

# Road racing, Urban trails and marathon round-up

Posted on Tuesday, March 27th, 2012 at 5:57 pm.

Written by [riar](#)

Torben's marathon madness continues...

After very unusual marathon preparations, including a 130km bike ride, Torben Dahl lined up for the Barcelona marathon. The thermometer showed 20 degrees but our very own marathon madman nevertheless managed another personal best. This was his fourth marathon since October.

With a time of 2:50:16, he knocked almost 2 minutes off his previous best and finished 262nd overall. The race was won in a time of 2:11:14 with Kenyan athletes taking all top-3 spots.

## Urban Trail Series

The Urban Trail Series took place in the undulating surrounds of Tymon Park this Saturday and Rosie Lenehan could call herself victor of the women's 4.5 short course while Geraldine Clements finished 2nd woman on the 9.5km long course.

## Dunboyne 4 mile

The great traditional 4 miler in Meath once again attracted top runners and big crowds. Three Crusaders ran with Emma Flynn first Crusaders across the line in 191st place with a time of 27:35. Eddie Nugent ran 26:49 and Martina White in 33:22.

## Wicklow Half-marathon

The "Gaol Break" 10k and half-marathon in Wicklow had two Crusaders in attendance: Niall Heffernan ran 1:29:28 to finish 15th overall in the half-marathon race, a fair bit outside his personal best of 1:21 but the Wicklow course is notoriously tough. On the 10km course Fiona Christian finished 314th in 1:14:08.

## Crusaders success at Wicklow Way Trail 2012

Posted on Tuesday, March 27th, 2012 at 6:08 pm.

Written by [riar](#). The happy coach (7th) and athlete (3rd) partnership!

On a great day of mountain running, Amidou Dembele opened his season with a phenomenal performance in the 25km Wicklow Way Trail from Ballinastoe Wood to Johnnie Foxes in Glencullen yesterday. Despite being pushed back into fifth place on the final long climb from Curtlestown Wood he used his descending to its fullest effect to secure a comprehensive third spot hammering out sub-3 minute kilometres from the “roof of the race” at the 20km point. The race was won by Ian Conroy who ran so impressively for the Crusaders Wicklow Way Relay team last year.

A few minutes back René Borg recorded his best mountain running performance to date battling with Greg Byrne, Rathfarnham, and Adrian Hennessy, Kilfinane AC, for most of the race, eventually securing 7th position between the two runners in a time of 1:56:53.

In the 2010 race Amidou would have won handsomely with his time and René would have been in the mix until the end but the race has taken great strides forward competitively. The best year was 2011 when 14 runners broke two hours versus 10 this year. Numbers have likewise soared since the early days with less than 100, going close to 200 this year. The popularity is understandable because it offers a test of a wide variety of running skills with a plethora of different terrains and gradients, as well as a punitive stretch of road running to the finish.

Unofficially breaking 2-hours for the course can be considered a “blue riband” performance and now three Crusaders have managed the feat since the course was lengthened from 22km to 25km in 2009. The standard is rising fast, however, and you now need to run well under 1:50 to win now with the course record set in 2010 by John Brown, the former British international, 1:42:06 left standing once the dust settled yesterday. Apart from the two men in the top-10, we also had Oran Murphy running (63rd) and Mary Collins who finished second F50.

Our representative in the ultra-version of the race, an out-and-back trek from Johnnie Foxes, saw Jeff Fitzsimons complete the course in 4:52:16 and 8th place overall. Ten of the 76 starters DNFed (did not finish).

## RESULTS

### TRAIL (25km)

1. Ian Conroy, Raheny Shamrocks 1:45:01
3. Amidou Dembele, Crusaders AC 1:52:30
7. René Borg, Crusaders AC 1:56:53
63. Oran Murphy, Crusaders AC 2:30:02
99. Mary Collins, Crusaders AC 2:41:53
153. Alan Cox, Crusaders AC 3:16:39

### Full results

### ULTRA (50km)

1. David Simpson, 4:11:03
8. Jeff Fitzsimons, Crusaders AC 4:52:16

## Sam Mealy wins IMRA College Championship

Posted on Tuesday, March 27th, 2012 at 6:18 pm.

Written by [riar](#)

Mighty Camaderry as it looked today

Sam Mealy entered the Irish hill running scene with an imperial performance on the steep grassy slopes of Camaderry in today's College Championship, striding to victory ahead of Diarmuid Collins. Sam ran Collins

about a minute out of the race; IMRA “history buffs” will remember Diarmuid Collins winning the Wicklow Way Trail 2010 ahead of our own Jason Kehoe. Irish development international Stephen Cleary, who ran at Snowdon last year finished third.

It was an impressive performance by Sam but not surprising given his recent form in cross-country. The grass was much the same but the gradients were another battle entirely with 522m climb crammed mercilessly into the 4.25km ascent after which runners have to reset their gears for a furious dash back to the start. In the women’s race Laura Schwirz finished 10th representing TCD.

There was more success for our men in the mountains as sizeable contingents took on the Wicklow Way Trail 25km and Wicklow Way Ultra 50km races and Amidou Dembele finished an impressive third after Ian Conroy, Raheny, and Brian Furey, Rathfarnham. Much more on this later as we get the results.

## **COLLEGE CHAMPIONSHIP RESULTS**

Men

1. Sam Mealy, Crusaders AC 41:41

Women

10. Laura Schwirz 1:04:00

# **Crusaders Men 4th in Dublin Seniors**

Posted on Friday, November 9th, 2012 at 6:56 pm.

Written by [Gary](#)

The Crusaders Men’s team finish 4th just 10 points off bronze medals in the Dublin Seniors on Sunday 4th November 2012. Six Crusaders members turned out to record the first team result for the club in this championships since 2009. First home was Ray Hynes in 12th followed closely by Sam Mealy in 13th. Stephen Moore, Nick Bland, Gary Park and John Richie rounded out the team.

## **Crusaders make their mark again!**

Posted on Tuesday, January 1st, 2013 at 12:26 am.

Written by Gary

Out with the old and in with the new, but Crusaders continue in 2013 as they left off in 2012. On St Stephen’s day in Co. Limerick, our men’s captain Rob Cross finished 3rd in the Caherdavin 10 miler in a great time of 56:42 in what was described as a “mountain road race”. Then, on 30 December in Co. Wexford Sam Mealy finished 2012 with a win in the Duncannon 8k in a time of 26:13, a full 45 seconds ahead of his closest rival. On the same day, our ladies’ captain, Dee Ni Chearbhaill, finished 2nd in terms of time in a 4 mile race in New Ross, Co. Wexford, but 1st lady overall as she was only 1 second out in predicting a finishing time of 27:10.

If 2012 ended on an excellent note for several of our runners, 2013 has started with a bang! In the prestigious Tom Brennan memorial 5k race held in the Phoenix Park on New Year's Day, our continuously strong ladies team shook off any after effects of the night before and brought home team honours. With Caroline Crowley finishing in 3rd place in a fast women's race in a time of 17:38, Ilona McElroy with a new PB of 18:43 in 8th (and knocking 25 seconds off her previous best set in December) and recent recruit Orla Kennedy in 10th place, Crusaders ladies won first prize in the team event. Louise Dobbyn (13th) and Olwyn Dunne (14th) also ran well, ensuring that the team could not be beaten, as Crusaders scored 21 points and the 2nd placed team, Raheny, scored 25. Liffey Valley were 3rd with 31 points. The quality field of nearly 450 finishers saw participation by at least 10 Crusaders. Special mention should also go to Sean Murphy, who finished in 34th place in a time of 17:42, just behind Caroline who led our contingent home in 33rd place overall.

#### Tom Brennan Memorial 5k Race

Overall place Name Cat. Place Chiptime

1 John Coghlan 1 00:14:34

15 Maria McCambridge 1 00:16:31

#### Crusader AC runners

33 Caroline Crowley 00:17:38

34 Sean Murphy 00:17:42

65 Ilona McElroy 00:18:43 (PB)

86 Orla Kennedy 00:19:38

105 Louise Dobbyn 00:20:01

111 Olwyn Dunne 00:20:19

167 Diarmuid O'Sullivan 00:22:32

326 Avril Barry 00:28:42

347 Eleanor Molloy 00:30:09

358 Maureen McGinley 00:30:33

## Front running wins the day!

Posted on Sunday, January 6th, 2013 at 12:24 am.

Written by Gary

On Saturday, whilst Fionnuala Britton was making Ireland proud once again with a fine display of front running and winning the Great Edinburgh Cross Country 6k race by a margin of 16 seconds, Caroline Crowley was taking a leaf out of a similar book in winning the first BHAA cross-country race of 2013 over the shorter distance of 2 miles by an even greater margin of 20 seconds. In so doing, Caroline finished well ahead of last year's winner, Niamh Devlin, a girl who had beaten her in the BHAA beach race in December, and a gratifyingly large field of 80 women runners. Caroline's winning time was 11:37. There was a huge turnout for the two cross-country races organised by the BHAA in Tymon Park. The ladies could opt for either a 2 mile race or join in the much larger field for the men's 4 mile race. The racing conditions were pretty close to perfect for cross country. A mad scramble to clean off last year's mud from the spikes

proved really to be unnecessary as the ground was not so soft in general and the weather on the day was also extremely mild for the time of year. Caroline's tactics proved to be perfect. Under instructions to hold back early on, she led a bunch of about 6 athletes for the first of the two laps, but felt increasingly constrained by the pace. Her intuition to break away before the half way point proved absolutely right and she gradually built up an unassailable lead. She felt and looked extremely strong coming into the finish and was able to jog back almost immediately to give support to club members finishing behind her. The manner of her victory was surprising in some ways as she was coming off a hard 5k race only 4 days earlier. In typical fashion in recent times, the BHAA races were well supported by Crusader members. Niamh Boland ran impressively again as she continues to mark a welcome comeback from long-term injury, finishing in 6th place in a time of 12:30. The ever-improving Ilona McElroy (8th in a time of 12:40) and Marie Hyland (12th and 12:56) each knocked one and half minutes off their finishing times in last year's race, whilst there were also good top 25 runs from Orla Kennedy, Louise Dobbyn (both also having competed 4 days earlier), Anna King (with an inspiring sprint finish!) and Dee Ni Chearbhaill, who finished third in her age category. Special mention should go to Susan Walsh, one of our track coaches, making an excellent return to competitive running after a particularly frustrating long period of injury. She finished in 36th place with a time of 15:07 and looked strong throughout. The 4 mile men's race was equally marked by a display of front running by the winner, Clonliffe's Brian Mac Mahon. Again, Crusaders were well-represented among the 264-strong field with 10 participants, among them Aoife Quigley, who, in finishing in an excellent time of 27:46 and in a strong first place of the 4 ladies who competed, knocked nearly 3 minutes off her time for last year's race. Stephen Moore was our leading finisher in 7th place in 22:47. Although Stephen ran extremely well, he remarked that for him it was a game of survival following the festive period downtime. Shane Collins continued to demonstrate great form with a strong performance to finish in 15th place in 23:22 and Sean Murphy, a recent newcomer to both running and the club, and who also raced well on New Year's Day, continues to show his strength, finishing in 49th place in 24:59. His namesake, Sean Murphy, a Wexford man who trains with Crusaders, was able to pick off runners until the last of the 4 laps where he found the going tough, but nevertheless held a good position and finished in 59th. It was great to see John McAuley back in form, finishing in 66th place, along with Peter O'Toole whose time of 26:01 put him in 88th place. Marius McNicholas, who is in the process of transferring to the club, also ran well to finish 86th along with Karl Walsh (109th) and Brian McGuckian (115th). The team was completed by Robbie Moore, who finished in 145th position in a time of 28:27, another runner who performed better than last year by knocking nearly 2 minutes off his previous time. Well done to all our competitors! 2013 has really got off to a great start for Crusaders!

#### BHAA South Dublin County Council 2 mile ladies race

Overall place Name Chiptime

1 Caroline Crowley 00:11:37

#### Crusaders AC runners

1 Caroline Crowley 00:11:37

6 Niamh Boland 00:12:30 8 Ilona McElroy 00:12:40

12 Marie Hyland 00:12:56

16 Orla Kennedy 00:13:06-20 (chip failed to register)

18 Louise Dobbyn 00:13:38

19 Anna King 00:13:39

23 Deirdre Ni Chearbhaill 00:13:52

#### BHAA South Dublin County Council 4 mile men's race

Overall place Name Chiptime

1 Brian Macmahon 00:21:24

Crusaders AC runners

7 Stephen Moore 00:22:47

15 Shane Collins 00:23:22

49 Sean Murphy 00:24:59

66 John McAuley 00:25:30

86 Marius McNicholas 00:25:58

88 Peter O'Toole 00:26:01 109 Karl Walsh 00:26:58

115 Brian McGuckian 00:27:20 125 Aoife Quigley 00:27:46

145 Robbie Moore 00:28:27

## Ferrycarrig 5 mile

Posted on Monday, January 14th, 2013 at 9:18 pm. Written by Gary

Four Crusaders were in action at a very well-received inaugural Ferrycarrig 5 mile and three could return from the "sunny south-east" with new personal bests in their pockets. Jeff Fitzsimons was first man home in 29:14 with Aoife Joyce leading the ladies finishing 5th in the category in 31:10 and 38th overall. Both took over a minute off the PBs set in 2012.

The result puts Jeff in a good position ahead of the Donadea 50km national championship where he will represent Crusaders along with Paul Cambell, best of luck guys, we look forward to cover your progress on the 10 laps in what promises to be a very high quality field..

Also running were Rene Borg (23rd in 30:18), back with a credible time in his first race since Copenhagen in May, and Deirdre Ni Cherbhaill who broke the 33 minute barrier (32:59) to record her first PB of a young year. Almost 300 runners made the event which raised money for the Crossabeg sports facilities nearby.

### RESULTS.

1. Tom Hogan 25:18- SBR

15. Jeff Fitzsimons 29:14 (PB)

23. Rene Borg 30:18

38. Aoife Joyce 31:10 (PB)

62. Deirdre Ni Chearbhaill 32:59 (PB)

## Da Cru set early Season Marks

Posted on Tuesday, January 15th, 2013 at 7:51 pm.

Written by Michael

Crusaders athletes put in fine early season performances over the weekend as far afield as Northern Ireland, England and the Canary Islands.

Availing of the warmer conditions during their warm weather training camps a number of Crusaders athletes set early season bench marks, with many making inroads on the World list. Stephen Colvert won the 300m at the Meeting Isla de Gran Canaria on 12th January in Las Palmas de Gran Canaria, with fellow Cru member Jason Harvey 2nd and Eoin Mulhall 4th. Eoin came back to place 2nd over 600m in a time the puts him second on the world list. While the others were stepping up a distance, Rob Cross stepped down to the 3000m to place 4th.

Meeting Isla de Gran Canaria results

The same day in Northampton parkrun in England, long time Crusaders member ran 137 overall and high up his age group over 5k park run. Sam Mealy, Crusader's cross country International, build on the experience he gained running for Ireland in the recent European Cross country championships to place 25th in a high quality field won by Thomas Ayeko of Uganda. John Frazer continues on his path back to form with a great run in 32th. This has been a great cross country season so far for Crusaders as we approach the height of the season with the National Senior championships are on 24th February and the National Intermediates on the 3rd February. Six more cross country races hosted by the BHAA remain, an ideal opportunity for Crusaders members to try cross country for the first time.

Antrim International results

[Link to Sam's race in the European championships](#)

The indoor track season will be starting soon with the first event in the new venue in Athlone; National combined events on the 26th January with the AAI games the next day. Entries are only being taken online see link below for more details of indoor events including the national championships on the 16th February.

[Online entries of indoor events](#)

## Reward Again for Crusaders in BHAA

Posted on Sunday, January 20th, 2013 at 7:52 pm.

Written by [Michael](#)

On Friday evening, following the deluge experienced in Dublin during the day and the not-so-encouraging weather forecast for the weekend, questions abounded on the net as to whether the following day's BHAA cross-country races in Cherryfield Park would be cancelled. But it takes more than that to impact a BHAA race! In the event, those intrepid souls who ventured out on the Saturday morning were rewarded with an excellent day's racing and although the conditions were much heavier and more treacherous than had been experienced for the event last year, the ground was less boggy overall than might have been feared. Having said that, in places there was standing water on the course.

Because of the cold and wet conditions, both races had a level of participation that was down on last year by about 25% overall. Niamh Boland took full advantage of the situation and after having been reminded by Susan Walsh standing behind her that the race had officially started, from about 20 metres out ran strongly from the front, increasing the distance between her and the competition all the time to win by an impressive margin of 16 seconds in a time of 12:40. This was the first time that Niamh had run the course and at one point she was worried that she might get lost, not having anyone in front of her to show her the way! Coach Susan Walsh continues to return to full fitness and also put in an excellent performance to finish half way down the field of 54 in a time of 15:20.

In the men's race, several of our 12 runners were returning to see if they could improve on last year's times. In the event, for some the conditions generally got the better of them but there were notable exceptions. Interestingly, Stephen Moore, our leading finisher, was only 5 seconds off his previous performance in a time of 28:26, but this was good enough to put him into 4th position compared to 16th last year. The top five places were quite spread out and Stephen found little to threaten him in the last two laps, having been in 4th position for much of the race. Shane Coffey, a Togher athlete who trains with Crusaders, hung on with Stephen through the first lap, but fell back a little to finish in a creditable 10th place. There were also strong performances from Michael O'Connor, returning from recent surgery (39th in 31:40), Peter O'Toole (75th in 33:32), Karl Walsh and Eamonn McWalter (respectively 78th and 79th in 33:39 and 33:44). In fact, both Michael and Eamonn knocked over 30 seconds off last year's times. Mountain runner Brian McGuckian (34:22), competing in the first of two races he intended to run this weekend, ran a canny race, steadily picking off runners throughout the last two laps, whilst Michael Fitzsimons (35:15), who like his sister Mary was running cross-country for the first time, stormed through the final 150 metres to take fellow Crusaders Aoife Quigley (35:16) and Robbie Moore (35:21) just before the line. Amazingly, Aoife ran an identical time to the one she recorded last year, but finished much further up the field than before in 110th place and for the second time in 2013 was the top placed lady in a BHAA men's race. Considering he is only just returning from a recent nasty chest infection, Michael McGovern ran a decent time of 37:05 and Marius McNicholas (36:01) would have finished much further up the field had he not had two tumbles, the second of which was enough to wind him and force him to stop briefly, demonstrating that the longest spikes were quite important for this race. Lastly, Mary Fitzsimons enjoyed an excellent 185th placing and second of the 4 women overall in her baptismal cross-country race, which featured 224 finishers. As usual, the BHAA is to be commended for organising such great races, which are topped off by large quantities of brack and tea for the hardy runners (and spectators!).

### **BHAA Eircom Cross country races 2013**

#### *Ladies 2 mile race*

Overall place Name Chiptime

1 Niamh Boland 00:12:40

#### *Men's 5 mile race*

Overall place Name Chiptime

1 Robbie Matthews 00:27:37

#### **Crusaders AC runners**

4 Stephen Moore 00:28:26

39 Michael O'Connor 00:31:40

75 Peter O'Toole 00:31:32

78 Karl Walsh 00:33:39

79 Eamonn McWalter 00:33:44

91 Brian McGuckian 00:34:22

109 Michael Fitzsimons 00:35:15

110 Aoife Quigley 00:35:16

112 Robbie Moore 00:35:21

124 Marius McNicholas 00:36:01

138 Michael McGovern 00:37:05

185 Mary Fitzsimons 00:40:29

Another weekend of PBs for Crusaders!

Posted on Monday, January 28th, 2013 at 7:42 pm.

Written by James

On Sunday 27 January we were treated to another day's excellent road racing. First up was the 4th annual running of the John Treacy Dungarvan 10 mile race in West Waterford. The race, on what has been described as a fast course, was run in extremely blustery but otherwise dry conditions, benefitting from a major effort by the organisers to pump significant flooding off the race route overnight. We had 3 ladies competing and they didn't disappoint. Laura



Shwirz was only seconds off a PB for the distance in finishing in 1:03:55, whilst both Dee Ni Chearbhaill (1:11:23) and Aoife Quigley (1:08:02) were able to knock 45 seconds and 28 seconds respectively from their previous records. Aoife finished among the top 25 women overall and was 9th senior lady in a field of 1,430 finishers, whilst Dee was 11th in her age category. Congratulations to all three and special mention should go to Sean Murphy, a friend of the club, who also smashed his previous best in a time of 59:27. Everyone agreed that the race is extremely well-organised and good value for money. Also, in principle it was a great idea to provide pacers for every 5 minutes over 60. However, reports from various sources, including our own, seem to indicate that some of the pacers were somewhat inconsistent in their pacing and were perhaps too fast at times to be of help.

Back in Dublin, there was a fabulous turnout of Crusaders for the classic AXA Raheny Shamrock 5 mile, being run for the 29th time. No fewer than 28 members of the club took part in a race that had a record entry of nearly 2,100 runners. The wind that plagued Waterford was also present in Raheny but horizontal rain and hail happily disappeared just before the start. It was such an exciting event, with Tomas Fitzpatrick of Tallaght AC, who is coached by Michael McGovern, together with Joe Sweeney of DSD participating in a two-man battle well ahead of the field for the entire race. The victory eventually went to Joe Sweeney, but Tomas did himself a lot of credit in staying with this international athlete for as long as he did, finishing only 9 seconds behind in 2nd place. The race was also marked by a welcome return to competition after a long injury absence by Mary Cullen of North Sligo AC, who not only won the women's race, finishing well ahead of Linda Byrne of DSD, but also set a new course record in so doing and is the first Irishwoman to break 26 minutes for the distance on Irish soil.

Our own Stephen Moore led the club home in 23rd place overall in an excellent PB time of 26:39. He was followed closely behind in 26th place by Rob Cross, who was suffering from a chest infection and therefore slightly below his best. Shane Collins continued his remarkable run of form by finishing with a PB in 32nd place in a time of 27:10. Newcomer Michael Kiely ran well to finish in 55th place (28:13), whilst Ciaran Diviney was 5th in his age group and 57th overall in 28:18. Among the men, there were also PBs for Sean Murphy (77th in 28:57), Michael O'Connor (128th in 30:10) and Joe Dunne (347th in 33:46).

In the women's race, Orla Drumm acquitted herself well in a strong field and at an increased distance for her by placing 6th lady in a time of 28:46, whilst Ilona McElroy continues to improve with every race. She finished 11th lady overall in a super PB time of 30:48, breaking 31 minutes for the first time. There were also major PB improvements for Orla Kennedy and Louise Dobbyn who both finished in the top 20 among senior female athletes and among the top 30 women overall. Moreover, the women's team achieved 2nd place overall, whilst the men's finished in 3rd place. Special mention should go to John Fitzsimons (M75) who finished 2nd and Olwyn Dunne, 5th, in their respective age categories. Many congratulations to all our athletes who braved the cold and severely windy conditions and put in such great performances!

The Raheny goodie bag is notorious for its junk food, so Caroline Crowley's contribution of her famous carrot cake in industrial quantities was well appreciated at the post-event celebration. In fact, several of the runners said that the sight of Caroline at the bottom of the hill they had to climb after 4 miles reminded them of what a treat was in store for them at the finish, spurring them on to even faster times!

John Tracy Dungarvan 10 mile race 2013

Overall place Name Cat. Place Guntime

1 Gary O'Hanlon 1 00:51:21

34 Lizzie Lee 1 00:57:35

Crusaders AC runners

311 Aoife Quigley 01:08:02 (PB)

459 Deirdre Ni Chearbhaill 01:11:23 (PB)

577 Laura Schwirz 01:13:55

Dungarvan results can be found here:

[http://www.totaltiming.ie/results/2013/john\\_treacy\\_dungarvan\\_10\\_2013\\_fullresults.htm](http://www.totaltiming.ie/results/2013/john_treacy_dungarvan_10_2013_fullresults.htm)

AXA Raheny Shamrock 5 mile race 2013

Overall place Name Cat. Place Chiptime

1 Joe Sweeney 1 00:23:53

12 Mary Cullen 1 00:25:55

23 Stephen Moore 00:26:39 (PB)

26 Rob Cross 00:26:54

32 Shane Collins 00:27:10 (PB)

55 Michael Kiely 00:28:13

57 Ciaran Diviney 00:28:18

69 Orla Drumm 00:28:46

77 Sean Murphy 00:28:57 (PB)

108 John McAuley 00:29:41

110 Aurelien Granger 00:29:36

161 Philip Matthews 00:30:50

166 Peter O'Toole 00:30:52

167 Ilona McElroy 00:30:48 (PB)

189 Marius McNicholas 00:31:15

202 Niall Dennehy 00:31:14

215 Paul O'Meara 00:31:38

265 Orla Kennedy 00:32:27 (PB)

280 Eddie Nugent 00:32:29

295 Louise Dobbyn 00:32:55 (PB)

309 Olwyn Dunne 00:33:07

347 Joseph Dunne 00:33:46 (PB)

606 Diarmaid O'Sullivan 00:36:51

697 Mary Fitzsimons 00:37:34

888 Neil Brown 00:38:52

1069 Damien Walsh 00:40:50

1256 John Fitzsimons 00:43:17

1467 Maureen McGinley 00:45:16

1523 Avril Barry 00:46:59

1674 Eleanor Molloy 00:47:22

## Da Cru showcase their efforts

Posted on Wednesday, January 30th, 2013 at 12:41 am.

Written by [Gary](#)

Much like flowering buds appearing through the snow, showcasing the efforts of their exertion below the soil the previous few months, the opening of the indoor season is when athletics come to life for many athletes. This weekend many of the sprinters got to showcase their efforts of the last few months. One of the significant developments in Irish athletic infrastructure was unveiled with the opening of the world class facility built by Athlone IT.

The Irish indoor season got underway in the new indoor track in Athlone on Saturday 26<sup>th</sup> January with the National combined events, where Liam Lyster put the hard work he put in during the winter to good use to claim a bronze in the over 50s category, scoring over 1800 point over the 4 events. Further afield in the NYU team challenge Killian Barry placed 4<sup>th</sup> in the weight throw with a 15.20 m (49'10½) effort. This helped secure the win for his team Manhattan College. This merely whet the appetite for Crusaders athletics fans, in what was the biggest day for Crusaders this year so far, with the distance Cru in Raheny, the sprinters and middle distance athletes opened there account in the AAI Games in Athlone on Sunday 27<sup>th</sup> January.



While the venue was new for everyone, for many of the ever expanding sprint group under the guidance of Hugo Leeney, competing in a Cru vest was also a new experience. New and established members toed the line in the 60m, with Tope Odelade coming out fastest in 7.48. Nick Ennis, Amin Mbarki and Graham Flynn finishing within two 10<sup>th</sup> of a second of Tope time, testament the training group dynamics. This was Amin first race in Ireland, while this was Nick's and Dominic Ezeakor first races, as they only have been in the sport less than 3 months.



Eoin Mulhall placed 3<sup>rd</sup> in a fast 200m race and came back later to finish one place higher in the 400m. Race doubles were also done by Amin, Tope and Patrick Saunders, who recorded on of his fastest 200m in a while on the tight bends. The 400m continues to be one of Crusaders strongest events, along with Eoin 48.61 second clocking, Paul Beslin in his first race since leading off the victorious 4x400m team in the league final opened with a fast 51 second race, as did reigning under 17 All Ireland Champion, Kevin Woods, taking his PB down to 51.60. Another athlete running an outright PB was Ray Hynes, who dominated his 1500m race. He looked exceptionally smooth as he was the lone athlete to follow the pace maker, leaving him with a considerable lead to return home in 3.55.32, a time which would have been lowered if he had been more challenged. Another athlete to test his condition during heavy winter training was Tom Chamney, running 3.48.84 showing he is in good condition and on his way back the treating Irish records. After a good winter Kieron Sexton showed his speed had not been dampen, running 2.01.21 a time which will boost his chances of going sub 2 minutes in the Irish Universities at the weekend. A large Crusaders contingent will travel back to Athlone for the Universities championships. While the cross country team travel north to Derry, as the target a medal in the National Intermediate championship, with again Ray getting to showcase his current form. While the new indoor track in Athlone heralds a new dawn for Irish athletics, new and old members have heralded a new dawn for Da Cru.

## National Inters and Universities

Posted on Sunday, February 3rd, 2013 at 11:05 am.

Written by [Gary](#)

As the club cross country season draws to an end with only the National Senior championships remaining 24<sup>th</sup> February, however for most the National Intermediate championships marks the pinnacle of the season racing for Crusaders. The men's team travelled north to Derry with hopes of improving on the 4<sup>th</sup> place from the Dublin Intermediates, Dublin Seniors and National Novice, in the build up to event a medal seemed a district possibility. In a challenging cross country course held over four laps of 2k, the Crusade for a medal didn't bear fruit. Much of the course was encased in ankle deep mud, reflecting the nature of true cross country course seldom seen in races in Dublin. Ray Hynes fresh from his impressive display winning his race in the AAI games, was forced to pull out when running with the small lead group. Behind him Crusaders luck didn't fare much better, with Rob Cross struggling on the soft conditions with a calf injury impeding him. Stephen Moore was first home in 31<sup>st</sup> and gaining a place on the winning Dublin team, this brings his medal haul up to three for the year. Just three places back was Shane Collins having the race of his life in 34<sup>th</sup> followed by Rob in 42th. Alban Coghlan and Shane Coffey (Togher AC) finish a stride apart eight seconds back, while the final Crusaders athlete Gary Park finished in 82th place. This gave the team a respectable finishing place of 8<sup>th</sup>.

### [National Intermediate results](#)

The indoor season continued on its course in the impressive indoor facility in Athlone IT. Friday, 1<sup>st</sup> February saw the best college athletes in the country put it on the line for national university titles. Adam McMullen not only came away with the long jump title but also set a new Irish University record of 7.32m.

There was also medals for Sam Mealy finishing an impressive 3<sup>rd</sup> in the 3000m in his most successful season to date. Stephen Colvert set a new DCU college record of 6.91 in the 60m when winning his semi-final but was unable to contest the final. Garrett Dunne ran a season best of 51.72 in the 400m to place him on the Irish rankings for 2013. Keiren Sexton improved on his first outing when he ran an impressive 2.01.03 in the 800m, like Garrett just missed out on a final place. Another athlete scoring points for Trinity was Rob Walsh who finished 6<sup>th</sup> in the multi-events.

### [Irish University indoor results](#)

As the indoors season continued at the weekend, in the Birmingham Games on Saturday 2<sup>nd</sup> Richard Morrissey posted a fast time of 47.59 winning his race over 400m. Patrick Saunders improved his 400m time for the season with 52.74 and came back the next day to post 24 seconds over 200m. The same day in Athlone, Paul Breslin picked up a bronze in the Leinster seniors over 400m with a time of 51.15. Karl Fitzmaurice in his first masters race won the over 35 title in 9.41, Graham Flynn picked up the 60m and 200m over 40 titles in 7.66 and 24.52. Liam Lyster took the over 55 60m title in 8.42.

## Enniscorthy brings out the best!

Posted on Monday, February 11th, 2013 at 7:16 pm.

Written by [James](#)



On Sunday 10 February, Dee Ni Chearbhaill and Niall Dennehy competed in the Enniscorthy 10k, organised by Slaney Olympic AC. Run in damp conditions and on a net uphill course that might not otherwise be considered overly fast, both our runners acquitted themselves well, both turning in PBs.

The field of 540 runners included several quality athletes. Coming off his recent fine second place finish in the Raheny 5 miler, Tom Fitzpatrick of Tallaght AC won the race. Last year's winner, Brian Maher of Kilkenny, was in second place, 6 seconds back, and Sean Hehir of Rathfarnham finished third. The ladies title was taken by Maria McCambridge of Letterkenny, about a minute ahead of Barbara Sanchez of Raheny, in second place.

Niall finished in the top 50 overall in an excellent time of 38.22, whilst, in the women's race, Dee came in 9th out of a large field of 243 female runners. Her time of 41:52 demonstrated an impressive improvement of 50 seconds over her previous best time for the distance. Many congratulations to both Crusaders. Great early season running!

Enniscorthy 10k race 2013

Overall place Name Cat. Place Chiptime

1 Thomas Fitzpatrick 1 00:30:13

14 Maria McCambridge 1 00:33:38

Crusaders AC runners

49 Niall Dennehy 00:38:22 (PB)

95 Dee Ni Chearbhaill 00:41:52 (PB)

Double national titles for Liam Lyster

Posted on Tuesday, February 12th, 2013 at 2:33 pm.

Written by Gary

Crusaders returned from Athlone with more medals, this time at age group level. Liam Lyster took home two titles while Richard Morrissey and Jason Harvey went three and five on the Irish rankings.

On Saturday, 12th February three Crusaders athletes made the trip to Athlone for the National Masters Championships. Liam Lyster stepped up from his performance at the Leinster indoor the week before to claim two titles in the over 50 class, the 60m and 200m in time of 8.42 and 29.36. Graham Flynn in the over 40 category also came away with a set of silver medals in the 60m and 200m, with times of 7.61 and 24.85, the former a PB. Karl Fitzmaurice in a highly competitive 1500m, that included Olympic semi-finalist James Nolan came away with 5th.

National Masters indoors results

The following day, the junior and under 23 team took to the track. Oisín Talyor took bronze in the junior triple jump with a leap of 12.74 in his final jump. Davy Lawlor in his first year in the age group finished just outside the medals in the shot with a throw of 13.31 just 3cm off a medal. The highlight of the day was Richard Morrissey and Jason Harvey finishing in silver and bronze medal positions both sub 48 second behind Tom Barr of Ferrybank. Their times 47.57 and 47.87 rank them 3rd and 5th on the Irish rankings, the time also represents an outright PB for Jason.

National Juniors and U23 results

Further afield Leo Lundy put in a fine effort to finish in 26th in the Basingstoke parkrun over 5k in a time of 21.16. Killian Barry finished 3rd in the rotational weight throw in the Manhattan, St. Peter's and NJIT triangular meet with a throw of 16.32 when competing for Manhattan College.

#### Manhattan Tri meet results

In the third round of the IMRA winter league in Annacurra, as always with the IMRA a number of Crusaders were evident. First home respenting was Vincent McGuinness in 8th followed by Oran Murphy in 27th. A IMRA regular Cormac O'Ceallagh came home in 71st follwed by Cathal Lally in 135th. The top over 50 female prize went to Mary Collins in 114th. The next race up in the winter league will be in Trooperstwon hill on Sunday 17th Feb, these events are a great introduction to hill running and alway a number of Crusaders traveling down, lifts can be arranged on the [www.imra.ie](http://www.imra.ie) site.

#### Hilly challenges and a National 50k title

Posted on Monday, February 18th, 2013 at 10:34 pm.

Written by James

It was hard to know where to turn to follow club members over the weekend of 16/17 February. Whilst there was successful indoors action involving Crusaders in the National championships in Athlone, our members were also producing inspiring performances on the roads and in x country.

One of the most memorable results was that of Olwyn Dunne, who together with husband Joe and a couple of fellow Crusaders, tackled the Donadea 50k in Kildare, a race which incorporated the Irish 50k championships. Olwyn's time of 4 hours for the distance produced a new female course record and enabled her to take home the magnificent winner's trophy. The 10-lap course, involving nearly 90 finishers, was run in the Donadea forest and in places was quite tricky underfoot, resembling at times more a x country than a road race. Nevertheless, Olwyn and Joe, who finished within seconds of each other, were able to maintain a steady pace throughout the race with pretty even splits.

Olwyn Dunne receiving her trophy as national 50k champion

Joe Dunne

Meanwhile, in Kilkenny, great efforts were being made to conquer Mount Juliet. This was the first running of a series of different distance races on a hilly 10k loop. We were represented by Alban Coghlan in the 10k race and in the half marathon by Aoife Quigley, Leo Lundy and Joanne Nolan, who are all training for Spring marathons. The event attracted a surprisingly large participation, with the 10k involving more than 600 and the half more than 300 runners. Even though everyone found the going extremely challenging, general feedback was positive about the well-organised races.

Alban distinguished himself by winning a sprint finish on the line for second place in the 10k in a time of 36:00, whilst in the half Aoife, took a highly rewarding 2nd place (1st senior) in the women's race with a top 40 finish overall in 1:33. Both Leo, who also placed in the top 40 overall, and Joanne (4th in her age group) surprisingly registered PBs. In Leo's case he knocked nearly a minute and a half off his previous best for the distance to record 1:36. So the results, given the tough conditions, will have given confidence to our long distance runners and bodes well for upcoming marathons in Napa (Leo) and London (Olwyn, Aoife and Joanne).

On the same day, we were privileged to witness another classic BHAA x-country race. This was the annual running of the Garda races in the Phoenix Park, set around the Magazine and using the gullies. Again, although this is one of the favourite races on the BHAA calendar, it is a tough challenge, made even harder this year by the tricky muddy conditions. There were several somersaults witnessed in the gullies, but hopefully, no serious long term effects (Vinny Clohisey was able eventually to retrieve his trademark sunglasses from the mud!).

Niamh Boland and Dee Ni Chearbhaill participated in the 2 mile ladies event which attracted more than 60 runners. Both ran well, with Niamh producing a never-in-doubt podium result to finish in 3rd place behind eventual winner Ailish Malone of Clonliffe and the Marathon Mission who continues to improve. Ailish had finished in 2nd place last year and, despite the poorer underfoot conditions, this year bettered her time by 45 seconds. Dee finished inside the top 15 places and also looked strong throughout the race.

No fewer than 15 of our members joined the 230-strong field in the men's 4 mile race. Sam Mealy led our men home, finishing well in 2nd place and closing all the time at the end on the eventual winner, Cillian O'Leary of Raheny who had broken away from a 3-strong leading group at around the half way point. James Murphy, who had an uncomfortable altercation with a large stone buried in the mud at the bottom of the gully, finished in an excellent 12th spot, improving on last year's performance by 25 seconds, whilst Micheal O'Cadhla just lost out in a tight sprint



for the line with the leading lady, Elish Kelly, to finish in 16th position. Ciaran Diviney and Michael O'Connor also showed that they are getting back to their best, along with John McAuley, who worked his way through the field towards the end, and Gary Park all with top 50 finishes. Whilst most of the runners who competed in the same race last year, ran slightly slower times this year because of the conditions, one notable exception was Eamonn McWalter who knocked nearly 1.5 minutes off his time last year, finishing significantly further up the field as a result in 57th place.

#### Donadea 50k race 2013

Overall position Name Cat. Place Chiptime

1 Barry Minnock 1 03:05:02

#### Crusaders AC runners

26 Olwyn Dunne 1 04:00:28 (PB) (CR)

27 Joe Dunne 04:00:37 (PB)

46 Paul Campbell 04:33:05

Full results here:

<http://redtagtiming.com/>

#### Run Mount Juliet 10k 2013

Overall position Name Cat. Place Chiptime

1 Declan Power 1 00:34:57

#### Crusaders AC runner

2 Alban Coghlan 2 00:36:00

Full results here:

[http://www.totaltiming.ie/results/2013/run\\_mount\\_juliet\\_2013\\_10k\\_fullresults.htm](http://www.totaltiming.ie/results/2013/run_mount_juliet_2013_10k_fullresults.htm)

#### Run Mount Juliet Half marathon 2013

Overall position Name Cat. Place Chiptime

1 Tom Hogan 1 01:10:38

12 Martina O'Dwyer 1 01:25:20

#### Crusaders AC runners

32 Aoife Quigley 2 01:33:33

39 Leo Lundy 11 01:36:15 (PB)

92 Joanne Nolan 11 01:44:16 (PB)

Full results here:

[http://www.totaltiming.ie/results/2013/run\\_mount\\_juliet\\_2013\\_halfm\\_fullresults.htm](http://www.totaltiming.ie/results/2013/run_mount_juliet_2013_halfm_fullresults.htm)

#### BHAA Garda Cross Country ladies 2 mile race 2013

Overall position Name Chiptime

1 Ailish Malone 00:12:31

Crusaders AC runners

3 Niamh Boland 00:12:47

14 Dee Ni Chearbhaill 00:14:26

BHAA Garda Cross Country men's 4 mile race 2013

Overall position Name Chiptime

1 Cillian O'Leary 00:21:47

Crusaders AC runners

2 Sam Mealy 00:22:00

12 James Murphy 00:23:50

16 Micheal O'Cadhla 00:24:26

22 Ciaran Diviney 00:24:37

31 Michael O'Conor 00:25:07

40 John McAuley 00:25:49

44 Gary Park 00:26:04

57 Eamonn McWalter 00:26:34

63 Marius McNicholas 00:26:52

70 Pat Quill 00:27:00

85 Michael Fitzsimons 00:28:01

99 Robbie Moore 00:28:52

100 Niall McGeorge 00:28:55

127 Michael McGovern 00:29:49

196 Mary Fitzsimons 00:34:09

Indoor titles for Harvey and McMullen

Posted on Tuesday, February 19th, 2013 at 3:48 pm.

Written by Gary

Jason Harvey (from [www.athleticsireland.ie](http://www.athleticsireland.ie))

In a weekend that saw 34 podium places for Crusaders on all surfaces; Road, trail, hill, cross country, indoors and outdoors (well not officially outdoors). The business end of the indoor season was upon us with the National Senior

indoor championships over the weekend of the 16th and 17th February. Crusaders returned with two gold medals and a silver and a series of encouraging performances.

Over 60m Dominic Ezeakor made large inroads into his PB with a time of 7.76. Another athlete in his maiden season, Nick Ennis dipped below 24 seconds for 200m and came back the next day to record 5.28 in the long jump in his first attempt at the event. Tope Odelade a long time stalwart of the club is beginning to show his promise with a time of 23.16 for 2nd in his 200m heat but failed to progress to the final of only six. Another stalwart Paul Breslin when even closer to making the final of the 400m, recording a time of 50.43, equal with the final qualifier but lost out by centimetres. This time however, places him firmly in the Irish top 20, with only one more event on the calendar, a place he looks set to keep. This makes a total of four Cru in the top 20, others not racing the indoors, while more making rapid progress, 400m in Crusaders looks set to thrive. This was evident in the fact when one Crusader had to seat out defending his 400m title, another stepped up to capture the mantel. Jason Harvey let no doubts of his calibre in the 400m when he inserted daylight between himself and the rest of the field over the first 100m, to leave comfortably at the head of the field, isolated away from the pushing and resulting mayhem behind at the bell. Jason strided strongly way from the field for a comfortable win in 47.94.

In one of the highlight races of the meeting Ray Hynes while not yet at the stage yet to go with qualifying standard pace, controlled the chasing bunch to come home 4th in 8:28.88 over 3000m. Up to this point Crusaders field eventers had a quiet season, with the exception to Oisín Taylors bronze in the national juniors. Oisín was back, this time to record 6th place amongst the seniors. Another athlete to come back, this time serious injury a few weeks ago was Ruairi O'Briain in the pole vault. While he may have lost sometime time training he didn't lose the talent and competitive flare that brought his national titles and Irish team places in the past. He was able to draw on his experience to battle to 2nd with a jump of 4.40m. Adam McMullen also in his first competition of the season was able to draw on his calibre as Ireland's top long jumper to notch up another national title. His 7.17 jump in his first event of the year, not only shows he has wintered well but that his has the talent to eclipses the long standing Crusaders record.

#### National Indoors Results

Another Crusaders athlete drawing on experience and ability to record a good mark in their first event is Colin Quirke. In his first event of the year he moved into second on the Irish list with a shot throw of 16.64 in the NYU fastrack team challenge in the Armoury in New York on the 15th February. Another throw stateside, Killian Barry help his college to a 17th straight MAAC team title with a second place finish behind team mate in the weight throw with 17.32m on Friday 15th February. Killian also had received an invite to compete in the prestigious Millrose Games in New York the next night, where he followed up with another throw over 16m.

## Crusaders flying at ALSAA

Posted on Sunday, February 24th, 2013 at 4:00 pm. Written by [James](#)

The BHAA caravan moved to Dublin airport this weekend for the annual running of the ALSAA cross country races, held under a busy flight-path with low-flying aircraft competing head-to-head with the race commentary. Despite it being a biting cold morning, with snow in the air, numbers were consistent with previous years, although the venue may not be as popular as others. The otherwise flat course has a reputation for being a little boggy and difficult to run on in places. However, yesterday's ground conditions for the races were generally quite benign and there was an interesting contrast between the state of the ALSAA course and the mud bath of Phoenix Park last week.

Marie Hyland and Susan Walsh turned out to run in the 2 miles ladies race, which attracted a small field of 36 participants. From the gun, a group of 5 runners took a strong lead. Marie, concerned that the pace might

be a little too fast, decided not to go with them. Consequently, with the rest of the field fully strung out over the 2 lap course, she found herself for a major part of the race with the challenge of largely running on her own. Finishing in 8<sup>th</sup> place in a time of just over 13 minutes, nevertheless, she was only just behind two runners ahead of her and well ahead of the runner in 9<sup>th</sup> place. Likewise, Susan found herself running most of the race in solitary confinement, finishing in 26<sup>th</sup> place in a time of 15:32.



#### Marie Hyland

The men's 5 mile race saw a last minute surge of registrations to provide a respectable field of 162 with several new faces who combined to produce a thrilling contest. A significant gap from the outset was created by a leading group of 3 runners of Robert Corbally, Allan Maguire and James Egan, possibly running in their first BHAA event. By the half way stage this group was reduced to Corbally and Maguire running strongly side by side well ahead of the field until the final 400m or so when Corbally was able to pull away. The first two finishers were about a minute ahead of Egan finishing in 3<sup>rd</sup> and who himself was well clear of the runner behind him. Crusaders had 7 participants in the race who all finished in the top half of the field. Following an 11<sup>th</sup> place finish in last weekend's Garda race, Karl Fitzmaurice achieved a solid 10<sup>th</sup> place yesterday, about 2 minutes behind the winner, in a time of 29:33. Both he and Gary Park, who finished in 16<sup>th</sup> place (30:50) ran confident races and were able pretty much to hold their positions throughout, keeping decent margins between themselves and the runners behind. Marius McNicholas, who enjoyed an excellent sprint at the finish to squeeze between two DCC runners, ran strongly to finish 41<sup>st</sup> in a time of 32:30, 5 seconds faster than last year and nearly five and a half minutes faster than in 2011. Coming back from a foot injury, Karl Walsh ran steadily to finish in 56<sup>th</sup> place, whilst Niall McGeorge, a few places behind in 63<sup>rd</sup>, like Marius, significantly improved on his previous time for the race. Training partners Mike McGovern and Robbie Moore produced a fierce battle for 68<sup>th</sup> place, with Mike's sprint finish gaining him rare satisfaction on this occasion. Having made steady progress through the field, the two runners, like others, both ran significantly faster times than previous ALSAA races, Mike knocking about 40 seconds and Robbie, 30 seconds, off their times in last year's event.



Karl Fitzmaurice



Mike McGovern and Robbie Moore



Gary Park



Karl Walsh



Niall McGeorge

### **BHAA ALSAA ladies 2 mile cross-country race 2013**

Overall place name chiptime

1 Paula Grant 00:12:45

*Crusaders AC runner*

8 Marie Hyland 00:13:20

Full results here:

[https://docs.google.com/file/d/0BwWpD\\_oGdHOfTmJMdnAxZmR5dVk/edit?usp=sharing&pli=1](https://docs.google.com/file/d/0BwWpD_oGdHOfTmJMdnAxZmR5dVk/edit?usp=sharing&pli=1)

### **BHAA ALSAA men's 5 mile cross-country race 2013**

Overall place name chiptime

1 Robert Corbally 00:27:22

*Crusaders AC runners*

10 Karl Fitzmaurice 00:29:33

16 Gary Park 00:30:50

41 Marius McNicholas 00:32:30

56 Karl Walsh 00:34:18

63 Niall McGeorge 00:34:46

68 Michael McGovern 00:35:07

69 Robbie Moore 00:35:08

The Ju Cru collect medals in the Dublin indoors

Posted on Monday, February 25th, 2013 at 10:12 am.

Written by Gary

On Friday 16th February the Junior Cru got their account off to a great start in one of the biggest weekends for Crusaders Athletics Club, with wins from 60m to 50k trail, from under 12 to over 50, Crusaders won on all surfaces. With the cross country season taking place before Christmas, it was a long wait for the sprinters and field eventers to show the hard work they had put over the winter and how bright did they shone.

Multiple medals were picked up by Alix, Patrick and Alan over the hurdles and jumps. James picked up the first underage medal in a distance event on the track by a Crusaders athlete at this level in over 15 years.

James Woods 3rd 1500m

Alan Francis 3rd Long Jump, 2nd Hurdles, 4th High Jump

Alix Hughes. 1st Hurdles, 1st High Jump, 3rd Long Jump

Patrick Gilvacea. 1st Long Jump, 1st High Jump, 1st Shot put

Lisa Jessen. 4th Long Jump

Clodagh O'Keeffe 4th Long Jump

Claudia Johnston 2nd Long Jump

Rachel Brown. 4th High Jump

Matthew Murphy 2nd Hurdles.

The next day the Crusaders built on the success of the previous day. Grainne McGuill and Emily Shiels got through the heats to the finals of their respective 200m where Grainne came 5th and Emily came 4th. Grainne followed on by coming 3rd in the 800m later in the day.

Not to be out done by the sprinters the Crusader brought home medals in a comprehensive fashion over the middle distance events. After winning the Dublin championship before Christmas on the country, attention switched to the track for Pappy and Charlie. In a very exciting 600m Pappy came 1st and Charlie Lyons 2nd in his first ever competition. While Kevin Woods may be the reigning national 400m champion, lately he showed his versatility, recently he helped his school CUS get to the All-Ireland Cross country championships, now he stepped up a distance. In the Boys U/18 800m Kevin dominated the race to win in 2mins, almost 8 seconds ahead of his closest rival.

The next day in Santry the Junior Cru picked up where they left off, picking up more medals. Pappy added the 60m Gold to the 600m and cross country titles he has already won this season, a great achievement winning the shortest and longest events on offer in competition for him. Alan added to his medal haul from Friday night, as did Alix who came away with four Gold and a bronze medal. Patrick added a 60m silver to the golds he won over the preceeding days. Matthews Behan put in an impressive performance in the 60m Hurdles dominating the field.

JP Tiernan U11 2nd 60m.

Pappy "Gold" Tucker U12 1st 60m .

Patrick Gilcevea U13 2nd 60m.

Katie Rose Barry U13 2nd Hurdles.

Claudia Johnston U14 2nd 60m.

Alan Francis U15 2nd 60m and 2nd Hurdles.

Matthew Behan U18 1st Hurdles.

Alix Hughes U18 1st Hurdles.

In the second weekend of competition it was a very exciting day on Saturday 23rd February. With a temperature of 2\*c and snow falling in the indoors /outdoors all the teams ran very well.



The U/16 was a straight final of 6 teams, Niamh Ferry started off handing to Clodagh O'keeffe in her first appearance for Crusaders, who passed to Isabel O'Leary. Isabel handed the baton to Emily Shiels who was now in 4th place, Emily battled all the way down the home straight to take 2nd place on the line.

In the U/18 girls there were 7 teams which must be a record for this age group. The race unfolded in a similar vein to the U/16's, Christina Francis started passing to Grainne M'Guill and on to Rachel Moore in her first appearance for Crusaders who passed to Alix Hughes in 4th place. Alix looked to have an impossible task but dug deep to pull back 3rd and then hunted down Raheny to take 2nd place on the line. So two very well deserved silver medals.

## Road Running latest news

Posted on Thursday, February 28th, 2013 at 12:06 pm.

Written by [James](#)

Peter Jackson and Leo Lundy both recorded PBs over the weekend and Torben Dahl continues to demonstrate a streak of madness.

Peter was competing after a bit of a break in the rather hilly but picturesque Ballyheigue 10k in Co. Kerry. In a field of nearly 80, he managed to finish 2nd overall in a PB time of 38:40 whilst taking in magnificent views of Tralee Bay.

Leo, now en route to the Napa Valley marathon this coming weekend, achieved a second PB in a week. On top of that which he set in the Mount Juliet half marathon the previous weekend, he went on this week to record a new personal best time of 20:18 in a 5k Park race in Basingstoke. Sub-20 for the 5k must just be around the corner.

Meanwhile, Torben, who many Crusaders will know as a man who would like to take in as many marathons as it is humanly possible to do in a year, whilst throwing in a couple of ultras and runamuck races for good measure, is currently on a tour of Latin America. Last week he participated in back-to-back marathons in Chile, one in Punta Arenas and the other 18 hours later in Antarctica. As a consequence, he can now claim that he has run marathons on 5 of the 7 continents.

