

BLE National Intermediate & Veteran Cross Country Championships Santry, Co Dublin 5th February

Men

1 Cormac Troy, Offaly 35.56; 2 Paul Logan, Limerick 36.22; 3 Charlie Gallagher, Letterkenny 36.35; 4 Colm Burke, Laois 36.38; 5 Garry Crossan, Letterkenny 36.55; 6 Ciaran Meehan, DSD 36.59; 7 Martin Carroll, Tullamore Hrs 37.04; 8 Pat Maher, Raheny Shamrock 37.08; 9 Martin Hassett, Tipperary 37.11; 10 George Webb, Tullamore Hrs 37.14; 11 Gerard Hickson, Civil Service 37.17; 12 Padraig Farrell, Carrick-on-Shannon 37.18; 13 Patrick Byrne, Gowran 37.22; 14 Jimmy McHugh, Waterford 37.26; 15 James McIntyre, Finn Valley 37.31; 16 Sean Caulfield, Kilkenny 37.33; 17 David Casey, Mullingar Hrs 37.35; 18 Tommy Jordan, Wexford 37.39; 19 Eric O'Donnell, Mullingar Hrs 37.40; 20 Larry Stafford, Wexford 37.42; 21 Bernard Feery, Clonmel 37.47; 22 David Corcoran, Civil Service 37.52; 23 Adrian Kearns, Clonliffe Hrs 37.55; 24 Donal Mulligan, Donore Hrs 37.59; 25 Derek Nolan, Clonmel 38.00; 26 Martin Ferguson, Dublin 38.02; 27 Tommy McElwaine, Wexford 38.06; 28 David Healy, Clonliffe Hrs 38.08; 29 Sean McCarthy, Clonmel 38.09; 30 Liam Dunne, Tullamore Hrs 38.12; 31 Greg Heffernan, Civil Service 38.19; 32 Eoin O'Connell, DSD 38.22; 33 Richard Graham, Team P. Elliott 38.24; 34 Dick Brabazon, Kildare 38.25; 35 Jim Aughney, Civil Service 38.28; 36 Humphrey Twomey, Donore Hrs 38.35; 37 Richard O'Brien, Clonmel 38.38; 38 Diarmuid Geary, Cork 38.39; 39 John Feery, Tullamore Hrs 38.42; 40 David Duggan, St Joseph's 38.46; 41 Peter Brady, Liffey Valley 38.48; 42 Francis Cosgrave, Blackrock 38.49; 43 John Murray, Kildare 38.53; 44 Billy Fox, Clonmel 38.59; 45 Robert Fox, Civil Service 39.02; 46 William Baldwin, Kildare 39.03; 47 Pat O'Neill, Wexford 39.07; 48 Rory Byrne, Blackrock 39.10; 49 Jonathan Diver, Finn Valley 39.20; 50 Denis Cormack, Gowran 39.20; 51 Mick Fennell, Civil Service

