

# Three Rock Dash - Wednesday 19/5/1999

Report by Douglas Barry - results below

Noel Berkeley was the star of the Three Rock Dash - a race which assembled the largest field the Irish Mountain Running Association has ever had for a Wednesday night League race. Noel who is the current Irish 10,000 metres track champion took off steadily with clubmate Gerry McGrath, a former 10,000 metre track champion himself, and promising Irish junior Mark Doyle alongside.

The doughty Mark is trying to get on to the Irish team for the Worlds in Borneo later in the year. If he makes it, it'll be his sixth appearance in succession. This feat, if achieved, will be a world record for any junior runner. Mark finished a strong 21st last year in the Worlds at Reunion, and is going well this year. Continuing his good form, he pushed hard to stay with the illustrious company on the climb up to the summit turn at the Fairy Castle. However, Noel Berkeley decided to let rip on the climb and pulled away easily from the rest as the course steepened.

Noel was well clear at the turn and admitted to easing back on the sweeping descent past the Two Rock transmitter. Untroubled for the remainder of the race, the classy Dundrum South Dublin runner was surprised to find that he had taken 28 seconds off his own record for the 4.8 kilometre course. A cluster of runners followed with Gerry McGrath in second, proving that his form is slowly returning after his injury. Mark Doyle took third ahead of Hugh McLindon - another who is trying to regain his excellent 1998 form.

In the women's race, only 90 seconds covered the first three runners home. Crusader's Una May missed Spanish international Alizia Romero's two year old record by only 4 seconds. Raheny's Laura McGinley, like Una an Irish international, held off the rapidly improving Joan Flanagan, a noted rock climber, who finished 3 minutes better than her time in last year's race. Another noted rock climber Calvin Torrans zipped down to take the over 50 men's category.

Adrian Tucker pipped Justin May in the vets 40 category while Jane Watt enjoyed extending her dominance of the women's vets category by a further race. Patrick Temple and Karen Guthrie won the short course races, while the AIB steamroller won the Inter Firm category with Simon Walters leading in Kieran Crowley, Vincent Blake, and Gerry O'Doherty.

## Three Rock Dash 19/05/99

### Leinster League 3 of 13 Inter-Firm 3 of 5

| Pos | Num | Name          | Club | Cat | Time  |
|-----|-----|---------------|------|-----|-------|
| 1   | 169 | Noel Berkeley | DSD  |     | 18.24 |

|    |     |                      |              |    |       |
|----|-----|----------------------|--------------|----|-------|
| 2  | 272 | Ger McGrath          | DSD          |    | 19.20 |
| 3  | 217 | Mark Doyle           | Eagle M.R.C. | MJ | 19.30 |
| 4  | 142 | Hugh McLindon        | 3ROC         |    | 19.53 |
| 5  | 274 | Brendan O'Brien      | Ajax         |    | 20.13 |
| 6  | 254 | Colin MacDougall     |              |    | 20.21 |
| 7  | 104 | Adrian Tucker        |              | MV | 20.23 |
| 8  | 168 | Justin May           | 3ROC         | MV | 20.31 |
| 9  | 139 | Bob Lawlor           | Crusaders    |    | 20.53 |
| 10 | 261 | Alan Cox             | Crusaders    |    | 21.08 |
| 11 | 101 | Simon Walters        | AIB          |    | 21.17 |
| 12 | 198 | Eoin Keith           |              |    | 21.24 |
| 13 | 248 | John Brennan         |              |    | 21.41 |
| 14 | 237 | Adrian Hayes         | Bray Runners |    | 21.56 |
| 15 | 105 | Declan Doyle         |              |    | 22.06 |
| 16 | 157 | Gerry Lalor          |              |    | 22.18 |
| 17 | 264 | Anthony Magill       |              |    | 22.22 |
| 18 | 218 | Finbarr Desmond      |              |    | 22.29 |
| 19 | 146 | Brian Jones          | DUO          |    | 22.29 |
| 20 | 176 | Cornelius Marshall   | St. Albans   |    | 22.30 |
| 21 | 121 | David Simpson        | Rathfarnham  | MJ | 22.34 |
| 22 | 228 | Fergus Brien         |              |    | 22.39 |
| 23 | 224 | Patrick Casey        | Crusaders    |    | 22.42 |
| 24 | 113 | Paul Harrington      |              |    | 22.44 |
| 25 | 129 | Kieran Crowley       | AIB          |    | 22.52 |
| 26 | 268 | John McDonnell       | DSD          |    | 22.54 |
| 27 | 215 | Richard Church       |              |    | 23.02 |
| 28 | 132 | Peter Owens          | Dalriada     |    | 23.03 |
| 29 | 267 | Andrew Quin          |              |    | 23.04 |
| 30 | 249 | Paddy Morgan         | Kilmore A/C  | MV | 23.04 |
| 31 | 263 | Peter McNamara       | DUO          |    | 23.18 |
| 32 | 187 | Vincent Blake        | AIB          |    | 23.19 |
| 33 | 245 | Paul Cullen          |              |    | 23.19 |
| 34 | 170 | Gerry O'Doherty      | AIB          |    | 23.24 |
| 35 | 231 | Úna May              | Crusaders    | F  | 23.25 |
| 36 | 250 | Martin Flynn         | Ajax         |    | 23.29 |
| 37 | 276 | Cormac MacDonnchadha | Ajax         |    | 23.49 |
| 38 | 134 | Thomas Galvin        | Glenasmole   |    | 24.06 |
| 39 | 120 | Brian Bell           | BHRR         | MV | 24.14 |

