, Black) 3.03.75; 5. POLAND (Rysiukiewicz, Januszewski, Mackowiak, Jedrusik) 3.03.84.

## 50km Walk

1. Valentin Kononen, FIN 3.43.42; 2. Giovanni Perricelli, ITA 3.45.11; 3. Robert Korzeniowski, POL 3.45.57; 4. Miguel Rodriguez, MEX 3.46.34; 5. Jesus Angel Garcia, ESP 3.48.05.

## 20km Walk

1. Michele Didoni, ITA 1.19.59 (PB); 2. Valentin Massana, ESP 1.20.23; 3. Yevgeniy Misyulya, BLR 1.20.48; 4. Ilya Markov, RUS 1.21.28; 5. Zewen Li, CHN 1.21.39.

## 110m Hurdles

1. Allen Johnson, USA 13.00 (PB); 2. Tony Jarrett, GBR 13.04; 3. Roger Kingdom, USA 13.19; 4. Jack Pierce, USA 13.27; 5. Kyle Vander-Kuyp, AUS 13.30; **Sean Cahill, 8th in Heat 1, 1st Round - 14.33.**

## 400m Hurdles

1. Derrick Adkins, USA 47.98; 2. Samuel Matete, ZAM 48.03; 3. Stephane Diagana, FRA 48.14; 4. Ruslan Mashchenko, RUS 48.83; 5. Sven Nylander, SWE 48.84.

## High Jump

1. Troy Kemp, BAH 2.37; 2. Javier Sotomayor, CUB 2.37; 3. Artur Partyka, POL 2.35; 4. Steve Smith, GBR 2.35/Steinar Hoen, NOR 2.35 (NR); **Mark Mandy, IRL 16th Group A 2.15.**

## Long Jump

1. Ivan Pedroso, CUB 8.70; 2. James Beckford, JAM 8.30 (NR); 3. Mike Powell, USA 8.29; 4. Georg Ackermann, GER 8.14; 5. Bogdan Tudor, ROM 8.01.

## Triple Jump

1. Jonathan Edwards, GBR 18.29 (World Record); 2. Brian Wellman, BER 17.62; 3. Jerome Romain, DMN 17.59; 4. Yoelvis Quesada, CUB 17.59; 5. Joel Garcia, CUB 17.16.

## Pole Vault

1. Sergey Bubka, UKR 5.92; 2. Maksim Tarasov, RUS 5.86; 3. Jean Galfione, FRA 5.86; 4. Okkert Brits, RSA 5.80; 5. Radion Gataullin, RUS 5.70.

## Javelin

1. Jan Zelezny, TCH 89.58; 2. Steve Backley, GBR 86.30; 3. Boris Henry, GER 86.08; 4. Raymond Hecht, GER 83.30; 5. Dag Wennlund, SWE 82.04. **Terry McHugh, IRL 11th in Group B - 74.58.**

## Discus

1. Lars Riedel, GER 68.76 (Championship Record); 2. Vladimir Dubrovshchik, BLR 65.98 (PB); 3. Vasily Kaptyukh, BLR 65.88; 4. Attila Horvath, HUN 65.72; 5. Jurgen Schult, GER 64.44. **Nick Sweeney, IRL 7th in Group B - 60.68.**

## Hammer

1. Andrey Abduvaliyev, TJK 81.56; 2. Igor Astapkovich, BLR 81.10; 3. Tibor Gecsek, HUN 80.98; 4.

Balazs Kiss, HUN 79.02; 5. Lance Deal, USA 78.66; **Roman Linscheid, IRL 17th Group B - 68.34.**

## Decathlon

1. Dan O'Brien, USA 8,695; 2. Eduard Hamalainen, BLR 8,489; 3. Mike Smith, CAN 8,419; 4. Erki Nool, EST 8,268; 5. Tomas Dvorak, TCH 8,236.

## Shot Putt

1. John Godina, USA 21.47; 2. Mika Halvari, FIN 20.93; 3. Randy Barnes, USA 20.41; 4. Aleksandr Bagach, UKR 20.38; 5. Brent Noon, USA 20.13.

## WOMEN

### 100m

1. Gwen Torrence, USA 10.85; 2. Merlene Ottey, JAM 10.94; 3. Irina Privalova, RUS 10.96; 4. Carlette Guidry, USA 11.07; 5. Zhanna Pintusevich, UKR 11.07.

### 200m

1. Merlene Ottey, JAM 22.12; 2. Irina Privalova, RUS 22.12; 3. Galina Malchugina, RUS 22.37; 4. Melanie Paschke, GER 22.60; 5. Silke-Beate Knoll, GER 22.66.

### 400m

1. Marie-Jose Perec, FRA 49.28; 2. Pauline Davis, BAH 49.96 (NR); 3. Jearl Miles, USA 50.00; 4. Cathy Freeman, AUS 50.60; 5. Fatima Yusuf, NGR 50.70.

### 800m

1. Ana Fidelia Quirot, CUB 1.56.11; 2. Letitia Vriesde, SUR 1.56.68 (AR); 3. Kelly Holmes, GBR 1.56.95 (NR); 4. Patricia Djate, FRA 1.57.04 (NR); 5. Meredith Rainey, USA 1.58.20; **Aising Molloy, IRL 6th in Heat 4 - First Round - 2.04.15.**

### 1500m

1. Hassiba Boulmerka, ALG 4.02.42; 2. Kelly Holmes, GBR 4.03.04; 3. Carla Sacramento, POR 4.03.79 (NR); 4. Angela Chalmers, CAN 4.04.74; 5. Lyudmila Borisova, RUS 4.04.78.

### 5000m

1. **Sonia O'Sullivan, IRL 14.46.47 (Championship Record);** 2. Fernanda Ribeiro, POR 14.48.54; 3. Zohra Ouaziz, MAR 14.53.77 (NR); 4. Gabriela Szabo, ROM 14.56.57 (NR); 5. Paula Radcliffe, GBR 14.57.02; **Sinead Delahunty, IRL 13th in Heat 3 - 16.18.61**

### 10,000m

1. Fernanda Ribeiro, POR 31.04.99; 2. Derartu Tulu, ETH 31.08.10; 3. Tecla Lorupe, KEN 31.17.66 (PB); 4. Maria Guida, ITA 31.27.82; 5. Elana Meyer, RSA 31.31.96.

### Marathon

1. Manuela Machado, POR 2.25.39 (PB); 2. Anuta Catuna, ROM 2.26.25 (NR); 3. Ornella Ferrara, ITA 2.30.11 (PB); 4. Malgorzata Sobanska, POL 2.31.10; 5. Ritva Lemettinen, FIN 2.31.19; 25. **Cathy Schum, IRL 2.43.20**

### 4 x 100m

1. UNITED STATES (Mondie-Milner, Guidry, Gaines, Torrence) 42.12; 2. JAMAICA (Duhaney, Cuthbert, McDonald, Ottey) 42.25; 3. GERMANY (Paschke, Lichtenhagen, Knoll, Becker) 43.01;

4. BAHAMAS (Clarke, Ferguson, Fynes, Davis) 43.14; 5. FRANCE (Singa, Banque, Girard, Combe) 43.35.

### 4 x 400m

1. UNITED STATES (Graham, Stevens, Jones, Miles) 3.22.39; 2. RUSSIA (Chebykina, Goncharenko, Sotnikova, Andreyeva) 3.23.98; 3. AUSTRALIA (Naylor, Poetschka, Gainsford, Freeman) 3.25.88; 4. GERMANY (Janke, Knoll, Kisabaka, Rohlander) 3.26.10; 5. GREAT BRITAIN & NI (Neef, Llewellyn, Hanson, Oladapo) 3.26.89.

### 10km Walk

1. Irina Stankina, RUS 42.13 (Championship Record); 2. Elisabetta Perrone, ITA 42.16; 3. Yelena Nikolayeva, RUS 42.20 (PB); 4. Sari Essayah, FIN 42.20 (NR); 5. Larisa Ramazanova, RUS 42.25; 33. **Deirdre Gallagher, IRL 46.00 (Irish record).**

### 100m Hurdles

1. Gail Devers, USA 12.68; 2. Olga Shishigina, KZK 12.80; 3. Yuliya Graudyn, RUS 12.85; 4. Tatyana Reshetnikova, RUS 12.87; 5. Julie Baumann, SUI 12.95.

### 400m Hurdles

1. Kim Batten, USA 52.61 (World Record); 2. Tonja Buford, USA 52.62 (PB); 3. Deon Hemmings, JAM 53.48 (NR); 4. Heike Meissner, GER 54.86; 5. Tatyana Tereshchuk, UKR 54.94.

### High Jump

1. Stefka Kostadinova, BUL 2.01; 2. Alina Astafei, GER 1.99; 3. Inga Babakova, UKR 1.99; 4. Tatyana Motkova, RUS 1.96; 5. Tatyana Shevchik, BLR 1.96.

### Long Jump

1. Fiona May, ITA 6.98; 2. Niurka Montalvo, CUB 6.86; 3. Irina Mushailova, RUS 6.83; 4. Olga Rublyova, RUS 6.78; 5. Valentina Ucheddu, ITA 6.76.

### Triple Jump

1. Inessa Kravets, UKR 15.50 (World Record); 2. Iva Prandzheva, BUL 15.18 (NR); 3. Anna Biryukova, RUS 15.08; 4. Inna Lasovskaya, RUS 14.90; 5. Rodica Petrescu, ROM 14.82.

### Javelin

1. Natalya Shikolenko, BLR 67.56; 2. Felicia Tilea, ROM 65.22; 3. Mikaela Ingberg, FIN 65.16 (PB); 4. Heli Rantanen, FIN 65.04 (PB); 5. Joanna Stone, AUS 63.74 (PB).

### Discus

1. Ellina Zvereva, BLR 68.64; 2. Ilke Wyludda, GER 67.20; 3. Olga Chernyavskaya, RUS 66.86; 4. Maritza Marten, CUB 64.36; 5. Natalya Sadova, RUS 62.60.

### Heptathlon

1. Ghada Shouaa, SYR 6,651; 2. Svetlana Moskalets, RUS 6,575; 3. Rita Inancsi, HUN 6,522; 4. Eunice Barber, SLE 6,340; 5. Kym Carter, USA 6,329.

### Shot Putt

1. Astrid Kumbernuss, GER 21.22 (PB); 2. Zhihong Huang, CHN 20.04; 3. Svetla Mitkova, BUL 19.56; 4. Kathrin Neimke, GER 19.30; 5. Xinmei Sui, CHN 19.09.



## Bislett Games Results

(report on page 16):

### MEN

**100m:** 1. L. Christie (GBR) 10.12; 2. D. Powell (JAM) 10.15; 3. O. Adeniken (NGR) 10.19; 4. D. Mitchell (USA) 10.19.

**200m:** 1. G. Moen (NOR) 20.40; 2. S. Wariso (GBR) 20.58; 3. P. Stevens (BEL) 20.60; 4. J. Williams (USA) 20.66.

**400m:** 1. M. Johnson (USA) 43.86 (SR); 2. H. Reynolds (USA) 44.24; 3. M. Richardson (GBR) 45.06; 4. S. Kilur (KEN) 45.23.

**800m:** 1. W. Kipketer (DEN) 1:43.98; 2. J. Tengelei (KEN) 1:44.74; 3. V. Rodal (NOR) 1:44.78; 4. S. Langat (KEN) 1:44.88.

**1500m:** 1. V. Niyongabo (BUR) 3:30.78; 2. H. El Guerrouj (Mar) 3:31.53; 3. S. Holman (USA) 3:32.04; 4. Kemei (KEN) 3:33.80. M. O'Sullivan (IRE) abandoned.

**3,000m:** 1. D. Baumann (GER) 7:33.56 (NR); 2. P. Bitok (KEN) 7:34.50; 3. S. Sghir (MAR) 7:35.51; 4. E. E. Barngetuny (KEN) 7:37.68. F. O'Mara (IRE) abandoned.

**5,000m:** 1. S. Kororia (KEN) 13:05.72; 2. W. Sigei (KEN) 13:06.15; 3. J. Machuka (KEN) 13:07.02; 4. D. Komen (KEN) 13:07.39. 10. C. Finnerty (IRE) 13:29.84. P. Donovan (IRE) abandoned.

**110m hurdles:** 1. T. Jarrett (GBR) 13.31; 2. C. Hawkins (USA) 13.39; 3. I. Kovac (SVK) 13.43; 4. T. Reese (USA) 13.49.

**3,000m:** SC.1. M. Kiptanui (KEN) 8:03.36 (SR); 2. P. Sang (KEN) 8:13.02; 3. B. Barmasai (KEN) 8:14.70; 4. J. Keter (KEN) 8:19.43.

**High Jump:** 1. J. Sotomayor (CUB) 2.31; 2. S. Smith (GBR) 2.31; 3. T. Barton (USA) 2.28; 4. T. Kemp (BAH) 2.24; 5. S. Hoen (NOR) 2.24.

**Javelin:** 1. R. Hecht (GER) 92.60 (SR); 2. J. Zelezny (TCH) 89.30; 3. S. Backley (GBR) 86.46; 4. M. Hill (GBR) 84.14.

### WOMEN

**200m:** 1. G. Torrence (USA) 22.36; 2. M. Ottey (JAM) 22.66; 3. M. Gainsford (AUS) 22.79; 4. C. Freeman (AUS) 22.92.

**3,000m:** 1. S. O'Sullivan (IRE) 8:34.31; 2. G. Procaccio (USA) 8:45.17; 3. Anna Brzezinska (POL); 4. A. Chalmers (CAN) 8:52.25.

**5,000m:** 1. L. Jennings (USA) 15:18.30; 2. M. Bastos (POR) 15:18.76; 3. L. Cheromei (KEN) 15:20.18; 4. D. Asiago (KEN) 15:21.78. 13. C. McKiernan (IRE)

15:44.23.

**100m hurdles:** 1. L. Solli (NOR) 13.17; 2. M. Campbell (GBR) 13.24; 3. J. Flemming (AUS) 13.56; 4. B. Stahli (SUI) 13.63.

**400m hurdles:** 1. M. - J. Perec (FRA) 53.92; 2. D. Hennings (JAM) 54.53; 3. Kim Batten (USA) 54.71; 4. T. Buford (USA) 54.9.

**Javelin:** 1. N. Shikolenko (BLR) 68.36; 2. Trine Hattestad (NOR) 65.44; 3. T. Damaske (GER) 64.48; 4. F. Tilea (ROM) 64.46.

