

Records to fall at Coillte 10k Road Race

Entries have been coming in steadily for the 37th Coillte 10k on Wednesday 6th July at 8pm in Dundrum. This year the club has once again linked up with Niall O'Sullivan's Premier Timing Systems for entries and result data to manage the ever-increasing numbers of runners every year. **Entries are online via the link itsyourrace.com. The club would appreciate if intended participants could enter before this coming weekend.** Early entry gives the organizers an idea of the number of embroidered dated towels required for all finishers plus the food requirements for the big spread afterwards. Also, it is a big help to Niall for him to get working on his system early.

Race HQ is Dundrum Community Hall Eircode E34 EY28 in the village where race numbers can be collected on the evening of the race.

For an excellent guided tour of the course road by road Google the Running in Munster Ireland Website.

The Semi State company Coillte who have been involved with the race from day one is again the main sponsor of the event. Where would the physical/mental health of the country be today without the Companies open forest policy allowing millions of people to use its vast areas of forests around the country to grab a bit of fresh air and exercise over the past few years especially during Covid lockdown when there was nowhere else to go. Dundrum of course has a huge tradition of forestry with many kilometres of forest trails developed by Coillte over the years attracting thousands of people to the area every year boasting the economy of the local businesses. Dundrum Athletic Club are again grateful for the company's continued sponsorship of the healthy sport of running.

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, David Mansfield Clonmel twice, Kevin Moore Dundrum three times plus present holder Tipperary based Sergiu Ciobanu Clonliffe Harriers.

The race which also incorporates a 5K for juniors (age between 13 years old on day of race and 19 years or under on 31/12/2022) is based around the Dundrum Community Centre Complex in the village where the club has its athletics facilities. The race has prizes in every category from Senior to over 70 years for both men and women. With the Master categories at the standard five-year intervals from Over 40 years plus, with a specially Embroidered Souvenir Hand Towel for all finishers.

The layout of the two-lap course makes it ideal for spectators to see the race and encourage the athletes as the race progresses. One section of the course in the village allows viewing of the race at four different locations by moving about one hundred meters.

The race will be run over the usual flat two lap circuit with each lap consisting of a series of five straights where one or two records are broken every year. Tanzanian international Daniel

Gidumbanda incredible time of 29:45 course record for the 10k has stood since 1997 which is quarter of a century ago this year. Irish Olympian Lizzie Lee Leevale smashed the women's course record last year when running a super 33:45 for the classic distance.

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** John Kinsella Bilboa 2021 32:15, **O/45 Men** Kieran McKeown Watergrasshill 33:39 2021, **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** Lizzie Lee, Leevale 2021 33:45, **O/40 Women** Mary Sheehan Grange 2003 39:24, **O/45 Women** Rosaleen Mackeown Leevale 2021 38:56, **O/50 Women** Angela McCann Clonmel 2021 37:21, **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.