



# IMAA Gazette

**Irish Masters Athletics Association**

**March 2009**

[www.irishmastersathletics.com](http://www.irishmastersathletics.com)

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## Interview with the IMAA President

### What's your personal background?

George Maybury: I grew up on a small farm in Kerry and joined An Garda Siochana after school. I worked in Donegal and Dublin until I retired in 2003 and I live in Blanchardstown with my wife Anne.

I was never good enough to play football for Kerry, but I did play for Donegal in the under-21 championship. My athletics career started with NACAI and in Dublin I met the wonderful coach Gerry Farnham. At Civil Service I had success in team events up to All-Ireland level.

An Garda Siochana also provided a great platform. My best memories are running 2:28.25 in the EUROPEAN POLICE MARATHON in 1990 and winning the Masters M40 1500 m in the WORLD POLICE AND FIRE GAMES in 1995 in 4.14.

I still compete, primarily in 800 m and 1500 m, managing to squeeze into the medals occasionally. I am 55 since January and hope to continue training and competing for years to come.

### Where are we in masters athletics?

Masters athletics has always been very strong in Ireland. At the present time there

are lots of people capable of going to European or World championships and winning medals.

Strong masters athletics is something to treasure, but to ensure continued success it is crucial that the committee builds on the work of our predecessors.

### What are your hopes for the future?

Over the next few years, things will be difficult with sponsorship. It is important to build up membership.

We will also have to make greater use of technology such as online communication via e-mails, along with considering the payment of annual membership online. To do this we will have to develop a more streamlined database with appropriate contact information. This would speed up communication and be cost effective.

### How can individuals contribute?

We will be coming back to the members seeking their help with building the database and deepening the membership by spreading the gospel of masters

athletics.

People can also help by volunteering to officiate at championships when they are not competing. We owe a huge debt of gratitude to officials who regularly give up their time to officiate.

### Any final comments?

I hope all athletes continue to have the health to enjoy our sport for many years. By pulling together we can go from strength to strength. Thanks to all those who have wished me well, particularly our committee; without their dedication nothing could be achieved.



George Maybury, Mick Fennell, Bernie Kavanagh, IMAA Committee, 2009.

## Success at B&CC Champs

BY PHILIP MAGNIER

Irish runners managed second place behind England in the overall team medal count at the BRITISH AND IRISH CROSS COUNTRY INTERNATIONAL on 15th November, 2008, in Swansea.

Donna Mahon, W35, Mags Greenan, W50, and Martin McEvelly, M60, all ran brilliantly to win individual gold. (Martin's efforts in this and other races meant that he won the TADGH LYNCH ANNUAL AWARD for 2009, see page 4).

Niamh O'Sullivan, W45, continued her comeback from injury to gain a silver

medal and also help her team to silver.

Other Ireland team medals included silver in W35, bronze at W40, silver at W50, W55, and W60, and bronze at W65.

Among the men, the M35 team had a great team effort to win gold without actually winning any individual medals. Our M45 team won silver, the M50s and M55s both won bronze while our M60s won gold also.

W35	Donna Mahon, Margaret Kelly, Elaine Caul, Mary McDermott.
W40	Carmel Crowley, Donna Evans, Helen White, Orla Gormley.
W45	Niamh O'Sullivan, Anne Donnelly, Mary Sweeney, Ann Carroll.
W50	Mags Greenan, Joan Hough, Mary Jennings.

W55	Mags McCreery, Josie Power, Eileen O'Keefe, June Cumiskey.
W60	Joan Coyle, Evelyn McNellis, Carol Lynch, Pam Benson.
W65	Maureen Fitzgerald, Geraldine Walsh, Anne Coogan.
M35	Pat Byrne, Tony Reilly, Paul Blaney, Brian Thursby-Pelham, Noel Kelly, John Creane
M40	John Downes, Mick Traynor, Tommy McElwaine, Ed McEntee, John McGlinchy, Tommy Farrell
M45	James McMahan, Dominic Bonner, Jim Stafford, Brendan Hogan, Niall Coppinger, Martin Carroll
M50	Tommy Paine, Martin McDonald, Eugene Moynihan, Ronald Naylor, Johnnie Feery, Eddie Walsh
M55	Pat O'Shea, JJ Murphy, John Todd, Pat Timmons
M60	Martin McEvelly, Liam O'Hare, Pat Comey, Tom Hunt.