Having been woken up only an hour before the race (as the start time was brought forward by several hours with little notice), on the back of little training and on a practically empty stomach, Torben achieved 2<sup>nd</sup> place in Punta Arenas in a time of 3:28, just one minute behind the eventual winner whom he had led for nearly 38k. On 2 hours sleep he then set off for Antarctica by plane. The hilly terrain, fatigue and his lack of preparedness perhaps got the better of him this time and he finished nearly an hour behind his previous day's result, but fair play for a magnificent effort. He also had the consolation of running in spectacular scenery, observing penguins and sea lions at close quarters. How to follow that!

## Crusaders hit top form in distance races

Posted on Monday, March 4th, 2013 at 8:30 pm.

Written by [James](#)

The hard winter training seems to be paying dividends and the club was rewarded with some solid running over the weekend with at least 17 PBs being recorded. If you weren't competing in the classic Ballycotton 10 mile race, then it's likely you were participating in the second running of the Meath Spring half marathon in Bohermeen, both of which saw repeat wins among both men and women.



Louise Dobbyn and Ilona McElroy

But we start with the news from France, where Ilona McElroy and Louise Dobbyn did the club proud in their participation in the Paris semi-marathon. Both had experienced their ups and downs during the period leading up to the race, with Louise facing hamstring issues and Ilona going down with a virus just a few days before the race. Nevertheless, they were both able to put in super performances. The girls reported that because they were given a preferential corral, there were few women around them and in the ensuing melee from the start found themselves being elbowed and jostled by their fellow male competitors and were forced to run harder from the start than anticipated (without any pacers in sight). The jostling seemed to recur throughout the race and at one stage Louise was almost taken out by a body slam from a Frenchman trying to cut inside on a tight corner. For Louise it was her first half marathon and on an unexpectedly hilly course that measured long in chilly near-freezing conditions she produced a time of just under 91 minutes, to finish in the top 30 senior women, whilst Ilona, who has gone from strength to strength over the winter months, recorded a PB of just over 88 minutes, shattering her previous best time by 5 minutes. She finished 19<sup>th</sup> senior and 24<sup>th</sup> woman overall in a field of over 30,000 runners including over 8,400 female finishers.



Stephen Moore



Rob Cross

In slightly breezy conditions our runners in the classic 10 mile race in Ballycotton joined a quality field, all trying to be among the first 100 over the line to claim the coveted tee shirt. The race was won for the third year in a row by Sergiu Ciobanu of Clonliffe in a time of just over 49 minutes, within seconds of his winning times in 2011 and 2012, with Maria McCambridge, who came close to her record run of last year, taking the ladies title for the second time. Our 13-strong contingent was led home in 17<sup>th</sup> place by Stephen Moore in a PB time of 54 minutes, in the process knocking a massive 8 minutes off his previous PB for the distance and by Rob Cross who crossed the line in a photo finish for 22<sup>nd</sup> place in a time of just under 55 minutes. Shane Collins was the third member of the club to win a top 100 shirt by finishing 54<sup>th</sup> in just under 58 minutes in his first 10 mile race. There were more PBs to come from the likes of Laura Schwirz (12<sup>th</sup> senior), who, running even splits, knocked nearly 5 minutes off her recent PB in Dungarvan and from Barry O'Neill who improved on his previous time by 3 minutes. Both runners finished under 70 minutes for the first time and notably with Barry, running a 1 minute negative split and in the process improving 112 places from the half way mark. Marius McNicholas, broke 65 minutes for the first time, whilst Pat Quill (110<sup>th</sup> in just under 61 minutes) knocked 3 minutes off his previous PB. Aoife Quigley, who finished 26<sup>th</sup> woman overall and 9<sup>th</sup> senior, also improved on her Dungarvan time by over half a minute to finish in a PB of just over 67 minutes. Special mention should be made of Mairead Cashman and Geoff Moore who improved nearly 200 and 80 places respectively between the half way mark and the finish to complete the distance in 87 and 85 minutes respectively. Additionally, members will be interested to know that Shane Coffey, who trains with Crusaders, finished in 45<sup>th</sup> place in a little over 57 minutes.



Richie MacLiam



Kieran O'Loughlin

Meanwhile, in Bohermeen, the Meath Spring half marathon saw its second running in near perfect conditions and no wind. It's likely to become an important fixture in the long distance running calendar since it's a perfect warm-up race close to Dublin for Spring marathon runners. The race is run on a two-lap course run on relatively flat country roads with only the smell of silage to contend with! This year's race, with a field of more than 640 finishers, was won for the second time by Gary O'Hanlon. Gary had a harder time of it this year than last, the winning margin between him and Dunshaughlin's Robbie Matthews being only 4 seconds. Last year he had enjoyed a comfortable 3 minutes over the second placed finisher. Gary and Robbie established a commanding lead over the field from early on and by the half way mark were out of sight from a group of about half a dozen pursuers. The lead changed hands several times before Gary was

able to pull away but only slightly in the last mile or so and take the title in a time of just under 70 minutes that was over a minute faster than last year. Pauline Curley won the women's race in just under 78 minutes, about one and a half minutes faster than her winning time last year.

The 11 Crusaders who raced acquitted themselves extremely well and, as with Ballycotton, several posted major PB improvements. Michael Kiely knocked 6 minutes off his previous time to finish in a remarkable 76 minutes. He ran in a group of about 5 racers who worked together just behind the principal pursuers and came in to finish in 11<sup>th</sup> place overall. There were also excellent runs from Richie MacLiam ( 20<sup>th</sup>) who ploughed his way through the field in the second half picking off runners left, right and centre, Kieran O'Loughlin (25<sup>th</sup>), who ran a steady race, and Aurelien Granger (28<sup>th</sup>) as the four combined to provide a winning team formula taking the men's team title for Crusaders by one point from Dunshaughlin. Both Richie (78 minutes) and Kieran (80 minutes) achieved PBs, as did Niall Dennehy (84 minutes) and Paul O'Meara who ran more or less even kilometre splits throughout, to record 85 minutes. Colum McKeown, Olwyn and Joe Dunne ran together with the 90 minute pacers for part of the race, all 3 breaking away later on to finish in front of the balloons, with Joe and Olwyn, who won her age group and finishing 9<sup>th</sup> lady, both marking significant PBs. Dee Ni Chearbhaill ran well in finishing 11<sup>th</sup> lady overall and 3<sup>rd</sup> in her age category. In the final analysis, she was only about 30 seconds off her PB time for last year's event despite not having the same level of training that she had put in last year when preparing for the Paris marathon.

Lastly, news came in late on Sunday evening of Leo Lundy's PB run in the Napa Valley Marathon in California. After having trained in single digit temperatures over the Winter, Leo experienced a rather uncomfortable race temperature of 20 degrees which was, thankfully, tempered a little by a coolish headwind. Despite being in some distress from a stitch towards the end of the race, Leo broke his previous PB by over a minute to finish in 3:34:24.

Many congratulations to all who ran!

## **Paris Semi-marathon**

### *Crusaders AC runners*

840 Ilona McElroy 01:28:08 (PB)

1183 Louise Dobbyn 01:30:55 (PB)

## **Ballycotton 10 mile race**

Overall place Name Cat. Place Chiptime

1 Sergiu Ciobanu 1 00:49:17

26 Maria McCambridge 1 00:55:01

### *Crusaders AC runners*

17 Stephen Moore 00:54:31 (PB)

22 Rob Cross 00:54:50

54 Shane Collins 00:58:01 (PB)

110 Pat Quill 01:00:51 (PB)  
199 Niall McGeorge 01:04:17 (PB)  
213 Marius McNicholas 01:04:36 (PB)  
309 Aoife Quigley 01:07:25 (PB)  
392 Laura Schwirz 01:09:02 (PB)  
434 Barry O'Neill 01:08:49 (PB)  
1009 Emer Carey 01:17:11  
1643 Geoff Moore 01:25:11  
1806 Mairead Cashman 01:27:01  
2025 John Fitzsimons 01:31:49

Full results here:

[http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1116%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1116%253Flayout%253Dprecision_timing)

### **Meath Spring Half Marathon**

Overall place Name Cat. Place Chiptime

1 Gary O'Hanlon 1 01:09:42

17 Pauline Curley 1 01:17:38

#### *Crusaders AC runners*

11 Michael Kiely 01:16:13 (PB)

20 Richie MacLiam 01:18:34 (PB)

25 Kieran O'Loughlin 01:20:18 (PB)

28 Aurelien Granger 01:20:43

55 Niall Dennehy 01:24:03 (PB)

76 Paul O'Meara 01:25:32 (PB)

105 Colum McKeown 01:28:42

118 Joe Dunne 01:29:17 (PB)

119 Olwyn Dunne 01:29:21 (PB)

# Moore of the Best

Posted on Sunday, March 10th, 2013 at 2:24 pm.

Written by [James](#)

Stephen Moore put on a valiant display of front-running on Saturday to win the 162-strong annual BHAA 4 mile race in the grounds of Maynooth College, the penultimate cross-country race in the BHAA Winter series. Showing how far he has come in the past few months, Stephen's time of 21:24 was over 45 seconds faster than the time he recorded last year and the fastest winning time for the race in the last 3 years. His margin over the second place finisher was more than 15 seconds and he looked comfortable throughout on a course that was flat and not too muddy (although one report described it as heavy in places) on an otherwise mild day. Another Crusader, Karl Fitzmaurice, also had a cracker of a race, steadily and impressively moving his way through the field over the course of the 4 laps to finish in 3<sup>rd</sup> place overall and 1<sup>st</sup> in his age category in a time of 21:46. Like Stephen, he also improved on his previous time in the race, by almost 2 minutes. There were also strong performances from the remaining Crusaders in the field. Alban Coughlan finished 2<sup>nd</sup> senior and 5<sup>th</sup> overall in 22:12, whilst Will Owens, making a welcome return to racing and relatively new to cross country, finished well to overtake several runners after a deliberately conservative start in a time of 24:07 which was good enough for 26<sup>th</sup> place overall. Like Will, Michael Fitzsimons continues to show that he is also capable of working his way through a field and once again demonstrated that he has a powerful finish. He took 50<sup>th</sup> place in a time of 25:44, whilst Robbie Moore got his revenge back on Michael McGovern this week. It was a repeat of last year's result, which saw Robbie once again beating Michael on the line. Also, the duo both recorded significantly faster times than in the previous 2 editions of the race with an improvement of at least half a minute over last year's results.

The women's 2 mile race was equally rewarding for those Crusaders who turned out. Whilst Aoife Talty of Raheny ran a similar race to that of Stephen and proved too strong for the opposition in a 38-strong field, finishing in 11:35, nevertheless, Niamh Boland ran powerfully into 2<sup>nd</sup> place (12:11). In the process she took a decent scalp as she pulled away in the last kilometre from Jean Wilson (12:21) of Sportsworld. Ilona McElroy held 4<sup>th</sup> position (3<sup>rd</sup> senior) throughout the race, not threatening the leaders but also at no time being under any real threat herself. Her finishing time of 12:28 was an astonishing four and a half minutes improvement on her performance in the same race last year. Edel Haverty ran extremely well to finish in 10<sup>th</sup> place and 4<sup>th</sup> senior in a time of 13:48, whilst Crusaders coach Susan Walsh also produced an excellent top half result with good overtaking in the second lap as she finished in 18<sup>th</sup> place in a time of 15:02. Mary Fitzsimons completed the Crusader participation, for once choosing to run in the shorter ladies race with a time of 15:40 and 22<sup>nd</sup> place (5<sup>th</sup> in her age category).

## NUI/AIB Men's 4 mile XC race 2013

Overall Position Name Chiptime

1 Stephen Moore 00:21:24

*Crusaders AC runners*

1 Stephen Moore 00:21:24

3 Karl Fitzmaurice 00:21:46



5 Alban Coughlan 00:22:12

26 Will Owens 00:24:07

50 Michael Fitzsimons 00:25:44

71 Robbie Moore 00:26:36

72 Michael McGovern 00:26:37

### **NUI/AIB Men's 4 mile XC race 2013**

Overall Position Name Chiptime

1 Aoife Talty 00:11:35

*Crusaders AC runners*

2 Niamh Boland 00:12:11

4 Ilona McElroy 00:12:28

10 Edel Haverty 00:13:48

22 Mary Fitzsimons 00:15:40

## **Dublin painted red on St Patrick's Day weekend**

Posted on Monday, March 18th, 2013 at 6:12 pm.

Written by [James](#)

An abundance of Crusaders turned out for the St. Patrick's Festival 5k organised by MSB and run on Saturday on the streets of Dublin. We also had runners in at least two other events over the weekend. Gratifyingly for the club, nearly 40 members participated across the three races, and among them at least 25 PBs were recorded.

The 5k produced a brilliant Crusader showing in an event that saw 4 seasons in a race. The air temperature was in single digits throughout and one minute the sun was shining so strongly that one was blinded, the next, one was running in a hailstorm. This didn't seem to affect the performances, however. On a flat one lap course that started and finished outside the Mansion House, taking in Stephens Green, the canal, Earls Court Terrace and Baggot Street, the nearly 1200-strong race was dominated fittingly by the front running of MSB's John Coughlan. However, Ray Hynes, in a PB performance, was able to stay tucked in behind in 2<sup>nd</sup> place for a good bit of the way, just conceding position in the last 500m and finishing in a creditworthy 4<sup>th</sup> place in a time of 15:12. Finishing in 12<sup>th</sup> place in a time of 16:01 was newcomer Tony Carter who has just started coming to the club. Some spirited running was produced by Shane Collins with a PB of 16:15, just ahead of James Murphy (a week after his 4<sup>th</sup> place finish in the 1100-strong Hurley-Hoey 10k in Co. Clare in 34:19) in 16:17, with Vinnie McGuinness, who trains with the club, finishing a few places behind in 16:23. An under-the-weather Karl Fitzmaurice made 39<sup>th</sup> place in a time of 16:44, whilst Michael O'Connor was just behind him in 16:45, another PB time. Sean Murphy also recorded a PB with a time of 17:12, just finishing outside the top 50 places. There were other splendid performances all the way down the field, too numerous to mention. However, on the men's side congratulations should go to John Fitzsimons who won his age group (M70) and enjoyed the privilege of competing with his son, Michael and daughter Mary, both of whom recorded PBs. Indeed in the context of families, it would be hard to ignore the achievements of the Dunnes. Both Olwyn and Joe finished with PBs, Olwyn coming second in her age category and also

contributing to the winning Cru ladies team. But the story of the day must go to their son Max, who, at the age of 10, finished in an astonishing 221<sup>st</sup> place in a time of 20:46, only a minute behind both his parents!

In the ladies race, clearly won by Linda Byrne in 16:03, Niamh Boland ran confidently despite pre-race nerves to finish in 8<sup>th</sup> place overall whilst Marie Hyland finished in 11<sup>th</sup> place and took some notable scalps in the process, finishing exceptionally strongly. Excellent runs from Aoife Quigley and Olwyn Dunne (21<sup>st</sup> and 22<sup>nd</sup> overall), with PB performances like Niamh and Marie ahead of them, deservedly enabled the Cru women to win the team prize. Of the 14 Cru ladies who competed on Saturday at least 11 ran PB times.

Not to be outdone on the PB front, serial improver Leo Lundy competed on Monday in a hilly (the first 2/3 of the race were uphill), cold and windy inaugural Dune Cross Border half marathon in Newry, Co. Down. In a strong headwind all the way, Leo improved on his recent Mount St Juliet's time by 8 seconds, finishing in 57<sup>th</sup> place in a field of over 400 in a time of 1:36:07. Interestingly, the race was won by Gary O'Hanlon who finished in 5<sup>th</sup> place in the 5k on Saturday.

Lastly, we had 3 participants in the nearly 900-strong classic Mallow 10 mile race in Co. Cork on Monday, among them Laura Schwirz who also recorded a PB and broke 69 minutes for the first time, finishing 17<sup>th</sup> woman overall in a time of 68:55 in a quality women's field behind Marathon Mission runner Fiona Roche of Raheny who set a new course record.



Emer Carey



Laura Schwirz

Well done to all!



## **St Patrick's Festival 5k**

Overall Position   name   Chiptime

1 John Coghlan 00:14:45

14 Linda Byrne 00:16:03

### *Crusaders AC runners*

4 Ray Hynes 00:15:12 (PB)

21 Shane Collins 00:16:15 (PB)

23 James Murphy 00:16:17

39 Karl Fitzmaurice 00:16:44

40 Michael O'Connor 00:16:45 (PB)

51 Sean Murphy 00:17:12 (PB)

60 Gary Park 00:17:34

67 Will Owens 00:17:40 (PB)

70 Philip Matthews 00:17:50 (PB)

72 Niamh Boland 00:17:56 (PB)

93 Marie Hyland 00:18:52 (PB)

100 Peter O'Toole 00:18:43

105 David Carter 00:18:46 (PB)

106 David Killian 00:18:44

145 Brian McGuckin 00:19:18

149 Michael Fitzsimons 00:19:20 (PB)

166 Joe Dunne 00:19:43 (PB)

170 Aoife Quigley 00:19:50 (PB)

171 Olwyn Dunne 00:19:48 (PB)

183 David Hickey 00:19:58

189 Robbie Moore 00:20:19 (PB)

215 Amy Wright 00:20:42 (PB)

219 Gillian Earley 00:20:46

221 Max Dunne 00:20:46 (PB)

231 Joanne Nolan 00:21:07 (PB)

266 Diarmaid O'Sullivan 00:21:53 (PB)

293 Aoife Haughey 00:22:15 (PB)

304 Sharon Woods 00:22:32 (PB)

310 Kate Murray 00:22:30 (PB)

313 Mary Fitzsimons 00:22:32 (PB)

349 Christina Campbell 00:23:06 (PB)

362 Paul Scannell 00:23:02

364 Karen Peesker 00:23:26 (PB)

439 Mairead Cashman 00:24:42

467 John Fitzsimons 00:25:17

750 Matthew Peesker 00:28:57 (PB)

Full results here: <http://www.championchipireland.com/results/index.php>

### **Dune Cross Border Half marathon**

Overall position name chiptime

1 Gary O'Hanlon 01:15:27

27 Catriona McConnell 01:29:01

*Crusaders AC runner*

57 Leo Lundy 01:36:07 (PB)

Full results here: <http://www.championchipireland.com/results/index.php>

### **Mallow 10 mile race**

Overall position name chiptime

1 Philip Harty 00:51:23

11 Fiona Roche 00:56:53

*Crusaders AC runners*

164 Dermot Brosnan 01:08:20

182 Laura Schwirz 01:08:55 (PB)

Full results here: [http://www.totaltiming.ie/results/2013/kostal\\_ireland\\_mallow\\_10\\_fullresults.htm](http://www.totaltiming.ie/results/2013/kostal_ireland_mallow_10_fullresults.htm)

## Cool Runnings

Posted on Sunday, March 24th, 2013 at 10:04 pm.

Written by [James](#)

Despite the unseasonal weather over the past few days several hardy souls from the club braved the conditions to participate in road and trail races all across the country and beyond, ranging from 5k to 51k.

First up was the evening running of the last cross country race of the BHAA Winter League, held in Malahide last Wednesday. We had at least 6 runners in the 5.2km partially floodlit race which was run in cool and muddy conditions following the heavy rain of the day before. Congratulations should go to Karl Fitzmaurice who, in a field of over 120 finishers, recovered from his difficulties of the previous weekend and came in 3<sup>rd</sup> overall in a time of 18:21, just ahead of James Murphy in 4<sup>th</sup> (18:47). Philip Matthews finished strongly in 21:03 and Karl Walsh, in the first of 2 races in which he featured this week, came home in 21:35. Robbie Moore and Mary Brennan (nee Fitzsimons and who also ran in Dunboyne at the weekend) completed the sextet with 46<sup>th</sup> and 93<sup>rd</sup> places in respectively 23:15 and 26:13.



Richie MacLiam



John McAuley

On Saturday, IMRA hosted 2 races along the Wicklow Way, the 51k Ultra and the 25.5k trail races, both conducted in mountain snow and bog in extremely cold conditions. Hats off to the 4 Crusaders who joined more than 100 others to compete in the Ultra. Jeff Fitzsimons distinguished himself by finishing in 13<sup>th</sup> place in a time of 5:26, as did Pat Quill who finished in 24<sup>th</sup> in a time of 5:43. Brian Linton (72<sup>nd</sup> in 6:49) and Ken Cowley (93<sup>rd</sup> in 7:30) were the other two stalwart Cru finishers. On the same day, 8 of our members chose the nearly 200-strong trail race. They were led home by the indefatigable Richie MacLiam who finished in 7<sup>th</sup> place in 2:08, just behind training partner Vinnie McGuinness in 6<sup>th</sup> (2:06). Newcomer Warren Swords also ran well to finish in 11<sup>th</sup> place (2:14), as did John McAuley who came home in 15<sup>th</sup> spot (2:18). There were also good runs from Oran Murphy (35<sup>th</sup> and 2:33), Michael Blighe (39<sup>th</sup> and 2:34) and Michael Maughan (42<sup>nd</sup> and 2:34) whilst our two lady members also acquitted themselves well. Niamh O'Ceallaigh finished in 137<sup>th</sup> place overall and 19<sup>th</sup> lady in a time of 3:04 and Mary Collins, who came in 2<sup>nd</sup> in her age category, posted a time of 2:04 and was just one place behind Niamh in 138<sup>th</sup>.

Sunday presented an even colder and windier day for racing than the previous day. In bitter conditions, we had runners in the Wicklow Gaol Break half marathon, the Clongowes 5k in Kildare, the Craughwell 10 mile race in Galway and the Dunboyne 4 mile race in Meath.

In Wicklow, two of our Spring marathon hopefuls braved the conditions. Seamus MacFloinn, training for Rotterdam, ran a PB time of 1:23 to finish in 13<sup>th</sup> place overall in a field of over 400 finishers, whilst Aoife Quigley, training for London, ran 1:36 and finished in 67<sup>th</sup> position overall and 10<sup>th</sup> lady.

The Craughwell 10-miler witnessed an interesting ladies race which was eventually won by Elish Kelly (57:44). She took the notable scalps of Raheny team-mate Barbara Sanchez (57:51) and Tullamore's Pauline Curley (1:00), whilst Raheny took a clean sweep of the men's and ladies titles with Mick Clohisey winning overall. For Crusaders, Eamonn McWalter took 73<sup>rd</sup> place in just under 67 minutes whilst Eoin Larkin finished in 181<sup>st</sup> position in a field of more than 600 finishers and in a time of 74 minutes.



Michael Fitzsimons

Karl Walsh was our sole participant in the Clongowes 5k but he did the club proud by finishing in 6<sup>th</sup> place overall out of nearly 360 finishers in a time of 18:53, whilst in Dunboyne we were represented by 4 Crusaders in the 4 mile race, which saw an enormous turnout of over 1,000 competitors. John Coghlan of MSB repeated his winning performance of last week in the St Patrick's festival 5k, whilst the ladies title went to Maria McCambridge only a minute behind John. In a strong field, Michael Fitzsimons ran well to finish in 111<sup>th</sup> position overall in a time of 25:30. He was joined by Mary Brennan (324<sup>th</sup>), Mairead Cashman (475<sup>th</sup>) and Fearghal O'Neill (764<sup>th</sup>).

Lastly, no race report would be complete without a mention of Leo Lundy, who once again ran a PB time. This occasion was a 10k race in Eastleigh and out of a field of nearly 2,100 runners he finished in 351<sup>st</sup> position and showed a 1 minute improvement of 41:28. Leo has now indicated that he will be hanging up his racing shoes for the next few weeks!

### **BHAA North County Farmers Floodlit 5.2km race**

Overall place Name Cat. Place Chiptime

1 Peter o'Sullivan 1 00:18:21

23 Dervila Holmes 1 00:21:26

*Crusaders AC runners*

3 Karl Fitzmaurice 00:18:45

4 James Murphy 00:18:47

Philip Matthews 00:21:03

27 Karl Walsh 00:21:35

46 Robbie Moore 00:23:15

93 Mary Brennan 00:26:13

Full results here: <http://bhaa.ie/events/north-county-farmers-flood-lite-2013/>

### **Wicklow Way Ultra**

Overall place Name Cat. Place Chiptime

1 Jonny Steede 1 04:14:55

23 Nicki McPeak 1 05:41:32

*Crusaders AC runners*

13 Jeff Fitzsimons 05:26:17

24 Pat Quill 05:43:48

72 Brian Linton 06:49:36

93 Ken Crowley 07:30:30

Full results here: <http://www.imra.ie/events/view/id/1024/>

### **Wicklow Way Trail race**

Overall place Name Cat. Place Chiptime

1 Ian Conroy 1 01:58:10

20 Suzanne Kenny 1 02:20:05

*Crusaders AC runners*

7 Richie MacLiam 02:08:00

11 Warren Swords 02:14:37

15 John McAuley 02:18:01

35 Oran Murphy 02:33:06

39 Michael Blighe 02:34:01

42 Michael Maughan 02:34:51

137 Niamh O'Ceallaigh 03:04:02

138 Mary Collins 03:04:25

Full results here: <http://www.imra.ie/events/view/id/1023/>

### **Wicklow Gaol Break Half marathon**

Overall place Name Cat. Place Chiptime

1 Gary Hynes 1 01:14:02

5 Shenagh Fennell 1 01:19:48

*Crusaders AC runners*

13 Seamus MacFloinn 01:23:20 (PB)

67 Aoife Quigley 01:36:07

Full results here: [http://www.wicklowhalfmarathonand10km.com/sites/default/files/Wicklow2013\\_Half.pdf](http://www.wicklowhalfmarathonand10km.com/sites/default/files/Wicklow2013_Half.pdf)

### **Craughwell 10-mile race**

Overall place Name Cat. Place Chiptime

1 Mick Clohisey 1 00:51;16

7 Elish Kelly 1 00:57:44

*Crusaders AC runners*

73 Eamonn McWalter 01:06:54

181 Eoin Larkin 01:14:28

Full results here: [http://www.redtagtiming.com/results/Craughwell10\\_2013.pdf](http://www.redtagtiming.com/results/Craughwell10_2013.pdf)

### **Clongowes 5k race**

Overall place Name Cat. Place Chiptime

1 David Fitzpatrick 1 00:17:17

13 Catherine Kelly 1 00:19:38

*Crusaders AC runner*

6 Karl Walsh 00:18:53

Full results here:

[http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1164%253Fayo%253Dprecision\\_timing](http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1164%253Fayo%253Dprecision_timing)

### **Dunboyne 4 mile race**

Overall place Name Cat. Place Chiptime

1 John Coghlan 1 00:19:17

14 Maria McCambridge 1 00:21:07

*Crusaders AC runners*

111 Michael Fitzsimons 00:25:30

324 Mary Brennan 00:29:43

475 Mairead Cashman 00:31:59

764 Feargal O'Neill 00:37:54

Full results here:

[http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1141%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1141%253Flayout%253Dprecision_timing)

## Easter Joy

Posted on Tuesday, April 2nd, 2013 at 9:54 pm.

Written by [James](#)

Over the Easter weekend a handful of Crusaders made room to over-indulge in chocolate by competing in some of the races on offer.

On Good Friday, James Murphy returned to his native Clare and, along with Laura Schwirz, participated with some success in the Eamon Moloney 10k in Ennis. In a field of over 450 finishers James managed a podium place coming in 3<sup>rd</sup> in a time of 33:58 (and just about succeeded in not being hijacked by another club!), whilst Laura placed 52<sup>nd</sup> in a PB time of 41:06 and 12<sup>th</sup> lady.

Meanwhile on Saturday in the Kilmovee 10k in Co. Mayo, the club had just one representative. With little training and in quite windy conditions, Peter Jackson finished in an excellent time of 39:38, in 19<sup>th</sup> spot, in a field of 259 runners.

Closer to home, also on Saturday, we had several Crusaders running for the first time in the nearly 500-strong Marlay 5k Parkrun. Saturday's edition (the 4<sup>th</sup> to date this year) was actually won by Tony Carter, who has recently joined the club from Tyneside in the UK. He almost matched his recent time in the St. Patrick's Festival 5k finishing in a time of 16:03, whilst John McAuley finished 8<sup>th</sup> overall in 18:27 and Olwyn Dunne, 28<sup>th</sup> just a few seconds off her PB in 19:53 (running the race as part of her long run in preparation for the London marathon!) and 2<sup>nd</sup> lady, only 4 seconds behind the ladies race winner.

On Easter Sunday, Dee Ni Chearbhaill competed in the Easter Bunny 5 mile race in Waterford on a course that even without the strong wind could not be described as providing PB potential. In the event, Dee acquitted herself well by finishing in 52<sup>nd</sup> place overall (6<sup>th</sup> lady) in a time of 34:30. The women's race was won by Angela McCann, competing in her third event in as many days (and had finished 2<sup>nd</sup> behind Barbara Sanchez in Ennis on Friday). Members will be interested to know that Sean Murphy, who frequently trains with Crusaders, finished in 14<sup>th</sup> place overall in a cracking time of 29:40.

**Eamon Moloney 10k**

Overall place Name Cat. Place Chiptime

1 Michael Shannon 1 00:31:20

6 Barbara Sanchez 1 00:31:41

*Crusaders AC runners*

3 James Murphy 00:33:58

52 Laura Schwirz 00:41:06 (PB)

Full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1149%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1149%253Flayout%253Dprecision_timing)

### **Kilmovee 10k**

Overall place Name Cat. Place Chiptime

1 Cornelius Marshall 1 00:34:37

9 Mary Gleeson 1 00:37:54

*Crusaders AC runner*

19 Peter Jackson 00:39:38

Full results here: [http://www.redtagtiming.com/results/Kilmovee10km\\_2013.pdf](http://www.redtagtiming.com/results/Kilmovee10km_2013.pdf)

### **Marlay Parkrun 5k**

Overall place Name Cat. Place Chiptime

1 Tony Carter 1 00:16:03

26 Laura McDonnell 1 00:19:49

*Crusaders AC runners*

1 Tony Carter 00:16:03

8 John McAuley 00:18:27

28 Olwyn Dunne 00:19:53

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **Waterford Easter Bunny 5 mile race**

Overall place Name Cat. Place Chiptime

1 Alan O'Shea 1 00:26:20

22 Angela McCann 1 00:31:12

*Crusaders AC runner*



52 Dee Ni Chearbhaill 00:34:30

Full results here: <https://sites.google.com/site/runninginireland/results-of-the-easter-bunny-5k-run-sun-31st-mar-2013>



James Murphy

## National Road Relays- There Were Days Like This

Posted on Monday, April 8th, 2013 at 6:36 pm.

Written by [Michael](#)



Ladies relay team: Niamh Boland, Caroline Crowley, Orla Drumm, Marie Hyland, Ilona McElroy, Anna King

There were days like this- The National Road Relays.

The anticipation. The weeks leading up. Who will make which team, who is showing form, who is injured, who will we put on which leg. The opposition. How strong are the Raheny team? Is Linda Byrne from DSD running? Rumours abound. Yes she is, no she isn't. Is Mark Kenneally running for the CLonliffe men?? Yes he is, no he isn't.

Crusaders? We will have 3 men's and 2 women's teams. All decent, all bound to put on a good show. We

are growing stronger each year. Our athletes progressing. New athletes joining. We hope for a medal from the men. We hope for a medal from the women.

Saturday, the day before. Severe blow for the men. Pull outs – illness and injuries.

Ah well there are days like this.

Calls are made, replacements heroically come on board, switches are made and we are nearly back to 3 men's teams. Back on track, but .... Oh well, there are days like this.

Sunday. Out to Raheny. The flags are out, the atmosphere, the crowds, the Hoopers from Raheny anticipating victories, team managers fussing like anxious shepherds with their new born lambs.

All our Crusaders athletes turn up. Warm ups done, the men line up, the gun goes and we are off.

Rob, Karl, Alban do our first legs, 2 miles, not much between the lads, come in one after another, job done, but we are not in contention. Early days though. Now the mile leg. Kevin and Kieron our youngsters, our lambs, with Gary our master. Good runs by all but we have not moved up. Now the 3 mile leg. We have Ray on the A team, James on our B team both in great shape. Richie our hero, coming in at last minute. Doing C team leg. We make progress. The lads move through the field. Its tough, its hard, its the Road Relays. The 3 mile over. The c team do not have a 4th member. The A and B Team are close to each other. New boys Tony and Sean take on the final two mile. We are 9th and 10th team. But the gaps are big, too big and our positions are unchanged. Well done, guys, tough races, good races. If only... Ah well there are days like this.



Niamh Boland handing over to Caroline Crowley

The women line up. 20 Teams. Can we medal? DSD very strong, Raheny similar. Lots of unknown unknowns. Finn Valley and Ennis won't have travelled unless they had good teams. The mile leg starts, Niamh and Marie on our A and B teams. Blast off. Its fast, it's competitive. It's the Road Relays. A gap appears but Niamh has it covered, she is in the leading group. Marie in the 2nd chasing group. Its exciting. Niamh is just behind the leader from Raheny and holds off the challenge from Ennis. Marie has a stormer and is just 15 seconds behind Niamh. Could this be our day? The 2 mile leg will tell. We're nervous, we're excited.

Darn, Linda Byrne is there, the Olympian from DSD. Raheny in the lead. Caroline takes over from Niamh. Ilona from Marie. We are now 3rd but Finn Valley have a stormer and overtake Caroline. We are 4th. Dig in Caroline we scream. She grits her teeth and hangs on. Come on Ilona, that's it girl, we shout. C'mon. DSD and Raheny battle it out. They have 1st and 2nd sewn up. Crusaders in 4th. Caroline is hanging in there. Hand over for the final leg. It's a mile leg. Can we over take Finn Valley and get bronze? They take a 10 second lead into the final mile leg? Do they have the National 1500m Champion in their ranks? Eh, no they don't but Crusaders have. Orla takes it on, but can she overhaul a 10 second lead over a mile? Anna takes on from Ilona in the B team. Her foot has been at her all week.

We, the supporters, are anxious, we are excited, we can't watch, but we have to, we have to shout encouragement, we have to play our part. 400m gone, Orla looks determined. The gap closes. We race across the course to 600m to go mark. DSD and Raheny athletes pass us but we are not interested. We look in the distance and there is a runner. It's Orla and she is miles ahead. It's ours, the Bronze. YES!!! It's our first women's medal in this event. Anna finishes for our B team who get 11th.

The ceremony, the girls get their medals, we all meet up later, Beer and Pizzas, stories abound, speeches are

made, smiles are wide. We are tired but we are happy.

YES there were days like this.

But wait, the day is not yet done. Niamh Corby, was supporting the teams earlier. There is news. She's had a 9 month injury (if you know what I mean). She's gone in and had a baby. We ring Grattan. Is it a boy? Is it a girl? He shouts excitedly "It's a Crusader and put him on the 2 mile leg in 20 years time".

In 2033, young O'Brien will say "And my Mama told me, there would be days like this"

Apologies to Van the Man!! [http://www.youtube.com/watch?v=BteIwbKU\\_iQ](http://www.youtube.com/watch?v=BteIwbKU_iQ) ENJOY

## Allez Crusaders!

Posted on Tuesday, April 9th, 2013 at 8:08 pm.

Written by [James](#)

Pride has been riding high in the club recently with excellent racing performances at every distance. This weekend was no exception and we were represented in several events. Apart from the success of the National Road Relays, we are delighted to report on some inspiring marathon and half marathon performances as well as some great results at longer and shorter distances over the weekend.

We start with the slightly idiosyncratic Paris marathon which among other things was notable for putting blocks of cameramen about 20 metres from the start right in the path of the 40,000 runners (TV coverage showed one athlete being knocked out by one as he focused on his Garmin rather than looking ahead of him as he left the line). Aurelien Granger, Niall Dennehy and Mairead Cashman successfully negotiated these obstacles and on a cool and crispy but sunny morning ran their hearts out over 42.2km. Recording pretty even splits throughout the race, Aurelien and Niall both achieved significant PBs. Adding a final 600m sprint for the line, Aurelien showed a 5 minute improvement to bring his time down to 2:53 and finishing in the top 500, whilst Niall incredibly knocked 18 minutes off his previous best result (set last year in Edinburgh) to break 3 hours for the first time and finish in 2:56. Mairead also ran well in her age group, finishing in 4:17.

In totally contrasting conditions, where the prevailing features were the hills, the wind and the loneliness, we also saw super performances in Connemara, at ultra, marathon and half marathon distances. 9 Crusaders made the trip to Co. Galway including one plucky runner in the Ultra. Bob Manson took on the challenge (marathon + half marathon distance) and finished in 114th place out of a field of nearly 200 runners in 6:45. In the marathon, won by Clonliffe's Gary O'Hanlon in 2:35, Paul Larkins finished in 69<sup>th</sup> position out of 584 finishers with a time of 3:36, his 3<sup>rd</sup> best marathon, and Leo Lundy, whilst not setting an absolute PB on this occasion, achieved his fastest time for the course with a 3:43 finish and 107<sup>th</sup> position. In the much larger field of over 1900 finishers in the half marathon, Shane Collins, Michael O'Connor and Will Owens excelled themselves, with all three taking top 10 places and being separated by only 37 seconds. Shane's 4<sup>th</sup> place (1:26) was all the more notable given that he was suffering from a groin injury during the latter stages of the race. Michael and Will worked together as a team throughout until Michael broke away towards the end to finish just 10 seconds behind Shane, whilst Will was a further 27 seconds back in 8<sup>th</sup> place and well over a minute and a half ahead of the 9<sup>th</sup> placed finisher. Roisin Harkin (1:41) and Amy Wright (1:42) finished close together in 133rd and 138th places respectively, whilst Eoin Larkin was our final intrepid half marathoner, finishing in 1:46 and taking 223rd place.



Marius McNicholas



Eamonn McWalter



Brian McGuckin

Closer to home over the weekend, the BHAA organised the Dublin City Council races in St. Anne's Park in Raheny on a Saturday morning with weather unusually similar to Paris. This year, for the first time, the races were run entirely in the park on what has always been a flat and fast course, so it was not entirely accurate for race commentators to say that Kilkenny's Brian Maher had set a course record in the men's 4 mile. All the same, the time of 19:06 will be hard to beat in years to come and he won by a country mile from his two Raheny Shamrock pursuers. The race was also notable for the presence, as part of her preparation for the Rotterdam marathon next week, of Maria McCambridge who finished in 6<sup>th</sup> position in 21:44. Lastly, the fields were bolstered by the presence of runners from the 5 Alive Challenge supported by the Lord Mayor. We had 8 participants in the 225-strong men's race, headed by Karl Walsh who ran largely unthreatened throughout to finish in 25<sup>th</sup> position. Peter O'Toole ran well to finish 40<sup>th</sup> (23:56) whilst Marius McNicholas (also preparing for Rotterdam) and Eamonn McWalter duelled it out in the sun to finish with PBs in 51<sup>st</sup> (24:31) and 52<sup>nd</sup> (24:34) places. PBs were also recorded by Michael Fitzsimons (67<sup>th</sup> and 25:14)

and Brian McGuckin who ploughed his way through the second and last lap to finish in 76<sup>th</sup> place with a time of 26:00. Aoife Quigley (92<sup>nd</sup> and 26:38) and Robbie Moore, who also set a PB to finish in 26:41 and 95<sup>th</sup> place, completed the contingent with solid performances. Possibly because of the strong showing in the road relays, there was quite a small contingent of the usual BHAA runners in the 100-strong women's 2 mile event and Mary Brennan was our only representative, with an excellent 22<sup>nd</sup> place and a time of 14:17, running well in her age group., behind eventual winner Kate O'Neil who like Brian Maher in the men's race dominated the event.



Mary Brennan (Fitzsimons)

The RAS UCD 5k race, which is an annual event held to support student volunteers working abroad, was also held on Saturday morning. It featured over 300 runners, among them Laura Schwirz, who finished with a PB of 19:22 in 37<sup>th</sup> place and 4<sup>th</sup> woman home, Christina Campbell (22:41 and also a PB) and Kate Murray (22:47). Paul Campbell also participated in the race, running a 5k for the first time and finishing in a highly creditable time of 19:20 and 35<sup>th</sup> place.

Congratulations should also go to Peter Jackson who represented the club in the Marlay Park Run on Saturday. He recorded a PB of 18:04 for the 5k race, finishing strongly in 3<sup>rd</sup> place in a field of 350.

Last but by no means least on Sunday, the first Women's Meet and Train race of the summer season took place in Lucan (Crusaders is to host the next one). Aoife Quigley nobly stepped into the breach to support the team and ran well enough to claim 3<sup>rd</sup> place overall in just over 20 minutes in a race that had been billed as a 2 miler but in the event became 5k. We still await official results, but Sharon Woods came 22<sup>nd</sup> (22:10), Kate Murray, who like Aoife had run the day before, came in 30<sup>th</sup> in 22:50 (3 seconds off the previous day's performance!) and newcomer Laura Gilbride came in 52<sup>nd</sup> in 25:06.

Congratulations to all! Next up: The Great Ireland Run and the Rotterdam and Boston marathons.

## Paris Marathon

Overall place Name Cat Place Chiptime

1 Peter Some 1 02:05:36

27 Boru Tadese 1 02:21:04

### *Crusaders AC runners*

498 Aurelien Granger 02:53:16 (PB)

861 Niall Dennehy 02:56:57 (PB)

17435 Mairead Cashman 04:17:13



## **Connemarathon Ultra**

Overall place Name Cat. Place Chiptime

1 Keith Whyte 1 04:25:52

29 Amy Masner 1 05:32:19

*Crusaders AC runner*

114 Bob Manson 06:45:16

Full results here:

<http://www.connemarathon.com/sites/www.connemarathon.com/files/connemarathon2013ultra.pdf>

## **Connemarathon Full**

Overall place Name Cat. Place Chiptime

1 Gary O'Hanlon 1 02:35:15

35 Catherine Hogan 1 03:27:26

*Crusaders AC runners*

67 Paul Larkins 03:36:14

105 Leo Lundy 03:43:03

Full results here:

<http://www.connemarathon.com/sites/www.connemarathon.com/files/connemarathon2013full.pdf>

## **Connemarathon Half**

Overall place Name Cat. Place Chiptime

1 Matthew Bidwell 1 01:19:29

20 Deirdre Byrne 1 01:30:11

*Crusaders AC runners*

4 Shane Collins 01:26:01

5 Michael O'Connor 01:26:11 (PB)

8 Will Owens 01:26:38

133 Roisin Harkin 01:41:46

138 Amy Wright 01:42:13

223 Eoin Larkin 01:46:26

Full results here:

<http://www.connemarathon.com/sites/www.connemarathon.com/files/connemarathon2013half.pdf>

## **BHAA Dublin City Council 4 mile race**

Overall place Name Chiptime

1 Brian Maher 00:19:06

*Crusaders AC runners*

25 Karl Walsh 00:23:00

40 Peter O'Toole 00:23:56

51 Marius McNicholas 00:24:31 (PB)

52 Eamonn McWalter 00:24:34 (PB)

67 Michael Fitzsimons 00:25:14 (PB)

76 Brian McGuckin 00:26:00 (PB)

92 Aoife Quigley 00:26:38

95 Robbie Moore 00:26:41 (PB)

## **BHAA Dublin City Council 2 mile race**

Overall place Name Chiptime

1 Kate O'Neil 00:11:10

*Crusaders AC runner*

22 Mary Fitzsimons 00:14:17

Full results here: <http://bhaa.ie/events/dublin-city-council-road-races-2013/>

## **RAS UCD 5k**

Overall place Name Cat. Place Chiptime

1 Emmet Jennings 1 00:15:25

29 Aoife O'Connor 1 00:19:02

*Crusaders AC runners*

35 Paul Campbell 00:19:20 (PB)

37 Laura Schwirz 00:19:22 (PB)

119 Kate Murray 00:22:47

120 Christina Campbell 00:22:41 (PB)

Full results here: <http://www.championchipireland.com/results/index.php>

## **Marlay Park 5k Run**

Overall place Name Cat. Place Chiptime

1 Greg Byrne 1 00:17:32

28 Sarah Lester 1 00:20:55

*Crusaders AC runner*

3 Peter Jackson 00:18:05 (PB)

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

## Race Report

Posted on Tuesday, April 16th, 2013 at 9:12 am.

Written by [James](#)

The race report was all ready to go last night with the last minute inclusion of excellent performances in the Boston marathon by two of our athletes, Paul O'Meara who ran a PB of 3:02:15 and Ailbhe O'Driscoll-Collins who finished in 3:36:25 and then the news came through of the awful tragedy that befell both remaining runners and spectators alike, a tragedy that at this stage remains a mystery as to its cause. Thankfully, our runners were safe and we are grateful that through social media we were able to reassure ourselves reasonably quickly this was the case. Our hearts go out to all in Boston and particularly to the running community that was targeted in such a dreadful and, in the nature of the maiming of its victims, ironic, way.

It was otherwise a weekend of extremes for our race competitors and, with some notable exceptions, not one for PBs. On the one hand, those Crusaders participating in the Rotterdam marathon had to cope with temperatures soaring into the low 20s, which for anyone who had done all their training in Ireland over one of the longest and coldest winters in living memory was a massive challenge, and on the other, those who attacked the Great Ireland Run in the Phoenix Park were treated to a gale force headwind in places. Indeed the only section where the headwind really became a tailwind was the last kilometre, by which time there was little strength in the legs.

There had been high hopes for Rotterdam which is billed as a fast and flat course, but no one banked on the weather. Several top Irish athletes had headed over there, hoping to get qualifying times for the World Championships. In the event, several of them did not even make it to the finish and those that did, although with respectable times (Barbara Sanchez (2:38) and Claire McCarthy (2:38)), were not able to hit the required women's qualifying standard of 2:32.

Caught up in the post-Dublin marathon excitement of last October, 4 Crusaders signed up for the race. They were joined by Marius McNicholas who had completed Berlin shortly before and by newcomer Seamus MacFloinn. It is to their credit that they all finished and indeed posted respectable times, but, except for Seamus and Shane McGrath who must have the constitution of East Africans, there was a feeling that the heat had upset plans. Seamus led our contingent home with a 20 second PB improvement over his Dublin time of 2:54, closely followed by Kieran O'Loughlin in a highly respectable 2:59, but 6 minutes off his Dublin time. Shane ran a PB of 3:09, a 3 minutes improvement over Dublin and Joe Dunne finished in 3:26, which like Kieran was 6 minutes slower than Dublin. Marius finished in 3:25, which was 9 minutes behind his time in Berlin and Barry O'Neill completed the sextet with a time of 3:39, similarly 9 minutes behind his finishing time in Dublin. At least the weather forecast for our London-bound marathoners this coming weekend is for more manageable conditions, but it does show how difficult it is to predict marathon times.



The Great Ireland 10k Run was held on the same day as the marathon in Rotterdam in the Phoenix Park on a well-known course that is generally flat and fast for the first half and then significantly more undulating and challenging in the second. Unlike the BHAA 10k, to be held next weekend at the K Club, it would not generally be regarded as a course for setting PBs. However, conditions were made even harder by the strong westerly wind that seemed to gather strength throughout the race. Evidence of the difficulty it posed was demonstrated by the fact that Kenenisa Bekele, the winner of the men's race, posted a time that was over a minute slower than his winning course record time for last year.

Crusaders fielded a significant participation in the race. By last count it was nearly 30. 4 of our ladies graced the elite women's race that set off about 20 minutes ahead of the elite men and the remainder of the 6,200-strong field and did the club proud by ensuring that they had prominent TV coverage (if only at the end of their races!). Early on in the event, Kate Murray, Mary Brennan and Sharon Woods worked together, strung along the width of the road, with Mairead Cashman not far behind. As the race progressed they became a little more separated but were still able to time their finishes with that of Bekele.

Notable performances came from Stephen Moore who led the club home in 38<sup>th</sup> place in a guntime marginally outside his PB of 33:44 following a desperate sprint for the line with Sportsworld's Phil Kilgannon. Stephen was followed by Michael O'Connor who was running a 10k for the first time and finished in 92<sup>nd</sup> place in a time of 36:09. Sean Murphy was the last of our 3 senior scorers, finishing in 98<sup>th</sup> place with a PB time of 36:18 (an improvement of nearly 8 minutes over his previous best!). At time of writing it is not clear that the club will get recognition for this as the organisers managed to give him the bib for his namesake who was running for Mayo AC. The latter must have been delighted as his time was over 54 minutes! The mistake has been brought to the attention of the AAI and hopefully the club will not suffer because of it. Karl Walsh and Peter O'Toole ran strongly to finish with times of 37:18 (124<sup>th</sup>) and 39:33 (215<sup>th</sup>) respectively, as did Graham Tucker who finished with a time of 40:51 (297<sup>th</sup>), Philip Matthews (41:10 and 324<sup>th</sup>) and Derek Boland (41:32 and 356<sup>th</sup>) whilst Michael Fitzsimons marked yet another PB with a time of 40:56 (307<sup>th</sup>). Having run a PB time of 19:55 and breaking 20 minutes for the first time in the Malahide Castle Park Run 5k run the day before, it was too much to expect Leo "PB" Lundy to repeat it in the 10k. And so it proved (even though he was over 5 minutes faster than his result in the same race last year), he had the distinction of having the same difference of 1m 33s between his PB in the 10k distance and his run on Sunday (43:01 and 508<sup>th</sup>) as that of Bekele. They were affected similarly by the conditions! Lastly, John Fitzsimons not only managed to finish 1st in his new age category (M75) but also beat everyone in the M70 category too by some considerable distance. Despite being in some difficulty towards the end he was only 27 seconds off his time for last year.



Kate Murray, Mary Brennan and Sharon Woods



john Fitzsimons

Michael O’Conor and Sean Murphy



Joe O'Reilly



Leo Lundy



Peter O'Toole



Philip Matthews



Brian McGuckin



Karl Walsh



Diarmaid O'Sullivan and friends



### Rotterdam Marathon

Overall place Name Cat. Place Chiptime/guntime

1 Tilahun Regassa 1 02:05:38

24 Jemima Jelagat 1 02:23:27

### *Crusaders AC runners*

Seamus MacFloinn 02:54:27 (PB)

Kieran O'Loughlin 02:59:47

Shane McGrath 03:09:59

Marius McNicholas 03:25:59

Joe Dunne 03:26:09

Barry O'Neill 03:39:48

Full results here: <http://www.marathonrotterdam.org/report-2013/results>

## **Spar Great Ireland Run (10k)**

Overall place Name Cat. Place Chiptime/guntime

1 Kenenisa Bekele 1 00:28:51

36 Lauren Howarth 1 00:33:36

*Crusaders AC runners*

38 Stephen Moore 00:33:44 (gun)

92 Michael O'Connor 00:36:09 (PB)

98 Sean Murphy 00:36:18 (PB)

124 Karl Walsh 00:37:18

215 Peter O'Toole 00:39:33

297 Graham Tucker 00:40:51

307 Michael Fitzsimons 00:40:56 (PB)

324 Philip Matthews 00:41:10

356 Derek Boland 00:41:32

400 Dave Hickey 00:41:58

415 Brian McGuckin 00:42:04

419 Shane Linehan 00:42:09

508 Leo Lundy 00:43:01

654 Eddie Nugent 00:44:23

717 Ronan Kearney 00:44:55

986 Emma Flynn 00:46:42

1034 Joe O'Reilly 00:46:58

1162 Diarmaid O'Sullivan 00:47:32

1290 Mary Brennan 00:48:06

1294 Ian Clifford 00:48:07

1492 Sharon Woods 00:49:11

1627 Kate Murray 00:49:47



1653 Tim Madigan 00:49:54

1997 Mairead Cashman 00:51:20

2145 Laura Roche 00:51:59

2172 Susanne English 00:52:08

2350 David Lawson 00:53:01

3018 John Fitzsimons 00:55:40

4789 Seamus Given 01:03:53

## McElroy victorious at the K Club and Marathon masters

Posted on Wednesday, April 24th, 2013 at 10:30 am.

Written by [James](#)

One of the highlights of the BHAA year is the 10k race at the K Club, for two reasons. Firstly, it is fast and flat, run largely on an out and back course with a repeated loop around the outside of the demesne and secondly, it has the best after-race food that can be found anywhere! No wonder it attracts well over 400 runners every year and there is always a good Crusader turnout. This year was no exception. Nearly 20 Cru members participated on what proved to be sunny but slightly windy conditions.