|    |     |                    |                   |     |       |
|----|-----|--------------------|-------------------|-----|-------|
| 40 | 167 | Tommy Whelan       | Marathon Electric | MV  | 24.15 |
| 41 | 151 | Claude McManmon    |                   | MV  | 24.19 |
| 42 | 271 | Laura McGinley     | Raheny            | F   | 24.20 |
| 43 | 216 | Aidan Fitzpatrick  |                   |     | 24.29 |
| 44 | 136 | Colin Burns        | Ajax              |     | 24.32 |
| 45 | 233 | Nigel Creighton    |                   |     | 24.47 |
| 46 | 154 | Graham Porter      | Crusaders         | MV  | 24.49 |
| 47 | 115 | Calvin Torrans     |                   | MSV | 24.53 |
| 48 | 183 | Caimin Moloney     | AIB               |     | 24.60 |
| 49 | 116 | Joan Flanagan      | Ajax              | F   | 25.04 |
| 50 | 122 | Joe Lalor          | GEN               | MV  | 25.09 |
| 51 | 106 | Philip Brennan     | Setanta O.C       |     | 25.13 |
| 52 | 226 | Michael Healy      |                   |     | 25.15 |
| 53 | 166 | Jane Watt          | Crusaders         | FV  | 25.19 |
| 54 | 161 | Vivian O'Gorman    |                   | MV  | 25.26 |
| 55 | 227 | Alan Hughes        |                   |     | 25.28 |
| 56 | 128 | Gerry T. Lawlor    | CSH/Guinness      | MV  | 25.31 |
| 57 | 109 | Dermot Bates       | AIB               |     | 25.50 |
| 58 | 220 | Pat Fitzpatrick    | AIB               |     | 25.54 |
| 59 | 133 | Roisin McDonnell   | Crusaders         | F   | 25.57 |
| 60 | 194 | Dermot O'Callaghan | AIB               |     | 26.09 |
| 61 | 265 | Neil Dobbs         | DUO               |     | 26.10 |
| 62 | 126 | Alan Dolan         | Crusaders         | MJ  | 26.19 |
| 63 | 119 | Justin Keatinge    | Ajax              |     | 26.21 |
| 64 | 256 | Brendan Lawlor     | Office City       |     | 26.24 |
| 65 | 270 | Rory Wallace       | Ajax              |     | 26.43 |
| 66 | 163 | Tom Quinn          |                   | MV  | 26.45 |
| 67 | 219 | Gavan Doherty      | GEN               |     | 26.52 |
| 68 | 243 | Eddie McGovern     | Canada Life       |     | 26.55 |
| 69 | 240 | Ray Linn           |                   | MV  | 27.03 |
| 70 | 238 | Alan Guinane       | AIB               |     | 27.13 |
| 71 | 244 | Dave Weston        | Setanta           |     | 27.20 |
| 72 | 262 | Paul Keogh         |                   |     | 27.48 |
| 73 | 103 | Gordon Douglas     |                   | MV  | 27.55 |
| 74 | 179 | Padraic Hamrock    | AIB               |     | 27.57 |
| 75 | 192 | Brian Byrne        |                   | MSV | 28.10 |
| 76 | 266 | Andrew Pomeroy     | Hib               |     | 28.16 |
| 77 | 149 | Eva Mulleady       | Crusaders         | F   | 28.20 |

