

## WINS FOR EVANS AND O'DOHERTY IN COILLTE 10K

Wednesday 8<sup>th</sup> July the Coillte 10k Road Race was ran in Dundrum for the 24<sup>th</sup> consecutive year. A field of 191 athletes went to the start line for the classic two lap race with juniors running one lap for their 5k race. The early pace setters were Tommy Evans Gowran, Rory McDonnell Dunboyne and Neil Cusack from Limerick with Tony Fogarty Thurles Crokes keeping the Tipperary flag flying in 4<sup>th</sup> position. Tipperary athletes were very prominent in the ladies race with Siobhan O'Doherty Borrisokane well clear been pursued by Madeline Loughnane Thurles Crokes and Angela McCann Clonmel with Veronica Colleran Ennis Track keeping the younger ladies company in the Over 35 section. Back into the village at the 5k mark and Kilkenny man Tommy in the all red colours was gone clear and he continued to power his way along to come home for a clear cut victory and add a new name to the winners list of the past 24 years. Rory who made the long trip from the Royal County and is a brother of Damien who runs with Moyne came home a good second. Neil ran steady all the way to take 3<sup>rd</sup>. Tony Fogarty who continues to improve had a super run for 4<sup>th</sup>. Brian Murphy Marian ensured that five different Counties were represented in the first five positions with a solid run for fifth. Siobhan O'Doherty led all the way in the women's race to complete a hatrick of victories having won before in 2004 and 2005. Madeline despite her training been restricted by a persistent knee injury took second. Angela Mc Cann who opted for the senior section showed she could mix it with the younger brigade to take 3<sup>rd</sup> with her club mate Kealey Tideswell 4<sup>th</sup>.

In the Master men's categories Limerick athletes figured prominently with Keith Ryan Limerick 1st over 40. Pat Heffernan Fethard continuing to progress on his comeback trail with a great run for 1<sup>st</sup> over 45. Over 45 course record holder Eugene Moynihan Marian took 1<sup>st</sup> in his new category over 50. While two more Limerick athletes Joe Ahearne Bilboa and Donal Murphy Limerick won 1<sup>st</sup> over 55 and 1<sup>st</sup> over 60 respectively. The Master women's category was dominated by Clare athletes with regular visitor to Dundrum Loretta Duggan St Marys 1<sup>st</sup> over 35. Veronica Colleran Ennis track with a super run for 1<sup>st</sup> over 40. Sue Garrahy Kilmurray Ibrickane took 1<sup>st</sup> over 50. Preventing a Clare clean sweep in the Masters. was Bernie Kelly who made the long trip from Galway City Harriers to win the over 50 section.

The junior 5K was poorly supported quantity wise with only 13 athletes going to the start line. Vincent Molumby Thurles Crokes was the outstanding performer in this race with a super run to take victory. Kevin Moore Dundrum kept the local flag flying with a solid run for 2<sup>nd</sup> improving on his third place of last year. Nickola Morozow Nenagh took third. The Junior women's section of the 5k was dominated by Thurles Crokes athletes and in particular the Loughnane sisters whose father Gary ran the 10k. Laura took 1<sup>st</sup>, Nicola 2<sup>nd</sup> and Andrea 4<sup>th</sup>. The family clean sweep been prevented by their Club mate Elaine Fitzgibbon who took 3rd. Mary O'Brien Coillte Recreation Manager whose Company were the main sponsors of the race presented the prizes to all the winners.

## Results

**Senior Men** 1st Tommy Evans Gowran 31:21 2<sup>nd</sup> Rory McDonnell Dunboyne 31:51 3<sup>rd</sup> Neil Cusack Limerick 31:55 4<sup>th</sup> Tony Fogarty Thurles Crokes 32:32 5<sup>th</sup> Brian Murphy Marian 33:03 6<sup>th</sup> Martin Doody Limerick 33:07 7<sup>th</sup> Shane Mullaney Thurles Crokes 33:09 8<sup>th</sup> Danny Smith Ballynonty 34:21. **Over 40 Men** 1<sup>st</sup> Keith Ryan Limerick 35:00 2<sup>nd</sup> Mick Rice Athenry 35:15 3<sup>rd</sup> Pat Hogan Ennis Track 36:27. **Over 45 Men** 1<sup>st</sup> Pat Heffernan Fethard 34:40 2<sup>nd</sup> Michael Moore Dundrum 35:46 3<sup>rd</sup> Ger Griffin Raheen 39:31. **Over 50 Men** 1<sup>st</sup> Eugene Moynihan Marian 36:32 2<sup>nd</sup> Mick Harvey Kilmurray Ibrickane 38:07 3<sup>rd</sup> Tom Mackey Kilmurray Ibrickane 38:38. **Over 55 Men** 1<sup>st</sup> Joe Aherne Bilboa 39:45. **Over 60 Men** 1<sup>st</sup> Donal Murphy Limerick 42:59.

**Senior Women** 1st Siobhan O'Doherty Borrisokane 35:39 2<sup>nd</sup> Madeline Loughnane Thurles Crokes 37:10 3<sup>rd</sup> Angela McCann Clonmel 38:36 4<sup>th</sup> Kealey Tideswell 39:15. **Over 35 Women** 1<sup>st</sup> Loretta Duggan St. Marys 42:29, 2<sup>nd</sup> Jude Lohan Roscommon 47:18. **Over 40 Women** 1<sup>st</sup> Veronica Colleran Ennis Track 38:00 2<sup>nd</sup> Treacy Guilfoyle Kilnaboy 39:27. **Over 45 Women** 1<sup>st</sup> Sue Garrahy Kilmurray Ibrickane 45:04 2<sup>nd</sup> Eileen Hynes Clonmel 48:57. **Over 50 Women** 1<sup>st</sup> Bernie Kelly Galway City Harriers 46:09.

**Junior 5k Men** 1st Vincent Molumby Thurles Crokes 16:32 2<sup>nd</sup> Kevin Moore Dundrum 18:05 3<sup>rd</sup> Nickola Morozow Nenagh 18:29. **Women** 1<sup>st</sup> Laura Loughnane Thurles Crokes 21:48 2<sup>nd</sup> Nicola Loughnane Thurles Crokes 22:33 3<sup>rd</sup> Elaine Fitzgibbon Thurles Crokes 22:45.