

### **Catherina McKiernan visits Club facilities**

World Cross Country Champion and also the Silver medallist on four occasions, Catherina McKiernan paid a very welcome visit to the Clubs facilities at the Dr Pat O Callaghan Sports Complex, Cashel road last Thursday night. She was welcome to the Club by Club Chairman, Albert Doyle who made a Presentation to her on behalf of the Club. She spent some time giving plenty of advice and help to all the Juveniles present and they responded with many questions which she gladly replied. It was a brilliant experience for our Juvenile athletes many of which got Catherina's autograph and many photos were taken of her visit.

### **World Qualification Standard for Evan Lynch**

On Saturday last Evan Lynch participated in the European Cup of Race Walking in Olhao, Portugal. Evan as a result of his ever improving times this year was picked to walk on the Irish Junior team. Unfortunately Evans racing partner James Treanor was ruled out due to injury leaving Evan race alone. Evan had one thing in his mind from the gun and that was to achieve the World Youth Qualification time that earlier this season in Hainault, London evaded him. Evan was on pace at the half way stage recording 23 mins 20 secs for the first half of the race. As the heat reached the mid twenties in the second half the effort had to be upped. Evan was equal to the challenge and raced with confidence and conviction to cross the line in a PB of 47 mins 8 secs, two seconds inside the World Youths Qualification standard. This was an exceptionable achievement for an athlete on the way up who gave four years to some of his fellow competitors. Evan will learn from this experience which had him race against the best Junior men in the World.

## **Sean Tobin qualifies for World and European Youth Championships**

The AAI Games took place in Santry last Sunday where conditions were dry but blustery. In the 3000m race Sean Tobin was striving to go where no other Club athlete had gone, that was achieve the qualifying time for either the European Youth or World Youth Track and Field Championships. The event was 3000m and competition was keen as a number of athletes were trying to achieve the qualifying standards. Sean was accompanied to Santry by a group of Club supporters. The race started and the pace was strong with Sean well positioned in the leading group, sheltered from the breezy conditions. With five laps to go two athletes, including Shane Fitzsimmons of Mullingar Harriers, opened a slight lead and started to increase the pace. In a matter of strides Sean had this break covered and was hot on their heels. Then with 500m to go Sean went to the front and put in a blistering 63 second last 400m to win a brilliant race when crossing the line in 8 mins 33.51 secs, a fantastic achievement as he was over six seconds inside the European Youths qualifying time as well as over 1 second inside the World Youth's qualifying time. There were two fantastic achievements by a brilliant athlete. To put this into perspective, this 3000m race was Sean's 3<sup>rd</sup> competitive race over this distance and he has adapted brilliantly to the distance. The European Youths Track and Field Championships takes place in Turkey in July. Throughout the race Sean was cheered on by his clubmates at every advantage point. This was a fantastic achievement by Sean and all the Coaching staff at the Club, especially by Anthony Moynihan. Great credit must go to everyone involved in such achievements.

## **Angela McCann – European Half Marathon Masters Champion**

Thionville in France was the venue last weekend for the European Masters Road Championships. In the Half Marathon Angela McCann was making her debut in these Championships and she ran the proverbial blinder. Angela had targeted this race over the past

couple of months and all her training was geared for this one event. Her preparations for the 13.1 miles were ideal as she competed in the Dungarvan 10 miler last January where she ran 59 mins 50 secs. Then in March she ran 59 mins 19 secs for the fames Ballycotton 10 mile. In April she turned her attention to the All Ireland Master Ladies 10k title which she won convincingly in the Phoenix Park in 37 mins 27secs where conditions were demanding. In early May she won the Ladies Half Marathon in Limerick in 81 mins 11 secs. All during this period she undertook to organise a very successful "Ladies Meet and Train" group, from seven to eight o clock at our track at the Dr Pat O Callaghan Sports Complex every Monday night and along with Nicola, Donna and Paula this session has blossomed with large numbers attending every Monday night. Back to last weekend's achievement. Angela won a fantastic race in 79 mins 36 secs, what a way to win a European title than with a Personal Best,