**Discus:** 1. I. Wyludda (GER) 68.54; 2. M. Bergmann (NOR) 68.24; 3. N. Grasu (ROM) 62.56; 4. L. Vizaniari (AUS) 61.84.

**High Jump:** 1. A. Astafei (GER) 1.96; 2. A. Acuff (USA) 1.96; 3. H. Haugland (NOR) 1.93; 4. Y. Tochina (RUS) 1.90.

**Triple Jump:** 1. A. Biryukova (RUS) 14.38; 2. G. Chistyakova (RUS) 14.17; 3. V. Naeris (EST) 14.01; 4. N. Kayukova (RUS) 13.98.

## National Junior & U.23 Championships, Tullamore 25 June

### Junior Men 100m

1. Paul Brizzell, Ballymena & Antrim 10.76; 2. Paul Pearce, AUS 10.78; 3. Kevin Cogley, DMP 10.79.

### 200m

1. Paul Brizzell, Ballymena & Antrim 21.6; 2. Paul Pearce, AUS 21.9; 3. Derek Gilbane, Carrick-on-Shannon 22.7.

### 400m

1. Brad Jameson, AUS 47.9; 2. Kieran Gallagher, AUS 48.3; 3. Robbie Lynch, AUS 49.2.

### 800m

1. Chris Jones, AUS 1.53.52; 2. Toby Watson, AUS 1.53.70; 3. Darren Dinneen, Leevale 1.55.99.

### 1500m

1. Lary Morrissey, Ferrybank 4.02.7; 2. Gearoid O'Connor, Rathfarnham 4.04.2; 3. Eugene O'Neill, Crusaders 4.04.7.

### 5000m

1. Keith Kelly, Boyne 15.10.5; 2. Paul Treacy, East Cork 15.48.7; 3. Errol Brennan, Lucan Hrs 16.51.8.

### 3000m Steeplechase

1. Robert McCormac, Limerick 10.03.5; 2. Ian McDonald, Sligo 10.08.9; 3. Dave Turner, Roscommon Hrs 10.14.8.

### 110m Hurdles

1. Trevor McGlynn, Strabane 15.1; 2. Derek Hayes, West Waterford 15.1; 3. Nicholas Ring, DSD 16.2.

### 400m Hurdles

1. Nicholas Ring, DSD 56.19; 2.

Kenneth Treacy, Midleton 56.84; 3. Colm Farry, Corran 57.30.

### 10K Walk

1. Jamie Costin, West Waterford 46.16.82; 2. Joe Ryan, Mullingar Hrs 47.43.04; 3. Brian O'Donnell, St. Finians 51.17.06.

### Long Jump

1. Dean Stevens, AUS 7.10; 2. Paul Dibella, AUS 7.01; 3. Gareth Devlin, Cuchulainn 6.63.

### High Jump

1. Shannon Craven, AUS 2.06; 2. Joseph Fishburn, AUS 2.00; 3. Liam Kelly, St. Abbans 1.90.

### Triple Jump

1. Grant Bransgrove, AUS 13.66; 2. Liam Kelly, St. Abbans 13.39; 3. Darragh O'Farrell, Borrisokane 12.96.

### Shot Putt

1. Clay Cross, AUS 16.25; 2. Jason Flynn, KCK 13.32; 3. David Matthew, Ballymena & Antrim 11.67.

### Discus

1. Paul Vari, AUS 46.74; 2. Jason Flynn, KCK 40.58; 3. Aiden Ahern, Waterford 38.38.

### Javelin

1. Andrew Hawthorne, AUS 58.68; 2. David Matthew, Ballymena & Antrim 53.70; 3. Mark Hayes, Na Fianna 48.92.

### Hammer

1. Jeff Ayres, AUS 53.76; 2. Lorcan Capenter, Crusaders 49.28; 3. Hugh Kennedy, DSD 48.02.

### Pole Vault

1. Matt Filsell, AUS 5.00; 2. Steven Levitzke, AUS 4.40; 3. Fergal O'Connell, Grange Woodbine 3.80.

### 32lb Distance

1. Paul Vari, AUS 8.74; 2. Hugh Kennedy, DSD 7.43; 3. Mark Holden, Kilkenny City Hrs 6.40.

### Junior Women 100m

1. Mindy Slomka, AUS 12.14; 2. Lena Barry, Emerald 12.32; 3. Nicola Moore, DCH 12.41.

### 200m

1. Karen Shinkins, Newbridge 25.0; 2. Mindy Slomka, AUS 25.1; 3. Nicola Moore, DCH 25.7.

### 400m

1. Kylie Watkins, AUS 56.3; 2. Rosemary Hayward, AUS 56.3; 3. Zoe Arnold, Lagan Valley 58.3. 800m

1. Alison Chui, AUS 2.12.44; 2. Elizabeth Gallagher, Dunboyne 2.14.92; 3. Catriona O'Brien, Rathfarnham 2.18.68.

### 1500m

1. Mary Jane Harding, AUS 4.47.0; 2. Denise Brady, Rathfarnham 4.51.4; 3. Majella Loftus, Claremorris 4.57.2.

### 5000m

1. Niamh Kissane, St. Brendan's

19.18.1; 2. Fiona McGann, Trim 19.28.5.

### 5K Walk

1. Gillian O'Sullivan, Farranfore Maine Valley 24.39.4; 2. Rosalie Comerford, Kilkenny City Hrs 26.33.3; 3. Roisín O'Callaghan, Newbridge 29.44.2.

### 100m Hurdles

1. Nicole Gale, AUS 13.8; 2. Grainne Redmond, Cushinstown 14.4; 3. Nicola Farrell, Claremorris 15.4.

### 400m Hurdles

1. Josephine Fowley, AUS 60.55; 2. Mandy Bloomer, Mountmellick 63.51; 3. Gail Doyle, Inbhear Dea 67.51.

### Long Jump

1. Natalie St. Jack, AUS 5.58; 2. Grainne O'Mahony, Claremorris 5.46; 3. Sara Goode, Cushinstown 5.34.

### Triple Jump

1. Patricia Cahill, Lismore 10.71; 2. Sinead Moffat, Ballina 10.20; 3. Siobhan McSweeney, Carrick-on-Shannon 10.18.

### High Jump

1. Louise McGloin, Ayrfield 1.63; 2. Sharon Kinsella, St. Abbans 1.60; 3. Deirdre Ryan, Claremorris 1.60.

### Shot Putt

1. Debra Turnbull, AUS 12.84; 2. Antoinette Moore, Rathfarnham 11.53; 3. Nicola Coffey, Navan 11.29.

### Discus

1. Monique Nacsa, AUS 46.64; 2. Debra Turnbull, AUS 43.10; 3. Clare Thompson, Slaney Olym 34.71.

### Javelin

1. Catherine Burke, Nenagh Olym 32.14; 2. Malisa Collins Loughrea 30.56; 3. Ruth McCabe, Boyne 27.66.

### Hammer

1. Lyndelle Taylor, AUS 51.32; 2. Brenda Macn'Ton, AUS 51.22; 3. Clare Thompson, Slaney Olym 37.22.

## Nestle All-Ireland Schools' Track & Field Championships Tullamore 3 June

### By Liam Moggan

Five new records, a double team success for St. Augustine's, Dungarvan and the ninth Junior hammer title in a decade for Roscrea were just some of the talking points after the splendid Nestle Irish Schools Championships took place in Tullamore on the sun-splattered Saturday of June 3rd.

Local interest was well catered

for when James Nolan and Ann Marie Larkin both struck gold. Nolan bid adieu to these championships by bagging his fourth championship gold when winning a competitive Senior 800m. Ann Marie guaranteed local support for another era by dominating her Inter 3000m event.

Jamie Costin, Neil Young and Ciaran McDonagh all set records in the Senior Boys category. Costin completed a full set of Junior (1991), Inter ('93) and Senior titles with a 12.32.74, 3000m walk performance. National Senior pole vault champion Neil Young entered the fray when the opposition were already out and cleared the new record 4.50m with his second attempt. Jonathan Kron held all three long jump records until McDonagh came of age this season.

McDonagh's good form continued and he broke the sand at 7.50m to add 15 cm to the old mark.

Kilkenny's Fiona Norwood brings a breath of fresh air to her events. A 300m double on the flat and over the hurdles was polished with a record flat time of 40.48 secs. Damien McDaid erased the 15 year old record of Terry McHugh with a wonderful 59.58m Inter javelin throw.

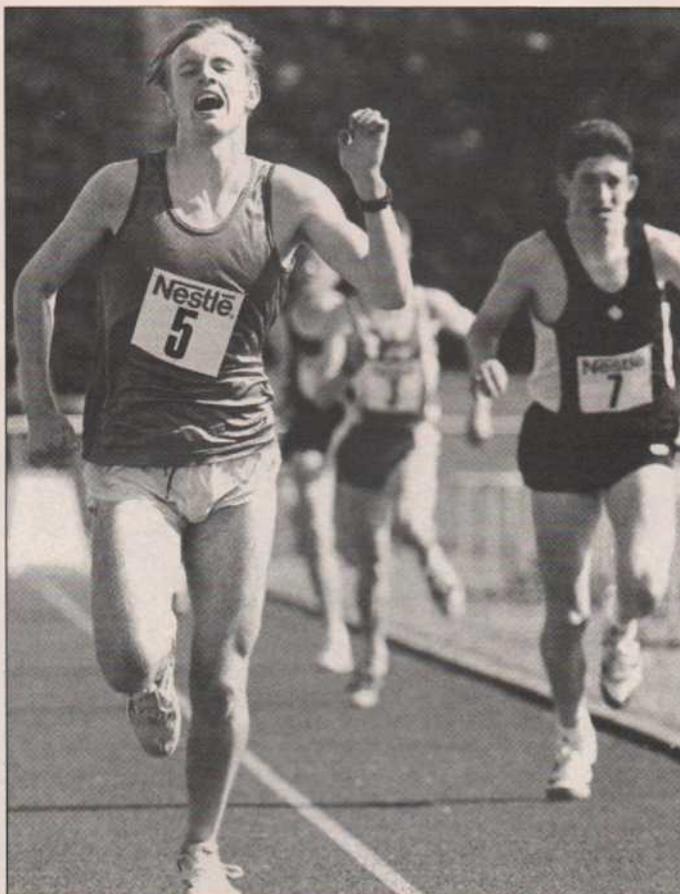
Brian Liddy was powerful in Senior one lap races. Remarkably, both races had four of the 1994 gold medallists in the line-up. Despite the tough competition the Glenstal lad won impressively. Other track doubles were completed by Grainne Redmond, Ciara Sheehy, Gareth Rossi and Paul Brizzell.

Elsewhere in the middle distance events great performances by Alan Dunleavy (Senior 5000m), the Walker brothers (first and second in Senior 1500m), Maria Lynch (Inter 1500m), Jennifer Grant (Inter 800m) and Jill Hodgins (Senior 3000m) left special guest Frank O'Mara in little doubt that the future is in good hands.

Gavin Duffy, representing Cistercian College, Roscrea won the Junior Hammer. In itself this was not eye-catching, but it was the ninth time in the last ten years that an athlete under the tutelage of Pat Creagh has won this event. That's nine titles with nine different athletes. Beat that!

Another coach doing inspirational work is Bro. Lennon. His teams from St. Augustine's College, Dungarvan won both the Intermediate and Senior Boys overall titles and thus captured the prestigious College of Science Trophy for the fourth time ever.

Behind the scenes and out of sight of the medal podium were many other young athletes who by participating and striving to



**Graham O'Dwyer wins from Gary Turnbull at Tullamore.**

maximise their talent contributed hugely to making these championships a wonderful spectacle. They too will have their day. The officials, parents, teachers and coaches who offer the necessary support to all the young athletes are deserving of great credit and represent a solid, healthy bedrock for Irish athletics.

#### Senior Boys

##### 100m

1. Paul Brizzell, Niefhe, Ballymena 10.8; 2. Ciarain McDonagh, Colaiste Ide, Finglas 11.1; 3. Derek Gilbane, Carrick CS 11.1;

##### 200m

1. Paul Brizzell, Niefhe, Ballymena 21.86; 2. Robert Daly, St. Mary's, Rathmines 22.49; 3. Derek Gilbane, Carrick CS 22.57;

##### 400m

1. Brian Liddy, Glenstal Abbey 49.39; 2. Darren Hough, Mercy, Ballymote 49.63; 3. Duncan Landrum, Ballyclare HS 50.84;

##### 800m

1. James Nolan, Ashfield College 1.52.12; 2. Richard Girvan, Belfast Tech. Coll. 1.52.86; 3. John Rogan, East Down Inst. 1.57.16;

##### 1500m

1. Andrew Walker, Patrician, Newbridge 3.57.59; 2. Kevin Walker, Patrician, Newbridge 3.59.04; 3. Derek Murphy, Col. Chiarain, Leixlip 4.01.96;

##### 5000m

1. Alan Dunleavy, Blackrock

15.04.91; 2. Gary Hynes, Coolmine CS 15.09.43; 3. Thomas Carey, Ard Scoil Ris, Limerick 15.15.64;

##### 110m Hurdles

1. Derek Hayes, St. Augustine's, Dungarvan 14.83; 2. Trevor McGlynn, STBFE 15.09; 3. Nicholas Ring, Inchicore VS 15.34;

##### 400m Hurdles

1. Brian Liddy, Glenstal Abbey 55.40; 2. James Matthews, Terenure College 56.40; 3. David Kearns, St. Finians's CC, Swords 56.78;

##### 2000m Steeplechase

1. Conor McVeigh, East Down Inst. 6.08.53; 2. Eugene O'Neill, St. Michael's 6.11.62; 3. Robert McCormack, Crescent CC 6.15.54;

##### 4 x 100m Relay

1. Ballyclare HS 43.32; 2. St. Mary's Rathmines 44.08; 3. Clonkeen College 44.11;

##### 3000m Walk

1. Jamie Costin, Dungarvan CBS 12.32.74 (R); 2. Joe Ryan, Carmelite, Moate, 12.47.23; 3. Brian O'Heffernain, Falcarragh 13.47.83;

##### High Jump

1. Adam Smith, MCB 1.90; 2. Seamas Byrne, CBS Carlow 1.85; 3. Derek Hayes, St. Augustine's, Dungarvan 1.85;

##### Long Jump

1. Ciaran McDonagh, Colaiste Ide, Finglas 7.50 (R); 2. Darragh O'Farrell, Borrisokane VS 6.87; 3. Brian Kelly, St. Mary's,

Magherafelt 6.81;