John McAuley



K Club 10k



Robbie Moore

In some tight finishes in a quality field, there were some excellent performances, not least that of Ilona McElroy who, in a time of 38:26, smashed her previous PB to win the ladies race by a clear margin of nearly 30 seconds, having worked her way to the front during the race, guided by Shane Collins on the sidelines who told her how much ground she needed to make up to overcome the opposition. Our leading man, Stephen Moore, came agonizingly close to breaking the 33 minute barrier. He recorded a PB of 33:04 and finished in 5<sup>th</sup> place. Out of a field of 463 runners, 12 of our members finished among the top 100. Rob Cross enjoyed a tight finish to place 8<sup>th</sup> in a time of 33:56, as did the likes of Michael O'Connor who finished in 31<sup>st</sup> spot with yet another PB (35:44) and John McAuley (37:07) who also finished inside the top 50. There were also PB performances for Eamonn McWalter (38:21) and David Carter (39:08) who tried to keep Ilona in sight whilst improving his previous best by 2 and a half minutes, whilst Will Owens equalled his PB to finish in 55<sup>th</sup> place (37:40), despite, in his words, having gone off too fast and learning a lesson about pacing. Both Vinnie McGuinness and New Ross-based Sean Murphy, who train with Crusaders, also ran well to finish respectively in 11<sup>th</sup> (34:05) and 36<sup>th</sup> spots (35:54). There were also great performances from Pat Quill (49<sup>th</sup> in 37:13) and the dependable Karl Walsh (52<sup>nd</sup> in 37:27), whilst nearly all the remaining Cru were able to finish in 43 minutes or better. Mairead Cashman in finishing in a little over 50 minutes improved by nearly a minute on her time in the Great Ireland Run of the week before.



Cathy Mannion, Joanne Carey and Karen Peesker

Meanwhile, on Sunday, in the much-anticipated London marathon, we witnessed some stellar running from those Crusaders who participated. All-in-all we had 7 club members in the race that saw a field in excess of 35,000. The conditions were a little warmer than expected and early on in the race it appeared that there was a danger of a repeat of Rotterdam the week before. However, perhaps the shade offered by tall buildings on the second half of the course together with a gentle breeze helped to keep the temperature manageable. Everyone who participated thoroughly enjoyed the infectious enthusiasm of the huge crowds who came out to support, which sets this race apart perhaps from others in Europe. Running her first marathon, Joanne Carey completed the course in just over 4:15, whilst Cathy Mannion, who had suffered a severely interrupted build-up to the race through injury and illness, was able to finish in a little over 4:27. Both women have raised significant sums for Temple Street Children's hospital. Karen Peesker, in her last marathon before returning home to her native Canada, recorded a PB with a time of 3:46 and a remarkably even pace throughout that produced a 2 minute negative split. Olwyn Dunne is recorded in the Irish Times as now holding the family record, which she took off husband Joe with a PB time of 3:19, whilst Aoife Quigley came within 3 seconds of the PB she set last year in Amsterdam, finishing in an impressive time of 3:11. Following his 3 month sabbatical in Latin America, Torben Dahl decided to use London as a means to get back into marathon running and surprised himself with an excellent 3:03 finish, whilst Richie Mac Liam ran metronomically to finish in a great PB time of 2:50, an improvement of exactly 8 minutes over his previous fastest time set in Dublin in October. Lastly, the team was led home by Michael Kiely who ran a perfect race with even splits to finish with a time of 2:38 and also, like Richie, a massive PB. After the race everyone met up with fellow runners and supporters from Ireland in a pub in the Strand and it capped a wonderful day for competitors and spectators alike.





Amy Wright

Lastly, congratulations are also in order for Amy Wright for her win in the latest edition of the Marlay Park 5k Run on Saturday. Out of a field in excess of 350 Amy came in first woman home and 29<sup>th</sup> overall in a time of 20:20.

### **BHAA K Club 10K**

Overall place Name cat. Place Chiptime

1 Eoghan McGinley 1 00:32:44

73 Ilona McElroy 1 00:38:26

#### *Crusaders AC Runners*

5 Stephen Moore 00:33:04 (PB)

8 Rob Cross 00:33:56

31 Michael O'Connor 00:35:44 (PB)

46 John McAuley 00:37:07

49 Pat Quill 00:37:13

52 Karl Walsh 00:37:27

55 Will Owens 00:37:40

67 Eamonn McWalter 00:38:21 (PB)

73 Ilona McElroy 00:38:26 (PB)

92 David Carter 00:39:08 (PB)

132 Simon Murtagh 00:40:31

163 Paul Daniels 00:41:56

164 Brian McGuckin 00:41:59

167 Laura Schwirz 00:42:03

170 Robbie Moore 00:42:13

193 Dee Ni Chearbhaill 00:43:02

359 Mairead Cashman 00:50:30

Full results here: <http://bhaa.ie/events/kclub-2013/>

### **Virgin London Marathon**

Overall place Name Cat place Chiptime

1 Tsegaye Kebede 1 02:06:04

Priscah Jeptoo 1 02:20:15

*Crusaders AC runners*

Michael Kiely 02:38:50 (PB)

Richie Mac Liam 02:50:38 (PB)

Torben Dahl 03:03:33

Aoife Quigley 03:11:15

Olwyn Dunne 03:19:49 (PB)

Karen Peesker 03:46:31 (PB)

Joanne Carey 04:15:25 (PB)

Cathy Mannion 04:27:22

Full results here: <http://results-2013.virginlondonmarathon.com/2013/>

### **Marlay Park 5k Run**

Overall place Name Cat place Chiptime

1 Peter Casey 1 00:17:17

29 Amy Wright 1 00:20:20

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

# RTE 1 and 2 for Cru ladies

Posted on Tuesday, April 30th, 2013 at 1:07 pm.

Written by [James](#)



Ilona McElroy

It was another weekend of great racing exposure for Crusaders. Not only did we have significant running participation but we also turned out in droves to steward one of the races.

Firstly, congratulations should go to Orla Drumm and Ilona McElroy who managed a 1-2 finish in another of the BHAA favourites on Saturday, the RTE 5 miler, which is run on a flat 3.5 lap course, starting on Ailesbury Road and finishing near the Fair City set. The race is always well attended and Saturday was no exception, with a field of over 300 enjoying excellent sunny running conditions. Orla only decided last minute to sign up for the BHAA after a chat during Thursday's session and went on to win in a great time of 28:11. Ilona placed second in yet another PB time of 30:07 despite having the distraction of losing a contact lens and running the race half blind! Peter Jackson, Robbie Moore and Will Owens also ran PBs, with Will running 29:25, a full minute and a half faster than his previous best and a tribute to better pacing than the previous weekend. Peter's PB of 30:13 would have been even better had he not had to stop and tie a shoelace. Notable performances were also achieved by Rob Cross who placed 8<sup>th</sup> overall in a strong field in a time of 26:31, Karl Fitzmaurice and Michael O'Connor who finished inside 28 minutes (Michael with a PB being a full minute ahead of his time in last year's race), whilst Eamonn McWalter nearly broke the 30 minute mark, finishing also with a PB in 45<sup>th</sup> place and knocking a minute and a half off his previous time for the race. Crusaders had at least 11 runners in the event, nearly all coming home in under 33 minutes and featuring in the top 100. Mention should also be made of Donal Hanratty who has recently started training with the club. The UCD runner placed 6<sup>th</sup> overall in a time of 26:23 (over a minute's improvement on his time last year).

Not content with running in the RTE race, Rob Cross decided to do the double (pun intended) and join at least 20 other club members in the Samsung Run Dublin @ Night 10K the following day. It was a race that also saw around 45 Crusaders stewarding in what has to be one of the biggest races of the season, featuring over five and a half thousand runners. The club's turnout was acknowledged by the organisers to be the highest of all the clubs who had been approached to steward (and their enthusiastic support was noted by runners). Also, unlike last year's deluge, the weather conditions were kind and, despite a passing shower at the start and the inevitable breeze in places, perfect for both running and stewarding alike. In a race won by John Coghlan of MSB in 30:29, Rob placed a highly creditable 11<sup>th</sup> in a time of 34:16. Other strong

performances came from Roisin Harkin who, in a time of 43:30, finished among the top 30 women behind winner Aoife Talty, Simon Kenny, recently returned from Australia, who placed 109<sup>th</sup> in a time of 39:31, and newcomer Federico Corradini who placed 305<sup>th</sup> in a time of 42:17.

We had two participants in the increasing popular Marlay Park Run on Saturday. A week after competing in the London marathon, Torben Dahl decided to loosen himself up in the 5k race, finishing in 17<sup>th</sup> place out of a field that totalled more than 350. Anthony O'Reilly placed 22<sup>nd</sup> in 19:24.

Lastly, we recently missed the results of a race that took place a week ago. Our near neighbours, Clanna Gael, held a 5k beach run on 21<sup>st</sup> April on Sandymount beach. 3 of our members participated. Paul Campbell distinguished himself by coming in 3<sup>rd</sup> overall in a field of nearly 150 in a time of 21:21. Ruth Maher (26:27) and Jacqueline McBrien (28:08) were the other participants.

Hats off to all and thanks to all the volunteers!

### **BHAA RTE 5 mile race**

Overall place Name Cat. place Chiptime

1 Robbie Matthews 1 00:25:06

23 Orla Drumm 1 00:28:11

#### *Crusaders AC runners*

8 Rob Cross 00:26:31

13 Karl Fitzmaurice 00:27:41

18 Michael O'Connor 00:27:49 (PB)

23 Orla Drumm 00:28:11

35 Will Owens 00:29:25 (PB)

45 Eamonn McWalter 00:30:02 (PB)

48 Ilona McElroy 00:30:07 (PB)

49 Peter Jackson 00:30:13 (PB)

62 Niall McGeorge 00:30:59

77 Brian McGuckin 00:31:35

101 Robbie Moore 00:32:40 (PB)

Full results here: <http://bhaa.ie/events/rte-2013/>

### **Samsung Run Dublin @ Night 2013**

Overall place Name Cat. place Chiptime

1 John Coghlan 1 00:30:29

19 Aoife Talty 1 00:34:47

*Crusaders AC runners*

11 Rob Cross 00:34:16  
109 Simon Kenny 00:39:31  
305 Federico Corradini 00:42:17  
429 Roisin Harkin 00:43:30  
605 Eoin Larkin 00:44:50  
713 David Heneghan 00:45:30  
735 Conor Gaffney 00:45:41  
744 Laura Gilbride 00:45:43  
903 David Lawson 00:46:34  
943 Mary Fitzsimons 00:46:47  
1071 Sam Hughes 00:47:16  
1089 Sharon Woods 00:47:22  
1171 Diarmuid O'Sullivan 00:47:41  
1246 Kevin O'Connor 00:48:04  
1725 Tom Curtin 00:49:53  
2100 Mairead Cashman 00:51:22  
2572 John Fitzsimons 00:53:04  
2578 Jillian Casey 00:53:05  
3366 Beth O'Brien 00:55:55  
3722 Sharon Benn 00:57:17

Full results here:

[http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1227%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1227%253Flayout%253Dprecision_timing)

**Marlay Park 5k Run**

Overall place Name Cat. Place Chiptime

1 Paddy O'Leary 1 00:16:29  
12 Elizabeth Egan 1 00:18:37

*Crusaders AC runners*

17 Torben Dahl 00:19:01

22 Anthony O'Reilly 00:19:24

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **Clanna Gael Fontenoy Beach 5k**

Overall place Name Cat. place Chiptime

1 Thomas Rutten 1 00:18:51

4 Elizabeth Wheeler 1 00:21:30

#### *Crusaders AC runners*

3 Paul Campbell 00:21:21

46 Ruth Maher 00:26:27

67 Jacqueline McBrien 00:28:08

Full results here:

[http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1240%253Fayo%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1240%253Fayo%253Dprecision_timing)

## **Strong performances in Bank Holiday weekend racing**

Posted on Monday, May 6th, 2013 at 6:25 pm.

Written by [James](#)

The bank holiday weekend witnessed more excellent performances by club members. Over half a dozen headed down to Limerick to feature in all of the three solo running events, whilst we were also represented in the Leixlip 5k and the Dublin Bay 10k.

Our sole representative in the 6 mile race, Orla Drumm, appears to have developed a taste for road racing. In a field of over 5,600 runners she claimed 2<sup>nd</sup> spot, just under 20 seconds behind Borrisokane's Siobhan O'Doherty and a full minute ahead of the third placed finisher. Orla finished a remarkable 8<sup>th</sup> overall in a time of 34:51.

In the half marathon and in his home town, Rob Cross showed that he is coming back to top form, finishing 2<sup>nd</sup> in his age category and 5<sup>th</sup> overall behind winner, Clonliffe's Sergiu Ciobanu, in a time of 1:16:22, and over two minutes ahead of the 6th placed finisher. Mairead Cashman ran well in her age group, finishing in 16<sup>th</sup> place for her category in just over 1:54, whilst Olwyn Dunne, following on from her recent London marathon PB experience, paced the 2:15 runners and, as required, brought them home just inside that time. The field had over 1,800 runners.

The third event was the marathon with a field of nearly 700 finishers and familiar winners in Gary O'Hanlon and Angela McCann. We had three runners in that race: Pat Quill, Richie MacLiam and Leo Lundy. The conditions were described as a little breezy with a good few hills and short of spectators in parts. Nevertheless, the finish was well supported. Pat, in training for an ultra event in June, was with another runner unfortunately diverted by a marshal off course at mile 22, which denied him a sub-3 hour result, his finishing time being 3:00:19. Richie, having only recently run 2:50 in London, ran an excellent 2:53 and

amazingly took a top 10 placing, whilst Leo, in his 24<sup>th</sup> marathon, marked yet again an improvement on his PB, this time 35 seconds, finishing in a time of 3:33, despite having suffered from the 24th mile onwards.

Three Crusaders participated in the Dublin Bay 10k. First of our members over the line was Michael Fitzsimons who marked his excellent 7<sup>th</sup> place finish with a 20 seconds improvement on his recent Great Ireland Run PB to finish in 40:32. His sister Mary was 101<sup>st</sup> out of a field of 570 finishers. Mary ran just over 47 minutes (a one minute improvement on the GIR) and lastly Joe O'Reilly placed 52<sup>nd</sup> in a time of 44:44, a 2 minutes improvement over the GIR and showing that Joe is rapidly coming back from recent injury.

Karl FitzMaurice and Peter Jackson took on the Lecheile AC-organised Leixlip 5k. Karl showed great form with a time of 16:34 to finish in the top 10 behind DCU's Joe Warne, who won in a time of 15:48. Peter ran this race last year and finished with the identical time of 18:07 and 23<sup>rd</sup> place in a field of over 300 runners.



Leo Lundy



Richie Mac Liam



Pat Quill

## **Great Limerick Run 6 miles**

Overall place Name Cat. Place Chiptime

1 Hamid El Mouaziz 1 00:28:44

7 Siobhan O'Doherty 1 00:34:32

*Crusaders AC runner*

8 Orla Drumm 2 00:34:51

## **Great Limerick Run Half Marathon**

Overall place Name Cat. Place Chiptime

1 Sergiu Ciobanu 1 01:08:44

10 Sinead Jennings 1 01:19:19

*Crusaders AC runners*

5 Rob Cross 2 01:16:22

687 Mairead Cashman 16 01:54:16

Pacer Olwyn Dunne 02:14:32

## **Great Limerick Run Marathon**

Overall place Name Cat. Place Chiptime

1 Gary O'Hanlon 1 02:29:45

15 Angela McCann 1 02:57:13

*Crusaders AC runners*

9 Richie MacLiam 6 02:53:50

24 Pat Quill 4 03:00:19

156 Leo Lundy 24 03:33:45 (PB)

Full results here: <http://www.tdl.ltd.uk/race-results.php>

## **Dublin Bay 10k**

Overall place Name Cat. Place Chiptime

1 John Mulvihill 1 00:36:29

22 Vanessa Fenton 1 00:41:50

*Crusaders AC runners*



7 Michael Fitzsimons 00:40:32 (PB)

52 Joe O'Reilly 00:44:44

101 Mary Fitzsimons 00:47:07

Full results here: <http://www.rundublin.ie/dublin-bay-5k-10k-clontarf-run/dublin-bay-10k-run-results/>

### **Leixlip 5k**

Overall place Name Cat. Place Chiptime

1 Joe Warne 1 00:15:48

34 Karen O'Hanlon 1 00:18:33

*Crusaders AC runners*

10 Karl Fitzmaurice 00:16:34

23 Peter Jackson 00:18:07

Full results here: <http://www.redtagtiming.com/>

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Written by [James](#)

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Leo Lundy



Richie Mac Liam



Pat Quill

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Overall place Name Cat. Place Chiptime

1 Hamid El Mouaziz 1 00:28:44

7 Siobhan O'Doherty 1 00:34:32

*Crusaders AC runner*

8 Orla Drumm 2 00:34:51

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Overall place Name Cat. Place Chiptime

1 Sergiu Ciobanu 1 01:08:44

10 Sinead Jennings 1 01:19:19

*Crusaders AC runners*

5 Rob Cross 2 01:16:22

687 Mairead Cashman 16 01:54:16

Pacer Olwyn Dunne 02:14:32

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Overall place Name Cat. Place Chiptime

1 Gary O'Hanlon 1 02:29:45

15 Angela McCann 1 02:57:13

*Crusaders AC runners*

9 Richie MacLiam 6 02:53:50

24 Pat Quill 4 03:00:19

156 Leo Lundy 24 03:33:45 (PB)

Full results here: <http://www.tdl.ltd.uk/race-results.php>

### **Dublin Bay 10k**

Overall place Name Cat. Place Chiptime

1 John Mulvihill 1 00:36:29

22 Vanessa Fenton 1 00:41:50

*Crusaders AC runners*

7 Michael Fitzsimons 00:40:32 (PB)

52 Joe O'Reilly 00:44:44

101 Mary Fitzsimons 00:47:07

Full results here: <http://www.rundublin.ie/dublin-bay-5k-10k-clontarf-run/dublin-bay-10k-run-results/>

### **Leixlip 5k**

Overall place Name Cat. Place Chiptime

1 Joe Warne 1 00:15:48

34 Karen O'Hanlon 1 00:18:33

*Crusaders AC runners*

10 Karl Fitzmaurice 00:16:34

23 Peter Jackson 00:18:07

Full results here: <http://www.redtagtiming.com/>

## **Another good turnout for BHAA Beach race**

Posted on Thursday, May 9th, 2013 at 9:47 am.

Written by [James](#)

At least a dozen Crusaders ran in the BHAA ESB-sponsored race on Sandymount beach this week. The annual race took place on a training night and several members decided that a 5k race close to home was just as good a workout as 12 x 400m on the track to participate. Indeed, one of our members did both!

This year's race was run in dry and relatively benign conditions, but several of the runners indicated that the sand was heavier and harder to run on than last year and it seemed to be reflected in the times. With a couple of exceptions, anyone who ran it last year was generally about 40 seconds on average slower this year.

Stephen Moore improved on last year's third place finish by placing second behind young BHAA newcomer Kevin O'Brien from East Cork. The winning time was 16:30 and Stephen was just 14 seconds behind, having hung in with the leader during the first of the two laps. There was a similar margin at the finish between Stephen and last year's winner, Paul Cowhie, who similarly had been in the leading group in the early stages and who ended up coming in third.

Garret Doherty decided to face the front, as he does from time to time, and came in with an excellent 10<sup>th</sup> place finish in 17:39 whilst Karl Walsh also ran well to finish 15<sup>th</sup> in 18:01. There were good placings for newcomer Eoghan Kerins (21st) and Philip Matthews (23rd), Philip being somewhat distracted through the second half of the race by a loose bib, but not so distracted as to win an all-out sprint for the line with Tomas Mahoney (24th) and Paddy Parrott of MSB. Tomas, indeed, ran outstandingly, given that he had also participated in the track session earlier in the evening. and finished 3rd in his age group. New member Peter Barry also ran well to finish just outside a top 50 placing.

Aoife Quigley (56th) was one of two runners who ran faster times this year than last, the other being Robbie Moore (59<sup>th</sup>). Both improved by about 15 seconds. Aoife finished 5<sup>th</sup> woman and 1<sup>st</sup> senior. Our other female competitor and newcomer to the club, Ava Gaffney, came in 2<sup>nd</sup> senior and 10<sup>th</sup> woman overall in 82nd place with a time of 22:04, reflecting how strong the masters' age groups can be in BHAA races.

Lastly it was great to see Brendan Kieran and Kevin O'Connor returning to BHAA racing. Their times of 22:19 and 22:55 enabled them to ensure that all the Crusaders competing finished well inside the top half of a field of 223 runners.

Naturally, there was an even larger Cru turnout for the famous brack, tea and biscuits held in Clanna Gael's clubhouse after the race. A great evening enjoyed by all!



BHAA ESB 5k beach race 2013

### **BHAA ESB 5k Beach Race**

Overall place Name Cat. Place Chiptime

1 Kevin O'Brien 1 00:16:30

36 Orla Gormley 1 00:19:50

#### *Crusaders AC runners*

2 Stephen Moore 00:16:44

10 Garret Doherty 00:17:39

15 Karl Walsh 00:18:01

21 Eoghan Kerins 00:18:39

23 Philip Matthews 00:18:50

24 Tomas Mahoney 00:18:52

52 Peter Barry 00:20:30

56 Aoife Quigley 00:20:41

59 Robbie Moore 00:20:44

82 Ava Gaffney 00:22:04

88 Brendan Kieran 00:22:19

101 Kevin O'Connor 00:22:55

Full results here: <http://bhaa.ie/events/esb-2013/>

# Depth in numbers

Posted on Monday, May 13th, 2013 at 6:05 pm.

Written by [James](#)

Runners were presented with a decent choice on the racing front this weekend and, generally speaking, the club was represented in most of the races on offer.



Stephen Moore in the Lucan 5k

Top performance of the weekend goes to Stephen Moore who ran 15:53 to finish in 5<sup>th</sup> place out of 242 runners behind Raheny's Conor Dooney in the Lucan 5k on Sunday. Then, in the Navan AC 6k road race, David Carter placed 20<sup>th</sup> overall in a time of 22:29 behind winner Robbie Matthews of Dunshaughlin in a field of nearly 300 finishers.

Meanwhile in Kildare, there was a choice of 3 distances and we had runners in all 3. Bob Manson and newcomer Niall O'Connell participated in the marathon, finishing respectively in 283<sup>rd</sup> place in 4:21 and 32<sup>nd</sup> in 3:11 (with Niall producing a 1 minute negative split), whilst we also fielded several competitors and pacers in the half which had a complement of more than 1,000 runners. Olwyn and Joe Dunne did their duties for the 2 hour finishers and brought their charges home in exactly that time. Michael Kiely also ran for the first time as a pacer, on this occasion for the 1:30 finishers and was likewise spot-on. Justin Keatinge and Joe O'Reilly participated as competitors in the half marathon and, despite the blustery conditions, both finished with excellent times of 1:39, Joe's time being a PB improvement of nearly a minute. The third race was a 10k. Paul Campbell had to settle for a 41:28 time having hoped to go sub-40, but confounded by the conditions. Nevertheless he achieved a super placing of 20<sup>th</sup> out of more than 1,250 runners with the race being won by Clonliffe's Brian MacMahon. Mary Fitzsimons also ran well to finish in a time of 46:54 and 100<sup>th</sup> place overall.

On Saturday, there were as usual two parkrun events. Peter O'Toole and Jillian Casey competed in the Malahide version, finishing, respectively, in 8<sup>th</sup> and 120<sup>th</sup> places out of more than 350 finishers in 18:42 and 24:47 and in Marlay Park which saw a similarly large field, Richard Healy placed 5<sup>th</sup> in a time of 17:38, whilst John O'Grady came home in 47<sup>th</sup> place in a time of 20:50. The following day saw the Fit Series 10k run in the Phoenix Park. The race was won by Mark Christie of Mullingar (beating MSB's John Coghlan in the process) and the ladies' title was claimed by Raheny's Aoife Talty. Simon Kenny and Eddie Nugent turned out for the Cru and in a field of over 600 runners finished in excellent positions of 17<sup>th</sup> and 38<sup>th</sup> with times of 39:44 and 42:02, respectively.

To complete the report, members will be interested to know that Crusaders hosted the 2<sup>nd</sup> race of the Women's Meet and Train summer series last Wednesday evening. By all accounts, the event was well-organised (a decent number of members volunteered to steward the race) and enjoyable, with a field of nearly 100 taking in a 3 mile route from the Sean Moore park and around the nature reserve in Irishtown. The race was won by Bernadette Kiernan from Clonliffe and we fielded 4 runners who all ran well. Sharon Woods was first home in 29<sup>th</sup> position in 21:46, followed closely by Kate Murray (31<sup>st</sup> and 21:48). Third of our runners was Lauren Kilbride (40<sup>th</sup> and 22:31) and she was followed in by Mairead Cashman who placed 69<sup>th</sup> and finished in 24:12.

### Lucan 5K race

Overall place	Name	Cat.	Place	Chiptime
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1 Conor Dooney 1 00:15:28

15 Sarah Mulligan 1 00:17:24

*Crusaders AC runner*

5 Stephen Moore 00:15:53

## Full results

here:[http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1257%253Flayout%253Dprecision timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1257%253Flayout%253Dprecision%20timing)

## Navan AC 6k road race

Overall place	Name	Cat.	Place	Chiptime
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1 Robbie Matthews 1 00:19:03

10 Lorraine Matthews 1 00:21:30

*Crusaders AC runner*

20 David Carter 00:22:29

## Full results

here:[http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1256%253Flayout%253Dprecision timing](http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1256%253Flayout%253Dprecision+timing)

## Kildare Marathon

Overall place	Name	Cat.	Place	Chiptime
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1 Gary O'Hanlon 1 02:33:08

7 Pauline Curley 1 02:55:45

### Crusaders AC runners

32 Niall O'Connell 03:11:58

283 Bob Manson 04:21:00



Full results here:

[http://www.kildaremarathon.ie/includes/tiny\\_mce/plugins/imagemanager/files/pdf/RunKildare2013\\_full\\_marathon\\_results.pdf](http://www.kildaremarathon.ie/includes/tiny_mce/plugins/imagemanager/files/pdf/RunKildare2013_full_marathon_results.pdf)

### **Kildare Half-marathon**

Overall place Name Cat. Place Chiptime

1 Julio Cesar Castro 1 01:15:52

20 Nollaigh O'Neill 01:26:21

*Crusaders AC runners*

34 Michael Kiely (pacer) 01:29:46

107 Justin Keatinge 01:39:15

111 Joe O'Reilly 01:39:44 (PB)

599 Olwyn Dunne (pacer) 01:59:39

605 Joe Dunne (pacer) 01:59:53

Full results here:

[http://www.kildaremarathon.ie/includes/tiny\\_mce/plugins/imagemanager/files/pdf/RunKildare2013\\_half\\_marathon\\_results.pdf](http://www.kildaremarathon.ie/includes/tiny_mce/plugins/imagemanager/files/pdf/RunKildare2013_half_marathon_results.pdf)

### **Kildare 10k race**

1 Brian MacMahon 1 00:33:11

10 Paula Grant 1 00:40:35

*Crusaders AC runners*

21 Paul Campbell 00:41:28

100 Mary Fitzsimons 00:46:54

Full results

here: [http://www.kildaremarathon.ie/includes/tiny\\_mce/plugins/imagemanager/files/pdf/RunKildare2013\\_10k\\_results.pdf](http://www.kildaremarathon.ie/includes/tiny_mce/plugins/imagemanager/files/pdf/RunKildare2013_10k_results.pdf)

### **Malahide 5k Parkrun**

Overall place Name Cat. Place Chiptime

1 Emmett Dunleavy 1 00:15:25

19 Cindy Kelly 1 00:19:50

*Crusaders AC runners*

8 Peter O'Toole 00:18:42

120 Jillian Casey 00:24:47



Full results here: <http://www.parkrun.ie/malahide/results/latestresults>

### **Marlay 5k Park run**

Overall place Name Cat. Place Chiptime

1 Kevin Donagher 1 00:17:07

6 Gladys Ganiel-O'Neill 1 00:17:46

*Crusaders AC runners*

5 Richard Healy 00:17:38

47 John O'Grady 00:20:50

Full results here: <http://www.parkrun.ie/marlay/results/latestresults>

### **Irish Independent Fit City Series 10k race**

Overall place name Cat. place Chiptime

1 Mark Christie 1 00:30:17

6 Aoife Talty 1 00:35:11

*Crusaders AC runners*

17 Simon Kenny 00:39:44

38 Eddie Nugent 00:42:02

Full results  
here: [http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1266%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1266%253Flayout%253Dprecision_timing)

### **Women's Meet and Train 3 mile race**

Overall place Name Chiptime

1 Bernadette Kiernan 00:19:18

*Crusaders AC runners*

29 Sharon Woods 00:21:46

31 Kate Murray 00:21:48

40 Lauren Kilbride 00:22:31

69 Mairead Cashman 00:24:12

Full results here: <http://www.womensmeetandtrain.blogspot.com>

## **Four Cru at the top of the Irish rankings**

Posted on Monday, May 13th, 2013 at 11:45 pm.

Written by [Gary](#)

Entering the month of May, Crusaders head the Irish rankings in no fewer than four events. Good performances early in April at the Irish Universities saw Keiron Sexton make the Irish rankings for the first time with his 4<sup>th</sup> place and sub 2 minute finish over 800m. Sam Graine, Stephen Colvert, Sam Mealy, Jason Harvey and Adam McMullen came away with medals, Jason and Adam combined with two other University of Ulster team mates to set a new university record over 4x100m.

[Video of record breaking run](#)

[IUAA results](#)

Colin Quirke added to his national leading Discus ranking when he moved to the top of the Irish rankings in the Shot put with a throw of 17.14m in the Payton Jordan Invitational in Standord, CA, USA on 28<sup>th</sup> April. Killian Barry also got a win in the hammer on the 6th April in the Roadrunner invite with a throw of 54.33m. Killian came back on the 4th May to win the MAAC championship with a throw of 52.78m.

[Payton Jordan](#)

[MAAC Championship results](#)

Colin is national under 23 record holder in both these events, the other two Cru that are topping the Irish rankings are still eligible for under 23 competitions. Richard Morrissey showed good early season form winning the 400m at the Central Florida Gliders meeting in Florida in 47.35.

[Florida Gliders results](#)

Richard's team mate from last year's national record 4x400m team, Jason Harvey who already held the top spot over 400m hurdles extended his lead with 52.51 in the British League in Cardiff. Coming into that event Jason had clocked 21.94 for 200m in the Lagan Valley AC Super 5 Open Meeting on the 2<sup>nd</sup> May. Adam McMullen in the same British league match jump 6.98m in the long jump to win his division. In the last event of the day Jason moved his British club Liverpool harriers back into the lead over 4x400m to cross the line in 3.13.15, the second fastest time in Britain and Ireland this year.

[British League results](#)

In Nambur, Belgium on the 8<sup>th</sup> May, Stephen Colvert placed second over 100m in 10.86 and 200m in 21.49 a time that places him second on the Irish rankings. Richard Morrissey also placed 2<sup>nd</sup> over 400m in 47.80, meaning he hold two of the three fastest times this year. Adam McMullen placed third in the long jump with 6.91m.

[Nambur results](#)

On the domestic front in action at the first Dublin graded meeting Michael O'Connor stepped down to the 3000m to achieve a sub 10 minute clocking with 9.50 while Liam Lyster got his season off to a start with 13.71 over 100m. Niamh Boland back at her preferred distances 800m, placed 2<sup>nd</sup> with a time 2.19.14, after her stellar cross country season looks set make considerate inroads on her PBs. Kevin Woods ran sub 51 seconds for 400m, Matthew Behan won the 400m hurdles in the East Leinster schools, while James Woods picked up medals in both 800m and 1500m, all will be in action this week at the Leinster schools championships.

## Jason Harvey gets Euro qualifier

Posted on Sunday, May 19th, 2013 at 11:34 pm.

Written by [Gary](#)

A national record over 4x400m was one of the highlights of the 2012 season for Crusaders. Crusaders athletes continue to shine over 400m, with Jason Harvey taking over the top of the Irish rankings and Kevin Woods winning the Leinster schools.

The second round of the Dublin graded series took place Santry on Wednesday 15<sup>th</sup> May, nine Crusaders were in action. With the events on offer rotating between events, the sprint event on offer this time was a 200m. Eoin Mulhall got back to racing with a 3<sup>rd</sup> place in 22.15 in the A race. Nick Ennis in his first season won his race in 23.89 and in the same race Graham Flynn ran 24.88. Paul Francis took a break from coaching duties to record 26.06, while Liam Lyster ran 28.42. Niamh Boland was to solo distance representative for Crusaders, finish 6<sup>th</sup> in a very high standard 1500m in 4.44.44.

Continuing the fine Crusaders tradition in the hammer, three junior Cru were in action with the 5k hammer. James Griffin, Sean Hoffman and Ronan Birch rewarded throws 50.21, 45.58 and 44.43m respectively. Prior to the graded, some Crusader athletes were in action in the Leinster schools, Matthew Behan cruised to victory in the Intermediate 100m hurdles in 13.97.

### [Dublin Grade #2 results](#)

The same day over at the Watford graded, Richard Morrissey who was at the top of the Irish ranking won his 400m race in 48.05, a time only one other Irish man has better this season.

### [Watford Open results](#)

The action only heated up at the weekend, Kevin Woods won the leinster title over 400m in 50.58, in cold and windy conditions it shows that faster times are just around the corner. Four Crusaders athletes made up the Muckross park inter 4x100m team, the girls ran well together to claim bronze medals.

At the opening of the Danny McDaid track in Letterkenny, the highlight of the meeting for Crusaders was Jason Harvey's win over 400m in 47.15. This time not only qualifies him for the European under 23 European championship but also replaces his club mate at the top of the Irish rankings. Eoin Mulhall who anchored the record breaking 4x400m team, got his first 400m of the season out of the way with a 49.27.

With the track season off to a great start things look good for Crusaders with the first round of the National track and field taking place next Sunday. The venue has not been confirmed yet, either Santry or Athlone but a good chance to get out and support your club, this is the only event where throwers, jumper, sprinters and distance runners come together to compete as one club.

While the track Cru had been getting most of the limelight, the hill runners had been in action far from the crowds. The last of the IMRA league, the Powerscourt uphill was organised by Crusaders member, Bronagh Cheetham. This was the high quality IMRA race to date, Jeff Fitzsimon placed 10<sup>th</sup>, with Torban Dahl getting back into racing in 23<sup>rd</sup>. Oran Murphy, Michael Blighe and Brian McGuickin and finished 38<sup>th</sup>, 64<sup>th</sup> and join 69<sup>th</sup> with Cormac O'Ceallaigh. Ken Crowley got back racing in the hills in 136<sup>th</sup>. Crusaders lady's finished 3<sup>rd</sup> and 5<sup>th</sup>, courtesy of Vivienne Fenton and Laura Schwitz. Jason Kehoe made his long awaited comeback to racing to finish 2<sup>nd</sup> in the second Leinster champion race. Placed 4<sup>th</sup> at the summit he used his downhill skills to place 2<sup>nd</sup> at the finish. Much of last season Jason missing but current form shows he is getting back to his best that had him finish 2<sup>nd</sup> in the Irish championships. With the track runners showing good form coming into national league, the hill runners are showing great form coming into the Wicklow way relay. Two great team events that gets the club together.

## Continued Road Racing Success

Posted on Monday, May 20th, 2013 at 9:21 pm.

Written by [James](#)

We had excellent representation in races over the weekend. The ever-popular free-to-enter 5k park runs in Marlay and Malahide on Saturday attracted a few of our members, whilst we had a good showing in Sunday's 29<sup>th</sup> edition of the classic 5 mile race in Terenure. Crusaders also had runners participating in the Maynooth 10k and the second East of Ireland marathon.

Firstly, to Terenure, which enjoyed excellent racing conditions on Sunday morning, with sun and a slight breeze on what is an extremely flat course. The race is organised by Sportsworld who provided good supportive stewarding and a strong contingent of runners. There was also great vocal support for Crusaders from fellow members throughout the race. The event itself benefited from a quality field with most of the usual suspects in the men's race and the women's race likewise had some depth to it. In total there were over 1,200 finishers.



James Cottle, Eamonn McWalter and Niall Dennehy



Orla Drumm

Orla Drumm, who is using road racing as part of her training this year, ran an excellent race, finishing in second place with a time of 28:31 to an in-form Maria McCambridge (27:09). Early on Orla found herself in 4<sup>th</sup> place having started off reasonably conservatively, but by the half way point had managed to move up one. By the three quarter mark, she found herself in second place but could not be complacent as both girls in 3<sup>rd</sup> and 4<sup>th</sup> places managed to stay close and by the end Orla, who found the 5<sup>th</sup> mile tough, was just able to hold on and fend off the counter-attack of Sarah Mulligan of DSD, who she beat by 4 seconds with Raheny's Annette Kiely a further 13 seconds back.

All who raced remarked that the temperature was noticeably higher in the 5<sup>th</sup> mile. We also enjoyed a certain amount of protein from the greenfly that seemed to be everywhere!

Other super performances came from club captain Rob Cross, who finished in 12<sup>th</sup> place overall behind inevitable race winner Sergiu Ciobanu of Clonliffe, in a time of 26:46 (an improvement of nearly 40 seconds over last year) and by Eamonn McWalter and Niall Dennehy who finished close to each other in 69<sup>th</sup> and 71<sup>st</sup> positions, respectively. Eamonn's time of 30:37 was pretty much what he predicted beforehand and reflective of an excellent year and Niall's time of 30:45 was a PB. Good performances were also recorded by Simon Murtagh (79<sup>th</sup> in 31:30), Eddie Nugent (104<sup>th</sup> in 32:18) and by Christopher Morahan (170<sup>th</sup> in 34:42).

The men's contingent was completed by Diarmaid O'Sullivan (406<sup>th</sup> in 38:29) and by James Cottle who was racing for the first time in 2013 after several months of injury and was delighted with his time of 35:33 and 207<sup>th</sup> place. Also, our second lady competitor, Mairead Cashman, ran a highly respectable 40:36 (493<sup>rd</sup> place).

Paul O'Meara found it difficult to decide which of the two good races on offer to run on Sunday and in the end opted for the one in Maynooth, his first 10k since October. It turned out to be an excellent decision as, in a field of nearly 750 finishers behind winner David Campbell, he put in a PB performance, finishing 23<sup>rd</sup> overall, in a time of 38:37, improving on his previous best by over 50 seconds. The course was extremely fast with a scenic finish in the grounds of Carton House. There were also post-race massages and a great spread of food for the finishers.

Also on Sunday, Leo Lundy decided to run his 25<sup>th</sup> marathon (and at least his 6<sup>th</sup> of the year) in the second race of the East of Ireland marathon series which is organised for runners who want to race relatively frequently and cheaply ("no frills" racing and without chip-timing). There were approx. 40 runners on an AAI-measured course in Clontarf and Leo finished in 8<sup>th</sup> position in 3:39.

Lastly, on Saturday morning as usual two 5k park runs were held, one in Marlay Park (the 11th) and the other in Malahide (number 28). These races are chipped and are free to enter. In the 390-strong Marlay Park race we had two competitors: John McAuley who placed 24th in a time of 19:49 and Fiona Conroy who finished in 156th position in a time of 25:19. In Malahide, which had a field well in excess of 400, Will Owens ran well to place 5th in a time of 18:02 behind Raheny's Dermot Gorman. He could have posted an even lower time and his recent PB of 17:40 set in the St Patrick's day 5k would have been under threat. However, his lack of familiarity with the course took him off route at one point. He now intends to run it again!

### **Terenure 5 mile race**

Overall place Name Cat. place Chiptime

1 Sergiu Ciobanu 1 00:24:37

22 Maria McCambridge 1 00:27:09

#### *Crusaders AC runners*

12 Rob Cross 00:26:46

37 Orla Drumm 00:28:31

69 Eamonn McWalter 00:30:37

71 Niall Dennehy 00:30:45 (PB)

79 Simon Murtagh 00:31:30

104 Eddie Nugent 00:32:18

170 Christopher Morahan 00:34:42

207 James Cottle 00:35:33

406 Diarmaid O'Sullivan 00:38:29

493 Mairead Cashman 00:40:36

full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1284%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1284%253Flayout%253Dprecision_timing)

### **Maynooth 10k race**

Overall place Name Cat. place Chiptime

1 David Campbell 1 00:31:56

18 Aoife Lynch 1 00:38:03

*Crusaders AC runner*

23 Paul O'Meara 00:38:37 (PB)

Full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1258%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1258%253Flayout%253Dprecision_timing)

### **Marlay Parkrun 5k**

Overall place Name Cat. place Chiptime

1 John Manners 1 00:17:13

38 Sandra Armstrong 1 00:20:33

*Crusaders AC runners*

24 John McAuley 00:19:49

156 Fiona Conroy 00:25:19

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **Malahide Parkrun 5k**

Overall place Name Cat. place Chiptime

1 Dermot Gorman 1 00:17:05

37 Helen O'Connor 1 00:20:23

*Crusaders AC runner*

5 Will Owens 00:18:02

## **A lot of races for road runners in late May**

Posted on Wednesday, May 29th, 2013 at 10:42 pm.

Written by [James](#)





Aoife Joyce and Paul O'Meara

In keeping with the times, as usual runners were presented with a choice of several events in which to participate during this period.

We start with the Strawberry half marathon down in Enniscorthy, Co. Wexford in which we had one participant. Conor Murphy, a newcomer to the club, used the race as part of his training for the Killarney Marathon in July. He reported that he started off a bit too fast and the hills got the better of him (so a useful test for Kerry), but overall he was satisfied with his excellent 25<sup>th</sup> position overall (out of a field of more than 320) in a time of 1:28.

We had two runners in the Clare Burren Marathon challenge: Ronan Reilly, another newcomer to the club, who is training for an ultra in the UK in July and the ever-present Torben Dahl who is fast ratcheting up the number of marathons completed. Both acquitted themselves well. Torben came in 6<sup>th</sup> in a time of 3:10 and Ronan ran 3:58 to finish in 44<sup>th</sup> place in a field of 200 finishers.

Paul Larkins competed in the Edinburgh marathon on Sunday, finishing in a good time of 3:32, which, whilst slightly behind his times in previous marathons, he feels reflected his current state of fitness.

Aoife Quigley was our sole participant in the River Moy half marathon in Co. Mayo on Saturday. Although her time of 1:34 was several minutes off her PB and she indicated that she found the going tough from the early stages on an undulating course, she still managed to finish in 64<sup>th</sup> place overall (6<sup>th</sup> overall in the women's race and 4<sup>th</sup> senior woman) in a field of over 400.

Also on Saturday 8 Crusaders took off their road runners and replaced them with trail shoes for the annual running of the 125km Wicklow Way Relay. The weather was superb and although the sun shone strongly for the entire day, there was a helpful coolish breeze to offset the effects of the heat. We did not have enormously high expectations going into the race, (particularly with a captain who was only recently returning from long injury and one of our other runners suffering from hip pain) and there were several extremely strong teams in the mix. We hoped to finish at least in the top 15 out of 35 teams. Nevertheless, at one stage early on, thanks to Brian McGuckin, John McAuley, Aoife Joyce and Paul O'Meara, we were lying in 6<sup>th</sup> position after 4 legs. Unfortunately, owing to heavy traffic, a consequent late arrival for the handover with no warm-up and the captain not being as fit as he had thought, Michael Maughan and James Cottle dropped a few places between legs 5 and 6, but then Pat Quill (still suffering from the effects of the recent Limerick marathon) and Dee Ni Chearbhaill came to the rescue to recover several of the places and overall the team was satisfied to finish in 12<sup>th</sup> position in a time that was only 3 minutes off our 10<sup>th</sup> place time last year. The race is enormous fun (if a little nerve-wracking for the captain!) and it would be great to have even more recruits next year.

The Marlay Park and Malahide 5k runs also saw the usual smattering of Crusaders. Will Owens finished in 7<sup>th</sup> place out of 430 finishers in Malahide in a time of 17:52, still a few seconds off his PB for the distance, but improving his time for the course, whilst, in Marlay Park, Crusaders were represented by Rosie Lenehan (92<sup>nd</sup> in a time of 22:38) and Mary Noelle Rohan (249<sup>th</sup> in 27:21) out of a field of 420. It also needs to be



pointed out that last week's report on the Marlay Park run showed that John McAuley finished in 24th place in a time of 19:49. What it didn't say was that John competed whilst also pushing a stroller!

Not to forget the latest race in the women's meet and train summer series that took place in the Phoenix Park last Wednesday. We had 4 competitors in the 4-mile race which is a build-up for the women's mini marathon coming up. The contingent was led by stalwart Kate Murray who finished in 30th position out of 95 in a time of 29:20. Suzanne Black, Geraldine Clements and Laura Roche were placed in a bunch behind Kate, respectively in 54th, 56th and 57th (times of 31:17, 31.19 and 31.26).

The latest BHAA race, a 5 miler in Dunboyne, was held on Tuesday evening. Apart from the strong smell of silage in places, running conditions were otherwise perfect! As usual, the BHAA laid on a super event with excellent sustenance for everyone afterwards. The race witnessed a huge turnout of 450 runners, which was won overall by Cillian O'Leary of Raheny in a solid time of 24:55 on what was a super flat course. The women's race was won by local girl Fiona Reid in 29:44. At least 12 Crusaders turned out for the race and we were led home by Karl Walsh who improved on his time for last year by nearly 30 seconds to finish in 35th place in a time of 28:45. There were also PB finishes for newcomer Seamus MacFloinn (41st and 29:00), Michael Fitzsimons (115th and 32:20), Mary Fitzsimons (214th and 36:25) and Kate Murray (242nd and 37:27). Dee Ni Chearbhaill (33:25) and Aoife Quigley (33:30) ran well to finish in 143rd and 144th places respectively, with Dee finishing 2nd in her age category and Aoife (as with River Moy) 4th senior. There were also excellent runs for Tomas Mahoney (29:58), Marius McNicholas (31:11), Eddie Nugent (31:24) and Robbie Moore (33:11), whilst James Cottle, still on the comeback trail with a time of 34:52, was happy with his 40 second improvement on the Terenure 5 mile race 9 days earlier.

Congratulations as usual to all who competed.

### **Strawberry Half Marathon,**

Overall place Name Cat. Place Chiptime

1 Freddie Keron Situil 1 01:09:05

2 Sandis Bralitis 1 01:09:31

*Crusaders AC runner*

25 Conor Murphy 01:28:08

Full results here: [http://www.redtagtiming.com/results/StrawberryHalf\\_2013\\_Half.pdf](http://www.redtagtiming.com/results/StrawberryHalf_2013_Half.pdf)

### **Marlay Park 5k run**

Overall place Name Cat. Place Chiptime

1 Niall Coppinger 1 00:17:14

29 Maura Kearns 1 00:20:01

*Crusaders AC runners*

92 Rosie Lenehan 00:22:38

249 Mary Noelle Rohan 00:27:21

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **Malahide Park 5k run**

Overall place Name Cat. Place Chiptime

1 Ciaran McCarthy 1 00:17:06

34 Ellen Shilling 1 00:20:02

*Crusaders AC runner*

7 Will Owens 00:17:52

Full results here: <http://www.parkrun.ie/malahide/results/latestresults/>

### **Clare Burren Marathon Challenge**

Overall place Name Cat. Place Chiptime

1 Albert Rodon 1 03:04:32

10 Paula Prendergast 1 03:34:03

*Crusaders AC runners*

6 Torben Dahl 03:10:00

44 Ronan Reilly 03:58:33

Full results

here: [http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1305%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1305%253Flayout%253Dprecision_timing)

### **Edinburgh Marathon**

Overall place Name Cat. Place Chiptime

1 Tola Lema 1 02:15:32

11 Risper Kimaiyo 1 02:35:57

*Crusaders AC runner*

1011 Paul Larkins 03:32:12

Full results here: <http://www.results.edinburgh-marathon.com/>

### **Rivermoy Half Marathon**

Overall place Name Cat. Place Chiptime

1 Alan O'Shea 1 01:10:48

16 Karen Alexander 01:23:12

*Crusaders AC runner*

64 Aoife Quigley 01:34:07

Full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1292%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1292%253Flayout%253Dprecision_timing)

### **BHAA Govt Services 5 mile race**

Overall place Name Cat. Place Chiptime

1 Cillian O'Leary 1 00:24:55

61 Fiona Reid 1 00:29:44

*Crusaders AC runners*

35 Karl Walsh 00:28:45

41 Seamus MacFloinn 00:29:00 (PB)

65 Tomas Mahony 00:29:58

87 Marius McNicholas 00:31:11

92 Eddie Nugent 00:31:24

115 Michael Fitzsimons 00:32:20 (PB)

137 Robbie Moore 00:33:11

143 Dee Ni Chearbhaill 00:33:25

144 Aoife Quigley 00:33:30

175 James Cottle 00:34:52

214 Mary Fitzsimons 00:36:25 (PB)

242 Kate Murray 00:37:27 (PB)

Full results here: <http://bhaa.ie/events/government-services-2013/>

### **Womens Meet and Train 4 mile race (#3)**

Overall place Name Chiptime

1 Bernadette Kiernan 00:26:12

*Crusaders AC runners*

30 Kate Murray 00:29:20

54 Suzanne Black 00:31:17

56 Geraldine Clements 00:31:19

57 Laura Roche 00:31:26

# Crusaders team comes together

Posted on Thursday, May 30th, 2013 at 11:16 pm.

Written by [Gary](#)



When it come to the track season there are few opportunities when Crusaders get to compete as a team. One such event is the National track and field league, an event with a strong tradition in Crusaders. During a ten year period from the mid 90s, Crusaders won the national event 5 times, last year Crusaders lost out to Clonliffe in the last 30 seconds of the last event of the men's premier league. This year the league started earlier due to the European Team championships taking place in Dublin and it was on Sunday 26<sup>th</sup> May in Tullamore that Crusaders took action to get the 2013 league campaign off to a start.

After a 21 events Crusaders finished 3<sup>rd</sup> in the Tullamore pool on 97 points, 21 points behind Leevale and only 1.5 point behind St Abbans. More importantly, Crusaders are in 6<sup>th</sup> place over all between the two pools. As eight teams to qualify for the final some good work has been put in, however we are only 13 points above ninth, a lot of work still has to be done in round two. Crusaders have taken the first step on qualifying for the final, takes to a sterling team performance. In the week leading up to the event the team was hit with a number of injuries, prior commitments and foreign engagements.

With a good showing in the first round crucial in getting to the final, there was no other solution but for the team stepping up. With the quality in the team, there was always dependable wins on the cards like 400m hurdle by Jason Harvey (51.56 to extend his lead at the top of the Irish rankings), Polevault for Rue O'Briain and the 4x400m. However, what brought the team over the line was personal best, personal highest place finish and athletes filling in events out of their comfort zone. Eoin Mulhall stepped down a distance to record a win over 200m in a PB of 22.05. Kieron Sexton exceeded predictions to final 2<sup>nd</sup> over 800m, while Nick Ennis, Kevin Woods and Stephen Moore recorded PB over 100m, 400m and 5000m, respectively. The throwers stepped up to throw the senior weights often for the first time. With every events carrying equal points, it was important the every event was filled. Stepping in where needed Garrett Dunne helped the team in the 110m hurdles, High jump and 56lb for distance to accumulate 9 points. Gary Park struggled around 15 laps of the track in total in the walk and steeplechase, to gain 10 points. Last minute additions in the long jump and javelin gain more crucial points. Without these people stepping up for their club the team would have been 20 point his t the lesser and out of a qualifying spot in 13<sup>th</sup> and third from the bottom. The Crusaders team's hard work has taken the first step along the road to the final.

[Link to National League results](#)

Further afield in the Leichtathletik meeting in Rhede, Germany some of the Crusaders sprinters were in action. Stephen Colvert recorded two second place finishes in the 100m and 200m, his time of 21.02 puts him on top of the Irish rankings, making five events headed by Crusaders. Brain Murphy got his season off to a good start with a third in the 400m, his time of 48.32 puts him 5<sup>th</sup> on the Irish rankings. Richard Morrissey equalled his seasonal best over 400m with 47.35 in the Newham Track Open, a time only Jason Harvey has bettered.

## [Leicht athletik results](#)

## [Newham Track Open](#)

On the domestic scene, a number of the Cru took advantage of the high quality event put on by Michael and Susan on behalf of the IMC. Keiron Sexton took a huge chunk off his 1500m time with 4.09. Personal bests were also recorded over 800m for Mary Horgan and Anna King, with times of 2.21 and 2.25. The B 100m saw three Crusaders in action with Nick Ennis coming out on top, with Graham Flynn and new Cru member Eamon Deegan close behind. Nick came back to record a PB over 200m in 23.47, again with Graham and Eamon close behind.

