

Brilliant performances to end the Series on a High

Tonight's race saw 75 athletes participate on what was an ideal night for running and it was great to see so many run so well on the final night of the series. Indeed it makes interesting reading to see how athletes have improved since the first race on January 12th. Great credit to everyone for maintaining their training and the secret is to train regularly at your own pace. The Club would like to thank everyone who helped in any way to make this series such a success, especially the stewards who made sure that the event was promoted smoothly each night.

The secret now is to keep the training up and continue to train regularly and consistently at your own pace, with the long evenings coming in try and run over different routes. Now that you have succeeded in improving your performance over 4K, set your sights on improving over 6k or 4 miles depending on the Road works in the upcoming Inter Firms road races that get underway on March 30th. We will be doing a practise run over the course, starting at LIDL on Wednesday night 23rd March at 6.45pm and everyone must wear a high Viz, No High Viz No Run. More details to follow. Looking back over the results of the 1st race on January 12th and tonight's performances you will see brilliant improvements over such a short time, well done to all our High achievers, keep up the training, enjoy the reading. I will send out another report showing how everyone done over the Series.

Take tonight's winner, Ross Alexander who has run consistently well over this seven race series and he has improved. He ran 14 mins 27 secs on the first night, tonight he ran his fastest when clocking 13 mins 47 secs, brilliant running. Liam Casey improved from 15 mins 34 secs to 15 mins 3 secs, Matt Alexander from 15 mins 40 secs to 15 mins 29 secs, Benny Hahessy from 16 mins 48 secs to 15 mins 45 secs, Elaine O'Brien from 17 mins 14 secs to 17 mins 5 secs, Niall McCarthy from 17 mins 28 secs to 16 mins 40 secs, Alan Pearson from 17 mins 47 secs to 16 mins 43 secs, John Tobin from 17 mins 54 secs to 16 mins 59 secs, Kevin Condon from 18 mins 3 secs to 17 mins 3 secs, Alan O'Shea from 18 mins 3 secs to 17 mins 17 secs, Derek Pyke from 18 mins 19 secs to 17 mins 14 secs, Brian Tyrell from 18 mins 23 secs to 17 mins 52 secs, Robbie Condon from 18 mins 24 secs to 16 mins 56 secs, Jack Allen from 18 mins 41 secs to 17 mins 19 secs, Jimmy Lonergan from 18 mins 46 secs to 17 mins 36 secs, Joe Grinsell from 18 mins 47 secs to 18 mins 20 secs, Marion O'Neill from 18 mins 55 secs to 18 mins 34 secs, Niall Morrison from 18 mins 58 secs to 17 mins 40 secs, Ritchie Meehan from 18 mins 59 secs to 17 mins 30 secs, Nicola Maunsell from 19 mins 21 secs to 17 mins 41 secs, Adrian Lonergan from 19 mins 38 secs to 17 mins 29 secs, Noel Prendergast from 19 mins 41 secs to 18 mins 19 secs, Noel Higgins from 19 mins 47 to 18 mins 55 secs, Eileen Hynes from 20 mins 27 secs to 19 mins 36 secs, Mary O'Gorman from 21 mins 51 secs to 20 mins 35 secs, Andrew McHale from 22 mins 14 secs to 18 mins 32 secs, Gary Morrison from 22 mins 48 secs to 17 mins 3 secs, Kevin Kelly from 22 mins 54 secs to 19 mins 46 secs, David Kingston from 22 mins 57 secs to 21 mins 35 secs, Siobhain Leahy from 23 mins 14 secs to 20 mins 29 secs, John Molloy from 23 mins 14 secs to 21 mins 6 secs, Helen O'Ceallaigh from 23 mins 23 secs to 20 mins 19 secs, Catriona Hartnett from 24 mins 4 secs to 21 mins 55 secs, Johnny Casey from 24 mins 45 secs to 22 mins 51 secs, Emma Norris from 24 mins 52 secs to 23 mins 3 secs, Marcella Sheehy from 25 mins 4 secs to 20 mins 44 secs, Juliette O'Sullivan from 25 mins 22 secs to 23 mins 5 secs, Dan O'Keeffe from 25 mins 30 secs to 21 mins 17 secs, Anne McGarry from 25 mins 38 secs to 24 mins 14 secs, Olga Kelly from 26 mins to 22 mins 47 secs, Ciara Meehan from 26 mins 25 secs to 22 mins 47 secs and Willie Fogarty who walked the distance every night and he improved from 30 mins 49 secs to 30 mins 9 secs.