##### Triple Jump

1. Adam Smith, MCB 14.03; 2. David Murphy, DLS Waterford 13.71; 3. David Greene, Ballyclare HS 13.37;

##### Pole Vault

1. Neil Young, RBAI 4.50 (R); 2. Fergal O'Connell, St. Paul's, Raheny 4.00; 3. Julian Hecksher, St. Michael's 3.80;

##### Shot

1. Jason Flynn, St. Augustine's, Dungarvan 14.64; 2. John Howard, Cookstown HS 14.25; 3. Mark Rogan, Blackrock 14.07;

##### Discus

1. John Howard, Cookstown HS 42.36; 2. Jason Flynn, St. Augustine's, Dungarvan 41.22; 3. Nigel Travers, Belvedere 39.44;

##### Javelin

1. David Matthew, Coleraine AI 53.68; 2. Billy Treacy, Clongowes 53.42; 3. John Hannon, Mercy, Ballymote 52.58;

##### Hammer

1. George Eyres, Belvedere 55.80; 2. John Thompson, Roscrea 54.36; 3. Hugh Kennedy, Blackrock 52.90;

#### Senior Girls

##### 100m

1. Nicola Moore, Inchicore VS 12.58; 2. Susan Mary Douglas, Upper Bann Inst., Banbridge 12.74; 3. Catherine Teehan, H.F., Newbridge 12.85;

##### 200m

1. Susan Mary Douglas, Upper Bann Institute 25.41; 2. Zoe Arnold, Wellington College 25.60; 3. Niamh McGlynn, St. MacDara's 25.98;

##### 400m

1. Jennifer McKenna, Maryfield 57.15; 2. Zoe Arnold, Wellington College 57.25; 3. Claire Hill, Limavady GS 57.59;

##### 800m

1. Caitriona O'Brien, Our Lady's, Templeogue 2.16.04; 2. Laura Coleman, Inst. Ed. 2.19.97; 3. Kelly McNeice, Lisburn CFE 2.20.75;

##### 1500m

1. Margaret Danaher, St. Mary's, Templemore 4.47.4; 2. Denise Brady, Inchicore VS 4.47.7; 3. Marie Treacy, St. Aloysius, Cork 4.49.4;

##### 3000m

1. Jill Hodgins, School of Comm., Cork 10.44.54; 2. Orla O'Mahony, Col. Muire, Ennis 10.45.95; 3. Niamh Kissane, Pres. Tralee 10.59.64;

##### 100m Hurdles

1. Cathy Winter, Holy Faith, Clontarf 15.64; 2. Maoliosa Hynes, St. Raphael's, Loughrea 16.03; 3. Regina Igoe, Loreto Wexford 16.17;

##### 400m Hurdles

1. Mandy Bloomer, Inchicore VS 61.76; 2. Maoliosa Hynes, St. Raphael's, Loughrea 66.48; 3. Roisin Condron, St. Leo's, Carlow

66.57;

#### Relay

1. Inchicore 49.64; 2. Holy Faith, Newbridge 49.91; 3. Mercy Ballinasloe 50.37;

#### 3000m Walk

1. Rosalie Comerford, Pres. Kilkenny 15.08.08; 2. Clare Mansfield, Castlecomer CS 17.12.53; 3. Sylvia Lennon, Pres. Kilkenny 17.51.09.

#### High Jump

1. Deirdre Ryan, Mercy, Claremorris 1.63; 2. Rachel McMillan, St. Josephs, Borrisoleigh 1.63; 3. Louise McGloin, Manor House, Raheny 1.62;

#### Long Jump

1. Sinead Moffat, Mercy, Ballina 5.44; 2. Catherine Teehan, Holy Family, Newbridge 5.43; 3. Siobhain McWeeney, Carrick VS 5.41;

#### Shot

1. Nicola Coffey, Kells CS 12.00; 2. Lorraine Comiskey, Fermanagh 11.45; 3. Catherine Burke, Borrisokane VS 10.12;

#### Discus

1. Rita Renehan, Athboy, 40.04; 2. Caroline Johnson, Wesley 40.02; 3. Nicola Coffey, Kells CS 34.34;

#### Javelin

1. Catherine Burke, Borrisokane VS 37.38; 2. Carol Costelloe, Colaiste Ide, Finglas 37.24; 3. Leanna Tutty, Mercy, Waterford 36.94.

### Kellogg's Bran Flakes/BLE National Senior Championships, Santry

15 & 16 July

#### Men 100m

1. Ian Craig, Annadale Striders 10.67; 2. Gary Ryan, Nenagh Olympic 10.80; 3. Kevin Cogley, DMP 10.86; 4. Jeff Pamplin, DCH 10.87; 5. Paul Brizzell, Ballymena 10.87; 6. Patrick Bergin, Australia 10.90.

#### 200m

1. Mark Allen, Annadale Striders 21.35; 2. Gary Ryan, Nenagh Olym 21.66; 3. Paul Brizzell, Ballymena 21.88; 4. Kevin Cogley, DMP 21.92; 5. Jonathan Anderson, Annadale Striders 22.64; 6. Patrick Connolly, Liffey Valley 23.25.

#### 400m

1. Stephen Newman, DCH 47.93; 2. Anthony Foran, Clonliffe Hrs 48.08; 3. Paul Kelleher, Bandon 48.61; 4. Bryan McCoy, Ballymena & Antrim 48.80; 5. Ciaran Fitzpatrick, DSD 49.10; 6. Darren Hough, Corran 49.50.

#### 800m

1. David Matthews, UCD 1.47.87; 2. Daniel Caulfield, DCH 1.48.72; 3. Niall Bruton, Clonliffe Hrs 1.49.31; 4. John Hayes, Raheny Shamrocks 1.49.79; 5. James Nolan, Unattached 1.49.81; 6.

Des English, DSD 1.50.12.

#### 1500m

1. Mark Carroll, Leevale 3.39.67; 2. Cormac Finnerty, Mullingar Hrs 3.40.77; 3. Ken Nason, Leevale 3.44.42; 4. Phil Healy, Ballydrain Hrs 3.47.22; 5. Enda Fitzpatrick, DCH 3.47.97; 6. Andrew Walker, Newbridge 3.49.85.

#### 5000m

1. Frank O'Mara, Limerick 13.45.79; 2. Seamus Power, Kilmurray/brickane 13.50.31; 3. David Burke, Mullingar Hrs 13.56.32; 4. John Downes, Donore Hrs 13.58.45; 5. Bobby Farren, Sparta 14.00.81; 6. John Burke, Mullingar Hrs 14.18.36.

#### 10,000m

1. Noel Berkeley, DSD 29.55.57; 2. Gerry Curtis, Donore Hrs 30.23.04; 3. Noel Richardson, Donore Hrs 30.28.30; 4. Tom McGrath, Mullingar Hrs 30.31.05; 5. Gerry McGrath, DSD 30.35.13; 6. Richard Mulligan, Clonliffe Hrs 31.02.79.

#### 110m Hurdles

1. Sean Cahill, Cushinstown 14.40; 2. Peter Coghlan, Crusaders 14.62; 3. Ciaran McCarthy, Crusaders 16.08; 4. Kieran Scully, Bandon 17.69.

#### 400m Hurdles

1. Tom McGuirk, DCH 50.97; 2. Brian Liddy, Marian 52.94; 3. Stephen Flavin, DSD 53.19; 4. Niall Dunne, Crusaders 53.42; 5. Nicholas Ring, DSD 53.72; 6. Nigel Keogh, Blackheath Hrs 54.33.

#### 3000m Steeplechase

1. John Murray, DCH 9.03.34; 2. Kieran Stack, Nth Cork 9.03.93; 3. Charlie Gallagher, Letterkenny 9.09.48; 4. Richard Brabazon, Newbridge 9.23.57; 5. Garry Crossan, Letterkenny 9.24.49; 6. Ben Brady, Raheny Shamrocks 9.38.61.

#### 10K Walk

1. Michael Casey, Sligo 41.30.73; 2. Jimmy McDonald, DCH 42.19.35; 3. Pierce O'Callaghan, UCD 42.25.33; 4. Bobby O'Leary, Clonliffe Hrs 42.58; 5. Jamie Costin, West Waterford 44.27.77; 6. Michael Lane, Mullingar Hrs 44.56.73.

#### Junior Men 3000m

1. Alan Dunleavy, DSD 8.26.59; 2. Gary Hynes, Metro/St Brigid's 8.32.98; 3. Keith Kelly, Boyne 8.34.20; 4. Eugene O'Neill, Crusaders 8.49.02; 5. Leroy Brady, Armagh 8.54.05; 6. Karl Byrne, Donore Hrs 8.55.38.

#### 56lb Height

1. Pat Maher, Brow Rangers 4.50; 2. John Menton, Donore Hrs 4.05; 3. Paul Quirke, Crusaders 4.50.

#### Hammer

1. Roman Linscheid, Donore Hrs 69.00; 2. Patrick McGrath, Raheny Shamrocks 64.74; 3. Conor McCullough, Crusaders 61.30.

#### Shot Putt

1. Paul Quirke, Crusaders 17.04; 2. Terry McHugh, DCH 14.68; 3. John Farrelly, DSD 14.44.

#### Discus

1. Nick Sweeney, DSD 57.42; 2. Paul Quirke, Crusaders 49.14; Gerard Nagle, UCD 47.06.

#### Javelin

1. Terry McHugh, DCH 71.76; 2. Sean Murray, Klub Keihus 65.94; 3. Dean Smahon, Lisburn 61.68.

#### High Jump

1. Mark Mandy, Cannock & Stafford 2.13; 2. Kevin Keane, DCH 2.13; 3. Antoine Burke, UCD 2.10.

#### Long Jump

1. Jonathan Kron, DCH 7.73; 2. Ciaran McDonagh, Fr Murphys 7.53; 3. Patrick Bergin, Australia 6.93.

#### Pole Vault

1. Neil Young, Lisburn 4.80; 2. John Hallissey, Ferrybank 4.70; 3. Alan Burke, Hounslow 4.50.

#### 56lb Distance

1. John Menton, Donore Hrs 8.33; 2. Seamus Fitzpatrick, Nth Laois 7.64; 3. John Farrelly, DSD.

#### Triple Jump

1. Michael McDonald, Border 14.22; 2. Liam Kelly, St Abban's 13.34; 3. Sean Lonergan, Kilkenny City Hrs 13.27.

#### Women

#### 100m

1. Michele Carroll, Crusaders 11.83; 2. Emer Haastrup, Clonliffe Hrs 12.20; 3. Lena Barry, Emerald 12.31; 4. Niamh McGlynn, West Dublin 12.46; 5. Audrey Farrelly, Clonliffe Hrs 12.53; 6. Ann Marie Lynch, Finn Valley 12.56.

#### 200m

1. Michele Carroll, Crusaders 24.46; 2. Emer Haastrup, Clonliffe Hrs 24.84; 3. Clare O'Connor, Lisburn 25.10; 3. Jacqui Stokes, Ferrybank 25.10; 5. Karen Shinkins, Newbridge 25.55; 6. Antoinette Furlong, DMP 25.64.

#### 400m

1. Michele Carroll, Crusaders 54.18; 2. Emma Nicholson, DCH 54.26; 3. Clare Hill, Sparta 56.31; 4. Patricia O'Cleirigh, Clonliffe Hrs 58.07; 5. Michelle Given, Lifford 59.39; 6. Kerry Dillon, Waterford 59.65.

#### 800m

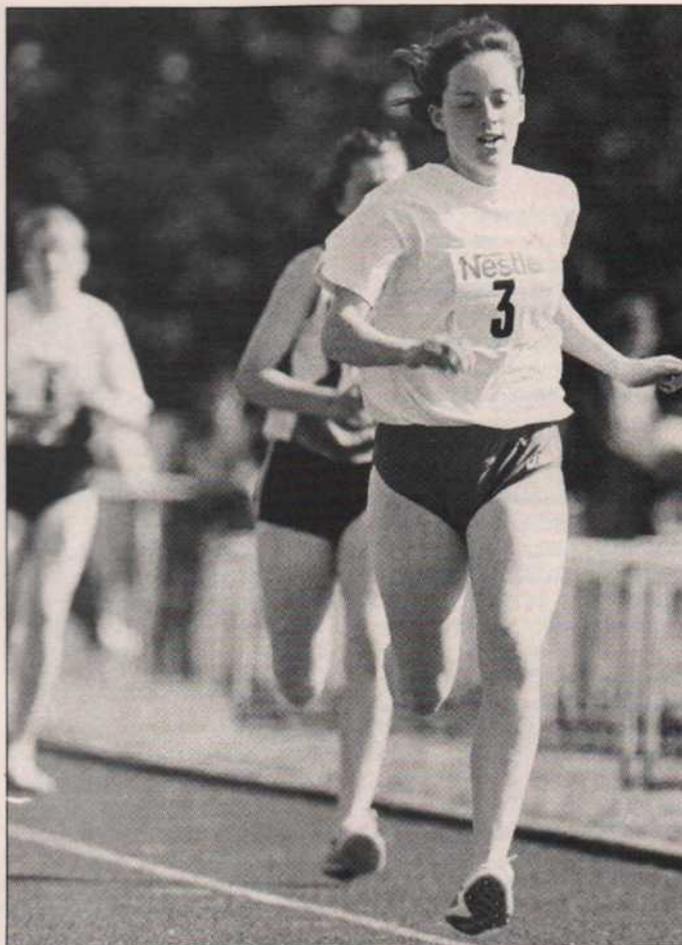
1. Aisling Molloy, DSD 2.03.51; 2. Freda Davern, UCC 2.08.09; 3. Elizabeth Gallagher, Dunboyne 2.09.89; 4. Siobhan Browne, Clonliffe Hrs 2.11.04; 5. Mary Ann Harring, New Balance 2.11.86; 6. Mary McKenna, DCH 2.14.64.

#### 1500m

1. Sonia O'Sullivan, Ballymore-Cobh 4.07.09; 2. Sinead Delahunty, Kilkenny City Hrs 4.10.04; 3. Breda Dennehy, Bandon 4.20.88; 4. Geraldine Nolan, Kilkenny City Hrs 4.22.47; 5. Valerie Vaughan, Blarney/Inniscara 4.24.17; 6. Dawn Hargan, Finn Valley 4.25.28.

#### 5000m

1. Teresa Duffy, Beechmount Hrs 16.15.94; 2. Breda Dennehy,



Maria Lynch

Bandon 16.26.57; 3. Geraldine Hendricken, St. L O'Toole 16.31.64; 4. Kay Byrne, Finn Valley 16.57.19; 5. Rosemary Ryan, Bilboa 17.02.10; 6. Niamh Murphy, Mayo 17.02.27.