# 20 Questions for Joe Gough

BY PHILIP MAGNIER

Joe had a great year in 2008: in March he won silver at the WORLD MASTERS INDOOR T&F in France and later on he topped that with gold at the EUROPEAN MASTERS T&F championships in Slovenia. Both races were at his favourite distance the 800 metres. In addition, he won four Irish national titles, and both the indoor and outdoor British titles. He also broke the Irish indoor record at 800m with 2:10:58.

This continues his great tradition of success at Master's level. He has won 45 Irish titles and currently holds four records at different age categories: the 800 m record at M45, M50, and M55, and the 1500 m record at M55.

Joe's home town is Dungarvan and he runs with West Waterford A.C.



Joe Gough in Slovenia

1. *What running shoes do you train in?* - Nike Zoom Vomero.
2. *Training miles last week?* - 38
3. *Favourite racing distance?* - 800m
4. *What do you like most about running?* - Winning.
5. *Favourite race or event?* - The Colligan Cup in the woods near Dungarvan (where you predict your time on a 5-mile race).
6. *What annoys you most at races?* - Poorly organised events.
7. *What new race would you most like to take part in?* - The American Masters Championships
8. *Best-ever running performance?* - Winning the European Championships in the 800m in Slovenia last summer.
9. *Worst-ever running performance?* - Competing in the Mun-

ster cross country two years ago in Tralee racecourse in arctic conditions.

10. *What's the strangest thing that you've seen on a run?* - Watching children being trained to race by getting them to run backwards!
11. *Favourite item of running gear?* - My club vest
12. *Who would you most enjoy beating in a sprint for the line?* - Seb Coe
13. *What was the best bit of training advice you were ever given?* - Make sure your laces are well tied and run beyond the finish.
14. *In ten years time will you still be running?* - I hope so.
15. *If you were told you could never run again, how do you think you'd*

*react?* - I would get a second opinion!

16. *Ever been bitten by a dog while running?* - No but by a crab on Tramore beach.
17. *What got you started?* - My big brother was chasing me
18. *Favourite post-race food?* - Bananas followed by a good dinner
19. *Most embarrassing ever running-related moment?* - Misjudging the finish line in Nenagh at the Nationals a few years ago, I stopped too soon.
20. *Greatest Irish Athlete of all time?* - Sonia O'Sullivan

## Recording the Records!

Our Records Secretary, Pat Timmons, and Webmaster, Mick Bolger, are doing a great job collecting and uploading all the age category records to our new site. Have a look at: [www.irishmastersathletics.com](http://www.irishmastersathletics.com).

No less than 49 new records were added last year. By March, we already had six new ones for this year.

The records cover indoor and outdoor track and field events and road race best performances.

For further information on applying for a record, please see the form included on the website. Please note the points on supporting documentation.

## Forthcoming Events

### Ireland 2009

Sun. 19 Apr., WOODIES DIY/ AAI ROAD RELAY CHAMPS, Raheny, Dublin.

Sun. 26 Apr., WOODIES DIY/ AAI 10K RD RACE CHAMPS, Navan.

Sat. 23 May, WOODIES DIY/ AAI JUNIOR, MASTERS & SENIOR COMBINED EVENTS, Charlesland, Greystones, Co. Wicklow.

Sun. 28 June, GRAND PRIX RACE WALKING inc. 20k AAI Champs. Santry, Dublin.

1-2 Aug., WOODIES DIY/ AAI SENIOR T&F CHAMPS. Santry, Dublin.

Sun. 16 Aug., WOODIES DIY/ MASTERS T&F CHAMPS. Tullamore, Co. Offaly.

Sun. 6 Sept., WOODIES DIY/ AAI HALF MARATHON CHAMPS. Ballybofey, Co. Donegal.

Sun. 18 Oct., GERRY FARNHAM CC. Phoenix Park, Dublin.

Mon. 26 Oct., LIFESTYLE/ ADIDAS DUBLIN CITY MARATHON, incorp AAI National Champs.

### UK 2009

Sat, 14 Nov., BRITISH AND IRISH CC CHAMPIONSHIPS, Isle of Man.

### Mainland Europe 2009

23-29 March, EUROPEAN MASTERS INDOOR CHAMPS, Ancona, Italy. Please see [www.ancona.evaci2009.com](http://www.ancona.evaci2009.com). Entries closed.

29-31 May 2009. EUROPEAN NON-STADIA ROAD CHAMPS, Aarhus, Denmark. [www.aarhus1900.dk/evacns2009](http://www.aarhus1900.dk/evacns2009).