39.25; 52 Gerry Daly, Liffey Valley 39.29; 53 John Fitzsimons, Kildare 39.31; 54 Seamus Breslin, Mullingar Hrs 39.32; 55 Bernard McLoughlin, Clonliffe Hrs 39.36; 56 David McPhillips, Dublin 39.38; 57 Hugh Gallagher, Letterkenny 39.39; 58 T. McCann, Cork 39.45; 59 John Cashman, Cork 39.47; 60 David Farrell, Gowran 39.48; 61 Mick Delahunty, Tipperary 39.50; 62 Stephen Keenan, Civil Service 39.58; 63 Bernard McCabe, Finn Valley 39.58; 64 Colm O'Callaghan, Blackrock 40.01; 65 Ciaran Doyle, WSAF 40.05; 66 Ray Condon, Tullamore Hrs 40.08; 67 Ger Duggan, Cork 39.08; 68 Paul O'Mahony, Leevale 40.18; 69 Paudie McCarthy, 40.22; 70 Adrian Curley, Tullamore Hrs 40.23; 71 Michael Cornyn, Donore Hrs 40.26; 72 Robert Duignam, DSD 40.30; 73 Bernard Gallagher, Liffey Valley 40.37; 74 Joseph Casey, Sportsworld 40.46; 75 Brendan Kehoe, Wexford 40.50; 76 John Tyrrell, Sportsworld 40.52; 77 Aidan Doyle, Wexford 40.56; 78 Jimmy Kelly, Liffey Valley 41.02; 79 Declan Steward, Kildare 41.02; 80 Seamus Moriarty Jnr, Clonliffe Hrs 41.05; 81 John Connolly, Carrick-on-Shannon 41.08; 82 Donal Brady, Donore Hrs 41.09; 83 Fergal Dunne, Kildare 41.28; 84 Derek O'Carroll, Blackrock 41.34; 85 Paul Power, Liffey Valley 41.39; 86 Pat Murphy, Cork 41.45; 87 Declan Coakley, Cork 41.49; 88 Alan Costello, Raheny Shamrock 41.50; 89 Des Butler, Kildare 41.55; 90 Thomas Byrne, Donore Hrs 41.56; 91 Billy Prout, Clonmel 41.58; 92 Gary Parke, Blackrock 42.13; 93 Mark Beacon, Sportsworld 42.20; 94 Paul McDonnell, Liffey Valley 42.26; 95 Paul Tester, Liffey Valley 42.30; 96 Derek Moran, DSD 42.37; 97 Martin O'Brien, Tipperary 43.05; 98 Ciaran Keenan, Laois 43.11; 99 Derek McConnon, WSAF 43.29; 100 Keith Goff, WSAF 43.44; 101 Niall McGee, Letterkenny 43.55; 102 Donal O'Toole, Donore Hrs 44.12; 103 Andrew Hyland, Donore Hrs 44.15; 104 Colm Cahill, Raheny Shamrock 45.25; 105 Adrian Kennedy, Mullingar Hrs 45.51; 106 Aidan Kennedy, Raheny Shamrock 46.03; 107 Sean Murray, Team P Elliott 69.31;

Veterans

1 Liam O'Brien, East Cork AC



LFT to RT Cormac Troy (Winner), John Murray (Disqualified), Paul Logan (2nd)



Veterans: LFT To RT Ray Curran (2nd), Liam O'Brien (1st), Matt Shields (3rd)

(1st 0/40) 25.10; 2 Ray Curran, Annadale Striders AC (2nd 0/40) 25.53; 3 Matt Shields, North Belfast Hrs 3rd 0/40) 25.59; 4 Eric Crockett, St Finbarrs AC (0/40) 26.04; 5 Neil Martin, Finn Valley AC (0/40) 26.14; 6 Sean Manley, Donore Hrs (0/40) 26.18; 7 John Cullen, Liffey Valley (0/40) 26.22; 8 Kieran O'Dwyer, Tipperary (0/40) 26.25; 9 Brendan Sherlock, Monaghan Phoenix (1st 0/45) 26.27; 10 Denis Noonan, Clonliffe Hrs (2nd 0/45) 26.30; 11 Christy Maher, Tipperary (0/40) 26.33; 12 Eamonn McEvoy, St Finbarrs (0/40) 26.35; 13 John Joe Murphy, Tinryland AC (0/40) 26.39; 14 Paddy Morgan, Wexford (0/40) 26.14; 15 John Buckley, St Finbarrs (3rd 0/45) 26.42; 16 Anthony Murray, Finn Valley (0/40) 26.44; 17 John Peavoy, Lucan Hrs (0/40) 26.45; 18 Joe Rankin, Donore Hrs (0/40) 26.47; 19 Tommy O'Neill, Sportsworld (0/40) 26.50; 20 Frankie Garrhy, Ennis TC (0/40) 26.51; 21 Tommy Murphy, Cork (0/40) 26.52; 22 Malcolm McCausland, Donegal (0/40) 26.55; 23 Paul Younger, Annadale Striders AC (0/40) 26.57; 24 Michael Conway, Galway City Hrs (0/55) 26.59; 25 Paul Myles, Donore Hrs (0/40)