#### 10,000m

1. Rose Lambe, Knockbridge 34.13.15; 2. Patricia Griffin, Ballinamore 37.02.19.

#### 100m Hurdles

1. Susan Smith, Waterford 13.99; 2. Elaine Murphy, Nenagh Olym. 14.75; 3. Sharon Foley, Lifford, 14.98; 4. Brid Hallissey, Ferrybank 15.07; 5. Cathy Winter, Raheny Shamrocks 15.63; 6. Regina Igoe, DMP 16.40.

#### 400m Hurdles

1. Mandy Bloomer, Mountmellick 60.50; 2. Vicki Jamison, Lagan Valley 61.71; 3. Elaine Murphy, Nenagh Olym 63.09; 4. Jo Bradshaw, St Johns 73.40.

#### 5K Walk

1. Deirdre Gallagher, UCD 23.14.24; 2. Gillian O'Sullivan, Farranfore Maine Valley 24.30.90; 3. Rosalie Comerford, Kilkenny City Hrs 25.43.9H; 4. Marie Walshe, SDS 27.37.94; 5. Georgina Tuohy, Tullamore Hrs 27.47.63; 6. Sylvia Lennon, Kilkenny City Hrs 30.15.12.

#### High Jump

1. Sharon Foley, Lifford 1.76; 2. Brigid Corrigan, DCH 1.73; 3. Breda Tierney Browne, Nenagh Olym 1,73.

#### Long Jump

1. Jacqui Stokes, Ferrybank 6.17; 2. Catherine Teahan, Newbridge 5.22.

#### Javelin

1. Dara Shakespeare, DSD 46.26; 2. Alison Moffitt, Nth Down 43.96; 3. Katrina Campbell, Lisburn 43.64.

#### Triple Jump

1. Siobhan Hoey, UCD 11.38; 2. Breda Tierney Browne, Nenagh Olym 11.07; 3. Antoinette Furlong, DMP 10.83.

#### Shot Putt

1. Emma Gavin, Limerick 12.65; 2. Mary Mahon, West Dublin 12.03; 3. Antoinette Moore, Rathfarnham 11.64.

#### Discus

1. Ailish O'Brien, West Waterford 42.10; 2. Rita Renehan, Fr Murphys 40.14; 3. Edel Meagher, Blarney/Inniscara 37.90.

#### Hammer

1. Brenda Thompson, Slaney Olym 44.28; 2. Olivia Kelleher, St Johns 39.88; 3. Nicola Coffey, Navan 37.92.

### Finglas Festival

#### Marathon 9 July

1. Mario Donnelly, Co Antrim 2.39.43; 2. Bernard Feery, Co Tipperary 2.40.44; 3. Mick McCartan, Idrone Park 2.42.15; 4. Tom Madden, Co Clare 2.50.00; 5. Pat O'Sullivan, Co Clare



**Mary B. Jennings**

2.50.00; 6. Gerard O'Brien, 2.50.02; 7. Mary Jennings, 2.59.42; 8. Samuel McConnell 3.04.32; 9. Philip Denvir, 3.06.50; 10. Don McDonald, 3.07.12; 11. Paddy Parrott, 3.07.27; 12. Tommy Whelan, 3.07.43; 13. Cecil Smyth, 3.15.06; 14. Peter Ferris, 3.18.37; 15. Pat Gowen, 3.18.55; 16. Simon Luttrell, 3.19.23; 17. Colm Connolly, 3.19.25; 18. Steven Rowe, 3.19.33; 19. Michael Carolan, 3.20.41; 20. Stephen Burke, 3.20.59; 21. Eileen Kenny, 3.22.36; 22. David M Brady, 3.25.46; 23. John Milne, 3.26.12; 24. Heather Stuart 3.26.50; 25. Thomas McCann, 3.27.19; 26. Noel McInerney, 3.27.25; 27. Eddie Harrison, 3.28.40; 28. Michael Quigley, 3.33.18; 29. Thomas Kavanagh, 3.33.18; 30. Pearse Fahy, 3.35.37; 31. Maurice McMorro, 3.36.59; 32. Andy O'Riordan, 3.41.59; 33. Holley Corbett, 3.42.16; 34. Myles Murphy, 3.45.12; 35. Eugene Kavanagh, 3.45.24; 36. Peter McGlynn, 3.45.35; 37. Tom Mitchell, 3.48.04; 38. Gerard O'Brien, 3.49.05; 39. Cyril Chaney, 3.49.28; 40. John Kew, 3.49.55; 41. Bob Quinn, 3.50.15; 42. Julie Hilliard, 3.52.49; 43. Jim Clarke, 3.55.54; 44. Gerry Hanley, 4.01.23; 45. Derek Moloney, 4.11.40; 46. Mary Joyce, 4.11.41; 47. Bernice Glavin, 4.12.38; 48. Michael West, 4.20.24; 49. David Hall, 4.23.04; 50. Eric Carroll, 4.23.26; 51. Tom Morgan, 4.25.38; 52. Patrick Mooney, 4.26.33; 53. Madge Casey, 4.29.31; 54. Joanne Ryan, 4.29.38; 55. Patrick

McPartlan, 4.30.19; 56. Frank Behan, 4.35.31; 57. Helen Keane, 4.41.16; 58. Deirdre Carmody, 4.56.50; 59. Mary Clarke, 5.12.18; 60. Edward Dempsey, 5.15.15.

#### Vet Men

1. Tom Madden, Co Clare 2.50.00 & Pat O'Sullivan, Co Clare 2.50.00; 3. Don McDonald, Greystones 3.07.12.

#### Women

1. Mary Jennings, Rathfarnham 2.59.42; 2. Eileen Kenny, Cork 3.22.36; 3. Heather Stuart, Belfast 3:26.50

### South O'Hanlon AC Navan

#### Blackwater Abbey 5 Mile Road Race 13 July

1. Jerry Kiernan, Clonliffe 24.44; 2. Colm de Burca, Metro 25.00; 3. Noel Byrne, Donore AC 25.07; 4. Dermot Clarke, Dunshaughlin 25.15; 5. Dominic Moran, Dunshaughlin 25.23; 6. Dermot Kerr, Armagh 25.37; 7. Michael Traynor, Raheny Shamrocks 25.42; 8. Leo Dunne, Civil Service 25.51; 9. Eugene Burns, Dunleer 26.00; 10. James Rothwell, Dunleer 26.15; 11. Paddy Mangan, Dunshaughlin 26.26; 12. John Whelan, Metro 26.28; 13. Michael Mulligan, Monaghan Phoenix 26.32; 14. David Carey, Royal 26.33; 15. Gareth Hackett, Dunleer 26.34; 16. James Finnegan, Metro 26.38; 17. Damien O'Connor, Glenmore 26.43; 18. Bernard Nolan, Unattached 26.57; 19. Brendan Hackett, Lucan 27.04; 20. Charlie Leonard, Armagh 27.05; 21. Mark Lacey, South O'Hanlon 27.06; 22. Jim Gonnely, Dun Dealgan 27.13; 23. Paul Gleeson, South O'Hanlon 27.28; 24. Paul Power, Liffey Valley 27.36; 25. Thomas Gill, Fr Murphys 27.51; 26. Denis Kerr, Armagh 27.57; 27. Enda McDaid, Armagh 28.03; 28. Derek O'Brien, Unattached 28.07; 29. Kevin McGuillan, Monaghan Phoenix 28.11; 30. Paul Gill, Newry Shamrocks 28.19; 31. Robert Murray, Metro 28.40; 32. James Carolan, Castletown 28.48; 33. John Gill, Fr Murphy 28.57; 34. Ciaran Markey, Castletown 29.57; 35. Adrian Moran, South O'Hanlon 30.05; 36. Keith Behan, Fingallians 30.18; 37. John Martin, Unattached 30.20; 38. Tom Reilly, Unattached 30.24; 39. David Quinn, Unattached 30.45; 40. Seamus McCaffrey, Newry Shamrocks 31.16; 41. Oliver Power, Unattached 31.29; 42. James Meehan, Dunleer 31.32; 43. Martin Baxter, Armagh 31.42; 44. Brian

McNamara, Unattached 31.44; 45. Paddy Parrott, Unattached 31.48; 46. Paul Matthews, Newry Shamrocks 31.56; 47. John Rowe, Castletown 32.05; 48. Greg Hayes, Dunboyne 32.27; 49. Patsy Smith, Cootehill 32.43; 50. Paul Barnwall, Unattached 33.05.

#### Tara Mines Men

1. Desmond McNally, Tara Mines 28.45.

#### Junior Men

1. Brendan Muldoon, Dunboyne 26.41.

#### Vet Men 0/40

1. Stan Woods, Dun Dealgan 26.10.

#### Vet Men 0/45

1. Ciaran McGovern, Tullamore Hrs 27.26.

#### Vet Men 0/50

1. Adam Jones, Unattached 28.25.

#### Vet Men 0/55

1. Jim Leonard, Boyne 29.50.

#### Fun Runner Men

1. Jimmy Farrell, 32.29.

#### Senior Ladies

1. Donna Evans, Monaghan Phoenix 29.15.

#### Junior Ladies

1. Fiona McGann, Trim AC 32.15.

#### Vet Ladies 0/35

1. Karen McLoughlin, Donore Hrs 31.49.

#### Vet Ladies 0/40

1. Josie Power, Fingallians 38.01.

#### Vet Ladies 0/45

1. Ann McGreal, Sportsworld 33.10.

#### Fun Runner Ladies

1. Margaret McAuley, 44.43.

### Churchtown South '5' 27 July

Liam O'Brien, who had to drop out of the 3000m steeplechase at the National Championships due to injury, showed that he was fully recovered by taking the Churchtown South '5' for the thirteenth occasion. His time of 24.59 gave him a margin of 13 seconds over his clubmate, Donncha O'Mahony (also returning from injury). Michael Cotter in third spot maintained his overall lead, with one race to go in this Nike/Ballycotton Summer Series.

Mary Sweeney won the women's race in 30.06, to move into a 2 second overall lead from Brid Murphy, who finished fourth on the night.

Unusual for a Ballycotton event, conditions were damp and muggy, but still a total of 209 finished which was the biggest number in this year's Series.

Just before the race the sad news came through of the death of Fanahan McSweeney. A minute's silence was observed in his memory, and thoughts of Fanahan were in many runners minds as they made their five mile journey (contd.).

### Churchtown '5' Results

1. Liam O'Brien, East Cork 24.59 (0/40); 2. Donncha O'Mahony, East Cork 25.12; 3. Michael Crotter, Leevale 25.26; 4. John Collins, Leevale 25.37; 5. Matt Magner, Eagle AC 25.38; 6. Padraig Murphy, Leevale 25.43; 7. Tim Lucey, Bandon 25.49; 8. Ted O'Flynn, Leevale 25.50; 9. Roy Fahey, Leevale 25.54; 10. Billy O'Rourke, Leevale 26.04; 11. Jack Duggan, St. Josephs 26.14; 12. Paul O'Mahony, Leevale 26.16; 13. Philip Harty, West Waterford 26.17 (J); 14. Padraig McCarthy, Skibbereen 26.21; 15. Tom Ryan, Eagle AC 26.45; 16. Niall Duggan, St

Josephs 26.49; 17. Tony Harty, West Waterford 27.00 (J); 18. Denis McCarthy, East Cork 27.07; 19. Dan Horgan, Midleton 27.09; 20. Pat Kerrigan, Mallow 27.11 (0/40); 21. Brian O'Regan, Leevale 27.12; 22. Martin Drake, East Cork 27.13; 23. Peter Duggan, St Josephs 27.21; 24. Tim Goulding, Leevale 27.23 (0/40); 25. Frank Dingivan, Grange-Fermoy 27.24; 26. Frank Cashman, East Cork 27.34 (0/45); 27. Ian O'Sullivan, East Cork 27.43; 28. Seamus Casey, Ballymore-Cobh 27.48 (0/40); 29. Tom McGann, St. Finbarrs 27.55; 30. Tom Cody, Midleton 27.56

(0/40); 31. Tom Meehan, West Waterford 28.04; 32. Pat Dempsey, Leevale 28.17 (0/45); 33. Anthony Quinn, Belgooly 28.20; 34. Pat Murphy, Eagle AC 28.24; 35. Fred Walsh, Youghal 28.26 (0/50); 36. Richard Crowley, St Finbarrs 28.27 (0/45); 37. Pat Halley, Waterford 28.30 (0/45); 38. Donal Arnott, Pfizer 28.33; 39. Joe Murphy, Eagle AC 28.38 (0/40); 40. Derry Fitzgerald, East Cork 28.41; 41. Joe Copithorne, Belgooly 28.52; 42. Declan Coakley, Skibbereen 28.57; 43. Michael Carolan, Metro-St Brigids 29.00 (0/40); 44. Colin Lyons, West

Waterford 29.01; 45. Denis Hegarty, Eagle AC 29.05; 46. Tony Ryan, West Waterford 29.08; 47. John Griffin, Cork 29.10; 48. Dan Fitzpatrick St Finbarrs 29.17; 49. Damien Collins, Leevale 29.17; 50. Tim Morrissey, Eagle AC 29.17; 51. Robert Fitzgerald, Midleton 29.22 (J); 52. John Walshe, East Cork 29.26 (0/40); 53. John Farley, Belgooly, 29.27; 54. John Desmond, Passage West 29.27; 55. Frank O'Halloran, Grange-Fermoy 29.30; 56. Aidan Buckley, Leevale 29.39; 57. Pat Twomey, Ballincollig, 29.39 (0/40); 58. Martin McCarthy, West Waterford 29.41; 59. John O'Leary, Leevale 29.48 (0/55); 60. John Quigley, Leevale 29.49 (0/40); 61. Sean Cooney, Midleton 29.56; 62. John Walsh, Ballymore-Cobh 29.59; 63. Anthony Harty, West Waterford 30.04 (0/40); 64. Mary Sweeney, St. Finbarrs 30.06 (W); 65. Joan Hough, St. Finbarrs 30.11 (W); 66. Tony Huff, Cork 30.13 (0/40); 67. Michael Dwyer, Dungarvan 30.19; 68. Mark Bulman, Donoughmore 30.22; 69. Carmel Parnell, Leevale 30.23 (W 0/35); 70. Flor O'Leary, St Finbarrs 30.24 (0/60); 71. Brid Murphy, Leevale 30.24 (W 0/40); 72. Con O'Brien, Millstreet 30.26 (0/40); 73. Ted Linehan, Togher 30.26 (0/40); 74. Ted Twomey, Eagle AC 30.28 (0/45); 75. Trevor Mason, Cappoquin 30.28; 76. Mark Harty, West Waterford 30.33 (J); 77. Liam O'Leary, St Finbarrs 30.33 (0/45); 78. Tim Finnegan, Mallow 30.36; 79. Jim Hallinan, Ladysbridge 30.37 (0/40); 80. Jim McMurtry, Midleton 30.38 (0/45); 81. Batt Kearney, Leevale 30.40; 82. Ray McConnell, West Waterford 30.42 (0/45); 83. John Robinson, Mallow 30.42 (0/45); 84. John O'Mahony, Cork 30.43; 85. Tim-Joe Buckley, Donoughmore 30.45 (0/40); 86. John Leahy, Ballymore-Cobh 30.47; 87. Martin Sandford, West Waterford 30.49 (0/40); 88. Jerry Murphy, Leevale 31.00 (0/45); 89. Eamon O'Neill, Midleton 31.02; 90. Paul McGrath, Cappoquin 31.03; 91. Tadg Crowley, Togher 31.04 (0/50); 92. John O'Connell, Belgooly 31.10 (0/50); 93. Jerry Linehan, Cork 31.11 (0/40); 94. Paul Keating, West Waterford 31.19 (0/40); 95. Michael Dunne, UCC BHAA 31.27 (0/45); 96. Jack O'Callaghan, Leevale 31.27 (0/55); 97. John O'Leary, Belgooly 31.28; 98. Mick Keane, Cork 31.28; 99. Sheila Daly, St Finbarrs 31.29; 100. Michael Healy, Youghal, 31.31 (0/40).