## [IMC results](#)

In the 3<sup>rd</sup> round of the Dublin graded, Niamh Boland recorded a victory over a mile in 5.06.19 by nearly ten seconds ahead of a current cross country international. Karl Fitzmaurice got his track season off to a start with a 4.40 mile, while Sean Murphy recorded 9.37 in the 3000m in his first track season. The Dublin grades are a good place to try out new events, Michael Kiely got a race in over 400m recording 63 seconds before coming back to record a 5.03 mile.

# Elusive Goals

Posted on Tuesday, June 4th, 2013 at 10:05 pm.

Written by [James](#)

The first really warm and sunny weekend of the year coincided with the bank holiday on which, as the TV news put it, thousands of “marathoners” took to the streets of Dublin and Cork city to participate in the two traditional events of the day: the Flora Women’s Mini Marathon and the Cork City marathon.



Barry O'Neill

40,000 members of the fair sex descended on Dublin for the 10k mini marathon, the World’s largest, and it gave Siobhan O’Doherty of Borrisokane some pretty impressive bragging rights to win what was an exciting and prestigious race in a time of 34:19, taking the scalps of several familiar runners in the process. The club fielded only 4 participants in the race in what proved to be extremely warm conditions. Orla Kennedy produced a super result in finishing in 102<sup>nd</sup> position. Her time of 45:00 belies the fact that she had put in quite a bit of hard running over the weekend and was in two minds whether to run the race. Mary Fitzsimons described how difficult it was to get going at the start, being hemmed in like sardines and then having to break through the phalanxes of walkers with linked arms for the first half mile or so. Nonetheless, Mary also placed well in 160<sup>th</sup> with a time of 47:18. Sharon Woods (283<sup>rd</sup> in 49:48) and Donna Barry, making a welcome return from long injury (742<sup>nd</sup> in 53:51), completed the quartet. There may well have been other

Crusaders in the race, but your correspondent did not have the patience to wade through the names of 40,000 finishers to find them!



David Carter

Meanwhile in Cork, 4 of our long distance runners participated in the marathon and half marathon, which also featured many familiar faces from the elite running scene. In the latter event with over 1,700 runners, David Carter posted a time of 1:37 (105<sup>th</sup>) after having had a most enjoyable 10 miles and looked strong running alongside the 1.30 pacers. But, unfortunately, the race was 3 miles longer and the wheels apparently came off during that time. It was a similar story in the marathon for Barry O'Neill who managed to stay with the 3:30 pacers until 21 miles, but then suffered significant cramping in both legs and ended up posting a 20 minutes positive split to finish in 3:50. All who ran found the conditions muggy with a headwind towards the end of the race. Leo Lundy had to content himself with his 5<sup>th</sup> fastest marathon of the more than 25 he has ran. He recorded a time of 3:39. Finally, there was the bittersweet moment for Paul O'Meara when he crossed the line in a PB time with nearly even splits and a top 50 position in a field of over 1200 finishers, only to find that he had failed to breach the magic 3 hour mark by 18 seconds. Sometimes a runner's life can be so cruel. But at least all our marathoners can look forward to attempting PBs again in Dublin in October!



Paul O'Meara

The weekend also saw Crusader participation in the more than 400-strong Marlay Park and Malahide 5k park runs. Newcomer Brian Leonard was pleased with his 53<sup>rd</sup> position and time of 20:34 in Marlay Park, whilst Peter O'Toole produced a PB time of 18:10 to finish in 11<sup>th</sup> place in Malahide on the same morning.





Leo Lundy and Barry O'Neill

Congratulations to everyone who braved the warm conditions!

### **Flora Women's mini marathon**

Overall place Name Chiptime

1 Siobhan O'Doherty 00:34:19

2 Fiona Roche 00:34:42

3 Maria McCambridge 00:34:59

*Crusaders AC runners*

102 Orla Kennedy 00:45:00

160 Mary Fitzsimons 00:47:18

283 Sharon Woods 00:49:48

742 Donna Barry 00:53:51

Full results here: <http://apps.florawomensminimarathon.ie/past-results/>

### **Cork City Half Marathon**

Overall place Name Cat. Place Chiptime

1 Freddie Kieron 1 01:08:33

8 Lizzie Lee 1 01:19:53

*Crusaders AC runner*

105 David Carter 01:37:05

Full results here: <http://www.corkcitymarathon.ie/>

### **Cork City Marathon**

Overall place Name Cat. Place Chiptime



1 Bartosz Mazerski 1 02:28:29

2 Gary O'Hanlon 2 02:28:52

15 Pauline Curley 1 02:47:47

*Crusaders AC runners*

43 Paul O'Meara 03:00:18 (PB)

276 Leo Lundy 03:39:24

398 Barry O'Neill 03:50:08

Full results here: <http://www.corkcitymarathon.ie/>

### **Marlay Parkrun**

Overall place Name Cat. Place Chiptime

1 Wes Reynolds 1 00:16:19

52 Sandra Armstrong 00:20:24

*Crusaders AC runner*

53 Brian Leonard 00:20:34

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **Malahide Parkrun**

Overall place Name Cat. Place Chiptime

1 Mark O'Shea 1 00:16:28

33 Cindy Kelly 1 00:19:40

*Crusaders Ac runner*

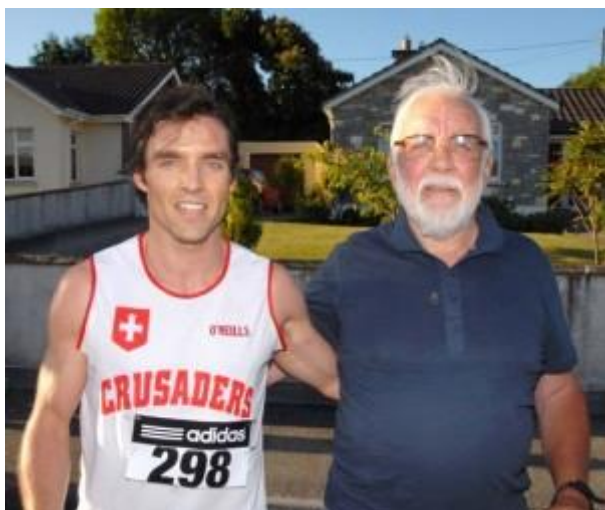
11 Peter O'Toole 00:18:10 (PB)

## **A Tale of two Carters**

Posted on Sunday, June 9th, 2013 at 7:49 pm.

Written by [James](#)

We saw outstanding performances in road races this weekend from several of our members, including two with the same surname. Tony Carter enjoyed a stroll in the park and did not need to perform at his best to win the Marlay Park 5k run on Saturday in a time of 17.13, well over a minute off his time in the St Patrick's Day 5k. Meanwhile in Bohermeen David Carter (no relation!) produced an incredible performance for the same distance to achieve a huge improvement on his PB, finishing in a time of 17:56.



Alban Coughlan

We start, however, with the Deadman's 5 mile race organised by Carrick AC in Co. Tipperary on Friday night. Alban Coughlan represented the club and in a quality field of 172 led home by overall race winner Alan O'Shea of Bantry AC and Women's mini-marathon winner Siobhan O'Doherty of Borrisokane who won the women's race, Alban managed to finish in 5<sup>th</sup> place with an excellent time of 27.11. Sean Murphy of United Striders who trains with Crusaders was also well-placed, coming in 12<sup>th</sup> in a time of 29:26.

The Marlay Parkrun (14<sup>th</sup> edition) saw the usual huge entry, this time nearing 480 runners. We had 7 runners entered and at least 2 achieved PBs. Amy Wright finished only 24 seconds behind the winner of the women's race coming in second, but more importantly broke 20 minutes for the first time, a reflection of how well she is running at present. Eamonn McWalter also produced an excellent run to finish in 14<sup>th</sup> place in a time of 18:36. Michael Blighe ran well to finish in 42<sup>nd</sup> place in 20:01, whilst Brian Leonard, inspired by Amy, also ran a super PB in coming in 46<sup>th</sup> place in a time of 20:13 (over 20 seconds off his previous PB). It's just a matter of time before Brian gets below 20 minutes. Kate Murray and David Williams completed the group, finishing respectively in times of 23:21 and 24:07.

We had one competitor in the 31st running of the Malahide Parkrun with a field of over 400. Liam Fergus finished in an excellent 9<sup>th</sup> place in a time of 18:27, behind race-winner Ciaran McCarthy who produced a winning PB time of 16:31.

Lastly in Bohermeen, with which many Crusaders will be familiar as the site of the fast and flat Meath half marathon, David Carter produced a stunning run in the Patrick Bell Memorial 5k to finish in the top 50 out of a field of nearly 500, well ahead of several quality athletes. His time of 17:56 was a 50 seconds improvement over his previous best performance achieved in the St Patrick's Day 5k this year. Kieran Martin, who has recently come down to train with the club, also produced a good run to finish in 56th spot in a time of 18:12.

### **Carrick AC Deadman's 5 mile race**

Overall place Name Cat. Place Chiptime

1 Alan O'Shea 1 00:25:47

7 Siobhan O'Doherty 1 00:28:19

#### *Crusaders AC runner*

5 Alban Coughlan 00:27:11

Full results here: <http://www.carrickroadrunners.ie/files/deadmans2013.pdf>

### **Marlay Parkrun 5k race**

Overall place Name Cat. Place Chiptime

1 Tony Carter 1 00:17:13

22 Paula Prendergast 1 00:19:10

*Crusaders AC runners*

1 Tony Carter 00:17:13

14 Eamonn Mcwalter 00:18:36

32 Amy Wright 00:19:34 (PB)

42 Michael Blighe 00:20:01

46 Brian Leonard 00:20:13 (PB)

136 Kate Murray 00:23:21

169 David Williams 00:24:07

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **Malahide Parkrun 5k race**

Overall place Name Cat. Place Chiptime

1 Ciaran McCarthy 1 00:16:31

18 Fionnuala Doherty 1 00:19:07

*Crusaders Ac runner*

9 Liam Fergus 00:18:27

Full results here: <http://www.parkrun.ie/malahide/results/latestresults/>

### **Patrick Bell Memorial 5k race**

Overall place Name Cat. Place Chiptime

1 David McCarthy 1 00:14:26

43 Fionnuala Ross 1 00:17:47

*Crusaders AC runner*

46 David Carter 00:17:56 (PB)

## **More Great Crusader Results**

Posted on Sunday, June 16th, 2013 at 7:35 pm.

Written by [James](#)

It was another busy weekend of racing. This week's report covers five road races in which we had competitors, stretching from Co Waterford to Co Galway.

First up, many congratulations should go to John Frazer, a runner who trains with the club and who has been nursing an Achilles injury and not running properly for several months. He decided to race the 15<sup>th</sup> Marlay Parkrun on Saturday morning to see how his heel would fair and won the race in 16:59. He then became a father for a second time at 5am on Sunday morning! In sunny but blustery conditions Richard Healy and Will Owens both had top 10 placings, with Richard finishing 5<sup>th</sup> in 17:44 and Will, under 10 seconds behind him, in 6<sup>th</sup> in a time of 17:55. In a field of 420 finishers, Anthony O'Reilly placed 16<sup>th</sup> in 19:21 and Brian Leonard ran close to his PB to finish in 36<sup>th</sup> place in a time of 20:25. Paul Davey (86<sup>th</sup> in 22:54), Emma Flynn (192<sup>nd</sup> in 25:58) and Mary Noelle Rohan (250<sup>th</sup> in 27:48) completed the 7-strong Crusader contingent.



Joe Dunne



Leo Lundy

Also on Saturday, several races were held in Portumna, Co Galway. The venue saw distances from a 100k race down to one of 10k. Weather conditions throughout were mixed with a start that saw a downpour of biblical proportions followed by some brilliant sunshine. We had one participant in the 113-strong half marathon, which was won by Anna-Maria Costelloe. Eamonn McWalter distinguished himself with a 4<sup>th</sup> place finish in 1:28. In the marathon, Joe Dunne, attempting to qualify for next year's London marathon and requiring a sub-3:15 finish, narrowly missed out on qualifying with what was still a great time of 3:20 and close to his PB (which means that Olwyn still holds the house record!). At least he had the satisfaction of a top 10 placing in a field of 117 finishers. Leo Lundy, competing in his 27<sup>th</sup> marathon, finished well in 22<sup>nd</sup> place in a time of 3:40. The times for his last 3 marathons in the last month have all been within 50 seconds of each other.



## Dee Ni Chearbhaill

On Sunday, Dee Ni Chearbhaill competed in the Fenor 15k in Co. Waterford. In a field of 173 and in rainy conditions Dee distinguished herself with a podium finish. With a PB time of 1:08, she placed 51<sup>st</sup> overall and 3<sup>rd</sup> woman finisher (2<sup>nd</sup> senior).

Lastly, we had 5 runners in the Raheny Midsummer 5k. After having tucked in behind Vinnie McGuinness for most of the race, in the last 400m Karl Fitzmaurice and Alban Coghlan managed to overhaul him. Nevertheless, Vinnie, who trains with the club, had the consolation of placing 10<sup>th</sup> with a PB of 16:14. Meanwhile, Karl ran 16:05 to finish in 6<sup>th</sup> place and Alban was 9<sup>th</sup> in 16:11, so that there was less than 10 seconds between the three of them. In a field exceeding 300, Amy Wright was our leading lady home, finishing 82<sup>nd</sup> overall but notably 6<sup>th</sup> woman and 3<sup>rd</sup> senior in a PB time of 19:21, despite having felt that she went out too fast at the start. Fittingly on Father's Day, father and daughter, John and Mary Fitzsimons, also ran well, with Mary's time of 22:17 good enough to place her 6<sup>th</sup> in her age category and 157<sup>th</sup> overall, whilst John placed 2<sup>nd</sup> in the M75 category in a time of 26:31.

## Marlay Parkrun 5k

Overall place Name Cat. Place Chiptime

1 John Frazer 1 00:16:59

43 Debbie Corcoran 1 00:20:42

### *Crusaders AC runners*

5 Richard Healy 00:17:44

6 Will Owens 00:17:55

16 Anthony O'Reilly 00:19:21

36 Brian Leonard 00:20:25

86 Paul Davey 00:22:54

192 Emma Flynn 00:25:58

250 Mary Noelle Rohan 00:27:48

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

## Forest Half Marathon Portumna

Overall place Name Cat. Place Chiptime

1 Anna-Maria Costelloe 1 01:26:45

2 Sean Travers 1 01:28:13

*Crusaders AC runner*

4 Eamonn McWalter 01:28:54

### **Forest Marathon Portumna**

Overall place Name Cat. Place Chiptime

1 Peter Mooney 1 02:44:37

31 Ann Cashman 03:43:51

*Crusaders AC runners*

9 Joe Dunne 03:20:13

22 Leo Lundy 03:40:17

Full results here: <http://www.forestmarathon.com/results.html>

### **Fenor 15k**

Overall place Name Cat. Place Chiptime

1 Frank Quinlan 1 00:51:39

43 Joan Mahony 1 01:05:42

*Crusaders AC runner*

51 Dee Ni Chearbhaill 01:08:12 (PB)

Full results here: [http://www.totaltiming.ie/results/2013/fenor\\_15k\\_2013\\_fullresults.htm](http://www.totaltiming.ie/results/2013/fenor_15k_2013_fullresults.htm)

### **Raheny Midsummer 5k**

Overall place Name Cat. Place Chiptime

1 Colm Rooney 1 00:15:21

32 Annette Kealy 1 00:17:39

*Crusaders AC runners*

6 Karl Fitzmaurice 00:16:05

9 Alban Coghlan 00:16:11

82 Amy Wright 00:19:21 (PB)

157 Mary Fitzsimons 00:22:17

221 John Fitzsimons 00:26:31

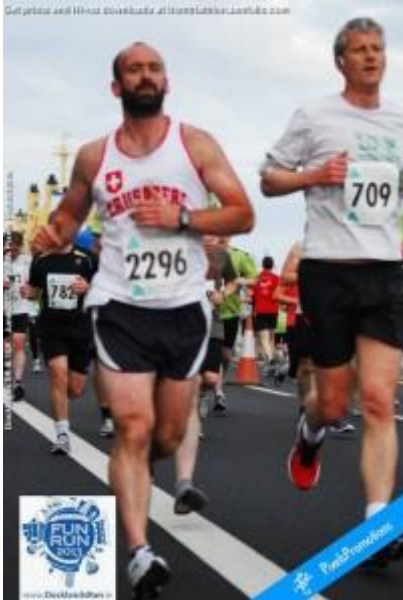


# To PB or not to PB: That is the Question

Posted on Monday, June 24th, 2013 at 9:10 pm.

Written by [James](#)

Last week presented opportunities for runners to put in some excellent performances on fast courses from the Dublin Docklands through Dublin Pride to Dunshaughlin and there was a great turnout for the races in question.

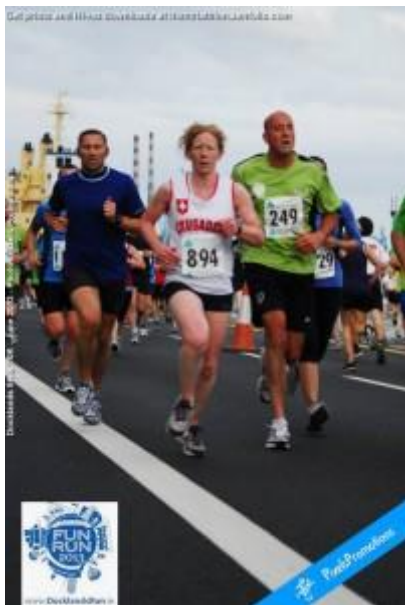


Michael Fitzsimons



Orla Drumm





Kate Murray



Aurelien Granger and Jordy Smilde



Tony Carter

On Thursday, the Docklands run took yet another change of format from previous years. Some 3,500 runners registered for 2 events held on the same evening. As a consequence, by all accounts although the course was technically a fast and flat one, its tight turns, congestion at times and some confusion over waves, gave rise to a certain amount of pandemonium. The race organisers decided to stage the 10k event before the 5k, which meant that some of the leaders in the 5k found themselves having to negotiate back markers in the 10k.

Crusaders had at least 15 runners who completed the 10k race, which had a field of nearly 2,300, and several among them recorded PBs. Tony Carter led our contingent home in 9<sup>th</sup> place overall and only 15 seconds off his PB in a time of 33:57. He was followed closely behind by newcomer John Mulvihill, in 12<sup>th</sup> position with a PB of 34:37, about 2 minutes faster than the time he recorded to win the recent Dublin Bay race. Top 50 positions were achieved by Jordy Smilde (22<sup>nd</sup> and 35:47), Aurelien Granger (with a PB of 36:02 and 32<sup>nd</sup>) and Tomas Mahony (46<sup>th</sup> and 37:06), whilst Liam Fergus was just outside in 53<sup>rd</sup> place with a time of 37:39. The ever-improving Michael Fitzsimons, with a remarkable PB of 38:59 (84<sup>th</sup> place), David Timoney (98<sup>th</sup> and 39:19) and Johannes Frederking (106<sup>th</sup> and 39:29), were all able to register sub-40 minute results. Among the remaining Cru runners, notable performances came from Mary Fitzsimons and Kate Murray (in the first of 2 races she ran in 3 days) with PBs of 44:46 (417<sup>th</sup>) and 45:36 (483<sup>rd</sup>), respectively. Additionally, John O'Grady was able to register among the top 250 finishers with a time of 42:22 (245<sup>th</sup>). All of our contestants ran well inside 50 minutes, a tribute to Cru training!

The 5k saw a duel between Raheny's Aoife Talty (latest star of the independent's Fit magazine) and our own international athlete, Orla Drumm (likewise, cover image for the Irish Runner this month). Although, Orla had to concede the win to Aoife, she gave it a good shot and in the end was only 12 seconds behind the winner on a congested course. In all, we had 7 athletes in this race in a field of more than 1,100. Newcomer Kieran Martin finished in a PB time of 17:41 and 13<sup>th</sup> place, with Brian MacAlistair not far behind in 33<sup>rd</sup> position (18:38). Leo Lundy ran a solid time of 20:31, his 3<sup>rd</sup> fastest for the distance, to finish in 67<sup>th</sup> place and 2<sup>nd</sup> in his age group, whilst Joanne Dalton (304<sup>th</sup> in 26:40) and Eimear Deegan (351<sup>st</sup> in 27:20) completed the group. John Fitzsimons was a victim of some of the confusion and apparently ran a time of just over 24 minutes for the 5k, but for some reason was credited with a time of 27:08 minutes.

The Dublin Pride 5k, which was run from the Papal Cross in Phoenix Park on Friday evening, was an event open to all, but was naturally well-supported by the gay athletic community. Marius McNicholas represented the club in the race, which was won by Gary O'Hanlon, and to his credit, in a field of 370 runners, Marius finished in 6<sup>th</sup> place in a time of 18:26. He was awarded the same time as the 5<sup>th</sup> place finisher overall and was delighted to discover he actually placed 2<sup>nd</sup> among the gay runners.

On Saturday morning 4 Crusaders took to the trails around Marlay Park and competed in the latest weekly edition of this free timed race. Brian Leonard, who also would run in Dunshaughlin later in the day, was only 17 seconds off his PB when he finished in 27<sup>th</sup> place in a time of 20:30. Paul Davey (63<sup>rd</sup> in 22:45), David Williams (97<sup>th</sup> in 23:51) and Mary Noelle Rohan (203<sup>rd</sup> in 27:38) were the other Cru runners in a field of nearly 350.



Catherine Thornton and James Cottle



Michael Kiely



Aoife Quigley



Will Owens



Rob Cross

Over the weekend, whilst Crusaders were contributing to Irish track success at the European Team Championships in Santry, others were leaving their mark on the roads around Dunshaughlin in the annual running of the Michael Manning 10k. Some of us actually went directly from the Santry event on Saturday evening to the race, all in need of warming up. In the event, most of us had an extremely enjoyable race (before the cloudburst at the finish!) and there were some excellent results. Additionally, we had enough athletes competing to make up teams.

The men's title went to the Olympian Mark Kenneally in a time of 29:46, whilst Lizzie Lee won the ladies race in a course record time of 34:08. Not only did Rob Cross come first in his age group, but he also made a huge PB improvement on his previous 10k results, coming home in 13<sup>th</sup> place in a time of 32:47, well over a minute faster than his previous best for the distance. He was followed by Michael Kiely, who also recorded a PB, with a time of 34:23 and 31<sup>st</sup>. The course did not appear to be noticeably fast with a couple of tough hills and a strong headwind in the second half, but perhaps it was the overall quality of the field that made the difference. In any event, Will Owens also marked a PB in finishing in a time of 36:58 (83<sup>rd</sup>). Simon Murtagh was the 4<sup>th</sup> scorer for the team with a time of 39:19 (133<sup>rd</sup>), whilst there was also an excellent result for Eddie Nugent who came home in 166<sup>th</sup> place in a time of 40:37. In the event, the men's team placed 7<sup>th</sup> out of 23. Catherine Thornton was running a 10k for the first time and became first lady scorer for the team with a time of 42:09 (212<sup>th</sup>), having been paced by James Cottle who finished in 232<sup>nd</sup> place with a time of 42:45. 2<sup>nd</sup> and 3<sup>rd</sup> lady scorers, Aoife Quigley (43:12 and 251<sup>st</sup>) and Dee Ni Chearbhaill (43:56 and 273<sup>rd</sup>), still showed they could register a decent result for the team even when not in top form and the three ladies finished in an excellent 4<sup>th</sup> position out of 10 teams. Brian Leonard, running his second race of the day, also marked a PB in finishing in a time of 43:42 and 267<sup>th</sup> place. Kate Murray, running her second race in 3 days, finished in 47:08 and 364<sup>th</sup> place. Members will be interested to learn that Dee Ni Chearbhaill's fiancé, Sean Murphy, who trains with the club when in Dublin, ran a respectable 36:45 and finished in 75<sup>th</sup> place.

The Dunshaughlin 10k is definitely a race to be recommended. It is interesting to note that nearly 150 of the nearly 670 runners (22%) finished with times inside 40 minutes, whilst over 300 (45%) completed the race inside 45 minutes. This compares with 119 (5%) out of 2275 who finished inside 40 minutes in the Docklands 10k (and 434, or 19%, inside 45 minutes).

### **Docklands 10k race**

Overall place Name Cat. Place Chiptime

1 Mark Christie 1 00:29:57

29 Kate Cronin 1 00:35:59

*Crusaders AC runners*

9 Tony Carter 00:33:57  
12 John Mulvihill 00:34:37 (PB)  
22 Jordy Smilde 00:35:47  
32 Aurelien Granger 00:36:02 (PB)  
46 Tomas Mahony 00:37:06  
53 Liam Fergus 00:37:39  
84 Michael Fitzsimons 00:38:59 (PB)  
98 David Timoney 00:39:19  
106 Johannes Frederking 00:39:29  
245 John O'Grady 00:42:22  
417 Mary Fitzsimons 00:44:46 (PB)  
483 Kate Murray 00:45:36 (PB)  
506 Tim Madigan 00:45:52  
550 Diarmaid O'Sullivan 00:46:22  
652 Sharon Woods 00:47:21

Full results here: <http://www.rundublin.ie/docklands-5k-10k-fun-run/docklands-10k-results-2013/>

**Docklands 5k race**

Overall place Name Cat. Place Chiptime

1 Paul Stephenson 1 00:15:15  
8 Aoife Talty 1 00:16:51

*Crusaders AC runners*

9 Orla Drumm 00:17:03  
13 Kieran Martin 00:17:41 (PB)  
33 Brian MacAlistair 00:18:38  
67 Leo Lundy 00:20:31  
304 Joanne Dalton 00:26:40  
332 John Fitzsimons 00:27:08  
351 Eimear Deegan 00:27:20

Full results here: <http://www.rundublin.ie/docklands-5k-10k-fun-run/docklands-5k-results-2013/>

### **Dublin Pride 5k**

Overall place Name Chiptime

1 Gary O'Hanlon 00:15:38

*Crusaders AC runner*

6 Marius McNicholas 00:18:26

Full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1387%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1387%253Flayout%253Dprecision_timing)

### **Marlay Parkrun 5k #16**

Overall place Name Cat. Place Chiptime

1 Paul O'Callaghan 1 00:16:52

32 Debbie Corcoran 1 00:20:39

*Crusaders AC runners*

27 Brian Leonard 00:20:30

63 Paul Davey 00:22:45

97 David Williams 00:23:51 (PB)

203 Mary Noelle Rohan 00:27:38

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **Michael Manning Memorial 10k Dunshaughlin**

Overall place Name Cat. Place Chiptime

1 Mark Kenneally 1 00:29:46

28 Lizzie Lee 1 00:34:08

*Crusaders AC runners*

13 Rob Cross 00:32:47 (PB)

31 Michael Kiely 00:34:23 (PB)

83 Will Owens 00:36:58 (PB)

133 Simon Murtagh 00:39:19

166 Eddie Nugent 00:40:37

212 Catherine Thornton 00:42:09 (PB)



232 James Cottle 00:42:45

251 Aoife Quigley 00:43:12

267 Brian Leonard 00:43:42 (PB)

273 Dee Ni Chearbhaill 00:43:56

364 Kate Murray 00:47:08

## Cracking Start for Dublin Race Series and Cru dominance in Park Runs

Posted on Sunday, June 30th, 2013 at 8:12 pm.

Written by [James](#)

The countdown to this year's Dublin marathon got underway this weekend with the first of the 4 build-up races. Saturday saw the 5 mile race held in the hilly parts of Phoenix Park in nearly perfect conditions. Among a field of nearly 2,800 runners it was tackled by an impressive number of 26 Crusaders, some competing for the second time in 5 days. Stephen Moore and Rob Cross excelled themselves to finish among the top 10 places, with Stephen placing 6<sup>th</sup> overall in 26:03, just over a minute behind race winner Robbie Matthews of Dunshaughlin, and Rob, with his 10<sup>th</sup> place finish, ensuring a 3<sup>rd</sup> place in his age category, only 8 seconds behind his age group winner and 13 seconds behind Stephen. It was quite a tight bunch at the top and Stephen and Rob took some decent scalps. John Mulvihill was our third place finisher, with a time of 27:40 and 29<sup>th</sup> overall, whilst Aurelien Granger also managed to finish in under 30 minutes with a (PB) time of 29:21 and 57<sup>th</sup> place overall. It is unclear, apart from Brian Leonard with a time of 33:33 (310<sup>th</sup>), whether there were any other PBs among the excellent results listed below (perhaps, you could let us know); some for sure were only narrowly missed on what is a challenging course, particularly with the hills in the second half. A couple of noteworthy mentions: John Fitzsimons coming 2<sup>nd</sup> in his age group and Karen Peesker completing her last race on Irish soil before returning to Canada. She will be missed and we wish her a safe return.



Stephen Moore





Cathy Mannion



Joe O'Reilly



Karen Peesker



Peter O'Toole



Leo Lundy



Rob Cross

On the same morning, Cru members distinguished themselves in the parkruns in Marlay Park and Malahide. In fact, according to the official results, Crusaders actually won both events! In Marlay Park, Vinnie McGuinness nobly turned out for the club (principally because Loughrea was not listed as an option (note to all race organisers: keep doing this!)) and produced a winning performance of 16:14, with Tony Carter placing 2<sup>nd</sup> in a time of 16:30. Michael O'Connor, although, like Tony well off his PB for the distance, ran strongly to finish in 17:25, with Eamonn McWalter turning in a PB performance to finish in a time of 18:14 and 13<sup>th</sup> place. Not to be outdone, Amy Wright, in her second race of the week, also ran a course PB time of 19:25 to finish 2<sup>nd</sup> placed lady. Neil Brown (173<sup>rd</sup> and 24:30) completed the group who competed in a field of 380 runners. Over on the north side, Michael Kiely was emulating our club success with victory in Malahide. His PB time of 16:42 was a good 25 seconds ahead of the 2<sup>nd</sup> placed finisher. Paul O'Meara also ran well among a field of over 300 to finish in 14<sup>th</sup> place in a time of 18:54.

Joe Dunne was our sole representative down in Waterford on Saturday, taking on the Viking marathon. Although his time of 3:27 was well off his PB for the distance, yet again he did the Dunne family proud by turning in a sub-3:30 performance. Additionally, the race was confirmed long by about 250m.

Unsurprisingly, it was won by Gary O'Hanlon, with ladies title winner Pauline Curley placing 4<sup>th</sup> overall in a field of 464.



Brian Mac Alister

Sunday saw the running of the Keith Duffy 5k in the Phoenix Park. At least one Crusader, newcomer Brian Mac Alister, participated. Results have yet to be produced at time of writing and we will try to include them in the next report. Brian's time, however, was an excellent 18:48.

The report ends with coverage of last week's BHAA 5k race held on the trails around the Irish Prison Service clubhouse in the Phoenix Park. 13 Crusaders competed in a field that, at 244, was about 20% larger than last year. As mentioned, several of them also competed at the weekend. Notably: Stephen Moore who finished in 3<sup>rd</sup> place in a time of 16:19 that was nearly a minute faster than his 2<sup>nd</sup> placed time for 2012. Michael O'Connor also ran twice during this period and he finished in 11<sup>th</sup> place in a time of 17:20 (over 90 seconds faster than 2012). Others who raced more than once included Michael Fitzsimons (45<sup>th</sup> and 19:21), Robbie Moore (81<sup>st</sup> and 20:44, nearly 2 minutes faster than his time in 2012), Mary Fitzsimons (150<sup>th</sup> and 23:02), Sharon Woods (151<sup>st</sup> and 23:03, nearly two minutes faster than 2012), David Williams (159<sup>th</sup> and 23:22), Mairead Cashman (192<sup>nd</sup> and 25:45) and the redoubtable John Fitzsimons (211<sup>th</sup> and 27:14). Other excellent results came from Karl Walsh who ran nearly a minute faster than in 2012 to finish in 12<sup>th</sup> place with a time of 17:21 and Tomas Mahoney (33<sup>rd</sup> and 18:55). Several, including Michael, Karl, Robbie, Mairead and Aoife Quigley (104<sup>th</sup> and 21:23), ran well enough to participate in team prizes. Nearly 40 Crusaders were in action over the week. Congratulations to all!

### **Dublin Race Series 5 mile**

Overall place name Cat. Place Chiptime

1 Robbie Matthews 1 00:24:58

16 Maria McCambridge 1 00:26:45

#### *Crusaders AC runners*

6 Stephen Moore 00:26:03

10 Rob Cross 00:26:16

29 John Mulvihill 0:27:40

57 Aurelien Granger 00:29:21 (PB)

128 Peter O' Toole 0:31:34

146 Ian Doyle 0:31:57

149 Eddie Nugent 0:31:59

186 David Killion 0:32:23

211 Michael Fitzsimons 0:32:35

289 Leo Lundy 0:33:56  
301 Robbie Moore 0:33:59  
310 Brian Leonard 0:33:33 (PB)  
367 Mike Stewart 0:34:27  
396 Joe O' Reilly 0:35:05  
492 Stefano Palmisano 0:36:01  
536 Mary Fitzsimons 0:36:26

609 Diarmaid O' Sullivan 0:37:31  
648 Sharon Woods 0:37:57

660 Karen Peesker 37:55

678 Cathy Mannion 0:38:06

685 Argentina Gonzalez 0:38:17  
831 David Williams 0:39:25  
979 Mairead Cashman 0:41:20  
995 Tom Curtin 0:38:09  
1279 John Fitzsimons 0:44:23  
1312 Edel Keaveney 0:41:36

Full results here: <http://www.tdl.ltd.uk/race-results.php?event=1373>

### **Marlay Park 5k run #17**

Overall place name Cat. Place Chiptime

1 Vinnie McGuinness 1 00:16:14

19 Paula Prendergast 1 00:18:50

*Crusaders Ac runners*

2 Tony Carter 00:16:30

6 Michael O'Connor 00:17:25

13 Eamonn McWalter 00:18:14 (PB)

33 Amy Wright 00:19:25

173 Neil Brown 00:24:30

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **Malahide 5k Park run #34**

Overall place name Cat. Place Chiptime

1 Michael Kiely 1 00:16:42

38 Helen O'Connor 1 00:20:33

*Crusaders AC runners*

1 Michael Kiely 00:16:42 (PB)

14 Paul O'Meara 00:18:54

Full results here: <http://www.parkrun.ie/malahide/results/latestresults/>

### **Waterford Marathon**

Overall place name Cat. Place Chiptime

1 Gary O'Hanlon 1 02:28:05

4 Pauline Curley 1 02:49:39

*Crusaders AC runner*

53 Joe Dunne 03:27:02

Full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1391%253F1ayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1391%253F1ayout%253Dprecision_timing)

### **BHAA Irish Prison Service trail 5k**

Overall place name Cat. Place Chiptime

1 Cillian O'Leary 1 00:15:37

37 Mary Finn 1 00:19:02

*Crusaders AC runners*

3 Stephen Moore 00:16:19

11 Michael O'Connor 00:17:20

12 Karl Walsh 00:17:21

33 Tomas Mahony 00:18:55

45 Michael Fitzsimons 00:19:21

81 Robbie Moore 00:20:44

104 Aoife Quigley 00:21:23

150 Mary Fitzsimons 00:23:02

151 Sharon Woods 00:23:03

153 Kate Murray 00:23:07

159 David Williams 00:23:22

192 Mairead Cashman 00:25:45

211 John Fitzsimons 00:27:14



# Cru on Tour

Posted on Tuesday, July 9th, 2013 at 9:03 pm.

Written by [James](#)

What a great weekend of running it was! Whilst several of our budding track athletes were recording PBs in the GV Ryan meet in Santry on Saturday and others were producing sterling results in the Parkruns and elsewhere, nearly 20 of us took to the road and headed to Achill. The locals did not know what had hit them as we descended on the island, a horde decked in new red hoodies, to psyche out the opposition in the two races on offer. For the first time, a 10k was organised to be run half an hour in advance of the traditional half marathon. The majority of us chose the shorter distance, perhaps because we had heard it would be considerably flatter and perhaps we felt it would ensure that we would not be too exhausted to participate in the rest of the weekend's activities. In the event, the 10k proved to be extremely hilly and even though through the mist we could see the finishing line well below us from around the halfway point, it proved elusive and the course was able to throw in some testing undulations, particularly on that part of the route where we rejoined the already challenging half marathon course, which included some significant climbs throughout. Both races featured participation by the local sheep that appear to have free rein of the island and which created further potential obstacles.

The weekend started auspiciously. As the first of a group of 16 of us arrived in the lovely evening sunshine on Friday to take up residence in two rented cottages with magnificent views over the bay, it appeared that a sheep had been sacrificed in our honour and left behind the houses for our enjoyment. Having felt this was an unnecessary gesture, we asked for it to be removed and soon it was gone. Later, we descended to the start area to complete race number pickup and to discover that not one bib accurately named us. Indeed, one or two of our group were running with names of the opposite gender. Some printing error! Anyway, this confusion could not phase us. An early night and a truly early start the following morning was in order for a highly competitive contingent of Crusaders. We rose on the Saturday, however, to find that the island seemed to have disappeared and we were enveloped in a damp mist that really only lifted as we were waving farewell on Sunday afternoon. In some ways, however, it was most welcome, because it produced coolish conditions for running. There was, nevertheless, a reasonably strong breeze that became a headwind for the second half of both races, just to add to the challenge.

The red hoodies were out in force for the warm-up as we jogged along the narrow roads drawing curious looks from onlookers who were delighted that the club should have come over from Dublin in such numbers.

12 of us took up positions close to the start line of the 10k race with nearly 500 other competitors behind us. A group high five was called and then the race began. It soon became quite spread out, but a noticeable ribbon of Crusaders clearly made up a significant portion of the leading runners. The first mile or so was reasonably flat and we were lulled into a false sense of security, but inklings of what we were to experience came as we turned off the half marathon course and up onto our dedicated one. However, we have been well prepared by our weekly tours of Phoenix Park and we were all able to take the hills in our stride as some of the other competitors fell back. What was surprising is how many PBs were recorded on such a hilly course, perhaps because of our intra-club rivalry, but also there were rumours that the course may have been slightly short. With a time of 33:05, Rob Cross was a convincing overall winner with about a minute's lead on the second-placed finisher at the end whilst Caroline Crowley was equally impressive, finishing in 3<sup>rd</sup> place overall in a PB time of 35:44, despite having being allowed to run off course towards the end by a local Garda. With Will Owens in 6<sup>th</sup> (37:17 and a PB) and Ilona McElroy 8<sup>th</sup> (with a PB time of 38:10), Crusaders made up 4 of the top 10. Indeed, 5 of the top 7 women finishers were Crusaders and every member of the club produced times under 43 minutes to be among the top 30 places overall. PB times were also recorded by Marie Hyland (12<sup>th</sup> in 39:34 in her first 10k), Amy Wright (13<sup>th</sup> in 40:23), Catherine Thornton (18<sup>th</sup> in 40:56, nearly 75 seconds faster than her previous best on the much flatter course in Dunshaughlin two weeks earlier) and Gillian Earley (25<sup>th</sup> in 42:15). The remaining Cru contingent consisted of Ailbhe O'Driscoll-Collins (14<sup>th</sup> in 40:35), James Cottle (24<sup>th</sup> in 42:03 and 1<sup>st</sup> in his age category), Edel Haverty (27<sup>th</sup> in 42:45) and Louise Dobbyn (28<sup>th</sup> in 42:47).

We had 7 Crusaders participating in the 900-strong half marathon, together with a couple of guest runners who had joined us on tour. The race was won by Freddie Sittuk, a Kenyan from the Rift Valley, loosely attached to Raheny, who is spending a few months in Dublin, and who had come in second in Dunshaughlin behind Olympian Mark Kenneally (and also won the Strawberry half). Freddie and the inevitable Gary O'Hanlon duelled for the top 2 places, with the former finally taking top honours with a course record time of 1:09:47 but only about 15 seconds ahead of Gary. In 3<sup>rd</sup> place in a PB time of 1:14:41, however, was Vinnie McGuinness, enjoying his own battle with Tony Carter (1:16:05) who finished in 4<sup>th</sup> place. Paul O'Connell of Sportsworld, who, like Vinnie, was sharing the weekend with us, placed 6<sup>th</sup> in a time of 1:19:03. Karl Walsh (30<sup>th</sup> in 1:26), David Timoney (59<sup>th</sup> in 1:31:49), Aoife Quigley (82<sup>nd</sup> in 1:34:59), Leo Lundy (89<sup>th</sup> not unexpectedly in a PB time of 1:35:47), Robbie Moore (131<sup>st</sup> and also a PB time of 1:39:13) and Laura Gilbride (468<sup>th</sup> and 1:58:36) also ably represented the club.

Being Crusaders, we celebrated appropriately, particularly during the award ceremony, and with similar effort to that which we put into racing. The event was enhanced for Caroline who was able to celebrate her birthday over a three day period. Additionally, being recognised for our sociability, we also probably picked up several new recruits, Shane Collins, our intrepid photographer, in particular doing his best to further the entente cordiale. Our fitness was further challenged by what felt like a 10k hike back up through the mist to our lodgings as the local taxi service went absent in the small hours of Sunday morning. All this tested our physical and mental strength for the following morning's scheduled surfing lesson in what seemed like mountainous waves. But we proved ourselves worthy of the challenge, even if surfing for everyone but Amy and Vinnie is clearly not our metier! It proved to have medicinal benefits at least and we finished our stay with clearer heads than we might have expected. Following such a successful outcome to the weekend, effectively perhaps a dress rehearsal for the Cru visit to Lanzarote in November, further tours are now being considered!

In Marlay Park and Griffeen Park in Lucan, several Crusaders as usual participated in the free 5k runs. In the 4<sup>th</sup> event to be organised in Lucan with nearly 130 runners, congratulations should go to Cathy Mannion who distinguished herself by winning the women's race in a time of 23:01, whilst Richie MacLiam also ran extremely well to finish 3<sup>rd</sup> overall in 17:33, 3 seconds behind the 2<sup>nd</sup> place finisher. Meanwhile, in Marlay Park in a 390-strong field, Patrick Leonard placed 16<sup>th</sup> in a PB time of 19:20, Brian Leonard was 30<sup>th</sup> in 20:19, David Williams, 101<sup>st</sup> in a PB time of 23:14 and Neil Brown, 133<sup>rd</sup> in 24:39.

Aoife Joyce, making a welcome return to road racing, represented us alongside Maureen McGinley in the Kilmore Quay Seafood Festival 5k. Aoife achieved a spot on the podium in the women's race with a 3<sup>rd</sup> place finish (1<sup>st</sup> senior), 37<sup>th</sup> overall and a time of 19:42 in a field of more than 150 finishers, whilst Maureen placed 121<sup>st</sup> (3<sup>rd</sup> in her age category) in a time of 27:23.

Garret Doherty pointed out that he managed to win a Naturist 5k race in Pembrokeshire in Wales over the weekend. For once he was not running backwards, but being Garret, the race had to have an unusual twist so to speak (the title gives it away!). He did report that he knocked 9 seconds off last year's winning time by finishing in 19:13.

Lastly, belatedly, we should congratulate Orla Drumm for her recent victory in a 5k race in Kilcock. However, your correspondent was not able to locate the full results. And, as promised, just for the record, details can be found below of last week's Keith Duffy 5k race in which Brian Mac Alister finished 7<sup>th</sup> in a time of 18:48.

## **Achill 10K**

Overall place Name Cat Place Chiptime

1 Rob Cross 1 00:33:05

3 Caroline Crowley 1 00:35:44

*Crusaders AC runners*



1 Rob Cross 1 00:33:05  
3 Caroline Crowley 1 00:35:44 (PB)  
6 Will Owens 00:37:17 (PB)  
8 Ilona McElroy 00:38:10 (PB)  
12 Marie Hyland 00:39:34 (PB)  
13 Amy Wright 00:40:23 (PB)  
14 Ailbhe O'Driscoll-Collins 00:40:35  
18 Catherine Thornton 00:40:56 (PB)  
24 James Cottle 00:42:03  
25 Gillian Earley 00:42:15 (PB)  
27 Edel Haverty 00:42:45  
28 Louise Dobbyn 00:42:47

Full results here: [http://www.achillmarathon.com/dwl/2013\\_Achill\\_10K\\_Results.pdf](http://www.achillmarathon.com/dwl/2013_Achill_10K_Results.pdf)

### **Achill Half Marathon**

Overall place Name Cat Place Chiptime

1 Freddie Sittuk 1 01:09:47  
18 Mary Gleeson 1 01:24:41

#### *Crusaders AC runners*

4 Tony Carter 01:16:05  
30 Karl Walsh 01:26:46  
59 David Timoney 01:31:49  
82 Aoife Quigley 01:34:59  
89 Leo Lundy 01:35:47 (PB)  
131 Robbie Moore 01:39:13 (PB)  
468 Laura Gilbride 01:58:36

Full results here: [http://www.achillmarathon.com/dwl/2013\\_Achill\\_Half\\_Marathon\\_Results.pdf](http://www.achillmarathon.com/dwl/2013_Achill_Half_Marathon_Results.pdf)

### **Marlay Parkrun 5K**

Overall place Name Cat Place Chiptime

1 Niall Coppinger 1 00:16:49

7 Linda Huyck 00:18:26

*Crusaders AC runners*

16 Patrick Saunders 00:19:20 (PB)

30 Brian Leonard 00:20:19

101 David Williams 00:23:14 (PB)

133 Neil Brown 00:24:39

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

**Griffeen Parkrun 5K**

Overall place Name Cat Place Chiptime

1 Darren Reilly 1 00:16:48

28 Cathy Mannion 1 00:23:01

*Crusaders Ac runners*

3 Richie MacLiam 00:17:33

28 Cathy Mannion 00:23:01

Full results here: <http://www.parkrun.ie/griffeen/results/latestresults/>

**Kilmore Quay 5K**

Overall place Name Cat Place Chiptime

1 Tom Hogan 1 00:15:40

26 Maria Griffin 1 00:18:56

*Crusaders Ac runners*

37 Aoife Joyce 00:19:42

121 Maureen McGinley 00:27:23

Full results here: <http://kilmoreathletics.com/5k/5k-2013-results/>

**Keith Duffy 5K**

Overall place Name Cat Place Chiptime

1 Colm O'Connell 1 00:16:03

3 Catherina McKiernan 1 00:17:05

*Crusaders AC runner*

7 Brian Mac Alister 00:18:48

Full results here: <http://www.rundublin.ie/keith-duffy-5k-phoenix-park/keith-duffy-5k-results-phoenix-park/>



Achill pre-race tactics discussion



Rob Cross



Amy Wright



Aoife Quigley



Caroline Crowley



Catherine Thornton



Ailbhe O'Driscoll-Collins



Louise Dobbyn and Edel Haverty



Will Owens



Leo Lundy



Marie Hyland



Ilona McElroy





Freddie Sittuk, Barry Minnock, Gary O'Hanlon, Vinnie McGuinness, Martin Francis, Tony Carter, Paul O'Connell

## Three Cru in the Euro U23s

Posted on Wednesday, July 10th, 2013 at 8:28 pm.

Written by [Gary](#)



Thursday 11<sup>th</sup> July 2013, marks a historic day for the club, three Crusaders athletes are in action in a major championships, the European under 23 championships. This may be the first time Crusaders have had three athletes in action on the same day, a feat not matched by many clubs. This is definitely a first for the club in the European under 23s, this addition in the Finnish city of Tampere.

First up is Conor McCullough in pool A of qualification of the hammer at 10am local time. Conor has a great record in under age championship while representing the USA, winning a silver in the World Juniors in 2008 and coming back two years later to be crown World Junior Champion, in [Moncton, Canada](#). To put his achievement into perspective, his record is better than Ireland's record in the World juniors (two Silvers)\*. Conor is coming into the competition ranked 4<sup>th</sup> on PB and coming into good form with some great throws



in training.



Next up is Jason Harvey in the 400m hurdles at 2:06pm local time. Jason is in great form this season not only over the hurdles where his 50.27 places him 3<sup>rd</sup> on the Irish All-time list, but he has been recording significant over 200m and 400m, the later ranking him 4<sup>th</sup> on the Irish rankings (with only one non Crusaders athlete ahead of him). With the form this season, he is set to break the 50 second barrier soon, something only done by one Irish athlete in history.



In the evening session, the final Crusaders athlete Richard Morrissey goes in heat 2 of the 400m at 8:08pm local time. Richard broke 47 seconds a few weeks ago running 46.86 in Newman open in the UK, placing him 3<sup>rd</sup> on the Irish rankings just behind club mate Brian Murphy's 46.83 from Nottwil last week. Richard followed up his 400m PB with a fast 200m in the Irish Under 23 championship and is in the form of his life.

Good luck to all three on this historic day for the club. The action can be followed at: -[Live Results](#)

\*As a side note Crusaders athletes hold three World Junior medals (Conor: Gold and Silver and Antione Burke: Silver), which is more than have ever been won by Ireland.

## A Cru middle distance renaissance

Posted on Thursday, July 11th, 2013 at 10:06 pm.

Written by [Gary](#)



Caroline Crowley

The sixth in a series of eight meetings of the Dublin Graded series took place in Santry on Wednesday 10<sup>th</sup> July and Crusaders athletes continue the clubs renaissance of middle distance running. Not only has the numbers of Crusaders athletes in attendance been high but their standard has been as well. In the fourth meeting Kieran Sexton won the B 800m, with Ivan Kinehan and Rob Cross showing well. Sean Murphy in his first track race ran strongly in the second B race to record 2:03. In the Women B race, Anna King took it out from the start, dragging herself and Mary Horgan to fast times.

Two weeks later over 1500m, Caroline Crowley, place 2<sup>nd</sup> in 4:37 with Niamh Boland two places back as they fought it out in a high calibre race. Anna and Marie Hyland were also in the mix on the last lap of their race. Another race time was recorded for Sean over 1500m leading home John Mannion and Karl Fitzmaurice.

In the sixth meet of the season yesterday, back in Santry both an 800m and a 3000m/5000m were on offer, Crusaders showing well in all. Prior to the middle distance action, many Crusaders were on show in the 400m, an event proving to be Crusaders strongest. First up was Anna King, give sprinting a try as she hones her speed in an aim to improve her 800m times, placing 3<sup>rd</sup> in her race in 65 seconds. On the men's side the A race saw two Crusaders in action, Garrett Dunne back racing, drawn in lane 6 and Kevin Woods drawn inside him. Kevin went out hard and was rewarded with second in 50.8 and Garrett coming home just behind in 51.8.

Three Crusaders were in action in the women's 800m, first up was Marie Hyland placing 3<sup>rd</sup> in 2:25. The two remaining Crusaders athletes were drawn in the other race, Anna doubling after her 400m and Mary Horgan, this time Mary came out on top finishing 1<sup>st</sup> in 2:22 and Anna in third in 2:26. The men's 800m also saw three Crusaders, first up was Michael Kiely, like stepping down in distance ran 2:10, Karl Fitzmaurice also honing his speed ran 2:04. In the A race Kevin Woods, also doubling sat in the group as they approached the bell, making a move down the back straight he gained 3 places and in the end was rewarded 4<sup>th</sup> place and a time of 1:57.52. This was Kevin's first time under 2 minutes, his time heading the Crusaders rankings.

In the headlining races of the night, the sponsored 3000m for women and a 5000m for Men. Crusaders had our two silver medallist from the National Novice, Caroline Crowley and Ray Hynes. In the 3000m Caroline looked in control from the start, she never looked troubled in her first 3000m. Caroline came home 15 seconds clear of the field to claim first in 9:58.26, her time placing her inside the Irish top ten. Ray Hynes over 12.5 laps came home in a time of 15 minutes, showing he has good strength to bring his 1500m PB down further after taking a few seconds off in the GV Ryans running 3:53.

## Three out of three in Euro u23

Posted on Saturday, July 13th, 2013 at 9:36 pm.

Written by [Gary](#)



In a day that saw three Crusaders athletes in a major championships, all three did the club proud and qualified for the next round of the European Under 23 championships in Tampere, Finland. First up on Thursday 11<sup>th</sup> July, was Conor McCullough in qualifying pool A of the hammer improved with each throw with a series of 68.70m, 68.74m and 69.40m for a seasonal best and third in pool A. This was good enough to qualify for the final in 6<sup>th</sup> place. First up on the track was Jason Harvey in heat 3 of the 400m hurdles, after a tentative start Jason gathered himself to ease into the final with a second place and automatic qualification to the semi-finals in 50.65. That afternoon Richard

Morrissey in heat 2 of the 400m, came out with a PB when it mattered, his 46.57 good enough for third in the heat and a place in a European final.