Entries close 20th March 2008.

28 Jul - 15 Aug. WORLD MASTERS T&F CHAMPS, Laiht, Finland.

Please see [www.wma2009.org](http://www.wma2009.org). Normal entries close 20th May 2009.

Late entry: €25 per event until 15th June.



**Gerry Farnham Cross Country,  
Phoenix Park, October 2008.**

PHOTOS BY PHILIP MAGNIER

## Tadgh Lynch

BY PAT BONASS

Tadgh Lynch, born in Cork in 1928, was a man of immense integrity, an unsung hero. His contribution to Irish athletics at senior level and his involvement in the establishment of vets/ masters athletics not just in Ireland but also internationally was immense. He worked as a senior civil servant, spoke 7 different languages, served his Civil Service club throughout his life in Dublin and was rarely absent as a competitor or a timekeeper at races all over Ireland.

In 1974 the IAAF encouraged the establishment of vets organizations with a view to World and European championships. Tadgh joined a number of well-known O40 athletes to form the IRISH VETERAN ATHLETES ASSOCIATION. Despite a lack of cooperation from local officials, Tadgh and his friends organized the first championships in Belfield in 1977 with 57 competitors; they had no status and were called "Vets tests".

Tadgh got silver in the 1500m in 4:33. Tadgh then almost single handedly organized international trips where we had major medal success. A new vets constitution was inaugurated in 1989. Tadgh forged a link with our British neighbours, and we competed in the BRITISH AND IRISH VETS CC CHAMPS in Sunderland, 1994, with athletes running in a pre-trial race to gain selection. In our inaugural hosting of this race in Malahide in 1995, we were the first country in the world to award winning medals to the whole selected teams (now standard practice). All these innovations are a testimony to the memory of Tadgh and contribute to a vibrant, competitive and enjoyable masters community.

Sadly Tadgh passed away aged 65 in 1993. I was asked by the committee to commission a trophy that would reflect his achievements and the esteem in which he was held. The TADGH LYNCH ANNUAL AWARD is now presented each year to a member who demonstrates through athletic or administrative achievements what is best in Irish Masters athletics.



Dermot Kerr, M50, Mary Jennings, F50, and Tom Hunt, M60, finished first in their categories (among all-comers) at the Dublin Marathon in October 2008.

I think that our members will agree that Tadgh would be proud of the inaugural winner in 1994, Eamon Coughlan, the first over 40 to run a sub-4 minute mile with 3:58.15. The full list of winners gives testimony to those early pioneers who strived to set the foundations for what has now become the IRISH MASTERS ATHLETICS ASSOCIATION.

## Keeping it Going

BY PHILIP MAGNIER

Visitors to solicitors in Galway should beware: they might find their hitherto serious professional suddenly materialise minutes after their meeting as a blur of singlet, shorts, and running shoes on the back streets near Eyre Square.

That would be Brian Geraghty (unless there are other running solicitors in Galway we haven't heard of), now 67, still working in the family firm, and still taking his lunchtime constitutional from the office, down the Dyke Road, up to Daingean, and back; a distance of four miles or so. He's been running for 45 years now, almost without interruption, and finds it sets him up for the afternoon's work.

"It's a way to think about nothing other than the immediate, to get close to nature," he says.

He started in 1963, after breaking his arm twice in other sports like hurling, football, and rugby. The race was in

Athenry and he's never looked for another form of exercise since.

Having aptitude for running no doubt encouraged him, but he emphasizes how much he liked the great people: "I knew from the first that I would enjoy the crowd". And the other effects: "I was aware even as a student of its mental relaxation qualities".

The miles have declined a bit. He does the Daingean run five days a week and usually does a 10-miler at the weekend. Like many competitive runners of the 1960s-80s, he did 100+ miles in his prime. "After 40, you should cut back because of possible injury".

Sometimes he has a companion on his weekend 10-milers, his wife Fionnguala, a serious runner in her own right as the holder of the universities' 440 yards record. They met through athletics. "She was my best present from running", he says, smiling.

He participated in the EUROPEAN MASTERS CHAMPS in his favourite event, the 1500m, in the early 70s and in two 10k races, finishing 6th in all of them that he remembers! He clocked a great 36:55 at the M60 10k in 2002.

It wasn't all serious. In days gone by, Cork athletes especially used to drink before races, often with no seeming effect. He remembers one rival downing 9 pints of Guinness the night before a race and fancying his own chances, only to see the same rival outspurt him on the day!