## For Sporting Feet

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## All Ireland Vets Championships, Kilkenny, 9 July

by Pat Bonass

A beautiful sunny day saw Kilkenny host its first Vets T & F Championships. The entries reflected the growing numbers enjoying vets athletics. With the exception of a few minor hiccups the events were well organised. However, one must question the wider organisation. There was no ambulance, medical or nursing back up although I understand that a unit of the Order of Malta was available but was not requested to attend. The dressing facilities were totally inadequate and the toilets were blocked even before the events started. No results were available as there was "not enough computer paper". One is reluctant to envisage the chaos that might have ensued if it had been a rainy day.

All the foregoing wider organisational problems paled into insignificance compared to the anger of athletes who finished in the first 3 positions and were subsequently denied their medals by officialdom. Whatever the "Rules and Regulations" are, the vets championships medals were awarded over the last number of years to the satisfaction of all concerned and much progress was made. This progress seemed to all go into reverse with for example the great Paddy Whelan being refused his medal. While being over 80 years of age he could only compete in the 0/70s as this was the oldest group. (Paddy failed to reach the international 0/70 standard by approximately 1 second).

The medal incidents culminated in unpleasant scenes developing and but for the timely intervention of some IVAA committee members and the wisdom of BLE President Mick McKeon there could well have been a breach of the peace incident.

Later Mick McKeon issued a statement that all 1st, 2nd and 3rd finishers would receive medals. The IVAA will represent the interests of their members and will collect the medals from BLE. Please write to Norman Judge (Sec. of IVAA) with your details of age group, event and place finishing. Athletes not members of IVAA should contact their clubs. However, I understand that some clubs are most unhappy at athletes having to "apply" for their medals and feel that BLE should take the initiative and send the medals direct to the athletes.

To avoid similar future problems of the above nature Mick McKeon

has indicated his willingness to meet the IVAA in the near future. We all look forward to the outcome of such a meeting.

### MEN

**100 metres Over 40** 1. Paddy Kearney (Mayo) 11.8; 2. Tom O'Connor (St Abbans); 3. John Molloy (DCH); **Over 45** 1. Sean Langan (Westport) 12.2; 2. Patrick Duff (Fingallians); 3. Leo Dyar (Westport); **Over 50** 1. Roy Austin (Neath . guest) 12.5; 2. Pat Murphy (Fingallians); 3. Frank Hearn (DCH); **Over 55** 1. Jim Hurley (Croydon) 13.8; **Over 60** 1. Philip Fitzpatrick (Harolds Cross) 13.6; **Over 65** 1. Phil Munn (Sutton) 15.3; **Over 80** 1. Paddy Whelan.

**200 metres Over 40** 1. John Molloy (DCH) 25.0; 2. Vivion O'Brien (Rathfarnam/Ajax); 3. Tommy Byrne (West Wicklow); **Over 45** 1. Patrick Duff (Fingallians) 25.7; 2. Leo Dyar (Westport AC); 3. John McCormack (Newbridge); **Over 50** 1. Frank Hearn (DCH) 28.2; 2. Jim O'Shea (Farranfore); **Over 55** 1. Jim Hurley (Croydon) 30.1 secs; **Over 60** 1. Philip Fitzpatrick (Harolds Cross) 28.7; **Over 65** 1. Michael Conway (Galway City) 37.5; **Over 70** 1. Phil Munn (Sutton) 34.3.

**400 metres Over 40** 1. Shane Mulroy (Lourdes) 54.5; 2. Vivion O'Brien (Rathfarnam/Ajax); 3. John Butler (West Limerick); **Over 45** 1. Ray Whitehead (Crusaders) 55.8; 2. John McCormack (Newbridge); 3. Leo Dyar (Westport AC); **Over 50** 1. Frank Hearn (DCH) 61.3; **Over 55** 1. Joe McSweeney (Emerald) 67.1; **Over 60** 1. Philip Fitzpatrick (Harolds Cross) 65.4; **Over 65** 1. Denis Browne (St Michaels) 1. 12.7; **Over 70** 1. Patrick Doyle (Crookstown) 1. 33.9; **Over 75** 1. Willie Morris (Galway City) 1. 42.8.

**800 metres Over 40** 1. John Butler (West Limerick) 2. 06.9; 2. John Campbell (Maynooth); 3. Christy Maher (Comeragh); **Over 45** 1. Ray Whitehead (Crusaders) 2. 07.0; 2. John McCormack (Newbridge); **Over 50** 1. Frank Hearn (DCH) 2. 17.9; 2. Paddy Healy (Clonliffe); **Over 55** 1. Jim McEvoy (Lourdes) 2. 25.4; 2. John O'Leary (Leevale); **Over 60** 1. Willie Neenan (Millstreet) 2. 27.4; 2. Flor O'Leary (St Finbarrs).

**1,500 metres Over 40** 1. John Cullen (Liffey Valley) 4. 16.0; 2. Geo. Maybury (Civil Service); 3. Michael Jordan (Dundealghan); **Over 45** 1. Denis Noonan (Clonliffe) 4. 33.0; 2. Pat Halley (Waterford); **Over 50** 1. Sean Cooney (Cushinstown) 4. 43.2;

**Over 55** 1. John Byrne (Civil Service) 5. 12.3; **Over 60** 1. Flor O'Leary (St Finbarrs) 5. 03.9; 2. Willie Neenan (Millstreet); **Over 65** 1. Denis Browne (St Michaels) 5. 53.5; **Over 75** 1. Willie Morris (Galway City) 7. 20.5.

**5,000 metres Over 40** 1. Eamonn McEvoy (St Sinbarrs) 15. 54.6; 2. Frankie Garrihy (Ennis); 3. Anthony Murray (Finn Valley); **Over 45** 1. Denis Noonan (Clonliffe) 15. 49.5; **Over 50** 1. TJ O'Loughlin (Comeragh) 16. 36.1; 2. Adam Jones (unattached); 3. P. Bonass (Clonliffe); **Over 55** 1. John Byrne (Civil Service) 18. 19.5; **Over 60** 1. Norman Judge (D.S.D.) 20. 50.0.

**3 kilometres Walk; Over 40** 1. John Lennon (Kilkenny) 27. 31.2; **Over 45** 1. Bernie O'Callaghan (Newbridge) 26. 12.0; **Over 50** 1. PJ Brennan (L O'Toole) 25. 55.1; **Over 55** 1. John White (St Abbans) 26. 58.0; **Over 60** 1. Con Hearty (Civil Service) 31. 01.8.

**High Jump Over 40** 1. Patrick Moran (Border Ramblers) 1.45 m; **Over 45** 1. Jim Fanning (Donore) 1.65 m; 2. Christy McDonald (Naas); **Over 50** 1. Jim O'Shea (Farranfore) 1.40m; **Over 60** 1. Patrick Naughton (Nenagh) 1.25 m; 2. Michael O'Beirne (Liscaugh); **Over 65** 1. Timothy Dwyer (Liscaugh) 1.10 m.

**Long Jump Over 40** 1. John Molloy (DCH) 5.26 m; 2. Shane Mulroy (Lourdes); **Over 45** 1. Hugh McSweeney (Eagle) 5.21 m; 2. William O'Mahony (Middleton); **Over 50** 1. Tom Browne (Middleton) 4.39 m; **Over 55** 1. Jim Hurley (Croydon) 4.11 m; **Over 60** 1. Patrick Naughton (Nenagh) 3.73 m; 2. Denis Philcox (Caytonians); **Over 65** 1. Timothy Dwyer (Liscaugh) 3.49 m; **Over 70** 1. Phil Munn (Crookstown) 3.43 m.

**Shot Put Over 40 (V 1);** 1. Michael Kelly (St Abbans) 9.62m; **Over 45** 1. Arthur Ford (Marian) 11.14 m; 2. Philip Conway (Crusaders); 3. Tom Farragher (Corofin); **Over 50** 1. Tom Power (Bagenalstown) 12.49 m; 2. Tony Clarkson (Crusaders); **Over 55** 1. Martin McDonagh (St Johns) 11.00m; **Over 60** 1. Michael McGarry (D.S.D.) 11.21 m; **Over 65** 1. Timothy Dwyer (Liscaugh) 8.87 m; **Over 70** 1. Hugh Gallagher (Finn Valley) 8.82 m.

**Discus Over 40** 1. Michael Kelly (St Abbans) 31.00 m; **Over 45** 1. Philip Conway (Crusaders) 37.36 m; 2. Arthur Ford (Marian); **Over 50** 1. Patsy Conroy (Bros Pearse) 35.84 m; 2. Tom Power (Bagenalstown); **Over 55** 1. Martin McDonagh (St Johns) 26.82; **Over 60** 1. Michael McGarry (D.S.D.) 37.96 m; **Over**

**65** 1. Timothy Dwyer (Liscaugh) 22.34 m; **Over 70** 1. Hugh Gallagher (Finn Valley) 21.80 m.

**Javelin Over 45** 1. Arthur Ford (Marian) 31.49 m; **Over 50** ; 1. Tony Clarkson (Crusaders) 33.28 m; **Over 55** 1. Martin McDonagh (St Johns) 24.34m; **Over 60** 1. Patrick Naughton (Nenagh) 32.62 m; **Over 65** 1. Hugh Gallagher (Finn Valley) 22.34 m.

**Hammer Over 40** 1. Michael Kelly (St Abbans) 35.28 m; **Over 45** 1. Philip Conway (Crusaders) 38.54 m; **Over 50** 1. Patsy Conroy (Bros Pearse) 43.86 m; **Over 55** 1. Michael McGarry (D.S.D.) 35.00m; **Over 60** 1. Timothy Dwyer (Liscaugh) 24.00 m; **Over 70** 1. Howard Davis (Rising Sun) 26.72 m.

### WOMEN

**100 metres Over 35** 1. Kathleen Maher (Kinsale) 13.0; 2. Anne Kelly (Bandon); 3. Danae Herron (Finn Valley); **Over 40** 1. Marian McAuley (Belfast Olympic) 15.1.

**200 metres Over 35** 1. Anne Kelly (Bandon) 29.3; 2. Danae Herron (Finn Valley); **Over 40** 1. Mary Kearns (Celbridge) 31.4; **Over 45** 1. Mary Walsh (Tullamore) 31.8; **Over 50** 1. Kathleen Dempsey (Sportsworld) 37.0; **Over 55** 1. Dorothy McLennan (Sportsworld) 38.0.

**800 metres Over 35** 1. Mary Sheehan (Grange/Fermoy) 2. 19.1; 2. Catherine Hennessy (S.D.S.); **Over 40** 1. Patricia Griffin (Ballinamore) 2. 30.0; **Over 45** 1. Mary Walsh (Tullamore) 2. 45.0; **Over 50** 1. Kathleen Dempsey (Sportsworld) 2. 49.9; **Over 55** 1. Kay Burns (Naas) 3. 33.6.

**1,500 metres Over 35** 1. Mary Sheehan (Grange/Fermoy) 4. 50.1; 2. Catherine Hennessy (S.D.S.); 3. Joan Hough (St Finbarrs); **Over 40** 1. Patricia Griffin (Ballinamore) 4. 58.1; 2. Emily Dowling (DCH); **Over 45** 1. Evelyn McNelis (Naas) 5. 13.7; **Over 50** 1. Jean Herron (Finn Valley) 6. 27.8.

**3 Kilometre Walk; Over 35** 1. Ann Toohey (Borrisokane) 24. 22.2; **Over 40** 1. Mary Butler (Blackrock) 20. 08.4; **Over 50** 1. Pam Reynolds (St Andrews) 18. 24.3.

**High Jump Over 35** 1. Danae Herron (Finn Valley) 1.50m.

**Long Jump; Over 35** 1. Kathleen Maher (Kinsale) 5.50 m; 2. Danae Herron (Finn Valley); **Over 40** 1. Marian McAuley (Belfast Olympic) 4.02 m; **Over 55** 1. Dorothy McLennan (Sportsworld) 3.16 m.

**Shot Put Over 35** 1. Phil Whitney (Limerick) 10.36m; 2. Lucy Moore (D.S.D.); **Over 40** 1. Marian McAuley (Belfast Olympic) 6.26 m.

# GIVING THANKS

IN RACES and life in general, saying "thank you" should be part of the course. We runners can be a self-centred lot. We are high achievers who focus on doing our best. In our preoccupation with performance at races, we often don't pause to think about who made the racing possible or take the time to thank all concerned.

Not that I find it difficult to explain the silence of people in that situation. If you wish to know human nature, said Thoreau, look inside yourself. I'm no better at expressing appreciation than anyone else.

I accept the race as if I'm entitled to it, never questioning how it came into being. I should say thanks at every water station, to every traffic guard, to the people at the chute and finally to the race director. Yet I rarely do.

This oversight extends to other areas of life as well. I accept hospitality on my trips and assume it to be routine.

People are nice to me, and I make nothing of it. Over the years, I've failed to express gratitude to any number of individuals who have contributed to my

life. Thank-yous are so easy to say, yet so rarely uttered. So few of us speak the words directly, or write a note, or pick up the phone to say what we feel.

Many times we think "thank you" but never say it. For every person who writes a note of thanks, there are a hundred who intend to. More often, however, it is simply a matter of not thinking.

The past is soon forgotten in our push to the future. We do not meditate on the meaning of our experiences. Failing in that, we also fail to see the people involved.

Each of us has a role. Each of us is expected to fulfil it.