Following up on Friday, Jason took his place in the 400m hurdles, in the form of his life was unlucky to get disqualified for a false start and exited the 400m hurdles. Richard later that day, got within a few hundreds of his PB to place 7<sup>th</sup> overall in 46.61. This has been a remarkable season for Richard, where his last three races have averaged 46.68.

Saturday saw Conor return to the throwing circle, again he improved on his seasonal best with a second round throw of 71.49m, good enough for third at one point but had to settle for 6<sup>th</sup> overall in the end. Jason and Richard joined Dara Kervick and Mark English in the 4x400m, finishing 6<sup>th</sup> in a blanket finish in 3:07.71 in heat 2. While their time was faster than all the teams in heat 1, they missed out on the final by one place. Their time was less than second off the Irish record but is the fastest so far by any Irish team this season, putting down a benchmark for other teams.

## Tough Going in Clontarf

Posted on Tuesday, July 16th, 2013 at 1:38 pm.

Written by [James](#)

Runners competing in the Clontarf Half marathon and 5 mile races on Saturday found that sun and sand don't actually mix that well. An event, in which at least one of our participants has recorded a PB on in past years, proved to be a most gruelling experience as temperatures soared into the high 20s on an out-and-back course that required runners to plough through soft sand during the transition from road to beach on Bull Island. Nevertheless, once again Crusaders demonstrated that we have decent depth in such races as several of our members produced good results given the conditions, with new names also coming to the fore. Newcomer John Mannion provided us with the best result of the day with his outstanding second place finish behind Brian Leahy of Raheny. John produced a time of 1:20. In a field of well in excess of 1,100, three other Crusaders finished inside the top 100 places. Michael Kiely, who was pacing the 1:30 runners, came home in 40<sup>th</sup> place in 1:29, ensuring that his charges met their goal, and there was a welcome return for Torben Dahl who finished in 47<sup>th</sup> place in a time of 1:30. Liam Fergus completed the top group with his 96<sup>th</sup> place finish (1:36). Another stalwart of the racing circuit, Leo Lundy, found the race extremely tough and finished 9 minutes off his time for the same distance last week in 1:45 (253<sup>rd</sup>), as did Pat Quill (1:46 and 287<sup>th</sup>) who was apparently significantly under the weather anyway. Hats off to Pat for having completed the course. Likewise, Joe O'Reilly was well off his best for the distance finishing in 1:52 (381<sup>st</sup> place). David Lawson completed the 8-strong Cru contingent, finishing in 2:02 (623<sup>rd</sup> place). In the 5 mile race, which saw a field of 350 participants, Diarmaid O'Sullivan also felt the heat and was well down on expectations, finishing in 40<sup>th</sup> place behind Donore's Lee Van Haeften in a time of 39:01.



John Mannion (1348)

Meanwhile, in the 5k parkruns, respectively in Marlay Park and Malahide, Cru participation was down on previous weeks even though the races saw similar numbers overall to past events, showing that they are still

as popular as ever. In Marlay Park, making an excellent comeback to competitive running, Ciaran Diviney finished in 3<sup>rd</sup> place overall in a time of 17:36, only 4 seconds behind race-winner Andrew Flynn of DSD. Kate Murray was our other participant. She finished in 23:07 and 88<sup>th</sup> place in a field of 350. In Malahide Paul O'Meara finished in 22<sup>nd</sup> place with a time of 19:19 in a field of nearly 370 finishers.

Lastly, Tony Carter briefly headed back to his home in North East England this weekend to run in an unusual race where the runners had to determine the optimum route home (on surfaces similar to those experienced in the Clontarf races). The event was the 33<sup>rd</sup> running of the Beadnell to Alnmouth Coastal Run. Tony duly won the race which had a field of around 1,000 competitors, completing 13.44 miles in a time of 1:21:49, indicating that his time spent with Crusaders has really done him no harm at all as he finished 3<sup>rd</sup> in the same event last year!

### **Clontarf half marathon**

Overall place Name Cat. Place Chiptime

1 Brian Leahy 1 01:14:55

14 Aisling Jordan 1 01:25:20

#### *Crusaders AC runners*

2 John Mannion 01:20:42

40 Michael Kiely 01:29:49 (pacer)

47 Torben Dahl 01:30:25

96 Liam Fergus 01:36:10

253 Leo Lundy 01:45:00

287 Pat Quill 01:46:24

381 Joe O'Reilly 01:52:25

623 David Lawson 02:02:33

Full results here: [http://www.redtagtiming.com/results/Clontarf\\_Half\\_2013.pdf](http://www.redtagtiming.com/results/Clontarf_Half_2013.pdf)

### **Clontarf 5 mile race**

Overall place Name Cat. Place Chiptime

1 Lee Van Haeften 1 00:28:34

14 Caroline Murphy 00:33:58

#### *Crusaders AC runner*

40 Dairmaid O'Sullivan 00:39:01

Full results here: [http://www.redtagtiming.com/results/Clontarf\\_5Mile\\_2013.pdf](http://www.redtagtiming.com/results/Clontarf_5Mile_2013.pdf)

### **Marlay Parkrun 5k #19**

Overall place Name Cat. Place Chiptime

1 Andrew Flynn 1 00:17:32

37 Sandra Armstrong 1 00:20:52

*Crusaders AC runners*

3 Ciaran Diviney 00:17:36

88 Kate Murray 00:23:07

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **Malahide Parkrun 5k**

Overall place Name Cat. Place Chiptime

1 Dermot Gorman 1 00:16:43

33 Cindy Kelly 1 00:20:00

*Crusaders AC runner*

22 Paul O'Meara 00:19:19

Full results here: <http://www.parkrun.ie/malahide/results/latestresults/>



Pat Quill



Tony Carter

## **Crossed Swords**



Posted on Monday, July 22nd, 2013 at 9:37 pm.

Written by [James](#)

There was a great Cru turnout for the second race in the Dublin Race Series which took place on Sunday.

The 10k event in Swords was its second annual running in the series in conditions that mercifully were less uncomfortable than the previous day, with a reasonable breeze to keep body temperatures down. A well-placed fire hose and an additional water station also helped! Last year's inaugural race had seen some significant hills and, this year, organisers had done their best to flatten it out. Expectations were high that it would be a PB course and this proved to be the case for several of our members. However, it was a little more undulating than had been anticipated and speaking to one or two of the elite athletes afterwards they indicated that they had held themselves back slightly towards the end through lack of familiarity and because the course had presented a few surprises early on.



Ilona McElroy



Aurelien Granger



Rob Cross



Orla Drumm



Tony Carter and Orla Drumm

At least 18 Crusaders entered the fray, with several getting PBs for the distance. The total field was in excess of 2,200 and was clearly won by Stephen Scullion in a time of just over 30 minutes. Standout performances came from Rob Cross and Stephen Moore who were together in a small loose group among the top 15 for about 8k with Rob pulling away towards the end. He managed to complete the course in a PB time of 32:44 (3 seconds faster than his recent PB in Dunshaughlin) and 13<sup>th</sup> place (3<sup>rd</sup> in his age category and only 7 seconds behind his age group winner), whilst Stephen knocked nearly 15 seconds off his previous PB time, recorded this year at the K Club, to finish in 14<sup>th</sup> place in a time of 32:50. This was on top of his 3<sup>rd</sup> place finish in the midweek BHAA 5k race (of which more below), so a great week for Stephen. Both runners took some good scalps in the process. Top 50 places were recorded by the ever-improving John Mulvihill (fresh from having run well in last week's BHAA race), Michael Kiely and Richie Mac Liam. John achieved a PB time of 34:21 and 28<sup>th</sup> place overall, knocking 15 seconds off his recent time recorded in the Docklands 10k. Michael finished in 30<sup>th</sup> place in a time of 34:25 (just 2 seconds shy of his recent Dunshaughlin PB), whilst Richie also ran well to complete the course in 35:46 and 48<sup>th</sup> place. Ilona McElroy came home in a sterling 10<sup>th</sup> place in the women's race and 86<sup>th</sup> overall in a time of 38:25, whilst Aurelien Granger (76<sup>th</sup> and 37:54) and Peter O'Toole (97<sup>th</sup> and a PB time of 38:48) helped Crusaders to have 8 runners in the top 100. There were other great performances by Paul O'Meara (104<sup>th</sup> in 38:59) and Simon Murtagh (144<sup>th</sup> and 39:58), meaning the team had 10 runners finishing under 40 minutes, whilst to their credit Brian McGuckin (41:23), Brian Leonard (42:19) and Sharon Woods (47:19) all achieved PBs. The contingent was completed by David Killion (41:06), Eddie Nugent (41:53), Gillian Earley (42:40 and 26<sup>th</sup> woman finisher) Robbie Moore (43:22) and Laura Schwirz (44:14, 32<sup>nd</sup> woman finisher and having completed a duathlon the day before). it seems that most people felt the changes to the course made a difference and would run this again next year.

As mentioned, last Wednesday around Ringsend Park the BHAA organised the annual DCC 5k race, which started and finished in Irishtown stadium. Paul Fleming of Rathfarnham WSAF appears to have made the race his own and duly won it for the third year in a row in a time of 16:02. Likewise, the Cru's Stephen Moore repeated his 3<sup>rd</sup> place finish of last year in a time of 16:20. He was followed by a whole raft of



Crusaders in pretty quick succession, starting with Alban Coghlan (4<sup>th</sup> in 16:31), Karl Fitzmaurice on Alban's shoulders (5<sup>th</sup> in 16:32), James Murphy (7<sup>th</sup> in 16:43) and John Mulvihill (9<sup>th</sup> in 16:54), giving Crusaders 5 of the top 10 places. All in all, at least 14 Crusaders participated in the race which was otherwise significantly reduced in numbers from previous years (183 versus over 300 last year). Ciaran Diviney, in the first of two 5k races he ran last week, placed 14<sup>th</sup> in a time of 17:55, Karl Walsh probably placed 15<sup>th</sup> in a time of 17:57 but his chip failed to register, and Eoghan Kerins (16<sup>th</sup> in 18:04) was not far behind. Other runners included newcomer Redmond Murphy (33<sup>rd</sup> in 19:21) and Niall McGeorge (35<sup>th</sup> in 19:27). The group was completed by Gillian Earley (59<sup>th</sup> in 20:34), Robbie Moore (66<sup>th</sup> in 20:50), Sharon Woods (116<sup>th</sup> in 23:19), each of whom also ran again at the weekend, together with Edel Haverty (84<sup>th</sup> in 21:29) and David Williams (124<sup>th</sup> in 23:46).

Orla Drumm has also been a prolific runner this Summer. As has previously briefly been reported, on 12 July she won the ladies title in the 156-strong Kilworth Camp 5 mile race in her native Cork in a time of 29:27. During last week she also beat Catherina McKiernan into 2<sup>nd</sup> place in the St. James' Hospital 6k run in Dublin. Finishing 7<sup>th</sup> overall out of a field in excess of 800 runners, Orla beat Catherina in a sprint for the line, finishing in a time of 20:27. Then, at the weekend, she decided to travel back down to Cork and, competing on behalf of the club with Tony Carter and Aoife Quigley, Orla finished 2<sup>nd</sup> behind Clare McCarthy in the Cork edition of the Independent Fit Series 10k. In a field just short of 400, Tony placed 10<sup>th</sup> in a time of 35:33 behind overall winner Clonliffe's Sergiu Ciobanu, whilst Orla finished in 13<sup>th</sup> position overall in 36:57. Aoife was using the race as part of a much longer training run for this year's New York marathon and had already completed 6 miles before she got to the start line. In the event, she ran well to register a time of 42:38 and 10<sup>th</sup> woman home, 51<sup>st</sup> overall.

The relative newlyweds Aoife Joyce and Crusader coach Rene Borg travelled down to Kerry this weekend to participate in the Killarney Marathon 10k road race. In a field exceeding 700 they both acquitted themselves well, with Rene finishing in 10<sup>th</sup> place in a time of 41:05 and Aoife just behind in 13<sup>th</sup> position in a time of 41:22. Rene's time was perhaps more remarkable for the fact that he chose to run on the asphalt roads entirely barefoot, none the worse for wear it appears.

Lastly, no race report is complete without mention of the Malahide and Marlay Park 5k races on Saturday morning. It was to be expected perhaps that Cru involvement would be reduced this weekend. Nonetheless, those who did participate ran well. Ciaran Diviney, improved on his midweek 5k performance in the BHAA race with a time of 17:36 and 3<sup>rd</sup> place in Marlay Park. In the same race Kate Murray placed 88<sup>th</sup> overall out of approx. 350 finishers in a time of 23:07. Meanwhile in Malahide, in a field of approx. 330, our sole representative, Paul Davey, finished in 51<sup>st</sup> place in a time of 21:42.

## **Race Series Fingal 10K**

Overall place Name Cat. Place Chiptime

1 Stephen Scullion 1 00:30:14

20 Maria McCambridge 1 00:33:29

### *Crusaders AC runners*

13 Rob Cross 00:32:44 (PB)

14 Stephen Moore 00:32:50 (PB)

28 John Mulvihill 00:34:21 (PB)

30 Michael Kiely 00:34:25

48 Richie Mac Liam 00:35:46

76 Aurelien Granger 00:37:54

86 Ilona McElroy 00:38:25

97 Peter O'Toole 00:38:48 (PB)

104 Paul O'Meara 00:38:59

144 Simon Murtagh 00:39:58

191 David Killion 00:41:06

232 Brian McGuckin 00:41:23 (PB)

251 Eddie Nugent 00:41:53

267 Gillian Earley 00:42:40

277 Brian Leonard 00:42:19 (PB)

308 Robbie Moore 00:43:22

332 Laura Schwirz 00:42:40

776 Sharon Woods 00:47:19 (PB)

Full results here: <http://www.tdl.ltd.uk/race-results.php>

### **Cork Fit Series 10K**

Overall place Name Cat. Place Chiptime

1 Sergiu Ciobanu 1 00:30:46

9 Clare McCarthy 1 00:35:08

*Crusaders AC runners*

10 Tony Carter 00:35:33

13 Orla Drumm 00:36:57

51 Aoife Quigley 00:42:38

Full results here: <http://www.fitmagazine.ie/images/pdfs/Race-Times-Fit-Cork-July-2013.pdf>

### **BHAA Dublin City Council 5K**

Overall place Name Cat. Place Chiptime

1 Paul Fleming 1 00:16:02

43 Orna Dilworth 1 00:19:43

*Crusaders AC runners*

3 Stephen Moore 00:16:20

4 Alban Coghlan 00:16:31

5 Karl Fitzmaurice 00:16:32

7 James Murphy 00:16:43

9 John Mulvihill 00:16:54

14 Ciaran Diviney 00:17:55

[15] Karl Walsh 00:17:57

16 Eoghan Kerins 00:18:04

33 Redmond Murphy 00:19:21

35 Niall McGeorge 00:19:27

59 Gillian Earley 00:20:34

66 Robbie Moore 00:20:50

84 Edel haverty 00:21:29

116 Sharon Woods 00:23:19

124 David Williams 00:23:46

Full results here: <http://bhaa.ie/events/dublin-city-council-5km-2013/>

### **Kilworth Camp 5 mile race**

Overall place Name Cat. Place Chiptime

1 Michael Lyons 1 00:26:55

8 Orla Drumm 1 00:29:27

<https://sites.google.com/site/runninginireland/results-of-the-kilworth-camp-5-mile-road-race-fri-12th-july-2013>

### **Run Killarney marathon 10K**

Overall place Name Cat. Place Chiptime

1 Arthur Fitzgerald 1 00:34:57

7 Martina O'Sullivan 1 00:39:22

*Crusaders AC runners*

10 Rene Borg 00:41:05

13 Aoife Joyce 00:41:22

Full results here: <http://www.racetecresults.com/results.aspx?CIId=74&RIId=10176>

### **Malahide Parkrun 5k #37**

Overall place Name Cat. Place Chiptime

1 Ernie Ramsey 1 00:17:19

21 Brid Ni Chonaill 1 00:19:39

*Crusaders AC runner*

51 Paul Davey 00:21:42

Full results here: <http://www.parkrun.ie/malahide/results/latestresults/>

### **Marlay Parkrun 5k #19**

Overall place Name Cat. Place Chiptime

1 Andrew Flynn 1 00:17:32

9 Sonya McConnon 00:18:34

*Crusaders AC runners*

3 Ciaran Diviney 00:17:36

88 Kate Murray 00:23:07

Full results here: <http://www.parkrun.ie/marlay/results/latestresults/>

### **St James' Hospital 6k Run**

Overall place Name Cat. Place Chiptime

1 Sean Hehir 1 00:17:55

7 Orla Drumm 1 00:20:27

## **Eight National medal haul**

Posted on Wednesday, July 31st, 2013 at 10:05 pm.

Written by [Gary](#)



In a busy few weeks for show piece athletics events in the capital, Crusaders travelled to Santry once more for the pinnacle of an individual's athletic season. Many returned to defend titles, while others dipped their feet in the national championships for the first time. First up was Steven Colvert, in his first outing of a busy weekend, winning heat 2 of the 200m, getting back to best form. While in a later heat, Nick Ennis in his first national championships ran 23.62, just outside his PB. The 800m had no fewer than 7 Crusaders in action, nearly half in the first heat of the Women's 800m. Aibhe O'Driscoll Collins, Anna King and Mary Horgan lined up with the first three in the heat to progress. All three kept close attendance on the first lap, when two athletes at the front pulled away, the three Crusaders pursued the final qualifying position. With 300m to go Mary pulled away from the rest of the field and held them off up the straight to gain qualification for the final, Aibhe and Anna following close behind. In the other heat Marie Hyland likewise stayed with the pace, only dropping off in the later stages. In the first heat of the men's 800m, two Crusaders were in action, Seanie Murphy and Kevin Woods, both in their first national championships. In a loaded heat both put in good performances, with a loaded heat and slow opening, crowds were inevitable and when the action started Kevin found himself having to go the long way around but finished well to record 1:58, with more race experience and training will be challenging for medals in years to come. Seanie held his form after a long season to record a time close to his PB. In heat 3, Jordy Smilde in his first track race in Ireland, positioned himself well on the first opening lap but showed his experience to place himself perfectly and move into contention for one of the two qualifying spots rounding into the final straight. He challenged the leaders all the way up the home straight but had to settle for third and an agonizing two tenths of a second from qualifying.

After only a short break after the heats, Steven Colvert took to the track in the 200m final to defend his title, coming home in 21.13, he returned with the title. In the first field event of the weekend for Crusaders, Ciaran Donnelly took bronze in the 56lb for height, a traditional Irish event. At the same time Ray Hynes took to the track in the 1500m heats, recording 3:57. Brian Murphy there to defend his title eased into the final of the 400m in 48.44 nearly a second faster than the other heats. The second fastest into the final was Eoin Mulhall winning the final heat.



On the second day, while the weather didn't favour fast performance, Da Cru was there to do a job. Conor McCullough retained his hammer title with ease, throwing 70.75, all his throws further than any other Irish man in the last 8 years. Ciaran Donnelly got a good series of throws in his second event of the weekend. First up on the track was Jason Harvey in the 400m hurdles, in this best season yet he was involved in the best Irish 400m hurdles race of all time, the highlight of the championships and nearly made it his own. Into the home straight Jason held a slight lead over Tom Barr of Ferrybank, the two cleared the last hurdle together, with Tom Barr getting a slight advantage over the closing meters but Jason was reward a PB of 50.13, extending his margin at the third fast Irish man in history. The rivalry with Barr set to continue over the next ten years, the two of the will bring Irish 400m hurdles into a new realm.

Ray Hynes returned to the track for a second day, this time returning to the event of his heroics from the previous year's league final, the 3000m steeplechase. Keeping out of trouble for the first few laps, he pulled away from the field with Emmett Dunleavy of Sligo in pursuit of Rory Chesser. Over the last lap the gap to Chesser lessened as Ray and Emmett fought it out for silver and bronze, Ray held on for Bronze against the pursuers behind, in a new PB of 9:12. This is Rays first senior track medal but has a number of underage national medals and a national senior cross country gold he won with Dublin back in November. The title for Dublin back then was only possible with Ray heroically sprinting past, the winner of this year's steeplechase Rory Chesser, for Dublin to win on count back.

The 100m heats were delayed as heavy rain came in, Adam McMullan eased into the 100m final finishing second in heat 1 in 10.91, Steven winning the next heat in 10.81. As the rain got heavier Nick was back on the track going sub 12 in difficult conditions. John Keegan in heavy rain made his sole track appearance of the season. With a lot on the line for Crusaders athletes, the men's 400m took to a wet and cold track. Brian Murphy not only attempting to defend his title but going for the first person to win the 400m three years in a row since 1968. Eoin Mulhall going first his first outdoors senior individual medal to add to his indoor gold from 2012. While they may have been to two fastest qualifying for the final they were not going to have it their own way, as Mark English fresh from his 1:44 clocking in London was in the lane between them. Both Eoin and Mark took off fast making up the stagger within 100m, while Brian used his experience to set off at a constant pace. Entering the home straight Brian lagged a meter or two behind English but showed his class and fighting spirit to gain his third national title, with Eoin holding on for bronze.

Two Crusaders toed the line in heavy rain for the 100m final, Adam and Steven took to their blocks in the centre lanes. David Hynes of Menpians had a great start leaving Steven too much to do, after gaining ground over the course of the race ran out of track and had to settle for silver, his second medal of the championships. Adam taking a break from his primary event the long jump, came 4<sup>th</sup>. Niamh Boland in her best season to date, in a fast 1500m from the start came through the field to finish 6<sup>th</sup>, gaining many scalps of athletes she had never beaten before, showing how far she has come. The men's 4x400m returned to defend their title and try to better their national record, this time drafting in Steven Colvert. Steven was a great addition having competed on the Irish team in the 4x400m in the European championship, it was great to see him step up and break into the Crusaders team. Two of the best club teams ever assembled, Crusaders and Ferrybank broke clear of the rest early on. Crusaders held a slight lead going into the last change over, down the back straight Ferrybank caught up and moved into the lead to cross the line first in an epic race. Both teams are very young and ran two of the fastest times in Irish club history, hopefully this is the first of the epic battles over 4x400m in coming years, as they both push each other to faster times. To show the strength of the two teams, they had eight medals from the weekend between them.

## Sweet Music at Rock and Roll Half and DLR 10K

Posted on Tuesday, August 6th, 2013 at 9:35 pm.

Written by [James](#)





Stephen Moore

Despite misgivings in advance of the race, the Rock and Roll half marathon, which incorporated the National Half marathon championships, appears by all accounts to have been a roaring success. On Bank holiday Monday at least 22 Crusaders participated in the early morning start, among a field in excess of 5,200 (of which nearly 30% were from the USA), and most were delighted with the outcome. Indeed, many would recommend running it again next year.



Michael Fitzsimons and Michael Costello



Ilona McElroy

Generally speaking, the course was considered tough but fair. In otherwise dry conditions, a downhill start via Christchurch from Stephen's Green took the runners into a strong headwind as they faced the uphill drag of Chesterfield Ave in the Phoenix Park. Those who train or race regularly in the park were aware that they could benefit from the descent a few kilometres on and then only had one or two more challenging hills on their way back into South Dublin with the wind generally behind them.

Among the Cru performances, Stephen Moore managed to reverse the outcome of his recent 10K duel in Swords with Rob Cross and despite suffering in the second half of the race after a hurried start led Rob most of the way to record a PB finish of 1:12:40 (a 6 minute improvement) and 22nd place overall. Although Rob felt that he could have run a better race, he had the consolation of also recording a PB as he closed down the gap between the two runners in the latter stages to finish in 24<sup>th</sup> place in a time of 1:13:06. To place well whilst not running at one's best gave him a lot of confidence as a consequence. Moreover, Rob was 3<sup>rd</sup> in his age category, being given the same chip time as the 2<sup>nd</sup> place finisher. Third scorer in the first team which finished 5th (an event won by Clonliffe with the other Cru teams finishing 13th and 21st) was Richie MacLiam who also ran a good race (finishing only 3 seconds off his previous PB in Bohermeen) to place 77<sup>th</sup> overall in a time of 1:18:37. Tony Carter was next up, finishing in 107<sup>th</sup> place in a time of 1:20:14, feeling the effects somewhat of his winning efforts in the Malahide Parkrun 5K two days earlier. Niall Dennehy recorded a massive PB to finish in 133<sup>rd</sup> place in a time of 1:21:56, as did Ilona McElroy who came home in 15<sup>th</sup> place in the women's race, 203<sup>rd</sup> overall, in a PB time of 1:25:15. Both were naturally delighted with their results, Ilona in particular as she was paced throughout by Will Owens who did a sterling job, finishing one place ahead of her and with an identical time. John McAuley made a welcome return to long distance road racing with a time of 1:27:54 (263<sup>rd</sup>), whilst Aoife Quigley also ran well, finishing in 33<sup>rd</sup> place in the women's race and 293<sup>rd</sup> overall, in a time of 1:28:47 only just over a minute off her PB, despite low expectations at the start. Our 10<sup>th</sup> Crusader to cross the line and also one of those to break 90 minutes in the process was Michael Fitzsimons with a PB time of 1:29:42 (338<sup>th</sup>), whilst Andrea Talpo also recorded a PB with a time of 1:31:23 (392nd). Karl Walsh (413<sup>th</sup> in a time of 1:30:44), Simon Kenny (1:30:57 and 364th), Michael Costello (429<sup>th</sup> and 1:33:05), David Killion (540<sup>th</sup> and 1:35:08) and Des O'Brien (566th and 1:35:19) followed closely behind, whilst Leo Lundy, who enjoyed the race but perhaps was suffering a little from the exertions of running his 28th marathon in Howth two days earlier (!), placed 642<sup>nd</sup> with a creditable time of 1:37:16. In the latest marathon in the East of Ireland series Leo had placed 6<sup>th</sup> in a time of 3:50:25. Our remaining participants were Mary Fitzsimons who finished in 910<sup>th</sup> place (1:42:26) with a PB and third scorer in the 5th placed ladies team, Paul Larkins (984th and 1:41:47), Sharon Woods (1,931<sup>st</sup> and 1:53:42) and the venerable John Fitzsimons (3,019<sup>th</sup> and 2:10:48) who looks to have won his age group. Mention should also be made of John Mannion who paced the 1:40 runners. His finishing time was 1:39:04 which would have been more than acceptable to his charges.

Meanwhile, surprisingly the DLR Bay 10K race equally experienced a large field with over 1,000 runners. At time of writing there still needed to be some adjustments made to the results as several chips failed, among them that of Olwyn Dunne, who otherwise came third in her age category in a time of 44:34 and 114<sup>th</sup> place. Nevertheless, the major honours should go to Aoife Joyce who claimed the women's overall title in a time of 41:11 (47<sup>th</sup> overall). The race is considered quite a tough 10k as the first half is pretty much uphill. This year, it was made even more challenging by a strong headwind in the first half and the finishing straight. Apart from Aoife and Olwyn, at least 5 other Crusaders competed in the race. Ciaran Diviney acquitted himself well with an 11<sup>th</sup> place finish behind overall winner Freddie Sittuk. Ciaran completed the course in 37:01 and finished 3<sup>rd</sup> in his age category, whilst Brian MacAlister finished just behind Aoife in 48th place in a time of 41:17. Although, there were at least 2 other female Crusaders running, unfortunately they remain anonymous for the time being. Joe Dunne completed the contingent, finishing in a time of 45:45 and 134<sup>th</sup> place.

There were at least two other races in which Crusaders featured over the weekend. As mentioned above, on Saturday, Tony Carter won the 390-strong 39<sup>th</sup> edition of the Malahide Park 5K run in a time of 16:32. It should also be mentioned that the previous week's edition (a field of more than 400) had featured Leo Lundy in a warm-up for a tough 10k in Monaghan the following day. He was pleased to note that his 45<sup>th</sup> place and time of 20:49 ensured that he beat the winner of the women's race in Malahide.

Also on Saturday, Michael O'Connor placed 11<sup>th</sup> out of a field of 350 in the 21<sup>st</sup> running of the Marlay Park 5K in a time of 19:30 (the week before he had placed 7<sup>th</sup> out of 338 in the 20<sup>th</sup> edition in a time of 18:40). He was followed by Orla Kennedy (36<sup>th</sup> overall, 2<sup>nd</sup> woman in 21:04) and by Max (176<sup>th</sup> and 26:05 and his first race since a recent rugby injury) and Olwyn Dunne (179<sup>th</sup> and 26:09) (warming up for the DLR 10K).



Aoife Quigley



John Fitzsimons



John McAuley



Leo Lundy



Paul Larkins



Rob Cross



Richie MacLiam



Sharon Woods



Will Owens





Tony Carter

### **Rock and Roll (National) Half Marathon**

Overall place Name Cat. Place Chiptime

1 Mark Christie 1 01:06:09

40 Lizzie Lee 1 01:14:48 (PB)

#### *Crusaders AC runners*

22 Stephen Moore 01:12:40 (PB)

24 Rob Cross 01:13:06 (PB)

77 Richie Mac Liam 01:18:37

107 Tony Carter 01:20:14

133 Niall Dennehy 01:21:56 (PB)

202 Will Owens 01:25:15

203 Ilona McElroy (PB)

263 John McAuley 01:27:54

293 Aoife Quigley 01:28:47

338 Michael Fitzsimons 01:29:42 (PB)

364 Simon Kenny 01:30:57

392 Andrea Talpo 1:31:23 (PB)

413 Karl Walsh 01:30:44

429 Michael Costello 01:33:05



540 David Killion 01:35:08

566 Des O'Brien 01:35:19

642 Leo Lundy 01:37:16

801 John Mannion 01:39:04 (pacer)

910 Mary Fitzsimons 01:42:26 (PB)

984 Paul Larkins 01:41:47

1931 Sharon Woods 01:53:42

3019 John Fitzsimons 02:10:48

Full results here:

<http://sport.independent.ie/marathon...n-dublin-2013/>



Olwyn Dunne



Brian MacAlister



Aoife Joyce



Ciaran Diviney

**DLR Bay 10K**

Overall place Name Cat. Place Chiptime

1 Freddie Sittuk 1 00:32:28

47 Aoife Joyce 1 00:41:11

*Crusaders AC runners*

11 Ciaran Diviney 00:37:01

47 Aoife Joyce 00:41:11

48 Brian Mac Alister 00:41:17

114 Olwyn Dunne 00:44:34

134 Joe Dunne 00:45:45

Full results here: <http://www.dlrbay10k.ie/results2013.pdf>

### **Malahide Parkrun 5k #38**

Overall place Name Cat. Place Chiptime

1 Kieron Peters 1 00:16:35

81 Christina Gonzalez 1 00:22:32

*Crusaders AC runner*

45 Leo Lundy 00:20:49

Full results here: <http://www.parkrun.ie/malahide/results/weeklyresults/?runSeqNumber=38>

### **Malahide Parkrun 5K #39**

Overall place Name Cat. Place Chiptime

1 Tony Carter 1 00:16:32

17 Karen Crossan 1 00:19:25

Full results here: <http://www.parkrun.ie/malahide/results/latestresults/>

### **Marlay Parkrun 5K #20**

Overall place Name Cat. Place Chiptime

1 Niall Coppinger 1 00:17:02

13 Paula Prendergast 1 00:19:08

*Crusaders AC runner*

7 Michael O'Connor 00:18:40

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=20>

### **Marlay Parkrun 5K #21**

Overall place Name Cat. Place Chiptime

1 Julian Martin 1 00:17:03

17 Grainne Connor 00:19:44

*Crusaders AC runners*

11 Michael O'Connor 00:19:30

36 Orla Kennedy 00:21:04

176 Max Dunne 00:26:05

179 Olwyn Dunne 00:26:09

# Cru on Tour – Part Deux

Posted on Tuesday, August 13th, 2013 at 1:40 pm.

Written by [James](#)

Another weekend away, another weekend of Cru brilliance and hard partying. The occasion was the Streets of Galway 8k, run last Saturday evening. The event attracted a field of over 2,000 including some top quality club runners, both local and international, with strong local club representation in particular. It presented a perfect opportunity for Crusaders to shine and shine we did. Not only did the club win the men's team prize and come second in the women's competition but we also had 5 finishers in the first 20 and all of us finished inside the first 250 home. It was a great send-off for Tony Carter, returning to his native Tyneside immediately afterwards. Because it was an 8k as opposed to a 5 miler, most were running the distance for the first time. Those that weren't, equally made PBs.



17 of us made the trip over and we were joined by a few club-mates from Galway once we were there. Thanks should go to Will Owens who successfully arranged for us to have three apartments close to the start and finish lines. Because of injury, several of our members were unable to race but made the trip in any event. The support of Caroline, Catherine and Shane along with that of Olivia and Michael on the course was as usual vociferous and invaluable, particularly in the later stages. We probably provided the largest representation in the race of any club outside of Galway (including supporters!).

The overall race on a fast and generally flat course was won at a canter by Olympian Mark Kenneally of Clonliffe in a time of 23:47. However, last week's DLR Bay 10k winner, Freddie Sittuk, had to work hard to hold onto his second place against a UK club runner in conditions which were dry and mild but with a reasonably strong wind in places. As can be expected, Rob Cross led the Cru contingent home, finishing in 7<sup>th</sup> place and breaking 26 minutes to boot. Rob easily won his age category as well. John Mannion was next in 13<sup>th</sup> place, finishing in 26:47, with John Mulvihill closely behind in 17<sup>th</sup> in 26:50. At one stage John Mulvihill had been closing in on John Mannion, but then the latter realised that he was potentially going to be beaten by the eventual women's race winner, Siobhan Doherty of Borrisokane (who finished in 16<sup>th</sup> position overall in 26:49), which encouraged him to make an extra effort and scupper John Mulvihill's chances of the scalp! Brendan Murphy was our 4<sup>th</sup> scorer for the men's team prize, finishing in 18<sup>th</sup> place in a time of 26:55, whilst Tony Carter also finished in the top 20 with a time of 27:07.

Next across the line was Will Owens who made the top 50 in a time of 29:39, together with the seriously-improved local, Eamonn McWalter, also breaking 30 minutes to finish in 58<sup>th</sup> place. Ilona McElroy led the Cru ladies' team home in an impressive time of 30:33 (68<sup>th</sup> place) and 9<sup>th</sup> woman overall, experiencing a sprint finish with Eimear O'Leary of MSB who had placed second to Caroline Crowley in last season's Dublin novice cross-country race. Philip Matthews and Brian MacAlister were unable to keep up with Ilona but were still able to finish inside the top 100, with Philip recording 31:18 (87<sup>th</sup>) and Brian, 31:28 (94<sup>th</sup>).

Gillian Earley (33:18 and 174<sup>th</sup>) and Amy Wright (33:26 and 183<sup>rd</sup>) were the two other scorers on the ladies team, whilst Edel Haverty, who had managed to run with them for most of the race, unfortunately was forced to pull out after 7k with a painful hamstring. James Cottle, finishing 4<sup>th</sup> in his age group, placed 201<sup>st</sup> in a

time of 33:39 with only 5 seconds separating 2<sup>nd</sup> from 4<sup>th</sup> place in the category. The Cru participation was completed by Orla Kennedy (33:44 and 219<sup>th</sup>) making a welcome return to racing and by newcomer Karl Gohery (34:08 and 224<sup>th</sup>).

The overall Cru performance was excellent, even more so considering that several of our runners had completed the National Half 5 days earlier. It is also interesting to note that Crusaders and Galway City Harriers provided the top two teams for both men and women, with Crusaders winning the men's race and GCH, the women's.



The natural buzz that we all got from the race propelled us into the usual Cru celebrations as we sampled Galway City's nightlife. Perked up by late night snacks we managed to keep the fun going with vocally challenging entertainment until the sun was almost up on the horizon. Then, of course, we had to resume training, most of us rising mid-morning for our LSRs, with, in some cases, up to 2 hours of running being undertaken before breakfast. We're committed runners even with a hangover!

There were also other events taking place over the weekend that should not be forgotten. Serial racer Leo Lundy undertook yet another marathon (his second in a week with a half in between!). Understandably, and in unusually hot conditions, Leo found the race in Salisbury, England somewhat challenging but still produced a decent 4:10 result.

Meanwhile, on Saturday we had several Cru runners in the increasingly popular and free 5K Parkruns in Malahide and Marlay Park. In Malahide, in a field of nearly 440, Paul Davey finished in 53<sup>rd</sup> place with a time of 21:06, whilst in Marlay Park, David Carter produced another sub-18 minute run to finish in 5<sup>th</sup> place behind winner Robert Corbally of DSD who appears to have lowered the winning time for the course considerably by finishing in 15:34. David was joined by club-mates Ronan Gill (69<sup>th</sup> and 22:17), Kate Murray (103<sup>rd</sup> and 23:33) and Max and Olwyn Dunne (respectively 113<sup>th</sup> and 114<sup>th</sup> in 23:43 and 23:44) in another large field of nearly 400.

Lastly, 95:6 fo emit gninniw a ni emit ht4 eht rof elim a revo noipmahc nuR esreveR KU eht emaceb ytrehoD terraG.

Happy International Left Handers Day and congrats to all!

### **Streets of Galway 8K**

Overall place Name Cat. Place Chiptime

1 Mark Kenneally 1 00:23:47

16 Siobhan O'Doherty 1 00:26:49

#### *Crusaders AC runners*

7 Rob Cross 00:25:59 (PB)

13 John Mannion 00:26:47 (PB)  
17 John Mulvihill 00:26:50 (PB)  
18 Brendan Murphy 00:26:55 (PB)  
20 Tony Carter 00:27:07 (PB)  
49 Will Owens 00:29:39 (PB)  
58 Eamonn McWalter 00:29:53 (PB)  
68 Ilona McElroy 00:30:33 (PB)  
87 Philip Matthews 00:31:18 (PB)  
94 Brian Mac Alister 00:31:28 (PB)  
174 Gillian Earley 00:33:18 (PB)  
183 Amy Wright 00:33:26 (PB)  
201 James Cottle 00:33:39 (PB)  
219 Orla Kennedy 00:33:44 (PB)  
224 Karl Gohery 00:34:08 (PB)

Full results here: <http://www.galwaycityharriers.com/files/gch/KC-SOG-2013-Provisional-Results-Finish-Order-Listing.pdf>

### **Malahide Parkrun 5K #40**

Overall place Name Cat. Place Chiptime

1 Kieron Peters 1 00:16:31  
36 Niamh Leonard 1 00:20:21

*Crusaders AC runner*

53 Paul Davey 00:21:06

Full results here: <http://www.parkrun.ie/malahide/results/weeklyresults/?runSeqNumber=40>

### **Marlay Parkrun 5K #22**

Overall place Name Cat. Place Chiptime

1 Robert Corbally 1 00:15:34  
14 Vanessa Sallier 1 00:18:54

*Crusaders AC runners*



5 David Carter 00:17:58

69 Ronan Gill 00:22:17

103 Kate Murray 00:23:33

113 Max Dunne 00:23:43

114 Olwyn Dunne 00:23:44

## Strong road performances this weekend

Posted on Tuesday, August 20th, 2013 at 11:22 am.

Written by [James](#)

On a weekend when the Cru regained the National League trophy for track and field in Tullamore after 8 years, our road runners were also posting excellent results around the country.

On Saturday, we had 4 entrants in the Caughhoo Action Ireland Trust 10K, listed as one of the toughest 10K courses around, in that basically it is an out and back from Sutton up to Howth Head (possibly the same course as the Fat Turkey Run). Recent new member Kieran Martin distinguished himself with a podium finish. In a field of just over 100 runners, he placed 3<sup>rd</sup> in a time of 38:10 and on his way downhill enjoyed the support of fellow members enroute to the top. He also reported that he ran the course over 2 minutes faster than last year, which he attributes to his training with the Cru. Finding the race tough, but boosted after recording a significant mile PB in last week's BHAA race at Irishtown track, Sharon Woods placed 33<sup>rd</sup> overall, 2<sup>nd</sup> woman home, in a time of 50:19 with Kate Murray in 3<sup>rd</sup> place in the women's race just behind her in 34<sup>th</sup> position overall (50:35). David Lawson was our 4<sup>th</sup> participant, finishing in 36<sup>th</sup> place in 50:42.

Paul O'Meara reported that, as part of his preparation for the Eindhoven marathon in 2 months time, he participated in the inaugural Indaver Duleek 10K in Co Meath over the weekend. He acquitted himself well, finishing in 14<sup>th</sup> place overall (and 6<sup>th</sup> in his age category) in a field of well over 400 runners with a time of 38:53, which was only 15 seconds off the PB time he set in Maynooth in May.

Also on Saturday, we had half a dozen runners in the Marlay 5K Parkrun. Peter Jackson placed 5<sup>th</sup> overall and 2<sup>nd</sup> in his age category in a time of 18:34. In a field of over 400 finishers, Brian Lacey placed 66<sup>th</sup> in 21:43. He was followed by 10-year old Max Dunne, who is steadily getting back to full racing fitness, in 114<sup>th</sup> place (23:30), knocking 15 seconds off his time for the same event last week. Max's mother, Olwyn, was next home in 116<sup>th</sup> place (23:31), whilst Sorrena Megan (26:12 and 211<sup>th</sup>) and Ronan Gill (368<sup>th</sup> in 32:10) completed the Cru showing.



Aoife Quigley

On Sunday, ladies' captain Dee Ni Chearbhaill and vice captain Aoife Quigley, fresh from their podium exploits in the BHAA track mile last Wednesday, participated in the Boston Scientific half marathon, organised by Clonmel AC in Co. Tipperary. The race was praised by participants as being well-organised on quite a hilly course which was also affected by a strong wind in places. The ladies were understandably pleased with their performance. In a field of over 500 finishers, Aoife placed 77<sup>th</sup> overall, 5<sup>th</sup> woman finisher and 1<sup>st</sup> senior in a time of 1:30:27, whilst Dee placed 108<sup>th</sup> overall, 9<sup>th</sup> woman finisher and 4<sup>th</sup> in what was a strong and well-represented age category, in a time of 1:35:15.

Congratulations to all our racers!

Next major event in the Cru calendar is the Frank Duffy Memorial 10-miler in Phoenix Park at 10 am this coming Saturday, as part of the build-up to the Dublin marathon in October, and there is likely to be significant Cru participation. It would be great to have lots of support out there. Best of luck to all.

### **Caughhoo Action Ireland Trust 10K**

Overall place Name Cat. place Chiptime

1 Ian Conroy 1 00:34:00

18 Sarah O'Dwyer 1 00:46:30

#### *Crusaders AC runners*

3 Kieran Martin 00:38:10

33 Sharon Woods 00:50:19

34 Kate Wallace 00:50:35

36 David Lawson 00:50:42

Full results not available

### **Indaver Duleek 10K**

Overall place Name Cat. place Chiptime

1 Eoin Callaghan 1 00:33:49

12 Fiona O'Rourke 1 00:38:27

#### *Crusaders AC runner*

14 Paul O'Meara 00:38:53

Full results here:

[http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1452%253Floyut%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1452%253Floyut%253Dprecision_timing)

### **Marlay Parkrun 5K #23**

Overall place Name Cat. place Chiptime

1 Andrew Flynn 1 00:17:30

10 Elizabeth Egan 1 00:18:47

*Crusaders AC runners*

5 Peter Jackson 00:18:34

66 Brian Lacey 00:21:43

114 Max Dunne 00:23:30

116 Olwyn Dunne 00:23:31

211 Sorrena Megan 00:26:12

368 Ronan Gill 00:32:10

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=23>

### **Boston Scientific Clonmel Half Marathon**

Overall place Name Cat. place Chiptime

1 Ravis Zakis 1 01:10:49

18 Angela McCann 1 01:21:34

*Crusaders AC runners*

77 Aoife Quigley 01:30:27

108 Dee NiChearbhaill 01:35:15

## **Crusaders national champions**

Posted on Sunday, August 25th, 2013 at 5:15 pm.

Written by [Gary](#)



Leevale got wins in the first two track events of the day (110m hurdles and walk), with Crusaders getting victory in the next two (400m hurdles and 4x100m). On the field Crusaders got 1<sup>st</sup> and 2<sup>nd</sup> in the hammer and pole-vault, with Leevale responding with victories in the Long jump and shot put. Leevale's two field victories were matched by two 2nds for Crusaders with Adam McMullen in the long jump and Davy Lalor getting the senior shot over 12m for the first time as he raised to the occasion. After these first 8 events, Crusaders were on 54, Leevale 53, Menapians 40, St Abbans 37 and defending champions Clonliffe on 30.

The league is all about maximizing points across the day, with Ray Hynes doubling in the 1500m and steeplechase, Ray ran to maximize points across the two races, doing just enough for 6 points but remaining fresh for the steeplechase. Highlighting the standard of the league, three times and reigning national 400m champion, lined up against Clonliffe's hero of 2012 and fresh from World semi-final Brian Gregan, 47.56 to 47.83 the victory went to the Clonliffe man but the day was the team, Brian's 2<sup>nd</sup> help to stretch Crusaders led to 6 points ahead of Leevale.

Leevale responded with a win in the high jump, Crusaders responded with a win in the steeplechase for Ray, less than an hour after his 1500m performance, Conor McCullough made it a double, adding the discus victory to the hammer win in the first event (nearly 20m further than the field!), even Leevale's win in the long jump was matched by a second for Adam, no one was going to steal Crusader's day. Crusaders 83: Leevale 79.

Steven Colvert cruised to victory in the 200m, Kevin Woods battled to 4<sup>th</sup> in the 800m, turned back time to revisit an event from his youth to get 4<sup>th</sup> in the triple jump. This got Crusaders 19 points, Leevale were not letting up, netting 18 points. Leevale rolled out the big guns with a win in the 5000m as expected, Crusaders were not going to give up, Rob Cross raised his game to get 6 points and his highest ever place in any league showing, doing it for Da Cru on the big stage. Crusaders 1: Leevale 106, four events to go, two track two field. Leevale took victory in the 56lb, Ciaran Donnelly gave Crusaders 4<sup>th</sup>. In the javelin, unbeaten in the league this season (six victories) could have sat out the event but this was not about personnel glory, Jason wanted points for Da Cru, 43.33m and two places ahead of Leevale. Steven got the sprint double in the 100m, beating the national 100m champion, even had time to show his Crusaders temporary tattoo on his bicep as he crossed the line. The final event of the day the 4x400m, not enough points on offer for Leevale to overhaul Crusaders for victory, only 9 points on offer but four national 400m champions on the Crusaders team. A comfortable victory in the 4x400m, a comfortable victory in the league final. Leevale pushed us a lot closer than we thought they would, they were rewarded silver as were their women's team.

Two years ago, Crusaders didn't reach the final, half the battle is getting to the final. In the qualifying rounds a further eight Crusaders paved the way to the final, amongst them were event winners, 2<sup>nd</sup> placers, 3<sup>rd</sup> placer and guys that racked up double figures in events away from their comfort zone. The league is the only event in the year where every event in the club comes together, as one, for Da Cru. While Crusaders got eight wins, two more than anyone else, more impressive EVERY Crusaders athlete finished in the top half of the field, 16 podium places out of 21 events. No other team across all divisions had all their athletes in the top half, this victory was far more comprehensive than recent showings in the league for the club, with over 70% of the team under 24, and this Crusaders team is here to stay. COME ON DA CRU.

## Fantastic turnout for Frank Duffy

Posted on Monday, August 26th, 2013 at 9:29 pm.

Written by [James](#)

The Frank Duffy 10 mile race, part of the Dublin Race Series and set entirely in Phoenix Park, is one of the major highlights of the late Summer road racing season and a must for anyone preparing for an Autumn marathon. As members will be aware, the club is currently enjoying a boom in interest for long distance running and this was reflected in a turnout that neared 50 representatives competing on Saturday. Surprisingly, we weren't the largest group from any club, that honour likely going to Drogheda with at least 60, but the depth of quality of our results put us clearly into number one position.

For many long-distance runners a 10-mile race is one of their favourite distances and the Frank Duffy is no exception, but it has a challenge that is somewhat special in that it is clearly, in football parlance, a game of two halves and a reasonable chunk of the second half, the hilly part, deserves a great deal of respect. So it proved to be for several of us who found that, if the pace in the first flat-to-downhill half was not over-cooked, then the second half could be handled with relative ease. Conversely, go out too quickly and it can bite you later on. The race was run in a perfect temperature of about 19 degrees with a headwind around miles 3 and 4, but not otherwise notably problematic.

Since John Frazer is going through the club transfer process, technically he does not yet qualify to represent Crusaders. We hope to have the benefit of John's talents from October. However, it should be mentioned that he proudly wore the singlet and registered a PB time of 54:28 in placing 20<sup>th</sup> overall, exactly 5 minutes behind English winner Matt Gunby, a former member of the British triathlon team, who had flown in for the event. Crusaders men's team captain, the reliable Rob Cross, was next up, finishing in a time that was only 2 seconds behind the time he ran last year and placing 29<sup>th</sup> overall and 3<sup>rd</sup> in his age group. He is likely to be well placed when it comes to determine how we have all fared in the Dublin County 10-mile championship that was a race within this race. Richie Mac Liam also finished in the top 100 (out of a field of nearly 4,000 runners) with a PB time 59:25, knocking nearly a minute and a half off the time he ran last year. Great runs came also from Kieran O'Loughlin who placed 132<sup>nd</sup> (1:01:32), Kieran Martin (134<sup>th</sup> and a huge PB improvement of 1:01:36) and Michael O'Connor (151<sup>st</sup>) with a PB time of 1:02:27, his first attempt at the distance and way outside his comfort zone! Likewise, excellent PBs were recorded by Niall Dennehy (130<sup>th</sup> in 1:01:28), who actually was forced to walk at least twice in the last mile with a severe cramp, and by Will Owens (154<sup>th</sup> in a time of 1:02:41). Also with PBs under 64 minutes came Peter O'Toole (1:03:36 and 178<sup>th</sup>) along with Eamonn McWalter (1:03:55 and 189<sup>th</sup>). For a long spell in the race Eamonn enjoyed the company of Shane McGrath (who finished with a spectacular PB time of 1:04:10 (201<sup>st</sup>), knocking over 4 minutes off last year's time and breaking 65 minutes for the first time) and of Ilona McElroy, our first lady home in 244<sup>th</sup> position overall with a PB time of 1:05:11 and 17<sup>th</sup> female behind 4<sup>th</sup>-time winner Maria McCambridge. There were also excellent performances from some of our other lady runners: Aoife Quigley placed 374<sup>th</sup> overall in 1:08:29 and 24<sup>th</sup> female, whilst Laura Schwirz also ran strongly to place among the top 30 women with a time of 1:09:23, 434<sup>th</sup> overall and 29<sup>th</sup> female. For certain, PBs were recorded by Ailbhe O'Driscoll-Collins (523<sup>rd</sup> overall in 1:10:59), Gillian Earley (630<sup>th</sup> in 1:12:36), Amy Wright (706<sup>th</sup> in 1:13:33), Mary Fitzsimons (901<sup>st</sup> in 1:16:23), Argentina Gonzalez (1045<sup>th</sup> in 1:17:55) and by Olwyn Dunne finishing in 1:10:39 (505<sup>th</sup> and, more importantly, 3<sup>rd</sup> in her age category, although the house PB went to husband Joe on



the day; he finished just ahead of Olwyn in 491<sup>st</sup> position in a time of 1:10:24). Brian McGuckin (349<sup>th</sup> in 1:07:26), Michael Fitzsimons (347<sup>th</sup> in 1:07:47) and Brian Leonard (402<sup>nd</sup> in 1:08:20) had interesting and rewarding races, all recording PBs but also all having negative splits for the race. All three came shooting through the field in the second half, passing several of us as they did so, having taken it steadily in the first half. Michael won the sprint for the line with Brian McGuckin, but the latter got his revenge on chiptime. Other super performances came from Simon Murtagh (234<sup>th</sup> in 1:05:02), Dom Burke (280<sup>th</sup> in 1:06:10), Michael Blighe (282<sup>nd</sup> in 1:06:06), Bob Manson (302<sup>nd</sup> in 1:06:32) and Ian Doyle (325<sup>th</sup> in 1:07:24), whose wife Crona (1039<sup>th</sup> in 1:17:13) also competed for the club. At just after the halfway point James Cottle harboured dreams that he could catch Karl Walsh who was only metres ahead at that time, but it was not to be and Karl pulled quickly away in the 2<sup>nd</sup> half, finishing strongly in 1:07:00 and 331<sup>st</sup> place whilst James had to be content with a time of 1:09:09 (421<sup>st</sup> and 7<sup>th</sup> in his age category). Stefano Palmisano reported that he recorded a PB by finishing in a time of 1:13:51 (714<sup>th</sup>), as did Sharon Woods (1,386<sup>th</sup> and 1:22:32) and Dave Lawson (1,461<sup>st</sup> and 1:22:16) and it is likely there were many more which can be listed in this report if the remaining runners wish to let your correspondent know. Well done to all our runners!

