

Sorrel Hill 7th July 1999

Report by Douglas Barry

The Nolan Blisters...

A glorious evening at the Wicklow hamlet of Lackan, with the light of a waning sun glancing off the limpid Blessington lakes, ensured that a healthy field of over 80 runners lined up for the 10th race in the Leinster League - Sorrel Hill. However, at the top end of the entry, a paucity of elite runners ensured that Crusaders international runner [Paul Nolan](#) looked certain to be a lonely figure at the front with just a record to chase.

But what a record he had to chase! John Lenihan set a stunning time of 36 minutes dead for the 10 kilometre course after a terrific battle with Wales's Hefin Griffiths. The occasion was the invitational international meeting some 12 years ago which featured a race on Sorrel Hill on the Saturday and Lugnaquilla on the Sunday. The following day, the Kerryman also won Lug in a record time. Unfortunately, the underfoot deterioration of the short ride that leads to Lugnagun due to felling some years ago has slowed the race and left Paul Nolan with more than a mountain to climb.

The route starts at the forest entrance at Corrig. The course follows the forest road initially, climbs up the aforementioned ride to emerge close to the shallow summit of Lugnagun. A gentle slope sweeps down over fast going open mountain, with the forest to the unner's right and views over the Dublin mountains to the left. The forest ends to reveal the lake on the right before the route gradually pulls to the base of the Sorrel Hill cone.

The sting is the 170 metres of gradually steepening climb which then leads to the summit of Sorrel Hill. The climb seems never-ending to the unfit - me for instance! - and the summit an elusive grail. However when you gain it, the views are definitely worth it. The panorama is stunning, but you have to get down again. Like most mountain races, the course retraces its steps and you have the bonus of seeing your opposition still struggling on the climb.

Paul Nolan cleared off into the distance closely pursued by Junior international Mark Doyle. After a time, Paul pulled further away. Reaching the summit, he stormed back on the descent to increase his lead further. He was only the 4th Irish runner to break 40 minutes for the course but was a little disappointed with his time of 39 minutes 13 seconds. He shouldn't be. The solo effort and the slightly slower route were against him.

Mark Doyle who slowed down on the return trip finished second some 5 minutes back. Eoin Keith gained vital league points on his rival Simon Walters by taking third. Claude McManmon held off Seamus Murphy to win the M40 class, while Ercus Stewart won the M50 category by nearly 5 minutes from Richard Flynn in a new record.

Laura McGinley (Raheny) had a great run to win the women's race in 50 minutes 10 seconds and clip 3 seconds off Una May's record set last year. Laura is not yet in the sort of shape that saw her win her international vest but still had an easy 4 minute victory over Mary O'Connell with Eileen Walsh further back in third. Marian Hughes won the F40 category with former multiple record holder Caitlin Bent winning the F50 class.

Pos	Num	Name	Club	Cat	Time
1	298	Paul Nolan	Crusaders		39.13
2	217	Mark Doyle	Eagle M.R.C.	M20	44.18
3	198	Eoin Keith			45.12
4	101	Simon Walters	AIB		45.52
5	105	Declan Doyle			46.29
6	261	Alan Cox	Crusaders		46.47
7	228	Fergus Brien			47.06
8	395	Shane Scadding			47.34
9	218	Finbarr Desmond			48.23
10	276	Cormac MacDonnchadha	Ajax/ESB		49.17
11	121	David Simpson	Rathfarnham	M19	49.21
12	271	Laura McGinley	Raheny F		50.10
13	224	Patrick Casey	Crusaders		50.21
14	187	Vincent Blake	AIB		50.33
15	151	Claude McManmon	M40		50.44
16	364	Seamus Murphy	M40		51.15
17	129	Kieran Crowley	AIB		51.18
18	263	Peter McNamara	DUO		51.34
19	161	Vivian O'Gorman	M40		51.36
20	314	Alan Ayling	GEN		51.40
21	392	Brian Keogh	Outdoor Dynamics		51.43
22	330	Stephen Doyle			51.47
23	134	Thomas Galvin	Glenasmole		52.03
24	216	Aidan Fitzpatrick			52.30
25	186	Ercus Stewart	Glenasmole	M50	52.33
26	106	Philip Brennan	Setanta O.C		52.57
27	289	Mark Gomm	Portmarnock		53.03
28	244	Dave Weston	Setanta		53.06
29	136	Colin Burns	Ajax		53.51
30	119	Justin Keatinge	Ajax		54.05
31	122	Joe Lalor	GEN M40		54.07
32	313	Mary O'Connell	F		54.13
33	233	Nigel Creighton			54.30
34	299	Donough O'Keeffe	BVOC		54.43
35	352	Marcus Geoghegan	Ajax		54.49
36	183	Caimin Moloney			54.50
37	223	Brian Lambe	TOCAC F19		54.55
38	242	Sean R Murphy	Setanta		56.02
39	273	Eileen Walsh	Donore Harriers F		56.08
40	256	Brendan Lawlor	Office City		56.34
41	124	Richard Flynn	SET M50		57.01
42	163	Tom Quinn	M40		57.29
43	149	Eva Mulleady	Crusaders F		57.38
44	394	Bruce Shenker	M40		58.04
45	387	Christopher Kavanagh			58.13
46	179	Padraic Hamrock	AIB		58.30
47	103	Gordon Douglas	M40		58.33
48	229	John Fitzgerald	M40		58.34
49	354	Suzanne Kennedy	F		59.12
50	393	Martin S Byrne	Outdoor Dynamics		59.14
51	346	Paul Marshall	M40		59.20
52	311	Eddie O'Flynn	Eircell		59.23
53	123	Joe McDonagh	AIB		60.08
54	318	Peter Gorman	AIB		60.58
55	324	Jimmy O'Brien	Ajax M50		61.15
56	391	Eddie Harrison	Portmarnock M40		61.25
57	156	Nina Philips	Crusaders F		61.26
58	196	Sean Lambe	M60		61.44
59	203	Marian Hughes	DSD F40		61.56
60	363	Alan Daly			63.13
61	288	Kevin Smith			63.29
62	173	Brendan Doherty	GEN M50		63.40
63	189	Niamh Fitzpatrick	AIB F		63.44
64	390	Stephen Rowe	Portmarnock M40		63.58
65	321	Melissa O'Halloran	F		64.51
66	361	Sarah Cutler	F		65.14
67	234	Maurice Mullins	Loughrea M50		66.49
68	351	Derek Livingston			66.59
69	108	Fiona Callaghan	AIB F		67.08
70	172	Alexis Fitzgerald			68.42
71	280	Caitlin Bent	Setanta F50		68.48
72	396	Cathy Batch	Crusaders F		68.57
73	281	Melanie Walsh	F		72.10
74	143	James Higgins	AIB		74.05
75	255	Willie O'Gorman	Portmarnock M50		74.58
76	177	Ger Power	3ROC F40		79.20
77	358	Mike Gomm	Portmarnock M60		96.10
					Short Course
1	383	Andrew Caslin	M10		18.57
2	384	James Caslin	M12		18.57