Why, then, thank my barber or waitress or mechanic or physician? After all, they have just done their job, what they are paid to do.

The answer, it seems to me, is that the thank-you is part of my role in having my hair cut, my meal served, my car fixed, my illness cured. My thank-you completes the action.

Giving thanks is the role of the recipient. When the donor is not thanked, a chain of human interaction is broken.

The action is incomplete.

Without the thank-you, the person doing the service of favour feels in some way a failure. As evidence of this, I see that the inevitable response to a thank-you is a "thank you" in return. All too often, a thank-you note provokes a response that reveals you are the first ever to tell this person how much he or she was appreciated.

I once made the cover of *The Runner* magazine, which stimulated me to dash off a quick and rare note to the editor. Marc Bloom wrote back, "It's interesting that we have not once received a thank-you note from any runner who has been on the cover - until yours."

It is true that our happiness should not depend on what other people think about us. Nevertheless, that happiness can undoubtedly be enhanced by good wishes and good words that go from heart to heart.

There are people who had a major influence on our lives and never knew it. There are people who loved and left, who could be told that those loving years were a gift we still treasure. There are lives that have been intertwined with our own in helpful and meaningful ways. For all these people, it's never too late to say thank you.



*We runners are a self-centred lot!*



# GUINNESS HALF MARATHON

(13 Miles & 192 Yards)

**Saturday**  
**23rd September 1995**  
**at 11 :15 am**  
Closed event  
under BHAA rules



**Registration Venue**  
Donore Harriers Athletic Club, Sports Centre, Chapelizod, Dublin 20.  
Registration on Race Day (before 10.45am)  
Changing Facilities and Refreshments in Donore Harriers.  
Start at Papal Cross Area, Phoenix Park.  
**Entry Fee £3 per individual**



### Prizes For The Following

- (1) Ladies Wheelchair (First 3)
- (2) Gents Wheelchair (First 3)
- (3) Ladies Teams, 3 to run with 2 to score
- (4) Ladies, individual 1-3 and 1st 3 lady vets over 35
- (5) Gents Teams, grade A,B,C,D
- (6) Gents individual 1-6
- (7) Gents Veteran Team and first three Vets over 40.
- (8) Special Overseas Prizes & Numerous Spot Prizes.

Postal Entries (With S.A.E) Before 15th  
September to:

**J Ryder, c/o Engineers Dept.,  
A. Guinness & Co. PLC, St. James's  
Gate, Dublin 8. Tel: 01 4536700  
Ext. 5006.**

### RULES

- 1. The Company Guinness Dublin or the organisers will not be responsible for loss or injury incurred during or as a result of the above event.
- 2. All teams must comprise of employees of the company named on the application form.

**ALL PROCEEDS TO THE IRISH WHEELCHAIR ASSOCIATION**

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Events are BLE organised unless otherwise stated.

## AUGUST

- 24 Ballycotton '5' at 7.30pm. Race 4 of Nike/Ballycotton Summer Series. Contact: John Walshe, Ballycotton Running Promotions, Ballycotton, Co Cork.
- 25 Ivo Van Damme Memorial IAAF Grand Prix Meet, Brussels
- 25 Dublin Athletic Board Graded T/F Meet. ALSAA 7pm. Contact: Bernie Dunne Tel: 8302400
- 25 Ennis Track Club Road League, Industrial Estate, Gort Road, Ennis 7.30pm. Contact: Margaret Hehir, Tel: 065-42902.
- 26 Jacob's Road Race, Combined 4 Mile. Start 3pm. Irish Biscuits, Belgard Road. Contact: Dermot Duggan: (01) 451 1111. BHAA.
- 26 Portstewart Beach to Barmouth and return 4 miles Fun Run and Walk. Contact: P Ferris, 2 Gortgranagh Drive, Coleraine, BT51 3NQ. Tel: 01265 44141 Ext 4529.
- 27 Mazda/BLE National Half Marathon Championship, Killaule
- 27 IAAF Grand Prix Meet, Cologne, Germany
- 27 IAAF International Invitation Meet, Crystal Palace, England
- 27 Ferbane AC T/F Sports Voc. Schools Ferbane 1.30pm. Contact Hugo Smith, Tel: 0902-543350
- 27 Dundevalgan AC T/F Sports Dundalk 1.30pm. Contact: Bernadette Muckian 256 Glenwood, Dublin Road, Dundalk, Co Louth.

## SEPTEMBER

- 2 Kilkenny International Meet
- 2 Larne Duathlon, Larne. Contact: W Harrison, 12 Ballymullock Road, Ballyhampton, Larne. Tel: 01574 276348 NIAAF
- 2 Seapark 4 Mile Road Race, 2pm, Carrickfergus. Contact: William Thompson, 22 Lisbane Gardens, Monkstown, Newtownabbey. BT37 0LD. Tel: 01232 861484 NIAAF
- 5 IAAF Grand Prix, Berlin, Germany
- 8 Ennis Track Club Road League, Gort Road Ennis 7.30pm. Contact: Margaret Hehir, Tel: 065-42902

- 9 IAAF Grand Prix Final, Monte Carlo
- 9 Dublin Bus Road Race. Combined 10 mile, 11.00am. Dublin Bus S&S Club, Cold Cut, Clondalkin. Contact: David Byrne (H) 494 4171, Derek O'Brien (H) 832 3804.
- 10 St Abban's AC 10k RR Luggacurran, Stradbally, Laois 3pm. Contact: James Kilbride Tel: 0502-27527
- 10 St Finbarr's AC Half Marathon, Cork RTC 1.30pm. Contact: Ken Smyth Tel: 021-343729.
- 10 IAAF International Invitation Meet New Delhi.
- 10 IAAF International Invitation Meet, Tokyo.
- 16 Clonliffe Harriers 20 Mile Road Race Morton Stadium 1pm. Contact: Caroline Keane. Tel: 8318655. (see advt this issue)
- 16 Daily Mirror Festival of Running, Bangor. Contact: Gillian Weir, 24 Forest Hill, Conlig, Newtownards, BT23 3FH. Tel: 01232 324431 x2256. NIAAF.
- 16 Nestle Connaught Schools' Multi-events, Galway Track.
- 16 Nestle Leinster Schools' Multi-events, Santry.
- 16/17 National Senior-Junior & Juvenile Multi Events Championships, Santry. NACAI
- 20 Nestle Munster Schools' Multi events. Waterford Track.
- 22 Ennis Tack Club Road League, Gort Road Ennis 7.30pm. Contact: Margaret Hehir, Tel: 065-42902
- 23 Guinness 1/2 Half Marathon, 11.15am. Phoenix Park, Papal Cross. Contact: Jerry Ryder, (H) 451 3929. (W) 453 6700 Extn. 5006. See advt. last issue.
- 23 Larne Road Relay Races, Larne. Contact: D Sharratt, 61 Garron Crescent, Larne, BT40 2AT. Tel: 01574 276689 NIAAF.
- 23/24 Navan Games Armagh AC, Armagh. NACAI.
- 24 Streets of Castleisland (Co. Kerry) 5K, 3pm. Contact: John Breen, Tel: 066 41068.
- 24 Ballyskenach AC Cross Country, Milltown, Shinrone 2pm. Contact: Mary Maher. Tel: 0505-22734
- 24 Star of the Sea AC Cross

- Country Dardistown, Julianstown 1.30pm. Contact: Ann Hanley, Tel: 041-29095
- 24 St Abban's AC Tolerton Clover Road Race, Tolerton, Carlow 3pm. Contact: Patrick Kelly Tel: 0503-43357
- 29 Ferrybank AC T/F Sports Clover Centre, Ferrybank 1.30pm. Contact: AJ Hallissey. Tel: 051-32363.
- 29/30 Spartathlon, Spartathlon Club of the British Isles. Contact: John Foden Tel: 00-44-115 9816892
- 30 Nestle Irish Schools Multi Events Tullamore 10am.
- 30 Waterside Half Marathon (NI Half Marathon Championships, St Columbs Park Leisure Centre, Derry. Contact: Gerry Lynch, c/o Community Services, Derry city Council, 5 Guildhall Street, Derry. Tel: (08) 01504 365151 NIAAF. See advt. last issue.

## OCTOBER

- 1 IAAF World Half Marathon Championships, Mountbelliard, France.
- 1 Shelbourne AC Juvenile CC Terrerath, Wexford 1.30pm. Contact: Margaret Howlin, Tel: 051-25438
- 1 Clodiagh Valley AC CC Charleville, Tullamore 1.30pm. Contact: Loretta Flynn, Tel: 0506-55888
- 1 Ennis Track Club Road League Gort Road, Ennis 3pm. Contact: Margaret Hehir, Tel: 065-42902.
- 1 Dublin Peaks, 7.0 distance 1345 climb 2.30pm Ticknock Car Park, near Lamb Doyle's, Sandyford, Co Dublin. IMRA
- 1 Buckler '15' 15 mile at 1pm, Cork to Cobh. Contact: Dermot Bates. Tel: 021-632391 BHAA
- 7 Horner Road Races, Balmoral. Contact: Eddie Horner, 3 Onslow Drive, Bangor. Tel: 01247 272344 NIAAF
- 7 Ballymena Cross Country Races, Ballymena. Contact: Maeve/Sean Kyle, 38 Old Galgorm Road, Ballymena, BT42 1AL. Tel: 01266 656471(H) 01266 40482(W) NIAAF
- 14 Lisburn Road Relay Races, Lisburn. Contact: Glenn Grant, c/o

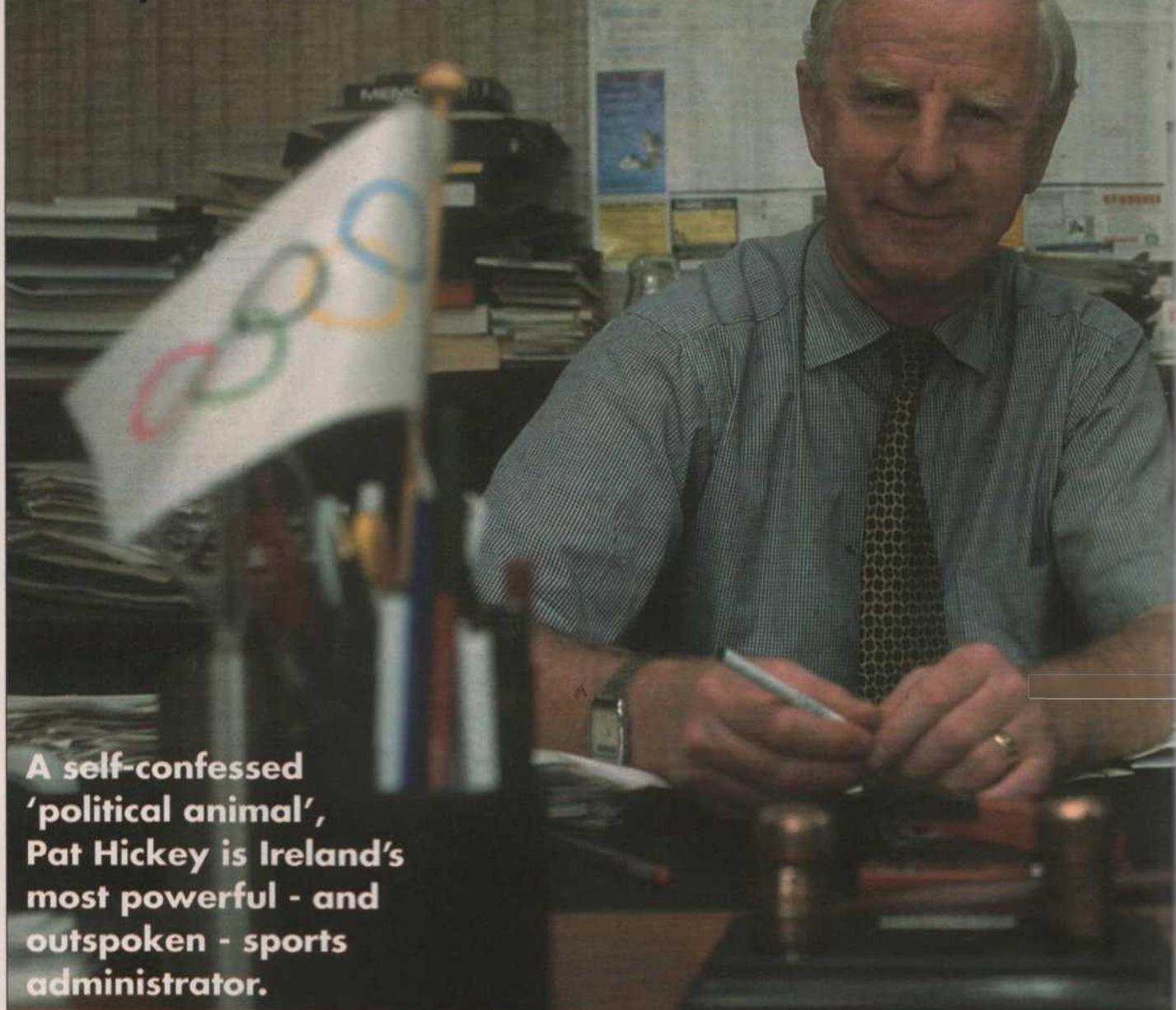
- 15 Ballymena Academy, Galgorm Road, Ballymena, Co Antrim. NIAAF
- 15 County Novice Cross Country
- 15 BHAA/ESB 4 mile Cross Country, Curraheen, Cork at 11am. Contact: Tadgh Crowley. Tel: 021-964244.
- 21 Finbar Doran Cross Country Races, Derry. Contact: Pat Devine, 11 Ballynasilloe Avenue, Derry. BT48 7SU. Tel: 01504 353912. NIAAF
- 22 Metro St Brigid's AC Gerry Farnan CC Phoenix Park 2.30pm Contact: MP Aughey, Tel: (H)046-29637 (W)01-7045272.
- 22 Tinryland AC 4 Mile Road Race, Tinryland 3pm. Contact: Denis Shannon Tel: 0503-42570(H) 0503-32157(W).
- 22 Peter Cusack Memorial Charity 4 mile RR Sixmilebridge 2pm. Contact: Margaret Cusack 061-369129
- 28 Royal Hospitals International Cross Country, Glencairn Park, Belfast. Contact: Dennis Hill, 11 Glebe Road West, Glengormley, BT36 6EH. Tel: 01232 833260 NIAAF
- 29 Business Houses Golden Pages Fun Run Dublin City Centre 2pm. Contact: Marion Kavanagh, Tel: 6764647.
- 30 Golden Pages Dublin Marathon, 10am. Contact: Marion Kavanagh, P.O. Box 1287, Dublin 2. Tel: 6764647. Entry Form in Golden Pages.