27.00; 26 George Maybury, Civil Service 'A' (0/40) 27.01; 27 Noel Hanratty, Trim AC (0/40) 27.03; 28 Alan Keyes, Annadale Striders (0/40) 27.03; 29 Ritchie Crowley, St Finbarrs (0/45) 27.04; 30 Jimmy Gunnigle, Civil Service 'A' (0/45) 27.11; 31 Sean Connolly, Liffey Valley (0/40) 27.12; 32 Michael Jordan, Dundealgan AC (0/40) 27.13; 33 Myles McHugh, Tipperary (1st 0/50) 27.14; 34 Brendan O'Connor, Sportsworld (0/45) 27.18; 35 John Toddy, Tullamore Hrs (0/40) 27.20; 36 Don O'Carroll, Liffey Valley (0/40) 27.23; 37 Bernard Domican, Naas AC (0/40) 26.23; 38 Pat Kerrigan, Cork (0/40) 27.24; 39 Lar Grendon, Civil Service 'A' (0/40) 27.25; 40 Larry Foley, Sportsworld (0/40) 27.27; 41 Stephen Duffin, Annadale Striders (0/40) 27.28; 42 Adam Jones, Sportsworld (2nd 0/50) 27.35; 43 Jim Shields, Finn Valley (0/45) 27.37; 44 Frank Cashman, East Cork (0/45) 27.40; 45 Eugene Brady, Metro/St Brigid's (0/45) 27.45; 46 Brendan McKenna, Civil Service 'A' 27.46; 47 Des McGann, Civil Service 'A' (0/45) 27.48; 48 Dan Kehoe, Wexford (0/45) 27.58; 49 Billy Doherty, Annadale Striders (0/40)

28.00; 50 Jim Doherty, Donegal (0/40) 28.07; 51 Tim Twomey, East Cork (0/40) 28.09; 52. Tony Murphy, Clonliffe Hrs (0/45) 28.11; 53 Billy Delaney, Carlow (0/40) 28.13; 54 Thomas Gunning, Laois (0/40) 28.15; 55 Myles Nugent, Sportsworld (0/40) 28.17; 56 Pol O'Murchu, DSD (0/40) 28.20; 57 Patsy Doherty, Finn Valley (0/40) 28.24; 58 Michael Neville, Tullamore Hrs (3rd 0/50) 28.28; 59 Michael Lawton, Limerick (0/40) 28.30; 60 Martin Farrell, Tipperary (0/40) 28.33; 61 Jim Roulston, Finn Valley (0/40) 28.39; 62 Charlie O'Neill, Donore Hrs (0/40) 28.44; 63 Dave Madigan, Sportsworld (0/40) 28.46; 64 Kieran McGovern, Tullamore Hrs (0/45) 28.48; 65 Martin Wright, Liffey Valley (0/40) 28.49; 66 John Walshe, East Cork (0/40) 28.49; 67 Pat Ryan, St Finbarrs (0/40) 28.53; 68 Padraig Keane, Clonliffe Hrs (0/40) 29.00; 69 Christy Ryan, Tipperary (0/45) 29.02; 70 Alan Cowzer, Sportsworld (0/40) 29.02; 71 Gerry O'Doherty, Finn Valley (0/40) 29.05; 72 Philip Connolly, Letterkenny (0/40) 29.06; 73 Lukie Kehoe, Wexford (0/45) 29.07; 74 Mel Hughes, Mullingar Hrs (0/50) 29.17; 75 M. Coleman, Liffey Valley (0/45) 29.22; 76 Patrick Dolan, Tipperary (0/45) 29.24; 77 James Grogan, Tullamore Hrs (0/40) 29.25; 78 Tim Goulding, Leevale AC (0/40) 29.27; 79 Peter McDermott, Clonliffe Hrs (0/40) 29.29; 80 Philip Wright, Sportsworld (0/40) 29.33; 81 Thomas Beaver, Wexford (0/40) 29.37; 82 Tony Martin, Civil Service 'A' (0/45) 29.40; 83 A Eakins, Liffey Valley (0/40) 29.40; 84 Dinny Whelan, Laois (0/45) 29.48; 85 Andy Neenan, Mallow AC (0/40) 29.51; 86 Ned O'Brien, Tipperary (0/40) 30.03; 87 Kevin Cuddy, Tinryland (0/40) 30.06; 88 Camillus Creagh, Mullingar Hrs (0/50) 30.10; 89 John Robinson, Mallow (0/45) 30.11; 90 Sean Walsh, Wexford (0/50) 30.13; 91 Sean Duffy, Tullamore Hrs (0/50) 30.15; 92 Tadgh Twomey, Metro/St Brigid's (2nd 0/55) 30.18; 93 Maurice Timmins, Raheny Shamrock (0/45) 30.22; 94 John O'Leary, Leevale (3rd 0/55) 30.27; 95 John Quigley, Leevale (0/40) 30.28; 96 Ron Meade, Tullamore Hrs (0/40) 30.30; 97 Kevin Humphreys, DCH (0/40) 30.30; 98 Flor O'Leary, St Finbarrs (1st 0/60) 30.32; 99 Ray Fuller, DSD (0/50) 30.36; 100 Patrick Harding, Laois (0/45) 30.49; 101 Henry Brandsma, Sportsworld (0/40) 30.53; 102 Frank Nolan, Metro/St Brigid's

