

35th Coillte Virtual 5k/10k Road Run

Wednesday the 1st of July we would all have been looking forward to the 35th Coillte 10k road race in Dundrum. However the outbreak of the Covid 19 virus means we cannot hold the race in Dundrum this year in the normal format.

Instead the club is organizing a Virtual run where participants would do the run in the area where they live adhering to HSE Covid 19 restrictions at all times. The club has decided to give participants the option of Walking, Jogging or Running a 5k or 10k for a donation of €10 per each distance or a donation of €15 for both distances. The distances are to be completed between Wednesday 17th June and Wednesday 1st July. Entries are all online at the link <https://coilltevirtualroadraces.itsyourrace.com//register> you have to enter before you do the distance. We would encourage participants to register as early as possible and then do the event in their own time. All participants have to be over 18 years of age. With one week still left to enter over 70 have already entered to complete the event.

The club has decided to donate all monies raised after costs to Tipperary Civil Defence Clonmel who are involved in helping with the Covid 19 pandemic. The Clonmel branch has also provided First Aid cover for the race every year since the first race in 1986.

This year the club has once again linked up with Niall O'Sullivan's Premier Timing Systems for results data. Participants have a number of options to feed back details of their run to Niall for him to create a result sheet for both distances. See information on this via race flyer on the above link or at Dundrum AC, Premier Timing Systems and other relevant Social Media pages. It is important that everybody feeds back Niall their name and time for result sheet as there will also be numerous spot prizes to be won based on finishing positions.

The club is delighted to have Coillte once again as our main sponsor. With Dundrum surrounded by trees and forest trails developed by Coillte over the years where up to 1000 people a week use for running and walking it's appropriate that Coillte are involved with us in the healthy sport of running. The Semi State Company has been involved in this race every year since it was formed in 1988 which is greatly appreciated by the club.

For Tipperary athletes there is the added incentive of the Tim Crowe Memorial trophy (kindly donated by Dominic Moore) for the fastest Tipperary athlete to finish the 10k. Since this trophy was introduced in 2010 in memory of an iconic athlete who hailed from Dundrum it has been won by Danny Smith Ballynonty five times, Christopher Bracken Thurles Crokes once, Kevin Moore Dundrum twice and present holder David Mansfield Clonmel twice.

With participants doing the event all over the country and even some outside the country it will be interesting to see the times coming in and no doubt will create a bit of banter among participants. For the record the following are the course record holders over the Dundrum course.

Senior Men Daniel Gidumbanda Tanzania 1997 29:45, **O/40 Men** Gerard Mullane Limerick 1996 32:41, **O/45 Men** Tony Reidy Portlaoise 2017 33:45, **O/50 Men** Paul Moran

Rathfarnham 2016 34:12, **O/55 Men** Michael Hassett St Catherines 2015 35:51, **O/60 Men**
John Collins Leevale 2019 39:38, **O/65 Men** James O'Sullivan Tipperary Town 2019 40:31,
O/70 Men Andrew Jeyes Ivanhoe 2018 44:04, **Junior Men 5k** Darren Dunne Nenagh
Olympic 2016 15:12, **Senior Women** Rosemary Ryan Bilboa 2003 34:28, **O/40 Women**
Mary Sheehan Grange 2003 39:24, **O/45 Women** Siobhan McHugh Clonmel 2017 42:34,
O/50 Women Veronica Colleran Love to Run 2019 42:24, **O/55 Women** Dorothy Ryan
Country Club 2016 45:01, **O/60 Women** Carmel MacDomhnaill West Limerick 2018
51:13, **O/65 Women** Sally Jeyes 2018 Ivanhoe 56:47, **Junior Women 5k** Louise Stack
Portlaoise 2016 19:05, **Wheelchair** Cillian Dunne Borrisokane 2019 28:20.