## NOVEMBER

- 4 Comber Cup Cross Country, Comber. Contact: Hugh Young, Ballydrain Hrs, Old School House, Ballydrain, Comber. Tel: 01247 819985. NIAAF
- 11 McConnell Shield Cross Country, Ballyclare. Contact: Norman Caughey, 27 Oldwood, Newtownabbey, Co Antrim. BT3 8GJ. Tel: 01232 841413. NIAAF
- 12 New York City Marathon. 30th Annual Hollymount International Road Race, 1.30pm. Contact: Sean Reilly, 092-40110. See advt. this issue.

# OLYMPIC SHOWDOWN

By Sean McGoldrick



**A self-confessed 'political animal', Pat Hickey is Ireland's most powerful - and outspoken - sports administrator.**

**P**AT HICKEY is arguably the most powerful and certainly the most successful 'sports politician' in Ireland today. He is likely to serve as President of the Olympic Council of Ireland until into the next century and is guaranteed membership of the International Olympic Committee - probably the most exclusive sports club in the world - for the next thirty years.

All this has been achieved by a man who confesses that he once hated the Olympic Council of Ireland. As a teenager growing up on the North side of Dublin Hickey's first love was soccer, but after leaving school he began to dabble in judo, which in his own words was then a very exotic sport.

He became hooked, gained a black belt and went on to represent Ireland more than sixty times and was selected to compete in the Montreal Olympics.

"Four years earlier the Judo Federation had pulled a fast one on the then OCI. They selected a full team consisting of eight competitors (one for each weight division) and three officials. None of them lasted longer than five seconds in Munich.

"As a punishment for what happened in Munich the mat was pulled from under us (one other Judo competitor had been selected along with Hickey) at the last minute. I won't repeat what I said about the OCI at the time."

Hickey then became involved in the Judo Federation, ending up as its

President which meant he automatically became a delegate to the OCI. He made rapid progress through the ranks of the OCI after being elected a member of the executive following the Moscow Games.

In 1984 he travelled to the Los Angeles Games as manager of the judo team and transport manager of the entire Olympic squad.

"I remember I had responsibility for getting John Treacy, who wasn't staying in the Olympic village, to the start of the marathon. I think I had three cars waiting outside his house the night before the race. As it transpired it was very important that we got him to the start."

Subsequently elected Vice President of the OCI, Hickey was Chef de Mission for



Photo: Sportsfile

the Irish team in Seoul. "During those Olympics officials from a number of different sports approached me and asked me to stand for President.

"They felt the OCI needed to be dragged apart and pulled upside down. It was a kind of travel agency that came together every four years and sent off a team to the Olympics. I had done my own survey which found that the ordinary man in the street thought it was the government and not the OCI which sent the team."

Once it became clear that the outgoing President, Des O'Sullivan, was not standing for re-election, Hickey allowed his name go forward and he has now been President since 1989.

Even his harshest critics will acknowl-

edge that under Hickey's direction the OCI has been transformed and now enjoys a much higher and more controversial profile than ever before.

For instance when Hickey became President the annual government grant to the organisation was in the region of £100,000. This year the figure will be over a million pounds. They have also embarked on an aggressive sponsorship drive - a campaign which has brought them into open conflict with BLE.

Hickey doesn't disagree with the suggestion that he is a "political animal."

"I have often heard it said and I believe it to be true that the politics of sport are worse than the politics of politics. The reality of life is that you have to be a political animal to survive. Where you have a system involving votes and human beings you will always have camps. It's a fact of life."

Hickey's greatest personal triumph was his selection as a member of the International

Olympic Committee in June. Such decisions are the sole prerogative of the IOC President Juan Samaranch. Hickey believes that the key to his selection was the fact that (a) he had the backing of the outgoing Irish member, Kevin O'Flanagan; (b) the support of the former IOC President Lord Killanin; and (c) Samaranch has moved away from nominating mega rich businessmen and royalty to the IOC (according to Hickey they do no work) and instead is concentrating on members of the national federations who have a proven track record.

"In the end, however, he could have chosen anyone. It's a bit like the Pope picking a Cardinal. You never know who else is looking for the job and I know other people were canvassing."

Answering the accusation that the IOC is an undemocratic rich man's club, Hickey accepts that it's undemocratic. "It's not a rich man's club because I'm in it and I'm not a rich man. It's undemocratic in the sense that it's not answerable to anyone but it is democratic to the extent that we elect our own president.

"In many respects it's like the Catholic Church. Indeed, when the founder of the modern Olympics Baron de Coubertin was setting up the movement he took a lot of advice from a Jesuit priest, Fr Dedon, and he got many of his ideas from the Catholic Church and of course the Catholic Church is one of the most undemocratic organisations in the world."

Prior to the Barcelona Games Hickey

launched a sustained and blistering attack on the government over their level of funding to sport. He believes the campaign yielded much dividend and, unusually for him, he has no complaints about the present Minister for Sport, Bernard Allen.

"Of the three Ministers for Sport I have dealt with he is the best in the sense that he makes definite decisions and makes them immediately. He does not put you on the long finger. We are getting as much funding as we possibly can out of his department."

Hickey's ire is now focussed on the National Lottery. As is his wont he doesn't mince his words. "THE NATIONAL LOTTERY HAS BEEN THE BIGGEST RIP-OFF EVER PERPETRATED ON IRISH SPORT," he rages.

"At a recent awards ceremony I heard the Minister attacking the amount of funding his department receives from the National Lottery. Basically they have just changed labels. We were being funded by the Department of

Education. Now we are getting the same money except they say it's coming from the lottery.

"The bulk of the lottery money is being used to build bridges, roads and hospitals. In other words, projects which should be funded out of the central exchequer. What happened to the National Lottery was the politicians got their sticky fingers on it and they ripped us off.

"Sport and the arts were supposed to get 65% of the proceeds. Now we are actually getting less than 5%. It's unbelievable. The Lottery people get very upset when I make these comments. But I am not attacking them. I am attacking the politicians for the way the money is being distributed.

"When people buy a lottery ticket they think that 90p of their money is going towards sport. The true figure is less than half a penny. As a result we still have no 50m pool and no proper indoor track. Santry has improved enormously but it still has to be finished. All these things should be in place and paid for by funds from the National Lottery."

Preparations for the Atlanta Games have been overshadowed by a very public row between the OCI and BLE over two issues: the gear to be worn by athletes competing in the games and the contents of a contract which the OCI have requested all federations and competitors who are competing in Atlanta to sign.

**"It was like the Irish Government telling the United Nations to do something about the war in Bosnia."**

The row over the gear centres on the fact that BLE have signed a contract with the Japanese company, Asics, for the supply of gear to their members who participate in the Atlanta Games; the OCI have a similar deal with Reebok. There is a further ironic twist to this saga arising from the fact that Ireland's biggest medal hope in Atlanta, Sonia O'Sullivan, has a contract with Reebok.

"Certain members of the Management Committee of BLE resented me from Day One, because in the words of one member - his comments were reported back to me - this guy comes from the mickey mouse sport of judo.

"The Olympic Council of Ireland is a nuisance to them. It's sort of in the way. They are the real show. They (BLE) can think that if they like. The reality is that there are twenty seven sports federations attached to the OCI and our relationship with 26 of them is excellent.

"However, the OCI is a very democratic organisation and if International Secretary, Christy Wall or any other member of the BLE Management Committee want to stand for OCI President they have every right to do so."

According to Hickey, the OCI wrote to all their affiliated Federations in late 1992 warning them not to enter any deal for the supply of clothing gear for the 1996 Olympics because they planned to negotiate their own contract. The OCI subsequently learned from newspaper reports that BLE had signed a deal with Asics.

The OCI then wrote to BLE seeking clarification about the nature of the contract. According to Hickey they did not receive a concise answer and eventually, acting on legal advice, the OCI advised Asics that BLE did not have the right to negotiate a contract for the supply of clothing for the Atlanta Olympics.

BLE argue that under IAAF rules they have the right to chose the clothing their athletes wear in all international competitions, including the Olympics. Hickey agrees that the charter of the International Olympic Committee states that the IOC has no authority over the materials and equipment (i.e. shoes, javelin, discus etc.) used by athletes.

"However, a court has ruled in a test case that the singlet an athlete wears does not enhance their performance. The IOC have confirmed to us that we have full authority under the charter to select the singlet which the athletes will wear in the Olympics. They will back us 100% in any court action."

Hickey points out that in contrast to the actions taken by BLE, the Irish Amateur Boxing Association had an opportunity to sign a lucrative deal with O'Neill's but they followed the IOC instruction and did not go ahead.

The row between the IOC and BLE has now become completely bogged down



Asics?



Or Reebok?

**It's all down to a personal battle...their hatred for me makes them so blind, they don't see reality."**

but it will, of course, resurface when the time comes to formally select athletes to go to Atlanta.

"We will request BLE to submit the athletes who have qualified for Atlanta. If they refuse to submit the qualified athletes we have the power under the Olympic charter to enter the athletes directly and we are prepared to do that. And if BLE don't want to co-operate by

sending officials we will send competent officials." Commenting on whether this would lead to BLE suspending the athletes, Hickey said: "That's an internal matter for BLE. But do you envisage BLE suspending Sonia O'Sullivan, for instance? There would be a public hue and cry if they did that.

"Do you see any athlete refusing to go to the Olympic Games in order to take a stand in support of BLE? I believe it's very unlikely that would happen. Anyway any suspension would be meaningless in the sense that BLE have no authority over us. We are the ones who run the Olympics. We are the only people who can enter athletes in the Games.

"The one thing I am determined to ensure is that the athletes will not be put out in any way because of this. In fact, I have a very good relationship with all BLE athletes. There is also an idea abroad in BLE that there is some kind of machiavellian plot involved in all of this because we did a deal with Reebok, who also happen to have a contract with Sonia O'Sullivan.

"That simply is not the case. When I did the deal with Reebok through a connection I have with them in Boston I didn't even know she was committed to the company at the time."

There is also disagreement about the respective value of the contracts with Asics and Reebok. "The OCI never got money from a sponsor who supplied gear before. However, on this occasion we will get a large lump of money plus the gear. The money from the Reebok deal is in turn redistributed to all the sports, including BLE." As for the contracts, described by one BLE official as "outrageous", Hickey stressed that all the clauses contained in it are subject to negotiation.

"The facts are, however, that BLE signed the very same contract six months before the Barcelona Olympics. All the athletes who went to Barcelona also signed it. We have more sophisticated Federations affiliated to the OCI than BLE. All the other 26 federations have signed the contract, and all of them cannot be wrong.

"Quite frankly it's all down to a personal battle. There is animosity between certain members of the Management Committee of BLE and myself and their hatred for me makes them so blind they don't see reality."

Hickey insists that decisions taken at the IAAF Congress in Gothenburg do not change anything as far as the clothing row is concerned: "It was like the Irish Government telling the United Nations to do something about the war in Bosnia."

But away from the boardroom, Hickey enjoyed the athletics in Gothenburg, particularly Sonia O'Sullivan's win. "It was just fantastic," he said.

# HOLLYMOUNT

30th Annual International Road Races  
at Hollymount, Co. Mayo.  
Sunday 12th November, 1.30pm.

## 1.30pm Youths U/17 3K

Team of 5 (3 to score)

Prizes: 1st 3 teams and 1st 3 individuals

Entry £3 Individual.

## 2.00pm Ladies Senior 3K

Teams of 5 (3 to score)

Prizes: 1st 3 teams and 1st 3 individuals

Entry £3 individual

## 2.30pm Senior Men's International 10K

Teams of 6 (4 to score)

Prizes: 1st 10 Individuals \*1st 8 teams \*1st 3 Vets

Entry £5 individual

Accurate Wheel Measured Course

**Entries to:** Sean Reilly,  
Hollymount International Road Races,  
Lehinch, Hollymount, Co. Mayo.  
Tel: Enquiries: 092 40110



# 55th Clonliffe 20 Mile Road Race

under IAAF & BLE rules

SEPTEMBER 16TH, 1995 AT 1 P.M.

MORTON STADIUM, SANTRY.

ENTRY FEE £5.00

T-shirt free

REFRESHMENTS

FOR ALL FINISHERS

**Prizes:**

**1ST 6 MEN 1ST 4 WOMEN**

**VETS NOT ALREADY IN PRIZES**

**1ST 0/40 DAY OF RACE 1ST 0/35 DAY OF RACE**

Also Spot Prizes

Entries with £5:

Competition Secretary,

Morton Stadium, Santry, Dublin 9.

Sponsored by



## Tinryland Athletic Club, Carlow

Sponsored Road Race  
Prize Fund over £2,000

16th

Rockford Roof Tile

4 Miles

Sunday, 22nd October at 3pm

### Prizes

- First 10 Individual Men • First 6 Individual Women
- First 3 Men's Teams (4 to score)
- First 2 Women's Teams (3 to score)
- First 3 Veterans 0/40 • First Veteran - Men 0/45, 0/50, 0/55 • First 3 Veterans - Women 0/35
- First Veteran Team Men

T-SHIRTS TO ALL FINISHERS  
Refreshments To All Finishers

**ENTRY FEE £4**

Contact: Eamonn Byrne,  
Ballybar Upper, Carlow.  
Tel: 0503 46122

## Slieve Bloom A/C Kinnitty, Birr, Offaly

Festival of Cross Country Races  
Sunday December 3rd at 1pm

### PRIZES

#### Gents

(Andy Dooley Perpetual Cup)  
8000m Senior  
6000m Veterans  
6000m Junior

#### Ladies

(Paddy Plunkett Memorial Trophy)  
4000m Senior, 3000m Vets  
3000m Junior

#### Senior Men -

First Six Individuals.  
First Three Teams  
(Four to Score)

#### Senior Women and Veteran

Men - First Four Individuals  
and First Two Teams.

#### Veteran Women and Junior

Men and Women - First  
Three  
Individuals and First Team.

#### Underage

Boys and Girls U8 300m  
(1st 10 Individuals).

**1st 3 Individuals and 1st 3  
teams for the following:**

Boys and Girls U-10 500m

Girls U-12 1200m

Boys U-12 1500m

Girls U-14 1500m

Boys U-14 2000m

Girls U-16 2000m

Boys U-16 4000m

Refreshments Available

£2000 Prize Fund

Entry Fee £5.00 Adults. Juniors £2. Juveniles £1.

Enquiries to (0509) 37273/37171

Entries taken at Kinnitty Castle (Castle Bernard)

# Buffalo Wings

**W**EATHER CONDITIONS which ranged from a sizzling 40°C on opening day to monsoon-like conditions at the closing ceremony reflected very well the see-saw mood of the eleventh World Veteran Track and Field Championships held in Buffalo, U.S.A in July.