(0/40) 30.57; 103 Jim Kennedy, North Belfast Hrs (0/55) 30.58; 104 Christopher Duffy, Lourdes (0/40) 31.02; 105 John Byrne, Civil Service 'B' (0/50) 31.04; 106 Seamus Connolly, Tinryland (0/40) 31.08; 107 Gerry Murphy, Donore Hrs (0/40) 31.11; 108 Paschal Morris, Donore Hrs (2nd 0/60) 31.20; 109 John Byrne, Tinryland (0/40) 31.27; 110 John Smith, Clonliffe Hrs (0/45) 31.33; 111 Sean O'Dwyer, Raheny Shamrock (0/40) 31.40; 112 Jim Hynes, Finn Valley (0/50) 31.51; 113 John Ryan, Laois (0/40) 31.54; 114 James O'Rourke, St L O'Toole (0/40) 32.22; 115 George Harrison, Liffey Valley (0/40) 32.36; 116 Pat Quinn, Raheny Shamrock (0/40) 32.41; 117 Nicholas McCabe, Mullingar Hrs (0/40) 32.47; 118 Pat Scanlon, Metro/St Brigid's (0/40) 32.59; 119 Francisco Novell, Liffey Valley (0/40) 33.04; 120 Michael Aughey, Metro/St Brigid's (0/40) 33.06; 121 Vivion O'Brien, DSD (0/40) 33.51; 122 Willie Dunne, Donore Hrs (3rd 0/60) 34.41; 123 Brendan Earley, Civil Service 'B' (1st 0/65) 37.35; 124 Tom Lynam, Raheny Shamrock (2nd 0/65) 40.16; 125 Nick Corish, Raheny Shamrock (1st 0/70) 40.38; 126 Willie Morris, Galways City Hrs (2nd 0/70) 41.02.

Inter County Result

1 Cork, 82 (1, 4, 12, 15, 21, 29); 2 Dublin, 85 (6, 7, 10, 18, 19, 25); 3 Donegal, 193 (5, 16, 22, 43, 50, 57); 4 Tipperary, 257 (8, 11, 33, 60, 69, 76); 5 Offaly, 421 (35, 58, 64, 77, 91, 96).

Inter Club Result

1. St Finbarrs 60, (4, 12, 15, 29); 2 Annadale Striders 94 (2, 23, 28, 41); 3 Donore Hrs, 111 (6, 18, 25, 62); 4 Finn Valley, 121 (5, 16, 43, 57); 5 Sportsworld, 135 (19, 34, 40, 42); 6 Liffey Valley, 139 (7, 31, 36, 65); 7 Civil Service 'A', 141 (26, 30, 39, 46); 8 East Cork, 162 (1, 44, 51, 66); 9 Clonliffe Hrs, 209 (10, 52, 68, 79); 10 Tullamore Hrs, 234 (35, 58, 64, 77); 11 Tinryland, 315 (13, 87, 106, 109); 12 Metro/St Brigid's, 357 (45, 92, 102, 118); 13 Raheny Shamrock, 444 (93, 111, 116, 124).