One notable memory of the race is the great support that the Cru runners received inter alia from Caroline, Aurelien, Pat, Karl and John who popped up at various needy points around the course, but also, as we all approached the Snake on Military Road, the first major hill of the race, we spied Crusaders on both sides of the course, some of whom having just finished a mammoth session at the Magazine. Almost to a man and a woman we did our best to make ourselves look great in front of our friends, with excellent technique and passing other runners on the hill as we did so. Unfortunately, for some of us, we were pleased that there was no one there to see us approaching the next hill on the Upper Glen road, where all that went out the window and the effort we had made to look good took its toll and we suffered accordingly!

There were other races over the weekend on which to report.

Leo Lundy and Paul Daniels headed to Mayo to take part in two of the three races in the inaugural Achill Ultra. Leo was our sole representative in the marathon, which attracted a small field of 63 runners. He found the scenic course extremely challenging (as it seems did the rest of the field, since the fastest time recorded was over 3 hours) but he distinguished himself in his latest venture by coming home in 19<sup>th</sup> place behind winner Martin Francis in a time of 3:50:32. Paul, on the other hand tackled the half marathon, which enjoyed a slightly larger field of 126. He also found the going tough with a hilly course and rain throughout the race. The winning time was just under 90 minutes, perhaps reflecting the challenge, and Paul did a fine job in placing 9<sup>th</sup> in a time of 1:35:02.

In Marlay Park on Saturday, the club was represented by 5 runners, one of whom, Orla Kennedy, in possibly her last race before departure for a year-long adventure around the World, ran well to finish in 2<sup>nd</sup> place in the women's 5k race and 44<sup>th</sup> overall in a time of 21: 34. In a field exceeding 350, Anthony O'Reilly placed 11<sup>th</sup> overall in a PB time of 19:06. Orla and Anthony were joined by Ronan Gill (48<sup>th</sup> also with a PB in 21:40), Paul Davey (107<sup>th</sup> in 24:18) and Mary-Noelle Rohan (223<sup>rd</sup> in 28:44), regulars in this event.

News just in also that congratulations should go to Aoife Joyce who won the women's title in the Oylegate 10K in Co. Wexford at the weekend. In a field of 200, Aoife placed 9<sup>th</sup> overall in a time of 40:59.

The report would not be complete without relaying to members that Seanie Murphy, enjoying a short secondment at the Mayo Institute in Minnesota, took part in a 175-strong 5K race in Rochester, MN on Saturday, his first race in the USA. Seanie was having a great run, lying comfortably in 2<sup>nd</sup> place and not far behind the leader as he approached the last 250m, only to find himself taking a wrong turn. By the time he had realised his mistake and returned to the right route, unfortunately he had lost 3 places, just finishing under 20 minutes (19:59) for the distance, the winner having come in with a time of 17:34 and the runner in second place finished in 19:18. Local knowledge goes a long way!

### **Frank Duffy 10K race**

Overall place Name Cat. Place Chiptime

1 Matt Gunby 1 00:49:28



37 Maria McCambridge 1 00:56:27

*Crusaders AC runners*

[20 John Frazer 00:54:28 (PB)]

29 Rob Cross 00:55:51

80 Richie Mac Liam 00:59:25 (PB)

130 Niall Dennehy 01:01:28 (PB)

132 Kieran McLoughlin 01:01:32 (PB)

134 Kieran Martin 01:01:36 (PB)

151 Michael O'Connor 01:02:27 (PB)

154 Will Owens 1:02:41

178 Peter O'Toole 01:03:36 (PB)

189 Eamonn McWalter 01:03:55 (PB)

201 Shane McGrath 01:04:10 (PB)

234 Simon Murtagh 01:05:02

244 Ilona McElroy 01:05:11 (PB)

280 Dominic Burke 01:06:10

282 Michael Blighe 01:06:06

302 Bob Manson 01:06:32

325 Ian Doyle 01:07:24

331 Karl Walsh 01:07:00

347 Michael Fitzsimons 01:07:47 (PB)

349 Brian McGuckin 01:07:26 (PB)

374 Aoife Quigley 01:08:29

402 Brian Leonard 01:08:20 (PB)

421 James Cottle 01:09:09

434 Laura Schwirz 01:09:23

485 Michael Maughan 01:10:08

486 David Killion 01:09:58

491 Joe Dunne 01:10:24 (PB)

505 Olwyn Dunne 01:10:39 (PB)  
523 Ailbhe O'Driscoll-Collins 01:10:59 (PB)  
539 Robbie Moore 01:11:02  
602 Barry O'Neill 01:11:34  
617 Mike Stewart 01:11:51  
630 Gillian Earley 01:12:36 (PB)  
700 Cearbhall Beggan 01:13:14  
706 Amy Wright 01:13:33 (PB)  
714 Stefano Palmisano 01:13:14 (PB)  
901 Mary Fitzsimons 01:16:23 (PB)  
1006 Brendan Kieran 01:17:14  
1039 Crona Doyle 01:17:13  
1045 Argentina Gonzalez 01:17:55 (PB)  
1050 Joe O'Reilly 01:17:36  
1067 Kate Murray 01:18:25  
1386 Sharon Woods 01:22:32 (PB)  
1461 Dave Lawson 01:22:16 (PB)  
1478 Marguerite Sinnott 01:19:50  
2096 Susanne English 01:26:18  
2364 David Williams 01:28:33  
2522 Neil Brown 01:34:10  
2846 Edel Keaveney 01:34:13  
3096 Harpreet Bhambra 01:37:52  
Full results here: <http://www.tdl.ltd.uk/race-results.php>

### **Marlay Parkrun 5K #24**

Overall place Name Cat. Place Chiptime

1 Ross Vickers 1 00:17:45

29 Claire Lauder 1 00:20:26

*Crusaders AC runners*

11 Anthony O'Reilly 00:19:06 (PB)

44 Orla Kennedy 00:21:34

48 Ronan Gill 00:21:40 (PB)

107 Paul Davey 00:24:18

223 Mary Noelle Rohan 00:28:44

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=24>

### **Achill Marathon**

Overall place Name Cat. Place Chiptime

1 Martin Francis 1 03:00:50

2 Ann Marie Holland 1 03:01:41

*Crusaders AC runner*

19 Leo Lundy 03:50:32

Full results

here: [http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1464%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1464%253Flayout%253Dprecision_timing)

### **Achill Half Marathon**

Overall place Name Cat. Place Chiptime

1 David Browne 1 01:29:16

4 Helen White 1 01:33:09

*Crusaders AC runner*

9 Paul Daniels 01:35:02

Full results

here: [http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1464%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1464%253Flayout%253Dprecision_timing)

### **Oylegate 10K**

Overall place Name Cat. Place Chiptime

1 Myles Gibbons 1 00:33:46

9 Aoife Joyce 1 00:40:59

Full results here: <http://actiontiming.ie/results/online-registration-timing/>



Will Owens



Paul Daniels



Rob Cross



Sharon Woods



Peter O'Toole



Olwyn Dunne



Mike Stewart



James Cottle and Karl Walsh



Michael O'Connor and Will Owens



Michael O'Connor



Mary Fitzsimons





Laura Schwirz



Kate Murray



John Frazer and Rob Cross



John Frazer, Richie Mac Liam and Rob Cross



Joe O'Reilly



Joe Dunne



James Cottle



Ilona McElroy



Gillian Earley



Eamonn McWalter and Shane McGrath



Dom Burke





Brian McGuckin



Brian Leonard



Bob Manson



Barry O'Neill



Aoife Quigley



Amy Wright



Niall Dennehy, Kieran O'Loughlin and Kieran Martin



Ailbhe O'Driscoll-Collins

**In the Pink**

Posted on Tuesday, September 3rd, 2013 at 9:32 am.

Written by [James](#)

Our runners found themselves in illustrious company when they ran in the Great Pink Run 5K and 10K races in support of breast cancer awareness in the Phoenix Park on Saturday.

Firstly, congratulations should go to John Mannion who was the overall winner of the 10K in 34:25, with the women's title going to Catherina McKiernan in 35:53 in a race that attracted a total field of over 1,700. Whilst just missing out on the elusive sub-40 finish, Aoife Joyce finished in 40:09 and a highly creditable 27<sup>th</sup> place overall and 5<sup>th</sup> woman home, just behind Sonia O'Sullivan. In the same race, we had 2 other Crusaders: Rachel Williams placed 158<sup>th</sup> overall in 49:35 and Diarmaid O'Sullivan placed 173<sup>rd</sup> in 49:06.



Jennifer Dobbyn, Catherina McKiernan and Louise Dobbyn



John Mannion, Sonia O'Sullivan, Catherina McKiernan and John's mum

In the 5K meanwhile, again with a large field of nearly 1,500, Louise Dobbyn ran well to place 8<sup>th</sup> overall and second woman, remarkably two places behind her younger sister, Jennifer. The two siblings finished respectively in 19:59 and 20:43.

In Marlay Park on Saturday, in a 5K race involving 400 runners, 10-year old Max Dunne continued his steady comeback from injury with a 75<sup>th</sup> place and a time of 22:14, an improvement of more than 75 seconds in two weeks on the same course, whilst mother, Olwyn, placed 77<sup>th</sup>, 3 seconds behind in 22:17. Laura Gilbride was 104<sup>th</sup> in 23:27.



With her fiancé Sean Murphy, Cru ladies' captain Dee Ni Chearbhaill travelled to Ferns in Co Wexford on Saturday evening to compete in the Mick Murphy memorial 4 mile race, an annual classic. The quality of the race becomes clear when noting that the first 3 places went respectively to Mark Kenneally (18:51 and breaking the previous course record by over half a minute), Freddie Sittuk (19:11) and Sean Hehir (19:14). The women's race was won by Jackie Carthy in 23:26. On a reasonably hilly course in places and in a field numbering nearly 200, both Sean and Dee acquitted themselves well, Sean breaking 23 minutes for the first time for the distance and Dee, running at a pretty much consistent pace throughout, finishing in 61<sup>st</sup> place with a time of 26:43, just 10 seconds off her PB set on a much flatter course.



Torben Dahl

Lastly, it is great to be able to report that on Sunday Torben Dahl, a Crusader who seems to travel the world to compete in long distance races, ran in the Torshavn marathon in the Faroe Islands. In a small field of 63 participants and in rainy conditions, Torben placed 2<sup>nd</sup> overall and 1<sup>st</sup> in his age category in a time of 3:03:15, just under 10 minutes behind the winner and over 8 minutes ahead of the third placed runner.

### **The Great Pink Run 10K**

Overall Place Name Cat. Place Chiptime

1 John Mannion 1 00:34:25

4 Catherina McKiernan 1 00:35:53

#### *Crusaders AC runners*

1 John Mannion 00:34:25

27 Aoife Joyce 00:40:09

158 Rachel Walters 00:49:35

173 Diarmaid O'Sullivan 00:49:06

Full results here: [http://www.greatpinkrun.ie/wp-content/uploads/2012/01/GreatPinkRun2013\\_10km.pdf](http://www.greatpinkrun.ie/wp-content/uploads/2012/01/GreatPinkRun2013_10km.pdf)

### **The Great Pink Run 5K**

Overall Place Name Cat. Place Chiptime

1 Bob Blake 1 00:17:59

6 Jennifer Dobbyn 1 00:19:59

### *Crusaders AC runner*

8 Louise Dobbyn 00:20:43

Full results here: [http://www.greatpinkrun.ie/wp-content/uploads/2012/01/GreatPinkRun2013\\_5km.pdf](http://www.greatpinkrun.ie/wp-content/uploads/2012/01/GreatPinkRun2013_5km.pdf)

### **Marlay Parkrun 5K #25**

Overall Place Name Cat. Place Chiptime

1 Mark Sheridan 1 00:17:08

23 Grainne Neary 1 00:19:35

### *Crusaders AC runners*

75 Max Dunne 00:22:14

77 Olwyn Dunne 00:22:17

104 Laura Gilbride 00:23:27

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=25>

### **Mick Murphy Memorial 4 mile race**

Overall Place Name Cat. Place Chiptime

1 Mark Kenneally 1 00:18:51

24 Jackie Carthy 1 00:23:26

### *Crusaders AC runner*

61 Dee Ni Chearbhaill 00:26:43

## **Cru take on the Challenge**

Posted on Wednesday, September 11th, 2013 at 9:26 pm.

Written by [James](#)

Some super performances were recorded by Crusaders in the plethora of races that took place over the last few days. The report was delayed to include last night's Grant Thornton 5K Team Challenge, which, as usual, the club was responsible for marshalling. Hats off to those who turned out to steward under Jimmy O'Neill's steady guidance. Everyone did a sterling job and helped to make the race clearly one of the favourites on the road racing calendar.

Several members came under pressure from their work colleagues to run in the race and, thankfully, Jimmy had enough stewards in the end for those of us who raced not to feel too guilty about running. In the event, the (at least) 22 of us who ran were rewarded with a most exciting atmosphere, a great course and the terrific support of our friends along the route.

Since the event was a workplace team race, none of us was representing the club per se, but it's noteworthy that in 2 of the 3 categories for which titles were being competed (the women's race and the mixed team race), Crusaders were well represented among the winning teams. On a one loop course, a major change and improvement from last year's two loops where the lead runners had to weave through backmarkers, in windy but dry and warm conditions (a reasonable headwind coming back into town from the O2), a pretty strong field of over 2,800 runners embarked on the mad dash. The race was won by Mark Christie in a time of 14:50, well ahead of last year's runner-up, Dermot McDermott (15:15). On his birthday John Frazer ran solidly to record a 4<sup>th</sup> place in 15:20, with John Mannion also providing a top 10 finish for Crusaders in 15:53. Richie MacLiam ran his socks off to improve his PB by over a minute, coming home in 26<sup>th</sup> place in a time of 16:40, followed closely behind by John Mulvihill in 16:47 in 29<sup>th</sup> place. John Mulvihill and Richie, in common with several of the other Cru athletes in the race, were coming off the back of a fairly intense weekend of marathon training, so their results and those of others were all the more noteworthy for that. Shane Collins, like John Frazer, coming back from injury, put in a stellar run to finish in 32<sup>nd</sup> place in a time of 16:57, whilst there were also solid performances from Seamus Mac Floinn (17:05 and 38<sup>th</sup>) Eoghan Kierins (17:47 and 63<sup>rd</sup>) and Tomas Mahony (18:00 and 75<sup>th</sup>) to feature among the top 100 finishers. Nearly all of our 16 male competitors finished inside 20 minutes in the race, which is some achievement in itself. The remaining runners included Simon Murtagh (18:46 and 139<sup>th</sup>), Simon Kenny (18:46 and 140<sup>th</sup>), Michael Costello (18:49 and 146<sup>th</sup>), Niall McGeorge (18:50 and 149<sup>th</sup>), Peter Jackson (19:13 and 193<sup>rd</sup>) and Liam Morris (19:55 and 302<sup>nd</sup>), just getting back into it, and newcomer Liam O'Brien (20:37 and 410) who is preparing for the Berlin marathon this month. James Cottle (19:49 and 277<sup>th</sup>) was a member of his workplace team (that included guest runner Paul O'Connell of Sportsworld who came in 14<sup>th</sup>) which took the mixed category title by only 2 seconds from the team in second place whilst also beating 63 other teams in the process.



John Frazer (in red) and John Mannion (green 789)



Simon Murtagh (1st left), Seamus Mac Floinn (3rd left)

The 6 Cru ladies ran brilliantly in the women's race. Ilona McElroy led the contingent home in 18:50 (probably 9<sup>th</sup> lady (since there was some gender mix-up in the results) and 150<sup>th</sup> in the combined results), slightly off her best as she was experiencing the early stages of a head cold, but solidly enough and, together with newcomer Giolla Carroll (73<sup>rd</sup> lady and 771<sup>st</sup> overall in 22:11), was part of the winning women's team that won by a clear margin over the other 64 teams in the category. There were other excellent performances from Catherine Thornton (19:45, 15<sup>th</sup> lady and 267<sup>th</sup> in the combined results) who, little by little, is returning to her old form, Amy Wright (19:47, 16<sup>th</sup> and 270<sup>th</sup> overall), Louise Dobbyn (20:21, 27<sup>th</sup> and 365<sup>th</sup> overall), still just on the cusp of the elusive sub-20 result and Sharon Woods (23:31, 134<sup>th</sup> lady and 1,116<sup>th</sup> overall).

The evening was capped with great celebrations for stewards and competitors alike in the Vintage Inn in Irishtown, fast becoming the Cru local!

Over the weekend, Richie MacLiam, along with Brian Leonard, had been in action in the hilly Lakes 10K in Blessington, Co. Wicklow. In an event won by the now prolific racer, Freddie Sittuk in just over 31 minutes (following an exciting duel with Brian Maher who finished 2<sup>nd</sup>, two seconds behind) and on the women's side, Maria McCambridge, in a new course record of 34:42, Richie came home in 35:38 and 13<sup>th</sup> place overall, whilst Brian achieved yet another PB for the distance with a significant improvement to go below 40 minutes for the first time, finishing in 39:07 (26<sup>th</sup> place in a field in excess of 530).

Meanwhile, in Dingle in Co. Kerry, Peter O'Toole equally recorded a PB in a hilly and windy half marathon, finishing with a time of 1:23:29 in 13<sup>th</sup> place overall in a field of over 1,400 runners. Barry O'Neill also participated, having made a last minute decision to run the race. He finished in a creditable 1:34:57 and 69<sup>th</sup> place.

In Firhouse on Saturday, the BHAA organised a 10K race on a relatively flat but windy course. An unusually small contingent of Crusaders ran this year, but each of the 3 who did acquitted themselves well. Marie Hyland was 3<sup>rd</sup> lady in 39:54 (36<sup>th</sup> overall), whilst Aoife Joyce, at the 5<sup>th</sup> attempt finally broke 40 minutes to come home in 4<sup>th</sup> place (37<sup>th</sup> overall) in a time of 39:58. Only 28 seconds separated the first 4 ladies home. Robbie Moore was our 3<sup>rd</sup> participant and he placed 62<sup>nd</sup> overall in a time of 43:08.



Olwyn Dunne

We had several competitors in a couple of the Parkruns this weekend. Congratulations should go to Olwyn Dunne for her 1<sup>st</sup> place in the women's race in Griffeen Park in Lucan. Olwyn was a guest at a wedding in Leixlip and decided to take in the Parkrun in between festivities. She completed the course in just over 22 minutes, finishing 17<sup>th</sup> overall in a field of just under 100 competitors. Meanwhile in Marlay Park on the same day Ronan Gill placed 41<sup>st</sup> in 21:42, Brian Lacey, 70<sup>th</sup> in 22:56 and Kate Murray was 79<sup>th</sup> in 23:17 in a field of 265.



## Aoife Quigley

On Sunday, Aoife Quigley participated in the John Buckley St. Finbarr's AC half marathon in her native Co. Cork. She held herself back during the race and treated it as more of a training run, but, nevertheless, finished in a respectable time of 1:34:27 and 18<sup>th</sup> woman (134<sup>th</sup> overall) in a field of nearly 400.

Lastly, mention should be made of our Tyneside Crusader, Tony Carter, who achieved a PB of 33:31 in a local 10k (Tees Pride) over the weekend. Tony is busy lining up races in the north east of England that the travelling Cru may have an interest in competing in.

## Grant Thornton Corporate 5K Team Challenge

Overall place Name Cat. Place Chiptime

1 Mark Christie 1 00:14:50

18 Olga Hammersley 1 00:16:21

### *Crusaders AC runners*

4 John Frazer 00:15:20

10 John Mannion 00:15:53

26 Richie Mac Liam 00:16:40 (PB)

29 John Mulvihill 00:16:47

32 Shane Collins 00:16:57

38 Seamus Mac Floinn 00:17:05

63 Eoghan Kierins 00:17:47

75 Tomas Mahony 00:18:00

139 Simon Murtagh 00:18:46

140 Simon Kenny 00:18:46

146 Michael Costello 00:18:49

149 Niall McGeorge 00:18:50

150 Ilona McElroy 00:18:50

193 Peter Jackson 00:19:13

267 Catherine Thornton 00:19:45

270 Amy Wright 00:19:47

277 James Cottle 00:19:49

302 Liam Morris 00:19:55

365 Louise Dobbryn 00:20:21

410 Liam O'Brien 00:20:37

771 Giolla Carroll 00:22:11

1116 Sharon Woods 00:23:31

Full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1465%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1465%253Flayout%253Dprecision_timing)

### **Kerryman Dingle Half marathon**

Overall place Name Cat. Place Chiptime

1 Paul Stephenson 1 01:13:40

40 Maura Regan 1 01:29:40

*Crusaders AC runners*

13 Peter O'Toole 01:23:29 (PB)

69 Barry O'Neill 01:34:57

Full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1496%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1496%253Flayout%253Dprecision_timing)

### **The Lakes 10K**

Overall place Name Cat. Place Chiptime

1 Freddie Sittuk 1 00:31:06

8 Maria Mccambridge 1 00:34:42

*Crusaders AC runners*

13 Richie Mac Liam 00:35:38

26 Brian Leonard 00:39:07 (PB)



Full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1492%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1492%253Flayout%253Dprecision_timing)

### **BHAA Finding the Run of Ourselves 10K**

Overall place Name Cat. Place Chiptime

1 Eoin Callaghan 1 00:32:55

34 Mary Finn 1 00:39:30

*Crusaders AC runners*

36 Marie Hyland 00:39:54

37 Aoife Joyce 00:39:58 (PB)

Full results here: <http://bhaa.ie/events/finding-the-run-of-ourselves-2013/>

### **Marlay Parkrun 5K #26**

Overall place Name Cat. Place Chiptime

1 Unknown 1 00:17:55

8 Paula Prendergast 1 00:19:07

*Crusaders AC runners*

41 Ronan Gill 00:21:42

70 Brian Lacey 00:22:56

79 Kate Murray 00:23:17

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=26>

### **Griffen Parkrun 5K #13**

Overall place Name Cat. Place Chiptime

1 Conor Burke 1 00:17:27

17 Olwyn Dunne 1 00:22:02

*Crusaders AC runner*

17 Olwyn Dunne 00:22:02

Full results here: <http://www.parkrun.ie/griffen/results/weeklyresults/?runSeqNumber=13>

### **John Buckley St. Finbarr's AC Cork Half Marathon**

Overall place Name Cat. Place Chiptime

1 Alan O'Shea 1 01:06:59

31 Emma Murphy 1 01:22:04

*Crusaders AC runner*

134 Aoife Quigley 01:34:27

## Good Job Well Dunne in Athlone

Posted on Tuesday, September 17th, 2013 at 12:52 pm.

Written by [James](#)



Leo Lundy and Olwyn Dunne

What a year Olwyn Dunne is having! On Saturday our reigning national 50k champion added to her growing medal collection this year with a sweet victory in the Athlone marathon and she did it in style with a clear margin of nearly 25 minutes over the second placed finisher in the women's race. There were also excellent placings in the Athlone half marathon, but none perhaps as satisfying, particularly as Athlone is Olwyn's home town.



Dee Ni Chearbhaill

A dozen Crusaders travelled to Westmeath for the event which took place in sunny conditions. 10 chose to race the "flatline" half marathon with a large field of nearly 1,000 runners, whilst Olwyn and inveterate marathoner Leo Lundy (in his 31<sup>st</sup> marathon and 10th this year alone) chose the longer distance with a more

intimate field of 85 and which started about 2 hours earlier. Within about 5 miles of the start Olwyn realised that she was in the lead in the women's race and kept a steady pace through the early part. Leo was able to stay with her until about halfway but then fell back slightly as Olwyn caught sight of the second-placed lady only a few minutes back as they were starting the second of the two laps. This spurred Olwyn and she pushed on hard to run a 6-minute negative split and take the title. In the end, she also finished in 14<sup>th</sup> place in the combined standings with a time of 3:24:23, whilst Leo also finished well with a time of 3:42:00 and 30<sup>th</sup> place overall. Both were able to get home early enough to support the half marathoners towards the end of their race.

The half marathon was billed as flat, which it was, but as with the marathon some of the runners found the going tough on the rough back roads that the route followed. Nevertheless, it produced some noteworthy PBs. John Mannion continued his excellent form of late by coming home in 24<sup>th</sup> place overall in 1:17:53 and John Reidy, with a welcome return to racing in Cru colours, also finished in the top 50 overall with a 43<sup>rd</sup> place and 1:20:32. Meanwhile, John McAuley (67<sup>th</sup> and 1:24:15), Eamonn McWalter (74<sup>th</sup> and 1:24:43) and Marius McNicholas (116<sup>th</sup> and 1:28:59) all finished the race with PBs. They were followed by Joe Dunne (1:32:15), Aoife Quigley (199<sup>th</sup> and 1:35:01) and Dee Ni Chearbhaill (204<sup>th</sup> and 1:35:05), Dee, in particular, receiving strong vocal support at the end in a successful sprint finish for the line. Both women placed in the top 30 (respectively 25<sup>th</sup> and 27<sup>th</sup>) in the 430-strong ladies race behind winner Maria McCambridge. The Cru contingent was completed by Ryan Murphy (233<sup>rd</sup> and 1:37:35) and Cathy Mannion (405<sup>th</sup> overall, 76<sup>th</sup> woman and 1:48:13). Special mention should go to Sean Murphy, who trains with Crusaders, as he finished in 47<sup>th</sup> place in a time of 1:21:28.



John Mannion and friend (!)

There was one other race to report on at the weekend: the 27th edition of the Marlay Parkrun 5k. In the event Anthony O'Reilly ran a creditable 18:35 (and a PB) to finish in 8<sup>th</sup> place out of a field of 353, whilst he was followed by Neil Brown in 105<sup>th</sup> place whose 23:31 was also a PB. Mary Noelle Rohan (226<sup>th</sup> and 28:17) and Fiona Lane (256<sup>th</sup> and 28:52) completed the group.



John McAuley and Sean Murphy

## Athlone Marathon 2013

Overall place Name Cat. Place Chiptime

1 Brendan Ryan 1 03:01:54

14 Olwyn Dunne 1 03:24:23

*Crusaders AC runners*

14 Olwyn Dunne 03:24:23

30 Leo Lundy 03:42:00

Full results here:

[http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1489%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1489%253Flayout%253Dprecision_timing)



Marius McNicholas

### **Athlone Flatline Half Marathon**

Overall place Name Cat. Place Chiptime

1 John Byrne 1 01:11:39

11 Maria McCambridge 1 01:15:21

*Crusaders AC runners*

24 John Mannion 01:17:53

43 John Reidy 01:20:32

67 John McAuley 01:24:15 (PB)

74 Eamonn McWalter 01:24:43 (PB)

116 Marius McNicholas 01:28:59 (PB)

160 Joe Dunne 01:32:15

199 Aoife Quigley 01:35:01

204 Dee Ni Chearbhaill 01:35:05

233 Ryan Murphy 01:37:35

405 Cathy Mannion 01:48:13

Full results here:

[http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1489%253Fayo%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1489%253Fayo%253Dprecision_timing)



Aoife Quigley

### **Marlay Parkrun 5K #27**

Overall place Name Cat. Place Chiptime

1 Niall Coppinger 1 00:16:56

12 Valerie McGuinness 1 00:19:13

#### *Crusaders AC runners*

8 Anthony O'Reilly 00:18:35

105 Neil Brown 00:23:31

226 Mary Noelle Rohan 00:28:17

256 Fiona Lane 00:28:52

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=27>





Cathy Mannion



Joe Dunne, Sean Murphy, Cathy Mannion, Aoife Quigley, Leo Lundy, John McAuley, Olwyn Dunne, John Mannion, Dee Ni Chearbhaill, Marius McNicholas, Declan Keating

## Difficult conditions for Half Marathons

Posted on Wednesday, September 25th, 2013 at 9:17 am.

Written by [James](#)

Saturday was a day of mixed emotions. On the one hand, there was the pride and joy for so many of our athletes who turned out to compete in the Race Series Half marathon in Phoenix Park and on the other, several of our friends were faced with the trauma of confronting the thankfully rare example of a life being taken so suddenly in the middle of a race and at a point where our supporters were in such large numbers. Despite the rapid reactions of several of our friends and valiant attempts to revive the young victim, ultimately it seems likely there was nothing that could have been done at the scene. Our thoughts and prayers go out to the young man's family and friends.

The race itself experienced an unusually high number of incidents of distressed runners collapsing towards the end in the increasingly warm conditions and it seemed that the ambulances around the course were kept continually busy. Despite that, our contingent, over 40-strong and including four representatives from the



club amongst the pacers, largely fared well on what would be considered a tough course under any conditions with, surprisingly, several PBs being recorded in the race.

In a women's field that exceeded 2,000 finishers, Ilona McElroy performed exceptionally by coming in 5<sup>th</sup> (overall and senior) in a time of 1:26:41 behind such distinguished runners as Elish Kelly (last year's winner), Niamh Devlin and Maria McCambridge, who won the race (indeed she has won all the race series events this year). Ilona ensured that she was well ahead of 6<sup>th</sup> place finisher, Catriona Higgins of Sportsworld, who was about two and half minutes behind at the end. Laura Shwirz also ran out of her skin to finish in 12<sup>th</sup> place (7<sup>th</sup> senior) with a PB time of 1:32:11. Gillian Earley ran well and likely to have finished in the top 30 (1:36:28). Aoife Quigley suffered in the race but still managed to pull out a 56<sup>th</sup> place and break 1:40, whilst Mary Fitzsimons placed 113<sup>th</sup> in 1:45:00, Crona Doyle came home in 1:46:51 (and likely 142nd) and Argentina Gonzalez achieved a PB time of 1:46:55 to finish in 171<sup>st</sup> place. Our remaining female athletes included Susanne English (1:55:18 and 429<sup>th</sup>), Jennifer MacGregor (1:57:46 and 530<sup>th</sup>) and Cathy Mannion (2:00:35 and 629<sup>th</sup>) who was treating the race as part of a much longer marathon training run.

In the men's race (a field of nearly 3,400 and, therefore, a combined field of over 5,400), John Frazer pulled out a PB time of 1:12:18 to finish in 6<sup>th</sup> place overall, nearly a 2 minute improvement on his time for last year's race. In fact, we had 4 finishers in the top 25. Stephen Moore placed 9<sup>th</sup> in 1:13:28, after admitting to having gone out rather too quick for the conditions and running the first mile in 5 minutes. Then, John Mulvihill, with yet another PB performance, placed 20<sup>th</sup> in a time of 1:15:57. Finally, another PB was recorded by Richie Mac Liam in finishing in 22nd overall (1:16:48). Inside the top 100 we also saw PB performances from Kieran Martin (53<sup>rd</sup> and 1:20:41) and Will Owens (89<sup>th</sup> and 1:22:52), whilst further down the field PBs also came from Peter O'Toole (132<sup>nd</sup> and 1:25:03), Shane McGrath (163<sup>rd</sup> and 1:26:15), Brian McGuckin, who, as usual, ran the perfect race, running steadily through the field (255<sup>th</sup> and 1:29:00) along with Brian Leonard (275<sup>th</sup> and 1:29:18), Michael Blighe (264<sup>th</sup> and 1:29:15) and David Killion (542<sup>nd</sup> and 1:35:34). There were also excellent performances from Karl Walsh (218<sup>th</sup> and 1:28:02), Federico Corradini (260<sup>th</sup> and 1:29:12), Liam Fergus (262<sup>nd</sup> and 1:29:23), Michael Fitzsimons (302<sup>nd</sup> and 1:29:45) and Ian Doyle (340<sup>th</sup> and 1:30:40). All in all, at least 28 of our runners, men and women, finished inside 1:40 (with 17 under 1:30). That's a pretty impressive club performance. In any case, well done to all those who competed in such a challenging event.

Last Wednesday, Philip Matthews and John O'Grady participated in the inaugural Portmarnock 10K road race with a field of 500 participants. Philip ran well in his first 10K to place 16<sup>th</sup> behind winner Brian Leahy in a time of 41:10, whilst John placed 24<sup>th</sup> in a time of 42:35. Philip reported that it was quite a tough race as at least 8k of it was run on the beach.

In Charleville in Cork on Sunday, the Marathon Mission athletes were out in force to compete in the half marathon there. In warm conditions on what had been billed as a fast course Crusaders Men's team captain, Rob Cross, who is in the development squad, finished in 14<sup>th</sup> place behind Sean Hehir (1:06) in a time of 1:16:34.

We had several competitors in the Saturday Parkruns in Westport, Marlay Park, Malahide and Griffeen Park in Lucan. In only the second edition of such a race over in Westport, Ivan Kinehan beat a field of nearly 80 runners to place 1st in a time of 17:32. In Marlay Park, in a field of approx. 350 runners, Ronan Gill placed 40<sup>th</sup> in a time of 21:40, Kate Murray was 82<sup>nd</sup> (23:29), Mary Noelle Rohan finished in 243<sup>rd</sup> place (29:39) and Fiona Cave was 281<sup>st</sup> in a time of 31:33. In Malahide, we just had the one runner, Paul Scannell, who, in his first parkrun, placed 64<sup>th</sup> in a time of 23:58 in a field of approx. 270 runners whilst Donal Foley competed in Griffeen Park for the first time, placing 35<sup>th</sup> in a time of 23:52 in a field of just over 100 participants.

Lastly, on Sunday, along with several members of his family, Leo Lundy competed in the inaugural Belfast Half marathon. As one might expect with the first running of such a race the course was a little tight at times with some challenging turns and hills and, like many competitors in the field of over 2,500, Leo certainly found the going hard in the unseasonably warm and sunny conditions. Despite having a calf problem in the last 5k that put paid to a PB, Leo acquitted himself well with a finishing time of 1:43:26 and 530<sup>th</sup> position.

Many congratulations to all our runners.



Richie Mac Liam

### **Dublin Race Series Half Marathon**

Overall place Name Cat. Place Chiptime

1 Robbie Matthews 1 01:08:21

21 Maria McCambridge 1 01:16:45

#### *Crusaders AC runners*

6 John Frazer 01:12:18 (PB)

9 Stephen Moore 01:13:28

20 John Mulvihill 01:15:57 (PB)

22 Richie Mac Liam 01:16:48 (PB)

53 Kieran Martin 01:20:41 (PB)

89 Will Owens 01:22:52 (PB)

132 Peter O'Toole 01:24:55 (PB)

163 Shane McGrath 01:26:15 (PB)

172 Ilona McElroy 01:26:41

218 Karl Walsh 01:28:02

255 Brian McGuckin 01:29:00 (PB)

260 Federico Corradini 01:29:12

262 Liam Fergus 01:29:23

264 Michael Blighe 01:29:15

274 Brian Leonard 01:29:18 (PB)

302 Michael Fitzsimons 01:29:45

000 Michael Kiely 01:29:55 (pacer)

344 Ian Doyle 01:30:40

382 James Cottle 01:32:08

388 Laura Shwirz 01:32:11 (PB)

480 Paul Daniels 01:34:24

542 David Killion 01:35:34 (PB)

563 Robbie Moore 01:35:37 (PB)

688 Barry O'Neill 01:37:46

705 Simon Kenny 01:38:12

776 Gillian Earley 01:36:28

795 Aoife Quigley 01:39:47

854 Mike Stewart 01:40:32

1021 Joe Dunne 01:39:32 (pacer)

1038 Cearbhall Beggan 01:42:06

1211 Mary Fitzsimons 01:45:00

1358 Crona Doyle 01:46:51

1394 Stefano Palmisano 01:45:13

1523 Argentina Gonzalez 01:46:55 (PB)

1880 Olwyn Dunne 01:49:41 (pacer)

2423 Susanne English 01:55:18

2682 Jennifer MacGregor 01:57:46

2951 Cathy Mannion 02:00:35

3071 Tom Curtin 01:58:09

3194 Paul Campbell 01:59:14 (pacer)

3958 David Williams 02:13:29

4371 Harpreet Bhambra 02:14:51

Full results here: <http://www.tdl.ltd.uk/race-results.php>



John Frazer

### **Portmarnock 10k road race**

Overall place Name Cat. Place Chiptime

1 Brian Leahy 1 00:33:29

23 Cindy Hickey 1 00:42:27

*Crusaders AC runners*

16 Philip Matthews 00:41:10

24 John O'Grady 00:42:25

Full results here:

### **Charleville Half Marathon**

Overall place Name Cat. Place Chiptime

1 Sean Hehir 1 01:06:14

13 Claire Gibbons-McCarthy 1 01:16:05

*Crusaders AC runner*

14 Rob Cross 01:16:34

Full results here: <http://www.championchipireland.com/results/index.php>

### **Westport Parkrun 5K #2**

Overall place Name Cat. Place Chiptime

1 Ivan Kinehan 1 00:17:32

8 Sorchá McAllister 1 00:19:52

*Crusaders AC runner*

1 Ivan Kinehan 00:17:32

Full results here: <http://www.parkrun.ie/westport/results/weeklyresults/?runSeqNumber=2>

## **Marlay Parkrun 5K #28**

Overall place Name Cat. Place Chiptime

1 Liam Dunne 1 00:16:36

17 Rachel McGrane 1 00:20:00

*Crusaders Ac runners*

40 Ronan Gill 00:21:40

82 Kate Murray 00:23:29

243 Mary Noelle Rohan 00:29:29

281 Fiona Lane 00:31:33

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=28>

## **Malahide Parkrun #46**

Overall place Name Cat. Place Chiptime

1 Cathal Redmond 1 00:18:44

7 Jackie Perrin 1 00:19:39

*Crusaders AC runner*

64 Paul Scannell 00:23:58

Full results here: <http://www.parkrun.ie/malahide/results/weeklyresults/?runSeqNumber=46>

## **Griffen Parkrun #15**

Overall place Name Cat. Place Chiptime

1 John O'Regan 1 00:18:12

6 Niamh Fitzgerald 1 00:19:42

*Crusaders AC runner*

35 Donal Foley 00:23:52

Full results here: <http://www.parkrun.ie/griffen/results/weeklyresults/?runSeqNumber=15>

## **Belfast Half Marathon**

Overall place Name Cat. Place Chiptime

1 Stephen Scullion 1 01:06:55

20 Aileen Reid 1 01:19:30

*Crusaders AC runner*

530 Leo Lundy 01:43:26

Full results here: <http://www.belfastcitymarathon.com/Half-Marathon/Half-Marathon-Results>



Brian Leonard



James Cottle and Paul Daniels







Federico Corradini and Michael Fitzsimons

## Cru impress in weekend road racing

Posted on Monday, September 30th, 2013 at 9:47 pm.

Written by [James](#)

There were some highly satisfactory performances from Crusaders over the weekend with our athletes in action across several events.

On Saturday, we had 3 athletes participate in the Galway Bay Half marathon, as part of their build-up for the Dublin marathon at the end of October. The race was won by Sergiu Ciobanu of Clonliffe, with the club providing the first 4 finishers in the race. Pauline Curley was first lady (and 5<sup>th</sup> overall). In difficult warm and windy conditions on a 2 loop course, Niall Dennehy led the Cru contingent home in a time of 1:22:39 and a 9<sup>th</sup> place finish overall. Michael Costello managed to creep under the 1:30 mark in 33<sup>rd</sup> place in a time of 1:29:57 and Dom Burke completed the trio with 41<sup>st</sup> place and 1:33:11. The field was in excess of 730. Interestingly enough, Gary O'Hanlon was the 4<sup>th</sup> placed Clonliffe finisher in the half after having won the 10K race on the same day. In the 10K race Marie Hyland ran well to come in 4<sup>th</sup> female behind winner Sarah Mulligan of DSD and 15<sup>th</sup> overall out of a field in excess of 1,000, in a time of 39:39.

Also on Saturday, another of our marathoners, Will Owens, competed in the 10K race attached to the Moone Kilomathon. In a field just short of 200 finishers, Will finished in 6<sup>th</sup> place overall in a time of 37:45.

Michael Kiely distinguished himself by coming 2<sup>nd</sup> in the inaugural 5K parkrun in St. Anne's Park, Raheny. In a race naturally dominated by Raheny Shamrocks (both men and women's races were won by Raheny athletes) and attracting a field of well over 200 finishers, Michael produced a time of 16:08. Nicole Roechert also competed in the race, finishing in a time of 39:48. The final event to report on for Saturday was the Marlay 5K Parkrun, in which Olwyn Dunne finished in 2<sup>nd</sup> place in the women's race (27<sup>th</sup> overall) in a time of 20:52, with son Max placing 52<sup>nd</sup> overall in 22:26.

On Sunday, we had 3 runners in the Berlin marathon. On a course that is known for being flat and fast and which on Sunday produced yet another men's World record, two of our athletes produced PB times. The weather conditions were perfect for marathon running and indeed one or two of our athletes reported that they might have had even faster times had the field not been so congested early on. Andrea Talpo for one felt that he had to weave an enormous amount, but still produced an excellent PB time of 3:14:25. Next came newcomer Liam O'Brien. Liam joined us just before he started to taper for the marathon and despite being in some difficulty towards the end of the race he finished in 3:37:37, his 2<sup>nd</sup> fastest marathon. Josue Valero completed the trio with a time of 3:39:00 in his first marathon. Of interest is the fact that the twin brothers of

two of our members also competed in the race. Kieran Martin's brother, Fergal, finished in 3:10:24, whilst Tom Frazer, brother to John (and John, like Kieran, is training to compete in Dublin in October), placed 22<sup>nd</sup> overall by finishing in a remarkable time of 2:17:45.

To continue the international theme, Federico Corradini competed in the Paris-Versailles 10 miler on Sunday. He reported that it was hot and hilly, but he still managed to turn in a time of 1:10:47 .

In the second running of the ECO2 10 mile run (one of a number of races from 5 to 20 miles) in the Dublin Eastwall part of the Docklands on Sunday, Dee Ni Chearbhaill came 2<sup>nd</sup> in the ladies race (14<sup>th</sup> overall) in a time of 1:13:21, whilst her fiancé Sean Murphy (who runs for United Striders and trains with Crusaders) also distinguished himself with 2<sup>nd</sup> place in the men's race finishing in a time of 1:00:54. There was a field of approx 70 runners overall.

The icing on the cake on Sunday was provided by Cru ladies in the running of the Rathfarnham 5K. In a substantial field of well over 1,100 overall and nearly 600 women in particular, Ilona McElroy finished in 4<sup>th</sup> place in the women's race (80<sup>th</sup> overall) in a PB time of 18:06. She was followed by Aoife Joyce in 9<sup>th</sup> (18:42 and 104<sup>th</sup> overall), Gillian Earley in 20<sup>th</sup> (19:49 and 162<sup>nd</sup> overall), Louise Dobbyn, 22<sup>nd</sup> (20:07 and 173<sup>rd</sup> overall) and Amy Wright in 23<sup>rd</sup> place (20:19 and 180<sup>th</sup> overall). The ladies team went on to take first place (33 points) ahead of Donore (46) and Tallaght (56). On the men's side behind a duel between winner Mark Christie and second-placed Brian Maher, Karl Fitzmaurice placed 26<sup>th</sup> overall in 16:22 and he was followed by Seanie Murphy in a PB time of 16:50 and 42<sup>nd</sup> position. Another Crusader (as yet unidentified) placed 51<sup>st</sup> in a time of 17:24, with Liam Fergus in 85<sup>th</sup> place in a time of 18:15. If the 3<sup>rd</sup> Cru result is ratified, the men's team came home in a highly respectable 4<sup>th</sup> place.

Lastly, a result from a couple of weeks back failed to make it into recent reports. No times have been made available, but Orla Drumm should be congratulated for having come home in 2<sup>nd</sup> place behind Leevale's Lizzie Lee in the recent Cork version of the Women's mini marathon. In Berlin on Sunday Lizzie came home in 9<sup>th</sup> position in the women's race in 2:38:09, her fastest marathon to date.



Seanie Murphy

### **Galway Bay Half Marathon**

Overall place Name Cat. Place Chiptime

1 Sergiu Ciobanu 1 01:07:11

5 Pauline Curley 1 01:20:03

#### *Crusaders AC runners*

9 Niall Dennehy 01:22:39

33 Michael Costello 01:29:57

41 Dominic Burke 01:33:11

Full results here: <http://www.redtagtiming.com/results/GalwayBayHalfMarathon2013.pdf>

### **Galway Bay 10K**

Overall place Name Cat. Place Chiptime

1 Gary O'Hanlon 1 00:33:31

3 Sarah Mulligan 1 00:35:05

*Crusaders AC runner*

15 Marie Hyland 00:39:39

Full results here: <http://www.galwaybayhalfmarathon.com/GalwayBay10km2013.pdf>

### **Moone Kilomathon 10K**

Overall place Name Cat. Place Chiptime

1 Paul Campbell 1 00:34:08

12 Margaret Danagher 1 00:40:19

*Crusaders AC runner*

6 Will Owens 00:37:45

Full results

here: [http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1523%253F1ayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1523%253F1ayout%253Dprecision_timing)

### **St Anne's Parkrun 5K #1**

Overall place Name Cat. Place Chiptime

1 Mick Traynor 1 00:15:49

5 Aoife Talty 1 00:16:51

*Crusaders AC runners*

2 Michael Kiely 00:16:08

231 Nicole Roechert 00:39:48

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=1>

### **Marlay Parkrun 5K #29**

Overall place Name Cat. Place Chiptime

1 Adrian White 1 00:17:19

20 Rachel McGrane 1 00:20:15

*Crusaders AC runners*

27 Olwyn Dunne 00:20:52

52 Max Dunne 00:22:26

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=29>

**Berlin Marathon**

Overall place Name Cat. Place Chiptime

1 Wilson Kipsang 1 02:03:23 (WR)

*Crusaders AC runners*

Andrea Talpo 03:14:25 (PB)

Liam O'Brien 03:37:37

Josue Valero 03:39:00 (PB)

Full results here: [http://eco2run.com/userfiles/Eco2Run\\_2013\\_Provisional\\_10Mile.pdf](http://eco2run.com/userfiles/Eco2Run_2013_Provisional_10Mile.pdf)

**Eco 2 10 mile race**

Overall place Name Cat. Place Chiptime

1 Mark Murphy 1 01:00:40

12 Vanessa Fenton 1 01:11:49

*Crusaders AC runner*

14 Dee Ni Chearbhaill 01:13:21

Full results here:

**Rathfarnham 5K**

Overall place Name Cat. Place Chiptime

1 Mark Christie 1 00:14:37

31 Ciara Durkan 1 00:16:34

*Crusaders AC runners*

26 Karl Fitzmaurice 00:16:22

42 Sean Murphy 00:16:50 (PB)

51 unknown 00:17:24

80 Ilona McElroy 00:18:06 (PB)

85 Liam Fergus 00:18:15

104 Aoife Joyce 00:18:42

162 Gillian Earley 00:19:49

173 Louise Dobbyn 00:20:07

180 Amy Wright 00:20:19

Full results

here: [http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1515%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1515%253Flayout%253Dprecision_timing)



Ilona McElroy and Aoife Joyce



Ilona McElroy



Dee Ni Chearbhaill

## Escape to Victory...Well almost.

Posted on Tuesday, October 8th, 2013 at 8:18 pm. Written by [Michael](#)

The Novices – one of the big dates in the Crusader calendar – one of the big dates in the Dublin clubs' calendars. This is the time to test out your newer (and not so newer ) athletes and throw them into the white hot cauldron of club competition.

We, the club mentors are all gathered. We all greet each other but are secretly ( or so we think) sussing out the strength of each other's teams.

And so last Sunday Crusaders gathered. Men's and women's teams. Expectations were high that our men would get a medal. Expectations were that the girls could possibly sneak a medal. It wouldn't be easy. Hell it never is.

But first, some side business. A few weeks ago one of the club members Karl Gohery was kidnapped. Held against his will in the horrid confines that is Stalag Mater. The medical profession carried out hideous experiments on him.

As with all troublesome prisoners he was transferred to the Hellish Hell hole that is Stalag Clontarf. As this was near the site of the Novices we hatched the plan to break him out of his confines and bring him to the safety of his Crusader colleagues. With Karl safely on the sidelines the Women's race set off. Amy, Anna, Gillian, Edel and Niamh (shaking off her nine month injury, if you see what I mean).

And what a race they ran. But have they sneaked a medal?? The Tally Men may not have been about for the referendum but they were at the Novices. The word comes in. We are just out of the medals in 4th place.

Unfortunately, it turns out that the Tally Men were right. 4th, But Hey not at all shabby. We'll be back.

Next up the Men and again we have a roller coast, we have drama and we have the thrills and spills (literally) that is the essence of Cross Country races. The Tally men are Split. 1st Lap Clonliffe lead, they say. 2nd Lap it's Crusaders, 3rd Lap Hell it's close, we are not sure. The finish we are lefty dazed. Its Close and we have to wait for the results. Are we first or are we second?

Have the lads done it? Have Alban, the 2 Johns, the 2 Michaels, Bren, Karl, Shane, Sean and Phil done enough ?? We wait and wait but then we hear. No first this time. Second will have to do. BUT it is our first male team medal at Novices. It's good we are disappointed. This is the best and biggest male squad for years in the club. Plots are immediately hatched. The Intermediates, The Leinsters, the Nationals. We are going to make a winning sweep this Winter.

We head home but wait, what's that Klaxon ?? Oh no they've come to get Karl whilst we were distracted. Don't worry Karl we'll get you out again!!!!!!! Start the tunnel!!!



# Good marathon preparation in Athlone

Posted on Tuesday, October 8th, 2013 at 10:28 pm.

Written by [James](#)

We are now into October and in the thick of the autumn season for marathon running. Last week's event in Berlin got us off to a cracking start with a men's World record and now locals will appreciate that the Dublin City Marathon is just around the corner. Like last year, Crusaders will have a sizeable contingent competing in the race with, at last count, close to 40 athletes, including at least 3 running as pacers. Last year's event saw great and much appreciated support from club members around the course and it would be wonderful if this could be repeated.

As usual, this has been an intense period for our long distance runners who have been training for marathons not only in Dublin and Berlin but also in Amsterdam, New York and Athens. For those who are running Dublin, after at least 13 weeks of increasingly hard graft, the three week taper now begins, but only after a weekend getting in either their longest run in places like the Phoenix Park or participating in the ¾ marathon in Athlone.

The race in Athlone, over 19.7 miles, is billed as excellent preparation for the DCM, but, it should be noted, only if it is run at slower than marathon pace for the full distance. Otherwise, by running it too fast so close to the main event itself, there is a risk of leaving one's Dublin marathon in Co. Westmeath. We had 13 athletes head over to Glasson to experience the race which is also a good event for experimenting with gels and drinks and the suchlike. In some ways, because the race should not be pushed too hard, the results are not necessarily meaningful from a PB point of view, but in others they would have given a lot of confidence to our runners and there were some solid times recorded. The winner of the more than 700-strong race, which was run in windy and wet conditions on a rolling hilly course, was the ubiquitous Clonliffe athlete, Gary O'Hanlon, who finished in a time of 1:47:42 (equivalent to a marathon time of approx. 2:24 if the pace had been maintained). The top places went also to such familiar faces as Raheny's Bernard Roe together with Paul Duffy and Phil Kilgannon of Sportsworld. However, we had a strong showing with Richie Mac Liam who finished in 9<sup>th</sup> place in a time of 2:01:44 (equivalent to a sub 2:45 marathon schedule) which he paced with fairly even splits, although he found the hills tough. Next was John Mulvihill who ran negative splits to finish in 16<sup>th</sup> place in a time of 2:05:36 (2:47 marathon pace), whilst Peter O'Toole and Niall Dennehy took it carefully with respectively 56<sup>th</sup> (2:21:22 and a 3:08 pace) and 74<sup>th</sup> (2:23:29 and a pace of 3:11) places. All of our remaining athletes would have been delighted with their results, no less so David Killion and Brian McGuckin who, in finishing in 94<sup>th</sup> and 98<sup>th</sup> places in times of 2:27:55 and 2:28:13, indicated that they are capable of getting well inside 3:20 in the marathon. Eamonn McWalter was coming off the back of a hard session on Saturday and ran easily to finish in 109<sup>th</sup> position in 2:29:30 (3:21) and just in front of the leading lady, who in common with several runners on the day was clearly paced by a male relative. One other such pairing was that of siblings Mary and Michael Fitzsimons. Mary was delighted with her 2:38:26 finish in 170<sup>th</sup> place, equating to a 3:31 pace. Joe Dunne, Brian Leonard (nursing a slight injury and also on the back of a hard session the previous day) and Ailbhe O'Driscoll-Collins would also have been equally satisfied that effectively a training run had put them on track to finish inside 3:30, a more than conservative goal. Lastly, Olwyn Dunne completed the group, honing her skills as a pacer for the runners aiming to get inside 3:45 for the marathon. Well done to all for showing such excellent self-discipline!