The highlight Irish performance was delivered by Catherine Hennessy from Wexford who won gold in the women's O/35 10,000m final.

With five laps remaining in this event Hennessy and her Irish team mate Mags Greenan upped the tempo and established a 20m lead over Hansteen of Norway, winner of the 5000m some days earlier.

The Irish pair went on to win gold and silver with Catherine Hennessy crossing the finish line first to take gold in a time of 38.36. Mags Greenan was a close second in 38.42 while Irene McLaughlin, from Clontarf and now resident in San Francisco, finished sixth in this event in 40.01.

There were more Irish medals in the women's O/35 cross country team event where Catherine Hennessy, Mags Greenan and Evelyn McNelis combined to win gold medals and Hennessy took individual silver.

Later in the day, which turned out to be one of the hottest on record in Buffalo, the Irish men's O/50 team of T.J O'Loughlin, Sean Cooney and Pat Bonass finished 4th in the 5,000m.

The Irish men's O/45 team of Brendan Sherlock, Denis Noonan and John Sheridan won silver medals in the cross country team event behind the Russian team, who allegedly had more than the allowed quota of runners on their team.

Brendan Sherlock just missed out on a bronze medal in the O/45 marathon as he finished fourth in 2.39. Heather Stuart also finished fourth in the women's O/35 event.

Dorothy McLennan won a bronze medal in the O/55 women's pole vault (2.00 metres) while her twin sister Sheila Champion also claimed bronze in the 2,000m steeplechase event.

Other quality Irish performances came



*Catherine Hennessy*

from Jim Fanning (High Jump); Nick Corish (Steeplechase); Jean O'Neill (Sprints); Bernie O'Callaghan; Michael McGarry (Discus), Frank Hearn (400m and 800m). However, none of these performances yielded further medals for the Irish contingent.

The championships yielded forty one new world records and particularly memorable performances included those of the American Philippa Ruschker who won a total of eight gold and one silver medals, a remarkable feat especially as

she almost died as a result of a liver disease in 1989.

The day of the 400m finals was also special and nine new world age group records were set in this series of races. Top women performers in these finals included Mary Libel, (USA), who won the O/45 event in 56.82; and Marge Allison (Australia) who made history by becoming the first woman O/50 to break 60 seconds.

Men's 400m world records were set by Rolf Gisler (Switzerland), 0 40, 48.10;

Fred Sowelly (USA) O/45, 50.72; Steve Rollins (USA) O/50, 51.63; Ralph Romain (Trinidad) O/55, 53.88 and Earl Free (USA) O65, 57.97.

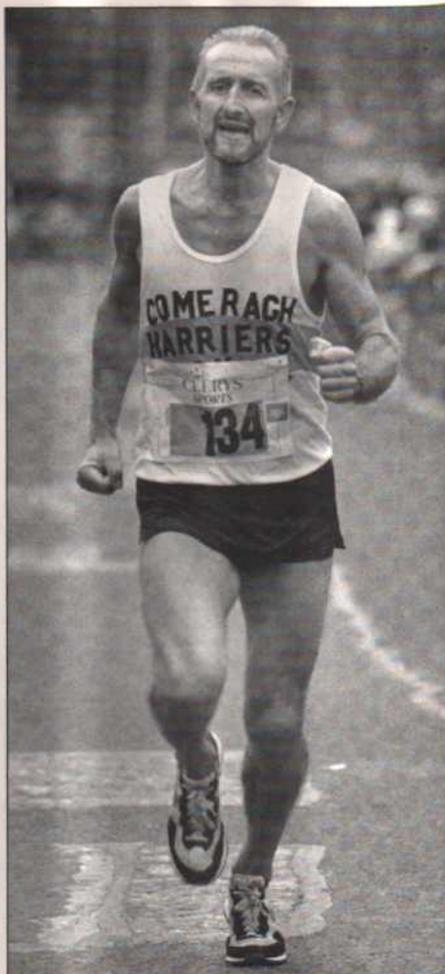
On the social scene Kevin and Peggy Lyons of the Buffalo Irish Club hosted an excellent night when most of the entertainment was provided by the Irish and New Zealand team members. It was good also to meet several Northern Ireland athletes at this function.

The Irish team looked well in their special outfits which were supplied by BLE Team Manager Sean Cooney who also did excellent work. Willie Dunne made all of us very proud at the closing ceremony when he was one of twenty international athletes to receive a special award for having had the fitness, health and good fortune to have competed at all eleven world veteran championships to date.

I leave the last words to three times Olympian Rod Dixon of New Zealand, winner of the O/45 1500m and 5000m. "I'm here because I love athletics. The competition the sport brings out is better than sitting under a tree with a beer," he said.

Veteran athletes hoping to make the Irish team for the Britain/Ireland International should be well into their training for the event at this stage.

This promotion takes place on Saturday, November 18th on an 8k



T.J. O'Loughlin.

undulating course at Malahide Castle.

The age categories are men, O/40, 45, 50, 55, 60. Women: O/35, 40, 45, 50, 55. There will be individual and team gold, silver and bronze awarded in each age group.

There is also a special invitation event for athletes who do not gain selection to the Irish teams. This invitation event will cater for all the age categories covered in the international and will be over the same distance as the international event. There will be prizes for the first three individuals in this event but no team prizes will be awarded.

The selectors for the Irish teams for Malahide are: Team Manager, Sean Cooney; Women's Captain, Mags Greenan; Pat Bonass and George Maybury. The results of summer and early autumn races will be taken into consideration when drawing up panels in the different age groupings with the final consideration made after the Naas Veterans Cross Country event on November 5th. Athletes who feel they may qualify for selection should write to Sean Cooney, Navan Motors, Academy St, Navan, Co Meath or call him at 049-22901 between 9 and 10pm any evening. Selection for the Irish teams is open only to fully paid up members of BLE and IVAA if resident in Ireland and to members of the IVAA if residing overseas.



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**IN THE DUBLIN CITY MARATHON**

**WILL YOU RUN TO HELP FIGHT CANCER?**

Ring today for sponsorship cards &  
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Raise £75 for free Parker Roller Ball Pen.  
Raise £150 for free pair of Shandon Crystal engraved tumblers.

IRISH CANCER SOCIETY SUPPORTED ENTIRELY BY VOLUNTARY  
CONTRIBUTIONS FROM THE PUBLIC.



Zero!

## FINAL COUNTDOWN

By Sean McGoldrick

**W**ITH enquiries from overseas runners up more than 600% on last year, the Golden Pages Dublin Marathon is expecting a record entry from abroad this year.

"I am reluctant to make any predictions until we get completed entry forms in but it is looking very promising," according to race director, Alex Sweeney, who revealed that requests for entry forms from overseas had risen from 900 in 1994 to an astonishing 6,500 so far this year. Another dividend of the peace process perhaps.

Come marathon Monday (October 30), Sweeney is anticipating that between 3,500 and 4,000 runners will gather in O'Connell Street for the 10.00 am start.

There have been significant changes to the course this year as the marathon organisers bid to minimise the disruption to the general public, as well as making the 26.2 mile course as interesting as

possible.

After the O'Connell Street start the runners will head south via Merrion Road taking in the Stillorgan dual carriage flyover. After returning to the centre city and passing St Stephen's Green the field will head for the suburbs again via the Coombe, Harold's Cross and Kimmage returning via Templeville Road. Drimnagh Road and Inchicore Road which is the reverse of last year's route.

The organisers have decided to reduce the amount of time spent in the Phoenix Park. After entering via the Chapelizod Gate and climbing the Furry Glen the runners will head directly for the Cabra Gates and it's downhill all the way from there to the finish back in O'Connell Street as was the case last year. "Our aim is to keep this course for several years," said Sweeney.

One of the biggest headaches which the organisers have had to overcome

is the unexpected non-availability of the Mansion House, which has been the venue for registration and other related marathon events for fifteen years.

Registration will now be held in the Luce Hall in Trinity College and a venue is still being sought for the eve of race Pasta Party. The highly popular Breakfast Run for overseas competitors which attracted over 1,000 people last year will again be held on Sunday, October 29 and the organisers are hopeful that they can find a venue where all the runners can be served breakfast under the one roof.

An innovation this year is the launch of a downtown 5k run starting at 3pm on the day before the race in the Merrion Square area. The event, which is open to everyone, will be promoted extensively on Classic Hits 98FM who will give listeners training schedules in the weeks preceding the race and there will be scores of spot prizes for down the field runners on the day.

Once again the Dublin Community Games are

Photo: Steve Humphreys.

organising a minithon for children once the race gets under way proper from O'Connell Street. Races will get under way at 12.15am and it is expected that over one thousand children will participate.

Last year for the first time the Business Houses Athletic Association who organise the marathon introduced a facility for walkers to complete the marathon course. The walkers start two hours before the main race.

"There is increased interest in this section from a variety of sources and I believe we could have upwards of 200 people taking part. What I want to emphasise is that it's not a walking race so there will be nobody out on the course checking on walking styles. It's designed to cater for ordinary people who want to walk the course," said Sweeney.

There is also a new category to cater for the visually challenged.

Marathon entries close on October 2 and further information can be obtained by phoning 01- 6764647.

This month's crossword is generously sponsored by DANFAY Ltd, Distributors of REEBOK. As usual, there will be prizes of top-brand Reebok running shoes for each of the senders of the first four correct solutions drawn.

The closing date for receipt of entries is Friday, 22 September. The winners and solution will be announced in the Irish Runner issue to be published in October.

Send your entry (one entry per person) to:

Irish Runner,  
Crossword No. 98,  
288 Harold's Cross Road,  
Dublin 6W.

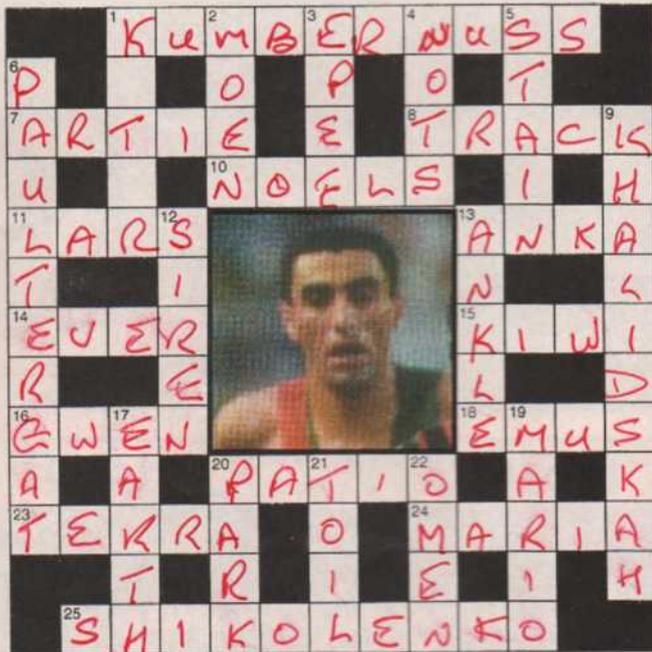
A photocopy of the crossword is also acceptable.

**Across**

- 1. Astrid -, world shot putt champion (10)
- 7. Pet name for Arthur (5)
- 8. Follow the non-field events (5)
- 10. Berkeley & Richardson (5)
- 11. First name of German Discus Champion (4)
- 13. Paul -, US singer (4)
- 14. Always (4)
- 15. New Zealander is a fruit (4)
- 16. First name of world's fastest woman (100m champion) (4)
- 18. Muse might reveal the rare birds (4)
- 20. Garden space for sitting out (5)
- 23. - firma (5)
- 24. I once met a girl called Mutola (5)
- 25. World women's javelin champion (10)

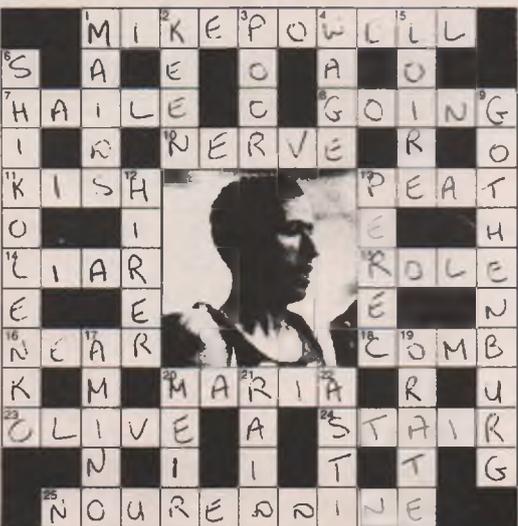
**Down**

- 1. I, Kurt, turned and saw the great Kenyan athlete (5)
- 2. Geir -, Norwegian athletics star (4)
- 3. Duelling sword (4)
- 4. Nays (4)
- 6. Blemish (5)
- 6. Kenyan who won bronze in the world championship 10,000m (4,6)
- 9. Moroccan who won silver in the 10,000m (6, 4) INSET PHOTO
- 12. Strident female causes alarm (5)
- 13. Injury-prone foot joint (5)
- 17. Soil our planet (5)
- 19. I roam and discover an Italian male (5)
- 20. Public garden (4)
- 21. Hard work (4)
- 22. Warning sign (4)



Name.....  
Address.....  
.....Shoe size.....

Thank you for all the entries received for the Crossword in our last issue. The four winners were: 1 John Ruddy, Ardross, New Ross, Co. Wexford. 2 Emily Geoghegan, 133 Charlemont, Griffith Avenue, Dublin 9. 3 Tim Ryan, Barrack Street, Ballymore Eustace, Co. Kildare. 4 Seosamh O'Coigligh, Clooneen, Ath-Liag, Roscommon.



SOLUTION TO CROSSWORD NO. 97



## Go to your Diary ... Turn to November 26th ... Write in ...



**2.30pm**  
**The Phoenix Park,**  
**The Sunday Tribune/Dublin Simon 5 Mile Road Race.**  
(BLE Permit)

Preparations for the 12th annual Simon 5 mile are underway and this year promises to be yet another winner.

- Supported by 98FM Classic Hits • Over 200 great spot prizes to be won
- 24 Main Prizes • Refreshments and Entertainment
- Free T-shirt and Goodie Bag for every participant • Entry fee £5.00

The annual Simon 5 Mile provides a professionally organised Road Race for the serious runner, and an enjoyable fun day for the fun runner and walker. Welcoming over 1200 runners every year, proceeds from the race help to maintain our services to the homeless person, including that of our Emergency Night Shelter and the Soup Run.

We thank you for your continued support.  
For further details please contact Elaine on 8720188  
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