Inter Club

1 Tullamore Hrs 86 pts (7, 10, 30, 39); 2 Civil Service 99 pts (11, 22, 31, 35); 3 Clonmel 112 pts (21, 25, 29, 37);

Intermediate Inter County

1 Dublin 138 pts (6, 11, 23, 24, 26, 48); 2 Offaly 153 pts (1, 7, 10, 30, 39, 66); 3 Tipperary 165 pts (9, 21, 25, 29, 37, 44);

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Women

1 Teresa Tuohy, Nenagh Olympic 17.53 (1st 0/35); 2 Rosemary Ryan, Bilboa 18.08; 3 Margaret Greenan, DCH 18.18 (2nd 0/35); 4 Katherine O'Rourke, Dublin 18.21; 5 Carmel Parnell, Cork 18.33 (3rd 0/35); 6 Joan Hough, St Finbarrs 18.42 (0/35); 7 Bernadette Muckian, Louth 18.43; 8 Angela Shine, Cork 18.43; 9 Teresa Naughton, GCH 18.49; 10 Eimear Smith, UCD 18.50; 11 Beth McCluskey, Crusaders 18.51; 12 Gene Carr, Clonliffe Hrs 18.57 (0/35); 13 Kathryn Freeman, Clonliffe Hrs 19.02; 14 Mary Jennings, Waterford 19.12; 15 Brigid Fitzsimons, Kildare 19.13; 16 Paula Gowran, Mullingar Hrs 19.16; 17 Margaret Burns, Dublin 19.20; 18 Sinead Lusby, GCH 19.21; 19 Patricia Griffin, Ballinamore 19.22; 20 Mary Sheehan, Cork 19.25; 21 Colette O'Riordan, Cork 19.30; 22 Siobhan Gallagher, Tirchonail 19.35; 23 Orla Gormley, Raheny Shamrock 19.36; 24 Brigid McCabe, Mullingar Hrs 19.38 (1st 0/40); 25 Ruth Murphy, UCD 19.44; 26 Liz Foy, Kildare 19.49; 27 Catherine O'Dowd, Raheny Shamrock 19.53; 28 Jane Swayne, Carlow 19.55; 29 Donna Dowler, Clonliffe Hrs 20.01; 30 Edel Murphy, GCH 20.03; 31 Olive Nolan, Sportsworld 'A' 20.07 (0/35); 32 Karen Williamson, Carlow 20.09; 33 Mary Coonan, Lucan Hrs 20.11 (0/35); 34 Evelyn McNelis, Naas 20.14 (1st 0/45); 35 Jackie Forde, GCH 20.16; 36 Vera Flynn, Mullingar Hrs 20.17; 37 Anne Marie Healy, Cork 20.17; 38 Margaret McCreery, Dublin 20.19 (2nd 0/40); 39 Tina Doyle, Carlow 20.20; 40 Karen McLoughlin, Dublin 20.21 (0/35); 41 Eileen Loughman, Naas 20.24 (3rd 0/40); 42 Ann Kavanagh, Mountmellick 20.25; 43 Ruth Ridgeway, Metro/St Brigids 20.29; 44 Mary Martin, Finn Valley 20.31 (0/40); 45 Lena Brogan, Tirchonail 20.34; 46 Marie Rooney, Tirchonail 20.37 (0/35); 47 Joan Coyle, Dublin 20.40 (2nd 0/45); 48 Joyce Mitchell, Blackrock 20.41; 49 Linda O'Sullivan, Marian 20.42; 50 Elizabeth Arkins, Lucan Hrs 20.45 (0/35); 51 Ann Buckley, Raheny Shamrock 20.46 (0/35); 52 Brigit Burke, Clonliffe Hrs 20.47 (0/35); 53 Geraldine Carragher, Sportsworld 'A' 20.48 (0/35); 54 Eileen Lynam, Cork 20.50; 55 Linda May 20.52; 56 Philomena Gallagher, Tirchonail 21.01; 57 June Comiskey, Raheny Shamrock 21.01 (3rd 0/45); 58 Amy Ahern, Clonliffe Hrs 21.02; 59 Ann Healy, Marian 21.05; 60 Mary McHugh, GCH 21.06;