On the same day Aoife Quigley competed in the Cork BHAA running of the 15 mile Cork to Cobh race. She is training for New York which is a week after Dublin, along with fellow Crusaders Giolla Carroll and Karen Peesker (who is now based in Canada). Although the results are yet to appear and the race was not chip timed, Aoife reported that she completed the race, held in misty conditions, in 1:49, a decent preparation for her second major of the year. Giolla also competed at the weekend as part of her training, running in the "Human Race" festival 30K in Limerick. In a women's field of 58 finishers, she finished in a creditable 6<sup>th</sup> place (58<sup>th</sup> overall out of 178 in total) in a time of 2:37:32, a 3:40 marathon pace. In the same festival, major congratulations should go to Orla Drumm who won the 10K women's race ahead of 275 other female finishers. Indeed, with her time of 37:41 she placed 3<sup>rd</sup> overall in a total field of nearly 540.

On Saturday in the latest Marlay 5k Parkrun, and following recent injury, Pat Quill turned out for the first time. He acquitted himself well with a 20:32 finish and 29<sup>th</sup> place whilst there were PB runs for the course from both Ronan Gill (21:29 and 50<sup>th</sup>) and David Mee (21:43 and 60<sup>th</sup>) in a field of nearly 400 runners. Meanwhile, our lone competitor in the second running of the St. Anne's Parkrun, Paul Scannell, finished in 48<sup>th</sup> place in a time of 23:31 in a field of just over 190 finishers.

Lastly, the most recent road racing report did not include Leo Lundy's account of the Causeway Coast marathon, taking in the Giant's Causeway, last weekend. Leo would like everyone to know that it is a race in which anyone running it is unlikely to get a PB (because of the substantial cliff climbs of nearly 5000 feet) and it was possibly the hardest marathon he has yet tackled but it has the most spectacular scenery and he would highly recommend it as an event for anyone looking for slightly oddball marathons.

### **Athlone $\frac{3}{4}$ Marathon**

Overall place Name Cat. Place Chiptime

1 Gary O'Hanlon 1 1:47:42

110 Martine McEntee 1 2:30:02

#### *Crusaders AC runners*

9 Richie Mac Liam 2:01:44

16 John Mulvihill 2:05:36

56 Peter O'Toole 2:21:22

74 Niall Dennehy 2:23:29

94 David Killion 2:27:55

98 Brian McGuckin 2:28:13

109 Eamonn McWalter 2:29:30

121 Joe Dunne 2:31:18

130 Brian Leonard 2:32:49

148 Ailbhe O'Driscoll-Collins 2:34:44

170 Mary Fitzsimons 2:38:26

171 Michael Fitzsimons 2:38:26

282 Olwyn Dunne 2:48:16 (pacer)

Full results here: [http://athlone3quarter.com/userfiles/A3Q\\_2013\\_Provisional.pdf](http://athlone3quarter.com/userfiles/A3Q_2013_Provisional.pdf)



Leo Lundy

### **Human Race 30K**

Overall place Name Cat. Place Chiptime

1 Ruairi O'Donnell 1 01:47:59

17 Aideen Shinnars 1 02:17:35

*Crusaders AC runner*

58 Giolla Carroll 02:37:32

Full results here: <http://actiontiming.ie/results/hr30k-gantry-hire/>

### **Human Race 10K**

Overall place Name Cat. Place Chiptime

1 Sean Quirke 1 00:36:04

3 Orla Drumm 1 00:37:41

*Crusaders AC runner*

3 Orla Drumm 00:37:41

Full results here: <http://actiontiming.ie/results/hr10k-chip-timing/>



Michael and Mary Fitzsimons

### **Marlay Parkrun 5K #30**

Overall place Name Cat. Place Chiptime

1 Paul O'Donnell 1 00:17:43

32 Sandra Armstrong 1 00:20:43

#### *Crusaders AC runners*

Overall place Name Cat. Place Chiptime

29 Pat Quill 00:20:32

50 Ronan Gill 00:21:29 (PB)

60 David Mee 00:21:43 (PB)

Full results here: <http://www.parkrun.ie/marlay/results/eventhistory/>



Brian Leonard



Brian McGuckin



David Killion



Joe Dunne





Niall Dennehy



Eamonn Mcwalter



Aoife Quigley

**St. Anne’s Parkrun 5K #2**

Overall place Name Cat. Place Chiptime



1 Ciaran Toner 1 00:18:08

9 Aoife Brady 1 00:19:22

*Crusaders AC runner*

48 Paul Scannell 00:23:31

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=2>



Ailbhe O'Driscoll-Collins

## BHAA winter league underway

Posted on Tuesday, October 15th, 2013 at 2:24 pm.

Written by [James](#)

The 11-race BHAA winter league kicked off on Saturday in Castleknock College with the Teachers X-country men's 4 mile and ladies 2-mile races. Although overall participation was slightly down on last year, we were well represented as a club and with a strong overall performance. There seemed to be unanimous praise for the race. It was largely well-organised and conditions were dry underfoot, a gentle baptism to x-country! The course, consisting of 1 mile loops, contained two short but sharp hills and there was a bit of a headwind on one side of the route, but otherwise quite benign. Naturally, there was a fine spread to follow the race!

The two races enjoyed a combined start, with the women running the two mile event peeling off after the second lap, so that they were largely running in the thick of the mixed field for practically the whole of their race. Caroline Crowley took full advantage of the pulling effect of this and marked a solid return to competitive running with victory in the women's race in 12:40. 14 seconds later came Niamh Boland in a good second place in 12:54 and with a similar margin over the 3<sup>rd</sup> placed finisher. Marie Hyland also continued to demonstrate strong form in finishing in 4<sup>th</sup> place in 13:27. In the women's field of 44, Amy Wright placed well in 8<sup>th</sup> (14:02) and Gillian Earley, 10<sup>th</sup> (14:10). Edel Haverty completed the Cru contingent with a 13<sup>th</sup> place finish in a time of 14:27. Special mention should also be made of Susan Walsh, our intermediate runner coach, who ran well to finish in 24<sup>th</sup> place in 15:40.

As usual, there was a smattering of women in the Men's 4-mile race with both Aoife Quigley and Dee Ni Chearbhaill participating in the longer distance event as part of their marathon build-up. Victory in the race for both men and women went to 2 Raheny athletes; Cillian O'Leary (21:02) and Elish Kelly (23:48 and 25<sup>th</sup>

overall). Crusaders would have had a 6<sup>th</sup> place overall for Michael Kiely, as he was largely unchallenged in this position. Unfortunately, however, Michael was unfamiliar with the course, failing to make the home turn off the last loop with about 250m to go and was not prevented from crossing the finish line from the wrong direction. Nevertheless, there was strong showing further down the field. Brendan Murphy ran a measured race to place 7<sup>th</sup> in 22:12, whilst Shane Collins continues to make excellent recovery from recent injury in finishing in 12<sup>th</sup> place (22:39). Richie Mac Liam, another athlete training for the marathon, also made a top 20 placing, finishing in 15<sup>th</sup> place. In the 148-strong field, Michael O'Connor ran well to finish 29<sup>th</sup> in 34:18, just ahead of United Striders' Sean Murphy in 30<sup>th</sup> (24:19) and Marius McNicholas also made it into the top 50, with a 25:42 finish (48<sup>th</sup>). The contingent was completed by Pat Quill (also returning from recent injury) in 56<sup>th</sup> (26:11), James Cottle (64<sup>th</sup> and 26:50), Aoife Quigley (26:59, 3<sup>rd</sup> female and 67<sup>th</sup> overall), Michael McGovern (28:14 and 82<sup>nd</sup>), Ronan Gill (28:24 and 84<sup>th</sup>), Dee Ni Chearbhaill (28:39, 4<sup>th</sup> female and 90<sup>th</sup> overall), Kevin O'Connor (31:17 and 117<sup>th</sup>) and newcomer Paul Scannell (32:01 and 125<sup>th</sup>).

Elsewhere, there were excellent performances from Crusaders in the Donadea 10K, with John Frazer placing 3<sup>rd</sup> in 32:09 in a race won by Brian McMahon of Clonliffe in 31:46, 4 seconds behind the runner in 2<sup>nd</sup> place and over 40 seconds ahead of another Clonliffe athlete, Gary O'Hanlon. Also, like John preparing for the marathon at the end of the month, Will Owens acquitted himself well with a 17<sup>th</sup> place finish in 37:28. The women's title went to DSD's Sarah Mulligan in 34:54, ahead of Pauline Curley, with Aoife Joyce finishing in 8<sup>th</sup> (6<sup>th</sup> senior and 39<sup>th</sup> overall in a time of 41:55). Kate Murray also participated in the race coming home in 124<sup>th</sup> position out of 365 finishers in 48:10.



Caroline Crowley

### **BHAA Teachers Women's 2 mile race**

Overall place Name Cat. Place Chiptime

1 Caroline Crowley 00:12:40

#### *Crusaders AC runners*

1 Caroline Crowley 00:12:40

2 Niamh Boland 00:12:54

4 Marie Hyland 00:13:27

8 Amy Wright 00:14:02

10 Gillian Earley 00:14:10

13 Edel Haverty 00:15:40

Full results here: <http://bhaa.ie/events/teachers-2013/>



Amy Wright

### **BHAA Teachers Men's 4 mile race**

Overall place Name Cat. Place Chiptime

1 Cillian O'Leary 1 00:21:02

25 Elish Kelly 1 00:23:48

#### *Crusaders AC runners*

7 Brendan Murphy 00:22:12

12 Shane Collins 00:22:39

15 Richie Mac Liam 00:22:57

29 Michael O'Connor 00:24:18

48 Marius McNicholas 00:25:42

56 Pat Quill 00:26:11

64 James Cottle 00:26:50

67 Aoife Quigley 00:26:59

82 Michael McGovern 00:28:14

84 Ronan Gill 00:28:24

90 Dee Ni Chearbhaill 00:28:39

117 Kevin O'Connor 00:31:17

125 Paul Scannell 00:32:01

Full results here: <http://bhaa.ie/events/teachers-2013/>



Kevin O'Connor (4th from left)

### **Donadea 10K**

Overall place Name Cat. Place Chiptime

1 Brian McMahon 1 00:31:46

10 Sarah Mulligan 1 00:34:54

#### *Crusaders AC runners*

3 John Frazer 00:32:09

17 Will Owens 00:37:28

39 Aoife Joyce 00:41:55

124 Kate Murray 00:48:10

Full results here:

[http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1522%253Flayo%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1522%253Flayo%253Dprecision_timing)

### **St. Anne's Parkrun 5K #3**

Overall place Name Cat. Place Chiptime

1 Kieran Martin 1 00:17:08

13 Aoife Brady 1 0:19:00

#### *Crusaders AC runners*

1 Kieran Martin 00:17:08

6 Peter O'Toole 00:17:41

186 Nicole Roechert 00:38:06

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=3>

### **Marlay Parkrun 5k #31**

Overall place Name Cat. Place Chiptime

1 Adrian White 1 00:17:13

22 Erin O'Connell 1 00:19:12

*Crusaders AC runners*

102 Neil Brown 00:22:50

308 Fiona Lane 00:29:07

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=31>



Shane Collins



Niamh Boland



Edel Haverty

## More Parkrun success

Posted on Tuesday, October 22nd, 2013 at 12:26 pm.

Written by [James](#)

Several of our members took to the 5K parkruns on Saturday morning, some as part of their taper for the Dublin marathon next week. In Marlay Park, in a field of more than 400, Mick Blighe led our contingent home in a time of 18:17 (a PB for the course at least) and 6<sup>th</sup> place. He was followed shortly thereafter by Torben Dahl in 8<sup>th</sup> place with a time of 18:34 and by Brian Leonard in 9<sup>th</sup> place with a PB time for the distance of 18:35. Pat Quill finished just behind Brian in 10<sup>th</sup> place with a time of 18:40 (again a PB for the course) and Barry O'Neill ran a PB for the distance to finish in 19:48 (29<sup>th</sup>). Mary Noelle Rohan completed the contingent with a time of 27:36 and 256<sup>th</sup> place. Meanwhile, in St Anne's Park in Raheny, on a fast and flat course with little wind to trouble the runners, Louise Dobbryn and Anna King placed respectively first and second in the 90-strong women's race, both with PBs. The Cru contingent consisted of Kieran Martin, who ran the race as a training run, finishing in 9<sup>th</sup> place overall out of a total field of nearly 190 in a time of 19:25. He was followed by James Cottle who finished in 14<sup>th</sup> place in a time of 19:54. Louise placed 16<sup>th</sup> overall in 19:56, her first sub-20 minutes result, and by Anna, who knocked well over 90 seconds off her previous best, finishing in 18<sup>th</sup> place in a time of 20:12. Nicole Roechert also represented the club in the race, finishing in 183<sup>rd</sup> position in a PB time for the course of 38:04.



Marie Hyland

A few plucky Crusaders took up the challenge of the Gerry Farnan cross country races on Sunday. As anticipated, the fields for both men's and women's races were extremely strong and we were treated to a good battle between first and second in the men's race and an example of dominant front running in the women's.





Olwyn Dunne

In the tough and undulating 5K women's race, won inevitably by Fionnualla Britton without being pressured in a time of 15:45 and over 40 seconds ahead of 2<sup>nd</sup> placed finisher Sara Louise Treacy, we had 3 participants: Niamh Boland, Marie Hyland and Olwyn Dunne. Unfortunately, Niamh was forced to drop out during the second lap of the 3 lap race with an ankle problem, but Marie and Olwyn went on to finish in the middle of the quality pack. Marie placed 49<sup>th</sup> out of 79 runners in a creditable time of 19:22, whilst Olwyn, having witnessed son Max's 3rd place finish in his age group race earlier, also recorded an excellent time of 20:31 and 61<sup>st</sup> place, running in the masters' category.

The men's 8K race over the same course saw a battle between Dave McCarthy and Michael Mulhare, the latter finally breaking away in the last of the 5 laps to win in 24:30, with McCarthy 21 seconds back at the finish. John Reidy and Jordy Smilde turned out for the club and, as in the women's race, placed largely in the middle of the pack. John ran strongly to place 50<sup>th</sup> out of 112 in 27:43, whilst Jordy also ran well to finish in a time of 29:07 and 76<sup>th</sup> place.

On Sunday, Bob Manson was our lone representative in the Amsterdam marathon, finishing 721<sup>st</sup> out of more than 11,000 finishers. At the halfway point Bob was on target to improve on his PB of 3:05 set in Rotterdam last year. However, he found the going in the second half tough and had to settle with what was nonetheless an excellent time of 3:08:28.



Bob Manson

We should record the further exploits of Orla Drumm. Last week, she was in Limerick for the running of the ladies mini marathon and improved on her 2nd place finish in the Cork version by winning the 8K event.

### **Marlay Parkrun 5K #32**

Overall place Name Cat. Place Chiptime

1 Niall Coppinger 1 00:17:05

12 Orna Dilworth 1 00:18:47

*Crusaders AC runners*

6 Mick Blighe 0:18:07

8 Torben Dahl 00:18:34

9 Brian Leonard 00:18:35 (PB)

10 Pat Quill 00:18:40

29 Barry O'Neill 00:19:48 (PB)

256 Mary Noelle Rohan 00:27:36

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=32>

#### **St Anne's Parkrun 5K #4**

Overall place Name Cat. Place Chiptime

1 Eoin Callaghan 1 00:15:45

16 Louise Dobbyn 1 00:19:56

*Crusaders AC runners*

9 Kieran Martin 00:19:25

14 James Cottle 00:19:54

16 Louise Dobbyn 00:19:56 (PB)

18 Anna King 00:20:12 (PB)

183 Nicole Roechert 00:38:04

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=4>

#### **Gerry Farnan Women's 5K XC**

Overall place Name Cat. Place Chiptime

1 Fionnualla Britton 00:15:45

*Crusaders AC runners*

49 Marie Hyland 00:19:22

61 Olwyn Dunne 00:20:31

Full results here:

[http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1590%253Floyut%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1590%253Floyut%253Dprecision_timing)

## **Gerry Farnan Men's 8K XC**

Overall place Name Cat. Place Chiptime

1 Michael Mulhare 00:24:30

*Crusaders AC runners*

50 John Reidy 00:27:43

76 Jordy Smilde 00:29:07

# **Crusaders Expect- Leinster Novice Championships**

Posted on Sunday, October 27th, 2013 at 5:45 pm.

Written by [Michael](#)

Wind. Heavy Showers. Muck. Uneven slippery grass. Yes it is cross country racing and Sunday saw the Leinster Novice Championships in the unpretty town that is Dunboyne.

The Cru have female and male teams. A few years ago we were happy to just have teams entered. Now Crusaders expect. We expect medals, we expect wins. Our athletes expect medals and our athletes are disappointed if none arrive.

Other clubs now fear us and look in awe. Other clubs envy us and contemplate how they can replicate the Crusaders conveyor belt. That conveyor belt that constantly brings forward new athletes. That infrastructure that brings Cru athletes to reach ever greater heights. That infrastructure that will also work for our marathoners tomorrow. What is their secret, we hear them whisper. It's simple we think but we ain't saying!!!

And so to Dunboyne. Last year our Ladies won and the guys just missed out. We have new additions to our ladies. We have new additions to our men. This year Crusaders expect.

Ladies are off first. Heart attack city for the team mentors (I won't expand....). Ilona, in medal position throughout the race eventually just missing out in 4th place. Amy and Gillian our new girls since last year. Laura in her first XC race. Anna and Louise the more experienced hands.

They all have cracking races. They all run with guts. On the side-lines we are doing the counting. It is between us and Liffey Valley. The other clubs are nowhere. We do the maths. We re check the maths. The result is close. Seven points is the difference and Crusaders are Silver with Liffey Valley, the Dublin Champions taking gold. Seven points? That is nothing. Plots are hatched, plans are laid. We can beat them at Nationals. Crusaders expect.

And so to the men. Injuries have hit us. The marathon has taken some of our athletes. But we have a big squad. John Reidy -in fantastic shape. Brendan and Alban similar. Shane getting back from injury. Shane getting back to full fitness. Jordy the Dutch track athlete. Maybe not his surface but he will do well. Similar Sean, Jason, Gary and Philip. John is with the leading group all the race but like Ilona has to settle for 4th but hey great race, John. The other lads have learned from their experiences in recent races and run clever races. They run hard races. They come through in the latter part of the race. We get excited on the side-line. We do the tally each lap. We reckon it is all ours. No other club are really near us. It is as clear a victory as seen for a while. YESSSSSSSSSSSSSSSSSSSS.

Plots are hatched, plans are laid. If we can win Leinsters we can win Nationals. Crusaders expect.

# Cru marathoners hit the wall....of sound

Posted on Wednesday, October 30th, 2013 at 9:42 pm.

Written by [James](#)

Please note that the following report was written before we received news of the death of Ricki Savage, a British runner, two days after collapsing at the end of the marathon. It reminds us that whilst our sport can be extremely rewarding it can also be hazardous. Our thoughts and prayers go out to his family and friends.

We already had some inkling that the 2013 Dublin City marathon would be somewhat different from previous editions and that we were likely to have at least one Irish winner, the first in several years, since a sponsor had only come on board after a decision had been taken not to create what would have been an elite pool of overseas, mostly African and perhaps eastern European, athletes. We knew it was going to be special but we had no idea that, in both men's and women's races, we would witness such a fiercely contested marathon and that it was all the better for being so locally focused. As a consequence, it was also such a shame that no television cameras were present to record it for posterity. But it was a great spectacle for the thousands who turned out on the day to line the streets of Dublin, it seemed in much greater numbers than in previous years.

We also dodged a bullet, in that all weekend we had been glued to internet weather forecasts wondering whether the storm that eventually kept much to the south of us would ruin our day. In the event, we experienced tough conditions at times, particularly in Crumlin where we faced a strong gusting headwind, but it was nothing compared to what we might have otherwise expected. Nor did we get the rain that lashed down on us just the day before in the fields of Dunboyne where the Cru were victorious in the Leinster novices cross country. It would not be an exaggeration to say that if someone had offered us beforehand the conditions we were to race in we would willingly have accepted.

The records will show that Clare beat Dublin in the men's race and Donegal beat Cork for the ladies title, but it was so much more than that. We all know Sean Hehir, who for all his youth has been on the scene for years. By over a minute in the end he beat Joe Sweeney, a man more of international than local stature making his marathon debut, but carrying the burden of high expectations. Maria McCambridge has also had a local presence for some time and she took on Clare McCarthy-Gibbons, well-known down on the Munster circuit. Indeed, Clare gave Maria quite a fright, but in a truly exciting race Maria won out in the end. From a time point of view neither race would have made the Africans sit up and take notice, but that was not the point. Marathon racing doesn't have to be about breaking records, it can also be about the struggle between individual competitors and everyone loves tightly contested races between competitors they know.

The Cru turnout was nothing short of spectacular, and that was just the force of supporters who yelled and screamed themselves hoarse on the day. Three years ago, Crusaders fielded a team of half a dozen marathoners. On Monday, there were nearly 50 out representing the club, either as competitors or pacers. Admittedly, it could have been more and we lost a few even over the weekend leading up to the race. However, those who were able to compete generally did themselves proud. Not everyone was able to run the race they had been envisaging and troublesome injuries got the better of one or two and perhaps it was inevitable that we would have the odd casualty who couldn't quite make it to the end, but that's what marathon racing is all about, taking on the challenge of a distance that demands respect and sometimes we fail. But the quality of our offer on the day was second to none and this was recognised by spectators and fellow competitors alike. Nevertheless, our supporters acted like a twelfth man and without their ubiquitous presence which started as early as on O'Connell bridge and cropped up frequently until Slattery's in the 24<sup>th</sup> mile where we literally had to run a Cru gauntlet, a wall of sound on both sides of a narrow funnel (à la Tour de France) with our friends bellowing and screaming in our ears and setting us up brilliantly for the last 2 miles, we might not have achieved some of the great results that were produced. Thanks should also go to Bob Manson who once again made available his office facilities on Fitzwilliam Square so that we were able to prepare ourselves in comfort and have a place where we could leave our stuff during the race.



According to the timekeepers the first Crusader to cross the line was Tom Frazer. In fact, Tom, twin brother to John, is not a Crusader (yet!) and the organisers had perhaps confused him with John, after all they are identical in so many respects, so we have had to disabuse everyone. Tom had run in Berlin 3 weeks earlier and qualified there for the Northern Irish team in next year's Commonwealth Games with a sub-2:18 finish (although surprisingly enough he thinks he may not get picked). On Monday he placed 4<sup>th</sup> just behind Clonliffe's Sergiu Ciobanu in 2:22:34. So in reality it was left to brother John to lead the Cru men home. He finished in 19<sup>th</sup> place out of nearly 12,350 finishers in a PB time that had been predicted for him of 2:32:30. All in all we had 13 Crusaders finish in under 3 hours. Next up was Rob Cross who finished in 2:36:47 (17 seconds behind his PB time in the same race last year) in 32<sup>nd</sup> place but having moved into a new masters category in the meantime, he also silver medalled. Rob was followed by John Mulvihill (53<sup>rd</sup>) and Stephen Moore (52<sup>nd</sup>) who finished more or less side by side in PB chiptimes of 2:39:38 and 2:39:39 respectively and then by Richie Mac Liam who also recorded a massive 10 minute PB improvement by finishing in (again) a predicted time of 2:41:33 and 61<sup>st</sup> place overall. There were more PBs to come from the likes of Kieran Martin (2:49:19 and 106<sup>th</sup>) who ran alongside Niall Dennehy nearly the whole way. Niall also recorded a PB with a time of 2:49:32 (108<sup>th</sup>), as did Will Owens who placed 177<sup>th</sup> in a time of 2:54:12. Strong races were also run by Seamus MacFloinn (2:51:40 and 144<sup>th</sup>), Ciaran Diviney (2:53:55 and 171<sup>st</sup>), Kieran O'Loughlin who was nursing an injury that had cropped up some time before the race (2:55:18 and 194<sup>th</sup>), Eoghan Kerins who also represented the Garda and who ran 2:57:44 (255<sup>th</sup> place) and our last sub-3 hour runner, 3-hour pacer Michael Kiely, who ran a totally correct 2:59:36.

More huge PBs were to come from Eamonn McWalter (3:01:39 and 425<sup>th</sup>), agonizingly close to breaking 3 hours, and from Shane McGrath (3:05:38 and 504<sup>th</sup>) who just could not hang on to Eamonn going down the last stretch but still was able to hold it together at the end. Mick Blighe was able to run with the freedom of knowing that his wife had already given birth to a baby boy 17 hours previously and duly produced a sterling performance with a PB of 3:08:34 and 600<sup>th</sup> place. Our heartiest congratulations go out to Mick and his family.

All in all, twenty-nine Crusaders broke 3:30 during the race (top 2000 places) and there were several more PBs to come among them. During the second half of the race Peter O'Toole had to revise his goal of a sub-3 hour outcome, but still managed to finish in a PB time of 3:09:27. Brian Leonard had a similar experience, going into the race with a nagging calf injury, but still recorded a PB of 3:10:17. Other notable PBs came from Joe Dunne (3:14:36 and who shared a sprint finish with James Cottle who was given a time just 1 second behind; note that, at least until the next marathon in which Olwyn will feature competitively, Joe has bragging rights in the Dunne household), Dom Burke (3:19:32) running his first marathon, Michael Fitzsimons (3:22:54), likewise, but who suffered also from a painful leg injury going into the race and which flared up during it, David Killion, also in his first marathon (3:25:37), Mike Stewart (3:28:32), Des O'Brien (3:30:00), Brian McGuckin (3:48:13) who was also suffering from a hip injury and Stefano Palmisano, who paced his flatmate Argentina Gonzalez to a PB also (3:50:00).

On the ladies side, Ailbhe O'Driscoll-Collins was our leading scorer in finishing in 93<sup>rd</sup> place in the women's race in a time of 3:25:03, whilst ladies captain Dee Ni Chearbhaill placed 125<sup>th</sup> in a time of 3:29:20. Newcomer Fiona Cafferty also ran strongly to record a time of 3:31:17 and 154<sup>th</sup> place, as did Mary Fitzsimons who ran a PB time of 3:40:00 and 277<sup>th</sup>. Geralyn Early ran 3:46:27 (416<sup>th</sup>), Argentina Gonzalez ran a PB of 3:49:59 (526<sup>th</sup>) and Cathy Mannion just snuck in under the 4 hour mark with a time of 3:56:37 and 621<sup>st</sup> place. There were 3,680 female competitors overall in the marathon, so we had some great places



and times within that race. Last word, however, should go to Bob Manson, who not only accommodated the Cru at his offices on the day, but also put on his runners once again, having run in Amsterdam the week before, and ran an easy 3:57:35. Hats off to all our competitors who are listed below. A really satisfying day for the club with at least 22 PBs recorded!

Also on the weekend, Crusaders competed in the various 5K Parkruns. Donal Foley placed 39<sup>th</sup> out of 127 competitors in Griffeen Park in a time of 23:54, whilst in Marlay Park, in a field of nearly 400, Olwyn Dunne, just two days before she was due to pace the 4 hour competitors in the marathon, placed 101<sup>st</sup> in 23:07. She was joined by son Max who ran 23:05 (99<sup>th</sup>) and by Anthony O'Reilly who placed 16<sup>th</sup> in a time of 19:32, Ronan Gill (21:45 and 50<sup>th</sup>) and by Gemma Nagle (23:28 and 107<sup>th</sup>).



Cathy Mannion

### **Dublin Marathon 2013**

Overall place Name Cat. Place Chiptime

1 Sean Hehir 1 02:18:19

44 Maria McCambridge 1 02:38:51

#### *Crusaders AC runners*

22 John Frazer 02:32:30 (PB)

32 Rob Cross 02:36:47

52 Stephen Moore 02:39:39 (PB)

53 John Mulvihill 02:39:38 (PB)

62 Richie MacLiam 02:41:33 (PB)

106 Kieran Martin 02:49:19 (PB)

108 Niall Dennehy 02:49:32 (PB)

144 Seamus MacFloinn 02:51:40



171 Ciaran Diviney 02:53:55

177 Will Owens 02:54:12 (PB)

194 Kieran O'Loughlin 02:55:18

255 Eoghan Kerins 02:57:44

373 Michael Kiely 02:59:36 (Pacer)

425 Eamonn McWalter 03:01:39 (PB)

504 Shane McGrath 03:05:38 (PB)

600 Mick Blighe 03:08:34 (PB)

641 Peter O'Toole 03:09:27 (PB)

695 Brian Leonard 03:10:17 (PB)

858 Paul Campbell 03:14:09

893 Joe Dunne 03:14:36 (PB)

894 James Cottle 03:14:37

1154 Dominic Burke 03:19:32 (PB)

1350 Karl Walsh 03:19:47

1385 Michael Fitzsimons 03:22:54 (PB)

1465 Stephen Crowe 03:23:37

1535 David Killion 03:25:57 (PB)

1538 Ailbhe O'Driscoll-Collins 03:25:03

1877 Dee Ni Chearbhaill 03:29:20

1896 Mike Stewart 03:28:32 (PB)

2034 Des O'Brien 03:30:00 (PB)

2103 Fiona Cafferty 03:31:17

2574 Ryan Murphy 03:36:30

2915 Barry O'Neill 03:40:00

2945 Mary Fitzsimons 03:40:16 (PB)

3686 Brian McGuckin 03:48:13 (PB)

3763 Geralyn Early 03:46:27

4322 Stefano Palmisano 03:50:00 (PB)

4325 Argentina Gonzalez 03:49:59 (PB)

4327 Liam O'Brien 03:51:30

4746 Cathy Mannion 03:56:37

4871 Stephen Egan 03:54:34

5314 Olwyn Dunne 03:59:26 (Pacer)

5473 Bob Manson 03:57:35

5618 Leo Lundy 04:00:33

5743 Csaba Saransky 04:01:39

6264 Tim Madigan 04:08:36

8034 Susanne English 04:25:38

9176 Joe O'Reilly 04:38:49 (Pacer)

Full results here: <http://www.tdl.ltd.uk/race-results.php>



Dee Ni Chearbhaill

### **Griffeen Parkrun 5K**

Overall place Name Cat. place Chiptime

1 Ian McManus 1 00:18:50

23 nicola Kavanagh 1 00:22:15

*Crusaders AC runner*

39 Donal Foley 00:23:54

full results here: <http://www.parkrun.ie/griffeen/results/weeklyresults/?runSeqNumber=20>

### **Marlay Parkrun 5K #33**

Overall place Name Cat. place Chiptime

1 Pdraig Mahony 1 00:18:14

10 Bryony Treston 1 00:18:46

*Crusaders AC runners*

16 Anthony O'Reilly 19:32

50 Ronan Gill 00:21:45

99 Max Dunne 00:23:05

101 Olwyn Dunne 00:23:07

107 Gemma Nagle 00:23:28

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=33>



John Frazer



Brian McGuckin



Fiona Cafferty



Kieran O'Loughlin



Ailbhe O'Driscoll-Collins



Eamonn Mcwalter



Leo Lundy



Sean Murphy and Will Owens





Niall Dennehy and Kieran Martin



Stefano Palmisano and Argentina Gonzalez



Liam O'Brien





Peter O'Toole



James Cottle



Rob Cross



Stephen Moore



Michael Costello



Shane McGrath



Brian Leonard



Richie Mac Liam and John Mulvihill



Mick Blighe



Dom Burke



Des O'Brien



Joe Dunne

## More Marathon excitement

Posted on Tuesday, November 5th, 2013 at 9:46 pm.

Written by [James](#)

There was tremendous anticipation and excitement in the lead up to this year's NYC marathon, not least because it was its first proper running since Hurricane Sandy had forced cancellation last year, but also because of the huge numbers of runners it attracts (with a record 50,000 finishers this year) and an atmosphere almost second to none. We had 4 Crusaders in the race and many of us were avidly tracking their progress on the app which we had downloaded beforehand and which gave 5km splits, as well as being able to watch live coverage of the lead athletes on TV. It's fair to say that the elite women's race was a master class in marathon racing as the eventual winner, the Kenyan Priscah Jeptoo, did not panic when, from the gun, two athletes began to carve out a lead on the rest of the field that climbed to well over 3 minutes. Although one of those front runners, ultimately second-place finisher, Buzunesh Deba from Ethiopia, did not



slow in the latter half and ran pretty even splits, Jeptoo successfully hunted her down and overtook her around the 24<sup>th</sup> mile mark, eventually finishing with an impressive 7 minutes negative split in 2:25.



Harpreet Bhambra

It would be fair to say that our stalwart marathoners enjoyed slightly mixed fortunes during the race that was held in cool and blustery conditions. The race heads due north for long parts particularly through Brooklyn and Queens and the runners were heading into a northerly headwind for quite a bit of the race, particularly feeling it on the many bridges that are a feature of it. In fact one wheelchair competitor stated that his chair nearly turned over at times on the bridges because of the strength of the wind.

Our leading runner was Aoife Quigley, participating in her 7<sup>th</sup> marathon. At the first 5k mark she was only 2 minutes off Jeptoo's pace and many of us following her from afar wondered how long she could sustain it. This continued all the way through to the halfway point where her pace indicated a potential 3 hour finish. However, inevitably, the second half bit and, as she herself had expected, she found the going quite tough, even so eventually finishing with an excellent time of 3:14:49 and her 3<sup>rd</sup> fastest marathon. Moreover, Aoife placed inside the top 2,000 overall and was 160<sup>th</sup> woman finisher (and among the top 50 seniors) out of nearly 20,000 female runners. Karen Peesker, who returned to her native Canada earlier this year, also found the second half challenging after a relatively fast start and finished in 3:50:00, but enjoying it all the way. She also placed well, being close to the top 10% among female runners. Giolla Carroll was on for a sub-4 hour finish right up to the 35k mark, but suffered in the final kilometres, eventually crossing the line in 4:13:54, whilst our last competitor, Harp Bhambra, completed the race in 4:48:08. Harp had picked up a leg injury at the beginning of her training programme that came back later in her schedule and also adversely affected her in the race. Nevertheless, she also enjoyed the marathon experience and no doubt will be planning another for next year.



Aoife Quigley, Deirdre Fitzgerald, Paul O'Connell and Cathy Mannion

Meanwhile, in Myanmar, Torben Dahl was tackling an altogether different challenge, competing in the inaugural Bagan Temple marathon. In a field of just over 70 runners, Torben placed 13<sup>th</sup> overall in a time of 4:08:07. Unsurprisingly, the first finishers were locals in a race that was run in temperatures of over 40 degrees Celsius with 80 percent humidity. Torben decided early on that he was going to enjoy the experience and the scenery and was well outside his usual result for the many times that he has competed over the distance.



Ronan Gill (in DLR 10k shirt)

On Saturday, we had the ever-popular Parkruns. Crusaders were represented in Marlay Park by Anthony O'Reilly and Ronan Gill. Anthony was just off his PB for the course, finishing in 20<sup>th</sup> place in a time of 19:52, whilst Ronan treated the race as a training run and paced his sister throughout, cantering to the finish in a leisurely 30:19. In St Anne's Park in Raheny on the other hand, in windy conditions John McAuley made up a little for his disappointment at having to pull out at the last minute of last week's Dublin marathon with the remnants of a chest infection by finishing in 3<sup>rd</sup> place out of 187 participants in a time of 18:26. Running the event for the first time, Marius McNicholas ran 19:10 to finish in 7<sup>th</sup> place overall, whilst Sharon Woods placed 50<sup>th</sup> in 23:40 and Nicole Roechert finished in 184<sup>th</sup> in 38:19.

Congratulations to all.

### **ING New York City Marathon**

Overall place Name at. Place Chiptime

1 Geoffrey Mutai 1 02:08:24

25 Priscah Jeptoo 1 02:25:07

#### *Crusaders AC runners*

1997 Aoife Quigley 03:14:49

11081 Karen Peesker 03:50:00

21530 Giolla Carroll 04:13:54

34849 Harp Bhambra 04:48:08

Full results here: <http://web2.nyrrc.org/cgi-bin/htmls.cgi/878.8.013229404520610557>

### **Bagan Temple marathon**

Overall place Name at. Place Chiptime



1 Wai Lin Tun 1 02:53:34

6 Thida Cho 1 03:27:20

*Crusaders AC runner*

13 Torben Dahl 04:08:07

Full results here: <http://bagan-temple-marathon.com/2013-results>

### **Marlay Parkrun 5K #34**

Overall place Name at. Place Chiptime

1 Michael Kallenberg 1 00:16:16

18 Aileen Flynn 1 00:19:44

*Crusaders AC runners*

20 Anthony O'Reilly 00:19:52

324 Ronan Gill 00:30:19

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=34>

### **St. Anne's parkrun 5K #6**

Overall place Name at. Place Chiptime

1 Martin McKenna 1 00:17:57

14 Aoife Brady 1 00:19:51

*Crusaders AC runners*

3 John McAuley 00:18:26

7 Marius McNicholas 00:19:10

50 Sharon Woods 00:23:40

184 Nicole Roechert 00:38:19

## **Memorable Racing**

Posted on Monday, November 11th, 2013 at 10:54 pm.

Written by [James](#)

The weekend produced some good quality racing. On Saturday morning several Crusaders took part in the 2<sup>nd</sup> race in the BHAA cross country winter league, held up at AALSA under the flight path for Dublin airport. There were several course changes from the traditional 5 mile one usually run in the Spring and, within half an hour to go before the start, organisers were still sorting out and measuring the route. In the

event, at least for the men's race, the 4 mile distance was spot on. The flat course itself was reasonably (and thankfully, given past experience!) pristine, with only a few slightly muddy challenges on some of the tight corners and the weather conditions were generally kind, crisp and sunny but with a bit of a strong headwind in places. The top placed male finishers were clearly using the race as a warm up for the inter-counties to be held next weekend in Santry demesne and the likes of Brian Maher and Emmet Dunleavy duly romped home without much difficulty. The rest of us on the whole were pretty satisfied with our race and the general consensus was positive... until the brack ran out prematurely afterwards!

In the women's 2 mile race, Sarah Cush, competing in her first BHAA event, distinguished herself by finishing in 16<sup>th</sup> position overall (and 5<sup>th</sup> senior) out of more than 40 competitors in a time of 14:12, whilst Cru coach Susan Walsh as usual ran a steady race to finish in 24<sup>th</sup> position in a time of 14:26. Of interest to members is that Geraldine Clements (O'Shea), who used to coach at the club, was back running on Saturday and finished in 17<sup>th</sup> place in a time of 14:15. The much larger men's field of nearly 170 runners saw John Mulvihill and Michael Kiely scrapping it out for 12<sup>th</sup> and 13<sup>th</sup> places, with John the eventual victor in a time of 22:03, 1 second ahead of Michael. Marius McNicholas finished inside the top 50 places in a time of 24:36 and James Cottle discovered that his age group is getting stronger than ever in placing 71<sup>st</sup> and a time of 25:35, but which was only good enough to put him in 6<sup>th</sup> position in his age category (the first seven finishing within just over a minute of each other). Ronan Gill continues to benefit from his cross country efforts, placing 91<sup>st</sup> in a time of 26:56, closely followed by Michael McGovern in 94<sup>th</sup> place (27:05). Robbie Moore, just back from his holidays, finished in 109<sup>th</sup> spot in a time of 27:56 and the Cru complement was completed by Kevin O'Connor who finished in 135<sup>th</sup> place in a time of 30:05.

As usual, the parkruns took place on Saturday morning. However, there were fewer Cru competitors than usual. Mary Noelle Rohan was our sole representative in Marlay Park, finishing in 348<sup>th</sup> place out of a surprisingly massive field of nearly 550 in a time of 28:35 for the 5K distance. In St Anne's in Raheny in a field of nearly 200 runners we were represented by Sharon Woods and Nicole Roechert. Sharon placed 50<sup>th</sup> overall (and 6<sup>th</sup> lady) in a time of 23:06, whilst Nicole finished in 191<sup>st</sup> place in 38:11.



Olwyn Dunne

On Sunday, several members turned out in the crisp cool sunshine in the Phoenix Park to participate in the 5K Remembrance Run which saw a field of more than 2,250 runners and walkers. Michael Purcell was first Crusader home in a time of 19:17 and 38<sup>th</sup> position overall behind 1st placed Joe Warne, whilst shortly afterwards Olwyn Dunne crossed the line in 58<sup>th</sup> position overall and 6<sup>th</sup> woman finisher behind ladies winner, Catherina McKiernan, in a time of 19:51, just a few seconds off her PB for the distance. Kristy Ryan placed 262<sup>nd</sup> overall (55<sup>th</sup> out of nearly 1500 women finishers) in 24:09 and John Fitzsimons overcame his recent calf injury to finish in 612<sup>th</sup> place (28:54). Lorraine Dorgan placed 905<sup>th</sup> overall (471<sup>st</sup> woman) in a time of 31:55.

Finally, we are coming to the end of the Autumn marathon season. We had 2 competitors participating in point-to-point marathons, Athens and Nice-Cannes, with mixed results. Leo Lundy, running in his umpteenth marathon for the year, had to brave an incredibly strong headwind for the entire route on the Cote D'Azur, not helped by the lack of support for the nearly 7,000 runners along the way which Leo reported rendered the experience somewhat sterile. Nevertheless, he ran solidly and was able to complete the race in under 4 hours, finishing in 3:59:39. On the other hand, Federico Corradini had what appeared to be a much

more enjoyable experience in Athens, in completing the classic course in an excellent time of 3:11:23. Federico ran pretty evenly throughout the race, finishing the last 2 miles extremely strongly.



Susan Walsh

### **BHAA Bank of Ireland Women's 2 mile XC**

Overall place Name Chiptime

1 Fiona Mahon 00:12:10

*Crusaders AC runners*

16 Sarah Cush 00:14:12

17 Geraldine Clements 00:14:15

Full results here: <http://bhaa.ie/events/bank-of-ireland-2013/>

### **BHAA Bank of Ireland Men's 4 mile XC**

Overall place Name Chiptime

1 Brian Maher 00:19:26

*Crusaders AC runners*

12 John Mulvihill 00:22:03

13 Michael Kiely 00:22:04

49 Marius McNicholas 00:24:36

71 James Cottle 00:25:35

91 Ronan Gill 00:26:56

94 Michael McGovern 00:27:05

109 Robbie Moore 00:27:56

135 Kevin O'Connor 00:30:05

Full results here: <http://bhaa.ie/events/bank-of-ireland-2013/>

### **Marlay Parkrun 5K #35**

Overall place Name Cat. Place Chiptime

1 Tom Aldred 1 00:16:24

30 Paula Prendergast 1 00:19:19

*Crusaders AC runner*

348 Mary Noelle Rohan 00:28:35

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=35>

### **St. Anne's Parkrun 5K #7**

Overall place Name Cat. Place Chiptime

1 Emmet O'Briain 1 00:16:55

33 Rosie Lenehan 1 00:21:49

*Crusaders AC runners*

50 Sharon Woods 00:23:06

191 Nicole Roechert 00:38:11

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=7>

### **Remembrance Run 5K**

Overall place Name Cat. Place Chiptime

1 Joe Warne 1 00:15:02

10 Catherina McKiernan 1 00:17:20

*Crusaders AC runners*

38 Michael Purcell 00:19:17

58 Olwyn Dunne 00:19:51

262 Kristy Ryan 00:24:09

612 John Fitzsimons 00:28:54

905 Lorraine Dorgan 00:31:55

Full results here:

[http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1583%253Flayo%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetimer?v=%252Fen%252Frace%252Fshow%252F1583%253Flayo%253Dprecision_timing)



Sarah Cush



Geraldine Clements



Ronan Gill





Michael Kiely



Robbie Moore



Marius McNicholas





James Cottle



Kevin O'Connor



John Mulvihill



Michael McGovern

## Running in darkness and light

Posted on Tuesday, November 19th, 2013 at 11:16 pm.

Written by [James](#)

Two of the events on which we report this week were held at night. The first was the third running of the Run in the Dark for Mark (Pollock), an event being held simultaneously in many places. Crusaders provided both runners and stewards for the Dublin event, with Jimmy O'Neill lending his considerable experience as head steward to alleviate an event that by design was always going to be chaotic. 5,800 runners took part in 2 races, a 5k and a 10K combined on a 2 loop course that wound its way from Grand Canal Dock round via the Custom House and out to the O2. The races were delayed by 20 minutes, possibly because there was a reluctance on the part of the Gardaí to impact rush hour traffic, something to be borne in mind for the future, which meant the runners were really feeling the cold on a chilly and blustery evening. Then with the field split evenly between the two races, the 10K front runners found that their motorcycle escort which had led them round the first lap abandoned them on the second and they were left to weave their way around all the back markers still completing the 5K race. At the end of the day the event should be considered a fun run perhaps (everyone was encouraged to wear flashing red armbands) and there were no prizes for the winners, but all the same it was somewhat maddening for the serious athletes in what was otherwise an enjoyable race for a great cause. Given the rather chaotic situation upfront it may come as something of a surprise to read that at least three of our athletes got PBs. At last count, we had 8 Crusaders in the 10K race. Niall Dennehy ran brilliantly to finish in 5<sup>th</sup> place with a 37:12 PB time. Back from his recent travels, Torben Dahl came home in 18<sup>th</sup> place in 38:22 whilst Brian MacAlister also registered a significant PB, finishing in 39:22 and 39<sup>th</sup> place. Hugh Larkin and Dom Burke further demonstrated Cru strength with top 100 finishes (Hugh running 40:13 and 63<sup>rd</sup> and Dom placing 100<sup>th</sup> in a time of 41:27). Sharon Woods led the Cru women home, finishing in a PB time of 46:48 (450<sup>th</sup> overall). She was followed by Kate Murray (609<sup>th</sup> and 48:21) and by Emer Carey (1049<sup>th</sup> and 52:04) who, as she rounded the O2 corner for the second time, let your correspondent (who was stewarding there) know that she was 4 months pregnant!

The other race that was run in darkness was the Bangkok marathon which started at 2:00 in the morning. Just three weeks after a hard run in the Dublin marathon, Brian Leonard decided to take it a little easier, particularly given the conditions of heat, humidity and smog, finishing in 3:55:21 (223<sup>rd</sup> out of nearly 2000 competitors). For such an exotic location, Brian reported that the route was rather boring with over 34km being run on an out and back on a freeway after initially circling the royal palace, although the finish under the rising sun was really spectacular. The race was sponsored by McDonalds and there are no prizes for

guessing what the competitors were treated to en masse at the finish! Brian, however, opted just for the highly effective Thai massage! Leo Lundy also tackled a marathon at the weekend, his 35<sup>th</sup>, and ran 4:09 in Sixmilebridge in Co. Clare, part of the 100 marathon club series, in somewhat damp conditions. Leo's goal is to have completed 50 marathons before he hits 50, a target that is well within his reach.



Leo Lundy

On Saturday congratulations should go to Sharon Woods who won the women's race in the 8<sup>th</sup> St Anne's Parkrun 5K in a time of 22:45 (56<sup>th</sup> overall in a field of 215), just slightly outside her PB, whilst Nici Roechert improved on her PB by 2 minutes finishing in 36:34 (209<sup>th</sup>). In Marlay Park on the same day, Peter Jackson led the Cru contingent home in 19:29 and 28<sup>th</sup> place out of nearly 450 runners. He was followed closely by Anthony O'Reilly in 33<sup>rd</sup> place (19:38). Neil Brown completed the contingent by placing 159<sup>th</sup> in a time of 24:24.

Ten Crusaders turned out for the first of the novice Meet and Train series hosted by Fingallians in Swords on Sunday. Two strong teams were entered by the club in a field of 182 runners for the two mile race. First home for Crusaders was Kristy Ryan in a time of 13:41 (28<sup>th</sup>), closely followed by Geraldine Clements (O'Shea) in 13:50 (35<sup>th</sup>), Edel Keaveney, 13:51 (36<sup>th</sup>), and Laura Roche, 13:54 (39<sup>th</sup>). Also competing for Crusaders were Tish Ryan who finished in 14:12 (45<sup>th</sup>), Sandra O'Neill, 14:32 (51<sup>st</sup>), Ellen Caulfield, 14:39 (54<sup>th</sup>), Sharon Woods, in her 3rd race in 5 days, 14:44 (56<sup>th</sup>), Mairead Cashman, 15:46 (94<sup>th</sup>) and Nici Roechert, 22:55 (132<sup>nd</sup>). It appears, however, that the story of the day has to go to Edel Keaveney who, having discovered that morning that her car window had been vandalised, somehow managed to convince the Gardaí in Irishtown station to whisk her to Swords in time for the start of the race! After the first race the two Cru teams are lying respectively in 8<sup>th</sup> and 1th places out of 29 teams overall.

### **Run in the Dark 10K (Dublin)**

Overall place Name Cat. Place Chiptime

1 Paul Lynch 1 00:36:31

17 Aisling Jordan 1 00:38:21

#### *Crusaders AC runners*

5 Niall Dennehy 00:37:12 (PB)

18 Torben Dahl 00:38:22

39 Brian MacAlister 00:39:22 (PB)

63 Hugh Larkin 00:40:13

100 Dom Burke 00:41:27

450 Sharon Woods 00:46:48 (PB)

609 Kate Murray 00:48:21

1049 Emer Carey 00:52:04

Full results here: <http://www.runinthedark.org/>

### **St Anne's Parkrun 5K #8**

Overall place Name Cat. Place Chiptime

1 Aidan Jones 1 00:17:27

56 Sharon Woods 1 00:22:45

*Crusaders AC runners*

56 Sharon Woods 00:22:45

209 Nicole Roechert 00:36:34 (PB)

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=8>

### **Marlay Parkrun 5K #36**

Overall place Name Cat. Place Chiptime

1 Leon O'Connor 1 00:16:22

27 Louise Keane 1 00:19:27

*Crusaders AC runners*

28 Peter Jackson 00:19:29

33 Anthony O'Reilly 00:19:38

159 Neil Brown 00:24:24

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=36>

### **Women's meet and train**

Overall place Name Chiptime

1 Laura McDonnell 00:12:07

*Crusaders AC runners*

28 Kristy Ryan 00:13:41

35 Geraldine Clements (O'Shea) 00: 13:50



36 Edel Keaveney 00: 13:51

39 Laura Roche 00:13:54

45 Tish Ryan 00:14:12

51 Sandra O'Neill 00:14:32

54 Ellen Caulfield 00:14:39

56 Sharon Woods 00:14:44

94 Mairead Cashman 00:15:46

132 Nicole Roechert 00:22:55

## Cru take on International Challenge

Posted on Sunday, December 1st, 2013 at 7:55 pm.

Written by [James](#)



### Cru in Lanzarote

The official video is good but it doesn't tell the whole story. It can't capture how hard and hot was the volcanic rock-mixed asphalt surface of the roads in the 10K, nor does it highlight the sharp roughness of the ruts on the trail descending from the ridge in the 13K. The soupy heavy texture of the sand on each of the turns on the 2 lap 5K beach run is missing as is the incredible strength of the headwind which also whipped up the sand and dust in our faces during the half marathon.

Yes, the Cru were on their annual pilgrimage to the land which time forgot, and, as someone remarked, a land fit more perhaps for prehistoric creatures than for runners, pockmarked with volcanoes and practically treeless, ubiquitous white painted houses providing the only real contrast to what is otherwise quite a bleak terrain. Club La Santa beckoned with its 4 days in a row of racing and this year the Cru were there in force, with perhaps double the number of previous years and loving every minute of the experience!

The first race in the series was a 10K, otherwise relatively flat but for a challenging 40m hill repeated twice on the 2 lap course. We did have a strong wind to contend with in places and, whenever the wind was behind us, the temperature, around 20 degrees, felt as though it was rising exponentially. Eleven Cru ladies took on the race against international opposition mostly from Ireland, the UK, Germany, Denmark and the Netherlands. In a field of 132, we came in no worse than 28<sup>th</sup> place, the top position going to the German winner of last year's series (and ones previous to that), Christl Doerschl. Ilona McElroy ran strongly to finish in 3<sup>rd</sup> place in just over 40 minutes, followed closely behind by Caroline Crowley who decided at the last minute to take on the 10K but in reality still suffering from the injuries that have plagued her all year. Marie Hyland, one of the revelations of the week, was not much further back in 8<sup>th</sup> place, followed by Aoife Quigley (11<sup>th</sup>), Gillian Earley, who worked her way through the field towards the end, in 13<sup>th</sup>, Amy Wright in 16<sup>th</sup>, Catherine Thornton, having had limited training, 17<sup>th</sup>, Dee Ni Chearbhaill, 19<sup>th</sup>, Edel Haverty (22<sup>nd</sup>), Anna King (23<sup>rd</sup> in a PB time of 45:03) and Louise Dobbyn in 28<sup>th</sup>. At the end of the first day, Marie and Ilona were technically lying in 1<sup>st</sup> place in their respective age groups and the two ladies teams were holding 1<sup>st</sup> and 3<sup>rd</sup> places out of 12, sandwiching a team from Denmark in 2<sup>nd</sup>, but with Sportsworld lying ominously in 4<sup>th</sup> place behind them.