|     |     |                     |                 |     |       |
|-----|-----|---------------------|-----------------|-----|-------|
| 78  | 114 | Paddy Lord          |                 | MSV | 28.21 |
| 79  | 156 | Nina Philips        | Crusaders       | F   | 28.23 |
| 80  | 147 | Eithne Mc Shane     |                 |     | 28.29 |
| 81  | 204 | Billy Alexander     | AIB             |     | 28.33 |
| 82  | 269 | Brian Delaney       |                 |     | 28.46 |
| 83  | 174 | Richard Marshall    |                 |     | 28.53 |
| 84  | 203 | Marian Hughes       | DSD             | FV  | 28.57 |
| 85  | 273 | Eileen Walsh        | Donore Harriers | F   | 29.06 |
| 86  | 173 | Brendan Doherty     | GEN             | MSV | 29.41 |
| 87  | 189 | Niamh Fitzpatrick   | AIB             | F   | 29.51 |
| 88  | 229 | John Fitzgerald     |                 | MV  | 29.58 |
| 89  | 123 | Joe McDonagh        | AIB             |     | 30.19 |
| 90  | 107 | Suzanne Kennedy     |                 | F   | 31.04 |
| 91  | 199 | Edward Hughes       |                 | MSV | 31.42 |
| 92  | 178 | Beccy Cameron       | DSD             | F   | 31.55 |
| 93  | 188 | Danny Toye          |                 | MSV | 31.58 |
| 94  | 138 | Aine Donovan        | Crusaders       | F   | 32.10 |
| 95  | 197 | Dawn Slevin         |                 |     | 32.37 |
| 96  | 230 | David Quinn         | Gen             | MV  | 32.43 |
| 97  | 108 | Fiona Callaghan     | AIB             | F   | 32.46 |
| 98  | 193 | Julie Hilliard      |                 | FV  | 32.49 |
| 99  | 145 | Brendan O'Connor    | Ajax            |     | 33.06 |
| 100 | 172 | Alexis Fitzgerald   | AIB             |     | 33.16 |
| 101 | 234 | Maurice Mullins     | Loughrea        | MSV | 33.31 |
| 102 | 255 | Willie O'Gorman     | Portmarnock     | MSV | 34.12 |
| 103 | 143 | James Higgins       | AIB             |     | 35.23 |
| 104 | 253 | Justin Rea          |                 |     | 35.30 |
| 105 | 110 | Vera Quinlan        |                 | F   | 35.48 |
| 106 | 177 | Ger Power           | 3ROC            | FV  | 36.09 |
| 107 | 180 | Anne Davitt         | Bank of Ire.    | F   | 40.33 |
| 108 | 184 | Lindie Naughton     | Crusaders       | FV  | 41.20 |
| 109 | 214 | Michael De Burca    | Danann          |     | 41.40 |
|     |     | <b>Short Course</b> |                 |     |       |
| 1   | 260 | Patrick Temple      | St Columbas     | M14 | 12.12 |
| 2   | 205 | Kieran Cleere       | Blackrock A.C.  | M16 | 12.28 |
| 3   | 277 | Karen Guthrie       |                 | F16 | 14.51 |
| 4   | 246 | Siobhan Byrne       |                 | F14 | 15.04 |
| 5   | 257 | Amanda Pierpoint    | St. Columbas    | F14 | 15.18 |

|    |     |                 |              |     |       |
|----|-----|-----------------|--------------|-----|-------|
| 6  | 259 | Katie Moore     | St Columbas  | F14 | 15.23 |
| 7  | 251 | Eoghan O'Gorman |              | M14 | 15.26 |
| 8  | 258 | Lydia Moore     | St. Columbas | F14 | 17.36 |
| 9  | 241 | Catherine Woods |              | F14 | 18.15 |
| 10 | 275 | June O'Gorman   |              | F14 | 20.11 |

Marking: Henny Brandsma

Marshal: Henny Brandsma

Entries: Vivian O'Gorman, June O'Gorman, Joe Lalor, Douglas Barry

Finish: Douglas Barry, Eddie Guthrie

Results: Justin Keating, Joe Lalor, Douglas Barry

Web: Douglas Barry