61 Eileen Kenny, St Finbarrs 21.07 (0/45); 62 Mary Ryan, St Finbarrs 21.10 (0/35); 63 Edwina Murphy, Blackrock 21.26; 64 Nancy McNamee, Donegal 21.32; 65 Sally Diver, Donegal 21.32; 66 Vera McEvoy, Kildare 21.35 (0/35); 67 Fidelma Ayres, Sportsworld 'A' 21.37; 68 Emer Swan, Raheny Shamrock 21.38; 69 Mary Walsh, Tullamore 21.39 (0/45); 70 Kathleen Dempsey, Sportsworld 'A' 21.43 (1st 0/50); 71 Rose Crockett, St Finbarrs 21.48 (0/40); 72 Ann Reid, Lucan Hrs 21.52 (0/35); 73 Ann Higgins, Sportsworld 'B' 21.54; 74 Margaret Murray, Finn Valley 21.55 (0/40); 75 Mary Joyce, Mullingar Hrs 21.56; 76 Jean McTeenan, Lucan Hrs 21.56 (0/35); 77 Ann Reede, Raheny Shamrock 21.57 (0/45); 78 Lily Enright, Marian 21.58; 79 Carol Pender, Carlow 22.02; 80 Anne Duffy, Louth 22.02; 81 Ann McGill, Finn Valley 22.03 (0/35); 82 Ruth McGann, Sportsworld 'A' 22.17 (0/35); 83 Bridget McGlynn, 22.24 (0/35); 84 Brid Enright, Marian 22.25; 85 Marion Lyons, St Finbarrs 22.26 (0/40); 86 Mary Butler, Blackrock 22.26; 87 Sinead McMahon, Louth 22.28; 88 Louise Keogh, Blackrock 22.34; 89 Betty McDermott, Mullingar Hrs 22.35; 90 Bernie Carroll, Clonliffe Hrs 22.36; 91 Mary Whelan, Sportsworld 'A' 22.43; 92 Sandra Fitzsimons, Louth 22.45; 93 Patricia Craddock Smith, Blackrock 22.46 (0/35); 94 Emma Cooney, Sportsworld 'A' 22.47; 95 Rose Hayden, Raheny Shamrock 22.49 (0/45); 96 Christine Feeley, Donegal 22.51; 97 Brenda Murphy, Lucan Hrs 22.53 (0/35); 98 Liz Ryan, UCD 22.53; 99 Peggy Higgins, Kildare 23.03; 100 Irene Walsh, Donore Hrs 23.08; 101 Catherine Gilmore, Sportsworld 'B' 23.09; 102 Mary Nolan, Sportsworld 23.10; 103 Geraldine Walsh, Mullingar Hrs 23.10 (2nd 0/50); 104 Ann Woodlock, Donore Hrs 23.12 (1st 0/55); 105 Helen McNally, Sportsworld 'B' 23.18; 106 Jean Herron, Finn Valley 23.22 (3rd 0/50); 107 Shirley McArdlie, Sportsworld 'B' 23.31; 108 Julie Hilliard, Sportsworld 'B' 23.35 (0/40); 109 Deirdre Moore, Raheny Shamrock 23.44; 110 Malsie Burnside, Blackrock 23.50; 111 Margaret O'Hogartaigh, UCD 24.00; 112 Eileen O'Brien, Lucan Hrs 24.17 (0/40); 113 Marion Burke, Blackrock 25.05 (0/40); 114 Lorraine Mooney, Mullingar 25.16; 115 Sharon Devin, Louth 25.45; 116 Tess Murphy, St Finbarrs 26.04 (0/45); 117 Mary Horgan, St Finbarrs 26.12 (0/40); 118 Collette O'Hagan, Louth

27.00; 119 Kay Burns, Naas 28.34 (2nd 0/55); 120 Denise Brady, Blackrock 28.47 (0/40); 121 Martha Marshall, Mullingar Hrs 29.11 (0/40); 122 Alma Fennell, Blackrock 29.56 (0/40); 123 Pamela Buckley, St Finbarrs 30.48;

Intermediate Inter Club

1 Galway City Hrs 92 pts (9, 18, 30, 35); 2 Clonliffe Hrs 112 pts (12, 13, 29, 58); 3 Tirchonail 169 pts (22, 45, 46, 56);

Veteran Inter Club

1 St Finbarrs 223 pts (6, 61, 71, 85); 2 Lucan Hrs 231 pts (33, 50, 72, 76); 3 Raheny Shamrock 280 pts (51, 57, 77, 95);

Intermediate Inter County

1 Dublin 39 pts (4, 10, 12, 13) 2 Galway 92 pts (9, 18, 30, 35); 3 Donegal 169 (22, 45, 46, 56);

Veteran Inter County

1 Cork 85 pts (5, 6, 20, 54); 2 Dublin 128 pts (17, 33, 38, 40); 3 Donegal 282 pts (44, 74, 81, 83);

Northern Ireland

Senior Cross Championships

Lurgan 18th February

by Dave McKibbin

Dermot Donnelly returned to his best form to achieve a rare hat trick of wins in the seven and half mile event.