In the men's race with a field of nearly 250, a similar challenge awaited the ten Cru runners and, as with the women, we finished well in a quality field. The pack went off super fast around the track on which the race both started and finished. Alban Coghlan, after initially finding it difficult to work out an appropriate route round the track, soon settled into a strong race, pursued closely by Vinnie McGuinness and John Mulvihill. They finished in that order in 12, 13<sup>th</sup> and 16<sup>th</sup> places respectively, behind last year's series winner, the Dane: Kasper Hartlev. Two other Irishmen, Paul Fleming and Paul Duffy, both coming together to represent Sportsworld, ran particularly strongly to finish in 2<sup>nd</sup> and 3<sup>rd</sup> places respectively, with Paul Duffy having been in 3<sup>rd</sup> place for much of the race, just being taken in the stadium at the end. Shane Collins, showing good form, placed 19<sup>th</sup> with newly-appointed men's club captain, Seanie Murphy, finishing in 32<sup>nd</sup> position. Michael O'Connor (48<sup>th</sup>) and Will Owens (53<sup>rd</sup>) completed the contingent of Cru runners finishing under 40 minutes, whilst Michael Fitzsimons (73<sup>rd</sup>), Philip Matthews, who started late behind the field as the gun went and had to play catch-up (89<sup>th</sup>) and James Cottle (90<sup>th</sup>) all acquitted themselves well. At the end of the first day, John Mulvihill (2<sup>nd</sup>) and Shane Collins (3<sup>rd</sup>) were the best placed male Cru in all the different age groups whilst the Cru men's A team was lying in 3<sup>rd</sup> place behind the strong Sportsworld team in 1<sup>st</sup>, with a Danish team in 2<sup>nd</sup> out of 32 teams (Cru B in 10<sup>th</sup> and Cru C in 18<sup>th</sup>).

It was noticeable on the second day and compared to the previous day, how measured the start of the field was for the 13K ridge run which as usual required a stadium start, out on to roads for about a kilometre and then onto trails climbing more or less continuously to a level of approx 200m above sea level after 6k and then descending on trails back to the road and a stadium finish. The climb was tough, particularly moving on to the rough terrain to the ridge summit and then descending along sandy and rutted trails for the return. This year the route from the top was changed to avoid some of the inadvertent somersaults that had characterised last year's descent and because of the strong wind on the ridge.

Christl and Kasper yet again dominated the men's and women's races, but among the Cru there were some changes of position. In the field reduced now to 119, Marie managed to finish in 5<sup>th</sup> place, followed by Ilona (8<sup>th</sup>), Aoife (9<sup>th</sup>), Gillian, like Marie showing stronger than expected form in 11<sup>th</sup> place, Amy (15<sup>th</sup>), Catherine (19<sup>th</sup>), Dee (24<sup>th</sup>), Anna (26<sup>th</sup>), Edel (27<sup>th</sup>) and Louise (29<sup>th</sup>). The ladies A team consolidated their position, with Sparta in 2<sup>nd</sup> and Sportsworld climbing up to 3<sup>rd</sup>, relegating our B team to 4<sup>th</sup> whilst Marie, Ilona, Aoife, Gillian and Amy were clinging onto podium or 4<sup>th</sup> position places in their respective age groups.

In the men's race with 242 runners, Vinnie ran extremely strongly to replace Alban as leading Crusader, finishing in 6<sup>th</sup> place, with Alban placing 10<sup>th</sup>, both improving on the day before. John Mulvihill moved up a place to 15<sup>th</sup>, as did Shane (two places to 17<sup>th</sup>). Seanie (32<sup>nd</sup>), Michael O'Connor (43<sup>rd</sup>) and Will (47<sup>th</sup>) all placed inside the top 50, whilst Philip (65<sup>th</sup>) had a better start, regaining his expected place ahead of Michael Fitzsimons (71<sup>st</sup>) and James (94<sup>th</sup>). John and Shane were now competing with each other for top spot in their age group and the men's A team had climbed up into a podium position.

So, onto Puerta del Carmen on the third day for the 5K beach race.



Several runners, Will and James included, decided to change footwear and run in Vibrams for conditions which were described as the softest going in the last 5 years, particularly at the two extreme ends of the beach. The sun shone but the heat was not particularly noticeable, nor was the wind as we all focused on maintaining our footing on the sometimes difficult and strength-sapping terrain. It was a bit like running in a continuous mud bath. Again, the Cru acquitted themselves well, with some of the runners consolidating their positions overall and others making some inroads into the times of their adversaries. There was no change to the winner of the female race, but some were shocked to see that Art Stichter, a 57-year ex-Olympic marathon runner (who had placed 9<sup>th</sup> in under 35 minutes in the 10k), finished in 2<sup>nd</sup> place under 10 seconds behind Paul Fleming.

Marie again claimed top Cru spot in 6<sup>th</sup> place with Ilona splitting a strong Sportsworld showing from Ruth Kelly and Rachael Morgan in 8<sup>th</sup>. Aoife placed 11<sup>th</sup>, Amy was 13<sup>th</sup>, Gillian, 14<sup>th</sup>, Catherine, 18<sup>th</sup>, Anna 22<sup>nd</sup>, Edel, 25<sup>th</sup>, Dee, 26<sup>th</sup> and Louise 30<sup>th</sup> in a field of 116 finishers. By the end of the 3<sup>rd</sup> day Marie and Aoife were lying in 1<sup>st</sup> and 2<sup>nd</sup> places in their age group and Ilona was lying 2<sup>nd</sup> in hers with a 37 second deficit behind the leading woman. In terms of team placements, Cru A had nearly an 18 minute lead over Sportsworld A who in turn were lying 4 minutes ahead of Cru B who held a narrow advantage of 34 seconds on the Sparta team in 4<sup>th</sup> place. Everything to play for!

In the men's race Vinnie again dominated to place 5<sup>th</sup> out of a field of 230. Alban finished 17 seconds behind in 9<sup>th</sup> place whilst Shane again demonstrated his remarkable return to form from recent injury by placing 11<sup>th</sup> just 12 seconds later. John (17<sup>th</sup>), Seanie (35<sup>th</sup>), Michael O'Connor (44<sup>th</sup>) all ran strongly, whilst Will (66<sup>th</sup>) found the going a little tougher in his unfamiliar footwear and placed behind Michael Fitzsimons (64<sup>th</sup>). Philip (69<sup>th</sup>) and James (90<sup>th</sup>) both had strong races, with James eating over a minute into the runner lying 3<sup>rd</sup> in his age group ahead of him (last year's age group winner) and briefly harbouring a belief that he could claim a podium position following the half marathon to follow. As the smoke cleared on the 3<sup>rd</sup> day, Sportsworld A held a 2 minute lead over the Danish team, but Cru A had climbed into a strong 3<sup>rd</sup> place just 2 minutes further back and 4 minutes ahead of the 4<sup>th</sup> placed team from the UK. In the age group competition Seanie lay in 3<sup>rd</sup> place in his category; John led Shane by 6 seconds in their age group, with Michael O'Connor a further 10 minutes back in 3<sup>rd</sup> and Vinnie held 3<sup>rd</sup> place in his age group behind Paul Duffy in 1<sup>st</sup>, some 1.5 minutes back.

There was therefore much to go for on the last day's half marathon. We awoke to find that the wind we'd been experiencing over the previous 3 days had reversed direction 180 degrees and was blowing a gale. This initially lifted our spirits as we expected to have the wind behind us for long periods on the descent from the volcano around which we had to run the first 5 miles or so, until we began to realise that at times we would have to run into it, particularly in the early part of the race. And so it proved. Not only were the hills in the race already a challenge but they were made much tougher by virtue of the headwind.

The start was incredible as we ran headlong into the wind. The crunchy sound effect of nearly 800 feet pounding on the volcanic gravel was extraordinary as the whole field bunched up for the first mile, all trying to draft off each other, the pace quite slow as a result. As we turned away from the wind coming onto asphalt the field then developed normally, spreading out and making it harder thereafter to draft. The early pace seemed to quicken and only slowed as we hit the steep hills. At around the 10<sup>th</sup> mile we again found ourselves running into a diagonal headwind that seemed to neutralise what might otherwise have been considered a downhill trajectory. One runner reported that his singlet acted almost like a parachute and he considered removing it to get less resistance. In the event most of the team ran strongly and were well rewarded at the finish.

In the ladies race, in a field that had now fallen to 107 and with Christl winning again, Ilona, with some invaluable pacing assistance from Will, made up the time difference on her Dutch adversary. Ilona placed 3<sup>rd</sup> in the race with a PB time of 1:24:40, with the Dutch girl over a minute behind her in 5<sup>th</sup> place. Along with several of the Cru ladies, Marie also got a PB (1:28:19) finishing in 7<sup>th</sup> place. Gillian PB'd by 7 minutes with a time of 1:30:00 (10<sup>th</sup>). Aoife placed 11<sup>th</sup> and Amy was 14<sup>th</sup> in a PB time of 1:31:39. Anna surprised everyone with a strong PB time of 1:33:32 (16<sup>th</sup>), as did Catherine (PB of 1:33:43) in 19<sup>th</sup>. Dee (21<sup>st</sup>), Edel (PB of 1:34:58 and 28<sup>th</sup>) and Louise (29<sup>th</sup>) completed the extremely strong Cru showing in which nearly everyone placed inside 1:35.

In the men's race, similarly suffering from attrition and down to 229 finishers, Vinnie again ran strongly to place 5<sup>th</sup> in a PB time of 1:13:04 behind ultimate overall winner, Kasper. Alban also marked his 7<sup>th</sup> place finish with a PB of 1:13:51. Shane placed a strong 10<sup>th</sup> in a PB time of 1:14:45 whilst John finished in 16<sup>th</sup> place just a few seconds off a PB. Seanie ran a PB time of 1:18:44 and 27<sup>th</sup>, as did Michael O'Connor (1:20:54 and 34<sup>th</sup>). Will placed 52<sup>nd</sup>, Michael Fitzsimons (PB of 1:27:41) placed 63<sup>rd</sup>, Philip (PB of 1:28:15), 66<sup>th</sup> and James, 94<sup>th</sup>. Again, all the Cru men ran strongly to place largely inside 1:32.

In the final analysis, Cru ladies placed 1<sup>st</sup> and 3<sup>rd</sup>, with Sportsworld taking silver. Cru men's A team placed 2<sup>nd</sup> out of 29 teams (Cru B were 10<sup>th</sup> and Cru C were 18<sup>th</sup>). Marie won her age group with Aoife in 2<sup>nd</sup> place, Amy 4<sup>th</sup>, Catherine 5<sup>th</sup>, Anna 6<sup>th</sup> and Louise 8<sup>th</sup>. Ilona also won her age group, with Gillian in 4<sup>th</sup> and Edel 9<sup>th</sup>. Dee placed 5<sup>th</sup> in her category. Seanie finished in 3<sup>rd</sup> place in his age group, with Shane winning his from John and Michael O'Connor in 2<sup>nd</sup> and 3<sup>rd</sup> respectively. Philip was slightly further back in 8<sup>th</sup> place. Vinnie placed 3<sup>rd</sup> in his category, with Alban in 4<sup>th</sup> and Will in 13<sup>th</sup>. To complete the age group picture, Michael Fitzsimons finished in 13<sup>th</sup> place for his age group and James failed to improve on the last day, finishing, as he started, in 4<sup>th</sup> place in his category.

Overall and taking into account all 4 races, Vinnie was our top scorer in the men's races overall finishing in 7<sup>th</sup> place, Alban was 8<sup>th</sup>, Shane 11<sup>th</sup>, John 15<sup>th</sup>, Seanie 28<sup>th</sup>, Michael O'Connor 35<sup>th</sup>, Will 51<sup>st</sup>, Michael Fitzsimons 64<sup>th</sup>, Philip 67<sup>th</sup> and James 90<sup>th</sup> out of 211 finishers overall. On the ladies' side Ilona finished 3<sup>rd</sup> overall, Marie 6<sup>th</sup>, Aoife 10<sup>th</sup>, Gillian 11<sup>th</sup>, Amy 13<sup>th</sup>, Catherine 17<sup>th</sup>, Anna 20<sup>th</sup>, Dee 23<sup>rd</sup>, Edel 26<sup>th</sup> and Louise 28<sup>th</sup> out of an overall field of 102 for the 4 races.

The runners got a great boost from the support along the route for each of the races, particularly from non-runners and coaches with Sportsworld and several supporters from Wexford and Tullamore, as well of course from Michael, Susan, Caroline and Dee's fiancé Sean who was saving himself for his team's bronze medal performance in the Wexford senior XC this weekend.

Only 355 sleeps to next year's race series!

## Two weekends of running

Posted on Tuesday, December 3rd, 2013 at 1:49 pm.

Written by [James](#)

Whilst several regular racers in the club were away from Ireland for the week, there were still events to be run here and elsewhere. Here we report on 2 weekends of racing in late November and early December.

On Saturday 23 November at least 4 of our members tackled the Clontarf half marathon which took in a spot of beach running as well as the road. In a field in excess of 1,000 runners, Hugh Larkin placed 44<sup>th</sup> in a time of 1:29:30, whilst Olwyn Dunne placed 56<sup>th</sup> overall and 3<sup>rd</sup> female in a time of 1:30:11, just seconds off a PB. Kristy Ryan and Sorrena Megan also competed for Crusaders in the race, finishing in 301<sup>st</sup> (1:43) and 807<sup>th</sup> (2:03) places respectively. The same weekend, Paul O'Meara travelled down to Northern Spain to take on the San Sebastian marathon. Paul has been trying to break 3 hours this year, coming agonisingly close in Cork, but unfortunately a calf injury that has plagued his summer remained problematic. Still, a time of 3:09:44 and 775<sup>th</sup> place out of at least 5,000 runners was a decent reward for the effort.



Hugh Larkin

In Santry demesne on the Saturday, the strong tradition of good Cru turnout was maintained for the BHAA Irish Life-sponsored 6K combined XC. John McAuley ran well to finish in 41st position out of nearly 230 participants in a time of 22:51. Eamonn McWalter also put in a strong showing to finish in 50th place overall with a time of 23:13. He was followed by Karl Walsh (82nd and 24:35), Robbie Moore (101st and 25:42), Michael Maughan, coming back from recent injury (111th and 25:59), Geraldine Clements (157th overall, 19th female and 28:31) and Kevin O'Connor (182nd and 29:22).



Olwyn Dunne

In the St Anne's Raheny parkrun of that weekend Sharon Woods finished in 54<sup>th</sup> place overall out of nearly 200 runners in 22:32, equalling her PB for the 5K distance, whilst Nicole Roechert completed the same race in 36:35, one second off her PB for the course. In Marlay Park on the same day Anthony O'Reilly was our sole representative, finishing in 26<sup>th</sup> place in a field of nearly 420 in a time of 19:22. Ellen Caulfield distinguished herself in Griffeen Park with a winning time of 22:49 in the women's race, placing 37th overall out of 122 finishers.



Paul O'Meara (right)

A week later, Marlay Park saw more of our members, notably including Olwyn and Joe Dunne who came close to PBs in times of 19:48 and 19:49 respectively and 23<sup>rd</sup> and 24<sup>th</sup> places out of more than 360 entrants. The highest places, however, went firstly to John McAuley whose time of 17:58 (7<sup>th</sup> place) was a new PB at least for the course, and to Eamonn McWalter who finished one position behind John in 8<sup>th</sup> in a time of 18:33. In St Anne's on the same day, Orla Tighe and Marie Whitty crossed the line together in 90<sup>th</sup> and 91<sup>st</sup> places in a time of 24:55. The field contained 182 runners. Meanwhile in Griffeen Park, Ellen Caulfield marked a new PB for the course with her time of 22:25 and 30<sup>th</sup> place out of 109 participants but this week it was not enough to place first lady.

On Sunday, Leo Lundy participated in his 36<sup>th</sup> marathon, in Salthill Co. Galway as part of the West of Ireland marathon series. He finished in a time of 3:53:36 and in the process demonstrating that he is well on the way back to recovery from a niggling leg injury. On the same day, Pat Quill, another runner making a comeback from injury, was our lone representative in the Waterford Half marathon, where he ran well. On a new course this year, Pat finished in 55<sup>th</sup> place overall out of nearly 1,400 runners in a time of 1:22:53.



#### Cru meet and train teams

Lastly, the Women's meet and train runners participated in their second event of the season on Sunday. We fielded two teams in the race which was hosted in Dunboyne. Seven Crusaders ran through the long grass in a 2 mile, 3 lap circuit of a mucky field. Edel Keaveney was the first Crusader home in a field of over 120 runners arriving in 12<sup>th</sup> place with a time of 13:18. She was followed by Fiona Lane (19<sup>th</sup> in 13:30), Laura Roche (33<sup>rd</sup> in 13:54), Geraldine Clements (35<sup>th</sup> in 13:56), Sharon Woods (38<sup>th</sup> in 14:06), Mairead Cashman (85<sup>th</sup> in 16:00), newcomer Lorraine Dorgan in 117<sup>th</sup> (19:53) and Nici Roechert in 118<sup>th</sup> (21:40). The two teams are currently lying in 4<sup>th</sup> and 5<sup>th</sup> places overall after the two races. Details here: <http://womensmeetandtrain.blogspot.ie/>.

#### Clontarf Half marathon

Overall place Name Cat. Place Chiptime

1 Gavin Crawford 1 01:16:10

22 Aisling Jordan 1 01:24:25

#### *Crusaders AC runners*

44 Hugh larkin 01:29:30

56 Olwyn Dunne 01:30:11

301 Kristy Ryan 01:43:37

807 Sorrena Megan 02:03:53

Full results here: [http://www.redtagtiming.com/results/Clontarf\\_November\\_Half.pdf](http://www.redtagtiming.com/results/Clontarf_November_Half.pdf)

#### BHAA Irish Life 6K XC



Overall place Name Cat. Place Chiptime

1 Thomas Hayes 1 00:19:27

51 Fiona Mahon 1 00:23:18

*Crusaders AC runners*

41 John McAuley 00:22:51

50 Eamonn McWalter 00:23:13

82 Karl Walsh 00:24:35

101 Robbie Moore 00:25:42

111 Michael Maughan 00:25:59

157 Geraldine Clements 00:28:31

182 Kevin O'Connor 00:29:22

Full results here: <http://bhaa.ie/events/irish-life-2013/>

### **St Anne's Parkrun 5K #9**

Overall place Name Cat. Place Chiptime

1 Paul McKenna 1 00:17:06

37 Catherine Lynch 1 00:21:28

*Crusaders AC runners*

54 Sharon Woods 00:22:32

192 Nicole Roechert 00:36:35

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=9>

### **St Anne's Parkrun 5k #10**

Overall place Name Cat. Place Chiptime

1 Paul McKenna 1 00:17:14

20 Emer Magee 1 00:20:06

*Crusaders AC runners*

90 Orla Tighe 00:24:55

91 Marie Whitty 00:24:55

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=10>

### **Marlay Parkrun 5K #37**



Overall place Name Cat. Place Chiptime

1 Mark Conway 1 00:16:01

25 Derval Devaney 1 00:19:18

*Crusaders AC runner*

26 Anthony O'Reilly 00:19:22

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=37>

### **Marlay Parkrun 5K #38**

Overall place Name Cat. Place Chiptime

1 Liam Molloy 1 00:17:00

14 Paula Prendergast 1 00:19:24

*Crusaders AC runners*

7 John McAuley 00:17:58

8 Eamonn McWalter 00:18:33

23 Joe Dunne 00:19:48

24 Olwyn Dunne 00:19:49

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=38>

### **Griffeen Parkrun 5K #24**

Overall place Name Cat. Place Chiptime

1 David Fitzpatrick 1 00:16:51

37 Ellen Caulfield 1 00:22:49

*Crusaders AC runner*

37 Ellen Caulfield 00:22:49

Full results here: <http://www.parkrun.ie/griffeen/results/weeklyresults/?runSeqNumber=24>

### **Griffeen Parkrun 5K #25**

Overall place Name Cat. Place Chiptime

1 Karl Fitzgerald 1 00:17:55

13 Sharon Phelan 1 00:20:21

*Crusaders AC runner*

30 Ellen Caulfield 00:22:25

Full results here: <http://www.parkrun.ie/griffeen/results/weeklyresults/?runSeqNumber=25>

## Waterford Half Marathon

Overall place Name Cat. Place Chiptime

1 Brian MacMahon 1 01:06:37

20 Pauline Curley 1 01:18:15

*Crusaders AC runner*

55 Pat Quill 01:22:53

## Festive fun in Jingle Bells 5K

Posted on Sunday, December 8th, 2013 at 9:07 pm.

Written by [James](#)

Donore Harriers organised a cracker of a 5K race on Saturday morning, even adding a brass band to the festive cheer at the start. A quality field of over 1,000 runners, with the genders in almost equal balance, included at least 29 Crusaders. Someone remarked that Crusaders didn't need to make any festive adornments to our strip as the club colours went perfectly with all the Santa-themed fancy clothing that several of the other runners adopted.



Joe and Olwyn Dunne

This venerable race, that has taken place over many years now and set in the Phoenix Park, was run in perfect conditions on a course that certainly encourages the possibility of PBs. It feels flat and has a wonderful downhill finish on the Upper Glen Road, having started near the Papal Cross. It is marginally a point to point, but, surprisingly, although it feels as though it has a heavy downhill bias, the start/finish difference is not as great as one thinks and there is an element of uphill on the course in the early stages that is not so obvious.

In any event, the race was won in 14:22 by Mullingar's Mark Christie who finished just ahead of John Coghlan and Eoin Everard, with the first 6 men finishing in 15 minutes or under. The ladies race saw an equally strong performance with Michelle McGee of Brothers Pearse taking home the prize in 16:54. She was followed home by Kate Cronin and Fiona Roche.

The team from Crusaders performed well, without getting any recognition for its efforts. Indeed the only prize of the day that went to the club was unsurprisingly for Rob Cross who finished 2<sup>nd</sup> in his age category.

If there had been a prize for 3<sup>rd</sup> place in the age categories then Olwyn Dunne would also have received public recognition.

Nevertheless, the strength of women's racing in the club was in clear evidence on the day. In a field of 507 women, 9 of our ladies finished in the top 40 places. Our ladies team was led home by Ilona McElroy in a time of 18:11 (9<sup>th</sup> lady and 105<sup>th</sup> overall). She was followed by Marie Hyland (who was nursing a chest infection but it did not seem to bother her) in a PB time of 18:29 (13<sup>th</sup> lady and 123<sup>rd</sup> overall); Gillian Earley in a huge PB time of 19:24 was next (23<sup>rd</sup> and 183<sup>rd</sup>) and she was followed by Olwyn Dunne (27<sup>th</sup> and 194<sup>th</sup> in a PB time of 19:34), Anna King with an incredible 35 second improvement on her PB in just over a month (28<sup>th</sup> and 198<sup>th</sup>) in 19:37 and breaking 20 minutes for the first time, Dee Ni Chearbhaill, also with a PB (29<sup>th</sup> and 5<sup>th</sup> in her age category and 201<sup>st</sup> overall in 19:39), side by side with Catherine Thornton (30<sup>th</sup> lady and 202<sup>nd</sup> overall in 19:39). Niamh Corby (33<sup>rd</sup> lady, 210<sup>th</sup> and 6<sup>th</sup> in her age category behind Dee in a time of 19:48) and Louise Dobbryn (38<sup>th</sup> lady, 233<sup>rd</sup> overall in a time of 20:16) completed the top 40 showing in club colours. Roisin Harkin (20:58), Kristy Ni Brosnachan (22:08) and Cathy Mannion who dressed up for the occasion and treated the race as a fun run (24:21) also competed in the event. Special mention should go to Sinead Brody from GCH who trains with Crusaders. She finished the race in an excellent time of 19:07.

In the men's race, and as expected, John Frazer acquitted himself well with an 11<sup>th</sup> place finish in 15:10. Vinnie McGuinness also ran well to place 27<sup>th</sup> in a time of 16:03 and he was followed closely behind by Michael Kiely in 29<sup>th</sup> place (16:06). Rob Cross was next (31<sup>st</sup> in 16:12), followed by Jordy Smilde (42<sup>nd</sup> in 16:26) and by Seanie Murphy in a super PB time of 16:42 (47<sup>th</sup>) and taking some decent scalps in the process. John Mulvihill (52<sup>nd</sup> in 16:47), Richie MacLiam (57<sup>th</sup> in 17:01), Kieran Martin (78<sup>th</sup> in 17:33) and Will Owens (81<sup>st</sup> in a PB time of 17:37) enabled Crusaders to show that we had 9 runners in the top 100 positions overall. We also saw participation from Marius McNicholas who ran well for his 124<sup>th</sup> overall place in a time of 18:30, newcomer David Cuddy (142<sup>nd</sup> in 18:47), Paraic Gallagher, incorporating the race into his Seville marathon training plan (178<sup>th</sup> in 19:17), Joe Dunne who discarded his reindeer hat in the final 200m in order to sprint past several clubmates (but importantly leaving it too late and failing to get past wife Olwyn, his principal target!) (196<sup>th</sup> in a PB of 19:36), James Cottle, still in search of an elusive decent PB for the distance (207<sup>th</sup> in 19:45), Michael Maughan, gradually getting back to form from injury (215<sup>th</sup> in 19:56), Csaba Saransky (297<sup>th</sup> in a PB time of 20:58, his first 5K) and Donal Foley (355<sup>th</sup> overall in 22:35).

On the same morning, the parkruns also took place, but with smaller fields than usual perhaps as a consequence of the Jingle Bells run. In St Anne's in Raheny we had 3 members participating in a field of just over 140: Orla Tighe (67<sup>th</sup> in 24:17 and a PB for the course), Marie Whitty (76<sup>th</sup> in 25:19) and Nici Roechert, who managed a new PB of 36:02. In Marlay Park, Eddie Nugent placed 47<sup>th</sup> in a time of 20:41 in a field of just over 300 runners and Tressan McCambridge made a welcome return to racing after a maternity break with 80<sup>th</sup> place overall (7<sup>th</sup> lady) in a time of 22:04.

Paul Larkins was our sole representative in the Clonakilty Waterfront Half Marathon. In a field of nearly 800 runners, Paul placed 66<sup>th</sup> in a time of 1:37. Lastly, the report would not be complete without another mention of Leo Lundy who marked two milestones this weekend. Firstly, he completed his 37<sup>th</sup> marathon in his quest to get to 50 before he is 50, running in Howth in the East of Ireland marathon series, finishing in a time of 4:08:08. More importantly, he announced his engagement to Lindsay. Many congratulations to them both!

### **Donore Harriers Jingle bells 5k**

Overall place Name Cat. Place Chiptime

1 Mark Christie 1 00:14:22

54 Michelle McGee 1 00:16:54

### *Crusaders AC runners*

11 John Frazer 00:15:12

27 Vinnie McGuinness 00:16:03

29 Michael Kiely 00:26:06

32 Rob Cross 00:16:12

42 Jordy Smilde 00:16:26

47 Seanie Murphy 00:16:42 (PB)

52 John Mulvihill 00:16:47

57 Richie MacLiam 00:17:01

78 Kieran Martin 00:17:33

81 Will Owens 00:17:37 (PB)

105 Ilona McElroy 00:18:11

123 Marie Hyland 00:18:29 (PB)

124 Marius McNicholas 00:18:30

142 David Cuddy 00:18:47

178 Paraic Gallagher 00:19:17

183 Gillian Earley 00:19:24 (PB)

194 Olwyn Dunne 00:19:34 (PB)

196 Joe Dunne 00:19:36 (PB)

198 Anna King 00:19:37 (PB)

201 Dee Ni Chearbhaill 00:19:39 (PB)

202 Catherine Thornton 00:19:39

207 James Cottle 00:19:45

210 Niamh Corby 00:19:48

215 Michael Maughan 00:19:56

233 Louise Dobbyn 00:20:16

297 Csaba Saransky 00:20:58 (PB)

315 Roisin Harkin 00:20:20

334 Kristy Ni Brosnachain 00:22:08

355 Donal Foley 00:22:35

480 Cathy Mannion 00:24:21

Full results here: <http://www.donoreharriers.com/jingle-bells-5k/>

### **St Anne's Parkrun 5K #11**

Overall place Name Cat. Place Chiptime

1 Conor O'Dwyer 1 00:16:29

17 Hannah Byrne 1 00:19:39

*Crusaders AC runners*

67 Orla Tighe 00:24:17

76 Marie Whitty 00:25:19

142 Nici Roechert 00:36:02 (PB)

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=11>

### **Marlay Parkrun 5K #39**

Overall place Name Cat. Place Chiptime

1 Patrick Moriarty 1 00:17:23

22 Sandra Bowe 1 00:19:25

*Crusaders AC runners*

47 Eddie Nugent 00:20:41

80 Tressan McCambridge 00:22:08

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=38>

### **Clonakilty Waterfront Half Marathon**

Overall place Name Cat. Place Chiptime

1 Sergiu Ciobanu 1 01:08:44

10 Lizzie Lee 1 01:26:32

*Crusaders AC runner*

66 Paul Larkins 01:37:07

## **Storm Troopers**

Posted on Tuesday, December 17th, 2013 at 4:20 pm.

Written by [James](#)



Cru Ladies novices team: Aoife Quigley, Anna King, Louise Dobbyn, Dee ni Chearbhaill, Pauline Sabrier, Amy Wright

There were stormy weather conditions for all our runners over the weekend. The one who perhaps suffered most was Leo Lundy who, in his bid to run at least 50 marathons, chalked up his 38<sup>th</sup> on Saturday in Craughwell, Co. Galway in atrocious wind and rain as the west coast bore the brunt of the gale coming off the Atlantic. As a result, Leo completed the course in the West of Ireland series in not one of his faster times, but still 4:09 was an excellent result in the circumstances.



Leo Lundy

The weekend kicked off with the Aware 5 and 10K races in the Phoenix Park. Some of us who trained there that morning can testify to the misery that may have been experienced (although we all felt the better for it afterwards!) and the various race reports reflect that the runners had a tough time of it. Nevertheless, Brian MacAlister took on the 5k and ran well to finish in 8<sup>th</sup> place overall out of a field in excess of 500 in a time



of 19:30. Laura Roche and Kate Murray tackled the larger 10K race. In a field of over 1,400, Laura finished in a creditable 289<sup>th</sup> place overall (50<sup>th</sup> woman out of more than 700 female participants) in a time of 47:24, whilst Kate placed just behind Laura in 304<sup>th</sup> overall (54<sup>th</sup> female) in a time of 47:48.

Richie MacLiam should be congratulated for his 1st place finish in his first attempt at a Parkrun, this being in St Anne's Park, Raheny. In a field of 124, Richie completed the race in 17:15. Peter O'Toole also participated, placing 7<sup>th</sup> overall in 18:21, whilst Nici Roechert completed the course in 36:32 and 123<sup>rd</sup> place. Meanwhile in Marlay Park in a field of 282, Peter Jackson placed 8<sup>th</sup> overall in a time of 18:38, whilst Eddie Nugent saw his current time come down with a 30<sup>th</sup> place in 20:04. Lastly, in Malahide, Csaba Saransky, anxious to improve his 5K result after his baptism in the Jingle Bells last week, saw him get a decent time of 21:24 and 31<sup>st</sup> place out of a field of nearly 190.

With perhaps more benign conditions, Sunday saw some cross-country running.

The BHAA Vodafone combined 5K XC race took place in Marlay Park in the morning. A reasonable field of nearly 160 runners included at least 6 Crusaders. Stephen Moore was our fastest runner on the day, finishing in 5<sup>th</sup> place overall in a time of 16:45. Marius McNicholas placed 33<sup>rd</sup> in 19:13, whilst Michael Maughan completed the course in 20:36 (61<sup>st</sup>). Geraldine Clements was the first of our two female participants. She finished in 22:48 and 98<sup>th</sup> overall, with Mairead Cashman placing 141<sup>st</sup> in 26:26. Kevin O'Connor completed the squad with 123<sup>rd</sup> place and a finishing time of 24:19.

In the afternoon a sizeable contingent of runners and supporters travelled down to Waterford for the National Novices XC. Despite several of our members no longer being eligible and also a few absences for other reasons, the club was able to field two decent teams for the races.

The conditions were tough, with the highly technical 1,500m course being laid out on the side of a hill, so that the runners not only had to contend with having to tackle a couple of pretty steep inclines in part, but also run on a camber at times. One of the organisers remarked that the successful runner would have to pick a route that was not necessarily the racing line as the ground, not surprisingly, had been pretty well chewed up by earlier races. It has to be said that the finishing 300m or so were fast, witnessing some excellent sprint finishes to the line.



Pauline Sabrier

The women's 4K went first. In a race where for the second time in a week Michelle McGee of Brothers Pearse surprisingly dominated from gun to the finish line (with a winning time of 14:48), Pauline Sabrier, a relative newcomer to the club, was stellar throughout and her flowing stride carried her to 22<sup>nd</sup> place (16:27), in a field of 120. Next to score was Aoife Quigley, who likewise had a super race, holding onto her place throughout and having, like Pauline, a great sprint finish to come in 51<sup>st</sup> (17:16). Anna King showed that she is coming into top form in being our third scorer (66<sup>th</sup> in 17:37) with Louise Dobbyn taking 4<sup>th</sup> spot (96<sup>th</sup> overall in a time of 18:28) after making a late surge out of a Cru group running together for most of the race. The scorers were ably supported by Amy Wright (97<sup>th</sup> in 18:31) and Dee Ni Chearbhaill (99<sup>th</sup> in 18:32).

When the smoke cleared, the ladies team were deemed to be in 8<sup>th</sup> place out of 15, with Raheny taking top spot, ahead of Portlaoise and Leevale.



### John Reidy

The men's 6K race was equally as exciting with more than 220 quality athletes. We fielded two teams comprised overall of 12 runners, again with 4 to score. Two of our athletes, John Reidy and Alban Coghlan, were also running for county Dublin, although, owing to a mix-up outside of our control at the start, John missed out on a Dublin bib and this was to have a consequence at the end. A small group of 3 runners took the early lead, with the eventual podium places being decided among them. Sean Tobin, who had placed 9<sup>th</sup> in the men's junior race in the Europeans in Belgrade the week before, emerged as ultimate victor in a time of 19:23. John, however, initially held on to a largish group behind the three leaders and ran well as the field spread to finish in 10<sup>th</sup> place in a time of 20:11. Technically he was 2<sup>nd</sup> scorer on the Dublin team, but, unfortunately, his result did not count for the county who went on to win the title in any event without him, drawing on the 16<sup>th</sup> place finish of an athlete from another club.

John Frazer was our second scorer with a strong second half, finishing just behind John in 11<sup>th</sup> place in a time of 20:19. Alban ran well in the early stages, staying ahead of Shane Collins and Rob Cross (who was coming back from a chest infection), but found the going tough and he fell back towards the latter stages (finishing in 82<sup>nd</sup> place in 21:52), so that Shane, who once again had a super performance, was our third scorer (54<sup>th</sup> in 21:20) and Rob, fourth (76<sup>th</sup> in 21:45). Also on the A team, Jordy Smilde and John Mulvihill ran well to finish respectively in 98<sup>th</sup> (22:07) and 114<sup>th</sup> (22:21). The second team of Seanie Murphy (151<sup>st</sup> in 23:10), Jason Kehoe (158<sup>th</sup> in 23:20), Michael Fitzsimons (178<sup>th</sup> in 23:55), Gary Park (206<sup>th</sup> in 24:52) and Philip Matthews (216<sup>th</sup> in 26:48) also gave us a lot to cheer. Lastly, Vinnie McGuinness had a good run, being well up there, but his result was not published, perhaps given that he is technically unattached at present until his transfer to the club is official. On the team front, the men's A squad narrowly missed out on a podium place, coming in 5<sup>th</sup> team but only 12 points behind bronze position won by Leevale and missing out on 4<sup>th</sup> by virtue of a countback in favour of St. Finbarr's, otherwise level on points with that club. Overall victory went to Donore, with Rathfarnham in 2<sup>nd</sup>. The Cru B team finished in 22<sup>nd</sup> place.

It has to be said that this otherwise most unglamorous of sporting events is one of the best for showing the sheer grit and determination of the human spirit. Great craic!

### Aware 5K

Overall place Name Cat. Place Chiptime

1 David Keenan 1 00:16:47

11 Tracy Jennings 1 00:20:45

*Crusaders AC runner*

8 Brian MacAlister 00:19:30

Full results here:

[http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1629%253Flayo%253Dprecision\\_timing](http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1629%253Flayo%253Dprecision_timing)

### **Aware 10K**

Overall place Name Cat. Place Chiptime

1 Simon Ryan 1 00:32:09

13 Fiona Roche 1 00:36:40

*Crusaders AC runners*

289 Laura Roche 00:47:24

304 Kate Murray 00:47:48

Full results here:

[http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1629%253Flayo%253Dprecision\\_timing](http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1629%253Flayo%253Dprecision_timing)

### **St Anne's Parkrun 5K #12**

Overall place Name Cat. Place Chiptime

1 Richie MacLiam 1 00:17:15

17 Emma Harding 1 00:19:43

*Crusaders AC runners*

1 Richie MacLiam 00:17:15

7 Peter O'Toole 00:18:21

123 Nici Roechert 00:36:32

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=12>

### **Marlay Parkrun 5K #40**

Overall place Name Cat. Place Chiptime

1 Unknown 1 00:16:14

19 Paula Prendergast 1 00:19:26

*Crusaders AC runners*

8 Peter Jackson 00:18:38

30 Eddie Nugent 00:20:04

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=40>

### **Malahide Parkrun 5K #58**

Overall place Name Cat. Place Chiptime

1 Aiden Brennan 1 00:17:10

15 Cindy Kelly 1 00:19:55

*Crusaders AC runner*

31 Csaba Saransky 00:21:24

Full results here: <http://www.parkrun.ie/malahide/results/weeklyresults/?runSeqNumber=58>

### **BHAA Vodafone 5K combined**

Overall place Name Cat. Place Chiptime

1 Emmet Jennings 1 00:15:59

34 Jean Wilson 1 00:19:14

*Crusaders AC runners*

5 Stephen Moore 00:16:45

33 Marius McNicholas 00:19:13

61 Michael Maughan 00:20:36

98 Geraldine Clements 00:22:48

123 Kevin O'Connor 00:24:19

141 Mairead Cashman 00:26:26

Full results here: <http://bhaa.ie/events/vodafone-2013/>



Amy Wright, Louise Dobbyn, Dee Ni Chearbhaill



Gary Park



Rob Cross



Philip Matthews





Alban Coghlan



John Frazer



Aoife Quigley



Jordy Smilde and John Mulvihill





Shane Collins



Anna King

## More Cru victories in Parkruns

Posted on Monday, December 23rd, 2013 at 12:11 pm.

Written by [James](#)

In windy conditions on Saturday, we had two winners in St Anne's and Marlay Parks. Congratulations should go to Peter O'Toole who won in Raheny in a time of 18:14 and to Aoife Quigley who also improved on her PB for the distance by one second in winning in Marlay Park in a time of 19:49.



Aoife Quigley

It should be noted that our red army had much success in the Parkruns in 2013. We need to add Aoife and Peter to the winners' roll of honour that covers parkruns in Westport, Malahide, Marlay, St. Anne's, and Griffeen Parks. It includes Olwyn Dunne, Cathy Mannion, Vinnie McGuinness, John Frazer, Tony Carter (three times a winner), Richie MacLiam, Kieran Martin, Sharon Woods, Ivan Kinehan and Louise Dobbyn.



Torben Dahl

In Marlay Park Torben Dahl also ran well on Saturday to finish in 8<sup>th</sup> place overall in a time of 18:55 out of a field of 164. Eddie Nugent continues to get his times down as he gets stronger coming back from injury, finishing in 17<sup>th</sup> place in 19:39. For the record, Aoife's first place in the women's race also placed her 20<sup>th</sup> overall.

Meanwhile in Raheny in a race numbering more than a hundred participants, Peter was joined by Olwyn Dunne who finished in a highly creditable 2<sup>nd</sup> place in the women's race and 18<sup>th</sup> place overall in a time of 21:08 and by Nici Roechert who was slightly off her best in 37:39.

Sunday was altogether colder but perhaps less windy. The annual running of the Clonliffe Christmas Cracker enjoyed a small but good quality field of just under 200 runners. The 5K race, which started and finished on the track in Morton Stadium, winding its way on a relatively flat course around the outside of the Santry Demesne, started in bright sunshine, but by the halfway stage witnessed heavy rain and sleet. Nevertheless, this did not seem to affect adversely this year's winner, Mark Christie of Mullingar, who marked his win with a new course record of 14:22. He was followed by Michael Mulhare of Portlaoise in 14:39 and John Coghlan of MSB in 14:46, both runners finishing inside the previous record. Defending champion Tom Fitzpatrick of Tallaght, who is coached by Mike McGovern, was 4<sup>th</sup> in 14:49. Tom is hoping to move up to the marathon distance in 2014. The women's race was won by Kate O'Neill in a time of 18:04, narrowly beating Eleanor Alexander of Clonliffe (18:09) to the title. Niamh Devlin of DSD was 3<sup>rd</sup> (18:20).

Just two Crusaders turned out for the race. Jason Kehoe continued his strong running of last week in the national novices by placing 18<sup>th</sup> overall in a time of 17:26 and Kristy Ryan ran well to place 90<sup>th</sup> overall and 13<sup>th</sup> woman in a time of 22:33.

Well done and Merry Christmas everyone!

### **St. Anne's 5K Parkrun #13**

Overall place Name Cat. Place Chiptime

1 Peter O'Toole 1 00:18:14

14 Orna Dilworth 1 00:20:38

*Crusaders AC runners*

1 Peter O'Toole 00:18:14

18 Olwyn Dunne 00:21:08

101 Nici Roechert 00:37:39

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=13>

### **Marlay Park 5k Parkrun #41**

Overall place Name Cat. Place Chiptime

1 Patrick Moriarty 1 00:17:29

20 Aoife Quigley 1 00:19:49

*Crusaders AC runners*

8 Torben Dahl 00:18:55

17 Eddie Nugent 00:19:39

20 Aoife Quigley 00:19:49 (PB)

Full results here: <http://www.parkrun.ie/marlay/results/weeklyresults/?runSeqNumber=41>

### **Clonliffe Harriers Christmas Cracker 5K**

Overall place Name Cat. Place Chiptime

1 Mark Christie 1 00:14:22

27 Kate O'Neill 1 00:18:04

*Crusaders AC runners*

18 Jason Kehoe 00:17:26

90 Kristy Ryan 00:22:33

# **The Perfect Antidote**

Posted on Wednesday, January 1st, 2014 at 8:27 pm.

Written by [James](#)

There have been some excellent races taking place over the Christmas period. We have managed to glean the results of some, but please let us know if we have missed any of them.

It would be fair to say that generally conditions have not been easy, what with high winds and rain marking nearly all the events, but this has not deterred some of our more doughty members.



Marie Hyland

It all started on St Stephens Day with 2 races that we have noted. In a race otherwise won by Raheny's Mick Clohisey on the men's side and Elish Kelly for the women's title, the Fields of Athenry 10K witnessed the strong participation of at least 5 Crusaders. In a field exceeding 1130 finishers, Vinnie McGuinness, still in transition between clubs, ran well to place 6<sup>th</sup> overall in 34:13, whilst Marie Hyland marked her 4<sup>th</sup> place in the women's race with an excellent PB of 38:46 (37<sup>th</sup> overall). Michael Costello, likewise in transition, finished strongly in 39:37 (64<sup>th</sup> overall), whilst Aislinn Connolly ran well to place 196<sup>th</sup> overall in a time of 43:33 and Edel Keaveney also had a super run to place 314<sup>th</sup> in a time of 46:26. Of interest to members, Sinead Brody of GCH, who trains with Crusaders, ran strongly to finish 75<sup>th</sup> overall in a time of 40:14.



Vinnie McGuinness

On the same day, Laura Roche competed in the Cavan Christmas Dash. In a more than 500-strong field, Laura placed a creditable 82<sup>nd</sup> overall and 9<sup>th</sup> woman finisher (out of 287 female runners) in a time of 22:00. The ladies race was won by Fiona Roche of Raheny, who as a club rather dominated the results over the Christmas period.



The following day saw David Carter competing in the nearly 100-strong Robbie Byrne Memorial 6K Road Race. Marking an excellent return to competition after an ankle injury, David placed 27<sup>th</sup> overall in a time of 23:58 behind winner, Raheny's Simon Ryan.

The Fat Turkey 10K run was held in Howth on 28<sup>th</sup> December. Believing he had not fully rid himself of the excesses of Christmas Day, Vinnie McGuinness decided he needed to race again and duly finished really well in 2<sup>nd</sup> place overall in a field of 340 participants in a time of 35:19. He and the winner, Ian Conroy, were approximately 3 minutes ahead of the 3<sup>rd</sup> place finisher. Vinnie was joined by Amy Wright who took a more leisurely approach but still placed in the top 50 overall in a time of 44:55. Geraldine Clements also ran well to finish 101<sup>st</sup> overall in a time of 48:38. The St Anne's Parkrun was also held as usual on the same day. A smaller field than normal at just over 80 finishers was won by two Raheny athletes, David Grange and Aileen Hooper, but our athletes also performed well. Peter O'Toole placed 3<sup>rd</sup> in a time of 18:04 under 30 seconds behind the winner, whilst Sharon Woods was 2<sup>nd</sup> female in a time of 22:57 (26<sup>th</sup> overall). Mary Whitty (25:23 and 38<sup>th</sup> overall) and Nici Roechert (38:31 and 81<sup>st</sup> overall) completed the Cru participation. Leo Lundy also ran on Saturday, in the East of Ireland marathon series in Clontarf, completing his 39<sup>th</sup> marathon in 4:08 in sunny and increasingly breezy conditions. Lastly, ladies' captain Dee Ni Chearbhaill and her fiancé, Sean Murphy, participated in the Baldyman 8K Beach Race in Tramore, Co. Waterford. In tough, slow conditions, Sean placed 6th overall in a time of 34:52, whilst Dee placed 3rd lady and 73rd overall with a time of 42:14. The field measured nearly 270 runners.

Meanwhile on Sunday, Laura Schwirz, having returned for the Christmas period to her native Germany, took part in the Saarbruecker Silvesterlauf 10K. In a field exceeding 1,000 runners, Laura completed an excellent year by placing 132<sup>nd</sup> overall in a time of 42:36. finishing 10<sup>th</sup> among seniors and 15<sup>th</sup> lady in the women's race.



Leo Lundy

Leo Lundy decided that he needed to finish another marathon before the end of the year and on 31 December duly completed his 40th overall, his 19th for the year, 5th in December and 2nd in 5 days. On a course along the Royal Canal organised by the East of Ireland Race series that was muddy and slippery but otherwise flat, Leo finished in just over 4 hours.

Lastly, the New Year got off to an excellent start on New Year's Day for some of our more stalwart runners. In damp and windy conditions which improved slightly between registration and the race itself, at least 10 Crusaders overcame any hangovers they may have been nursing by participating in the Tom Brennan Memorial 5K organised by Liffey Valley AC and held in the Phoenix Park.



The men's race was won by John Coghlan of MSB in 14:44 by one second from Tallaght's Tom Fitzpatrick with Catherina McKiernan a clear winner in 17:26 in the women's race over Fiona Roche of Raheny. Cru Men's captain Seanie Murphy fittingly led the Cru home by placing 19<sup>th</sup> overall in a field in excess of 400 runners. He finished in a time of 17:08. In a rare appearance on the roads, Gary Park was next with an excellent 37<sup>th</sup> place in a time of 18:10. Eddie Nugent continued his improving form with a 71<sup>st</sup> position (19:39), whilst Louise Dobbyn found the going a little tough perhaps, finishing in 101<sup>st</sup> place and a time slightly below her best of 21:18 but still finishing in 21<sup>st</sup> position out of 200 in the women's race. Kristy Ryan (132<sup>nd</sup> in 22:42), Kate Murray (154<sup>th</sup> in 23:01), Sharon Woods (155<sup>th</sup> in 23:02), Maureen McGinley (278<sup>th</sup> in 28:32), Paul Kelly (394<sup>th</sup> in 38:39) and Nici Roechert (399<sup>th</sup> in 39:55) also braved the challenging conditions. Several of our runners have joined the Lord Mayor's challenge for 2014 and wore the shirt in appreciation.

Congratulations to all and wishing a Happy and injury-free New Year to everyone!



Gary Park

### **Fields of Athenry 10K**

Overall place Name Cat. place Chiptime

1 Mick Clohisey 1 00:30:48

13 Elish Kelly 1 00:35:45

#### *Crusaders AC runners*

6 Vinnie McGuinness 00:34:13

37 Marie Hyland 00:38:46 (PB)

64 Michael Costello 00:39:37

196 Aislinn Connolly 00:43:33

314 Edel Keaveney 00:46:26

Full results here: <http://10km.athenryac.com/media/results/2013-results.pdf>

### **Cavan Christmas Dash 5K**

Overall place Name Cat. place Chiptime



1 Glenn Phair 1 00:14:52

5 Fiona Roche 1 00:17:05

*Crusaders AC runner*

82 Laura Roche 00:22:00

Full results here:

[http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1637%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1637%253Flayout%253Dprecision_timing)

### **Robbie Byrne Memorial 6K Road Race**

Overall place Name Cat. place Chiptime

1 Simon Ryan 1 00:19:22

12 Sara Treacy 1 00:21:06

*Crusaders AC runner*

27 David Carter 00:23:58

Full results

here: [http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1657%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/raceter?v=%252Fen%252Frace%252Fshow%252F1657%253Flayout%253Dprecision_timing)

### **Fat Turkey 10K Run**

Overall place Name Cat. place Chiptime

1 Ian Conroy 1 00:34:54

21 Pamela Howard 1 00:42:26

*Crusaders AC runners*

2 Vinnie McGuinness 00:35:19

48 Amy Wright 00:44:55

101 Geraldine Clements 00:48:38

Full results here: <http://fatturkeyrun.com/results/>

### **St. Anne's Parkrun 5K #14**

Overall place Name Cat. place Chiptime

1 David Grange 1 00:17:38

18 Aileen Hooper 1 00:22:08

*Crusaders AC runners*

3 Peter O'Toole 00:18:04

26 Sharon Woods 00:22:57

38 Mary Whitty 00:25:23

81 Nici Roechert 00:38:31

Full results here: <http://www.parkrun.ie/stannes/results/weeklyresults/?runSeqNumber=14>

### **Baldyman 8K Beach Race**

Overall place Name Cat. place Chiptime

1 Brian Murphy 1 00:30:54

45 Maeve Savage 1 00:40:12

*Crusaders AC runner*

73 Dee Ni Chearbhaill 00:42:14

Full results here: [http://www.totaltiming.ie/results/2013/baldy\\_man\\_beach\\_run\\_2013\\_fullresults.htm](http://www.totaltiming.ie/results/2013/baldy_man_beach_run_2013_fullresults.htm)



Nici Roechert, Paul Kelly, Lord Mayor Oisin Quinn, Sharon Woods, Kate Murray, Maureen McGinley

### **Tom Brennan Memorial 5K Race**

Overall place Name Cat. place Chiptime

1 John Coghlan 1 00:14:44

25 Catherina McKiernan 1 00:17:26

*Crusaders AC runners*

19 Seanie Murphy 00:17:08

37 Gary Park 00:18:10

71 Eddie Nugent 00:19:39

101 Louise Dobbyn 00:21:18

132 Kristy Ryan 00:22:42

154 Kate Murray 00:23:01

155 Sharon Woods 00:23:02

278 Maureen McGinley 00:28:32

394 Paul Kelly 00:38:39

399 Nici Roechert 00:39:55

Full results

here: [http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1638%253Flayout%253Dprecision\\_timing](http://www.precisiontiming.net/result/racetime?v=%252Fen%252Frace%252Fshow%252F1638%253Flayout%253Dprecision_timing)



Sharon Woods and Kate Murray



Sharon Woods