The 24 year old Annadale strider had been below par after a bout of flu but showed no ill effects as he dominated the field.

Conditions were windy and cold as Donnelly, John Ferrin and former champions Davy Wilson and Deon McNeilly detached themselves from the chasing group. McNeilly began to force the pace on the third circuit. Donnelly was the only responder and produced his own blast to finish the lap 30 metres clear.

"I hadn't intended to make my effort so early but Deon seemed to relax and I decided to try him out," said Dermot.

The second half of the race was a procession as the elegant, long striding Donnelly moved further and further ahead. His winning margin at the end was a massive 50 seconds over McNeilly.

Ferrin was a tantalising third for the fifth successive year with Paul Rowan, Andrew Campbell and John Weir next.

Annadale won the team prize for the sixth year in a row and the 13th overall.

Teresa Duffy retained her women's title with a classy exhibition. The reigning Irish champion

was hot favorite and moved quickly to the front along with Jill Bruce and Ann Terek.

Jill was a stride in front halfway round the second lap before Teresa upped the pace to move out on her own.

She was running well within herself and went on to win by 26 seconds. Ann Terek repassed Jill Bruce in the closing stages to take second.

Beechmount won their first ever team title from Belfast Olympic and Lagan Valley.

Men

1 D Donnelly, Annadale St 41.56; 2 D McNeilly, Willowfield 42.44; 3 J Ferrin, North Belfast 43.03; 4 P Rowan, Willowfield 43.13; 5 A Campbell, Annadale St 43.20; 6 J Weir, North Belfast 43.30; 7 G Luke, North Belfast 43.48; 8 D Wilson, Annadale St 44.02; 9 R Blakely, Annadale St 44.07; 10 D Gallagher, Sparta 44.15; 11 P Smyth, North Belfast 44.20; 12 D Moore, Annadale St 44.24; 13 M Kirk, Ballymena & Antrim 44.35; 14 C Cavanagh, Annadale St 44.45; 15 M Shields, North Belfast 45.15; 16 R Curran, Annadale St 45.16; 17 J Cunningham, North Belfast 45.43; 18 C McGlinchey, Albertville 46.01; 19 R Wright, Annadale St 46.05; 20 A Maguire, North Belfast 46.13.

Women

1 T Duffy, Beechmount Hrs 21.15; 2 A Terek, Lisburn AC 21.41; 3 J Bruce, Dromore AC 21.53; 4 R Carney, Lisburn AC 22.41; 5 D McCullough, Belfast Olympic 22.57; 6 F McCourt, Belfast Olympic 23.08; 7 C O'Neill, Beechmount Hrs 23.21; 8 G Brown, Lagan Valley 23.42; 9 M Skelton, Ballymena & Antrim 23.46; 10 F Kirkpatrick, Ballymena & Antrim 23.53.

Gerry Farnan Trophy

Cross Country Race

Phoenix Park

19th February

Men

1 Martin Cox, Salford 20.12; 2 Paul Cadwallader, Liverpool 20.29; 3 Jimmy Newns, Salford 20.34; 4 Tommy Maher, Dunshaughlin 20.47; 5 Larry Matthews, Salford 20.53; 6 Nigel O'Brien, Civil Service 21.04; 7 Simon McKeivitt, Liverpool 21.12; 8 Lee Cadwallader, Liverpool 21.21; 9 Mark Keeley, Liverpool 21.31; 10 Dominic Boner, 21.35; 11 Humphrey Twomey, Donore Hrs 21.40; 12 Eamon Dolan, Liffey Valley 21.40; 13 Bobby Bedford, Civil Service 22.00; 14 Ben Brady, Raheny Shamrock 22.08; 15 William Morris, West