

BALLYSHANNON '10' MILE ROAD RACE, 1984

Sunday, 30 September 1984

By Ollie Thomas
Archive: Pat McManus
Archive: Oliver Thomas (Snr)

This piece entitled 'Hegarty wins Boston Trip at Ballyshannon' appeared in the Donegal Democrat dated 05th October 1984

One of the big prizes on offer at the 10th annual 'Ballyshannon 10 Mile Road Race' on Sunday, a trip to Boston for the first man and woman (sponsored by Eddie Barron, Boston, who is a native of Ballyshannon and who was home this year to present both prizes, stayed in the county as Finn Valley's Pat Hegarty ran a superb race to lead the field home in a time of 51.53, thus earning himself a chance to run in next years famous Boston Marathon.



The ladies race was won by Catherine Rooney, a native of Grange, County Sligo, running with Blackrock AC in Dublin. She finished 49th overall in a time of 59.27. She will go to Boston to compete in next years prestigious all female event, the 'Bonne Belle 10k' race.

Unlike the last few years, this years race was blessed with fine weather although the numbers taking part were

down nearly 100 on last year. Around 200 faced the starter. Ballyshannon Town Commissioner's Chairman, Anthony O'Malley Daly, on the Donegal Road, and 1855 of them successfully completed the tough figure of eight course. Higginstown Hill, the graveyard of many runner's hopes of recording a good time.

Pat Hegarty however showed no fear of the course from the start. At an early stage a group of about a dozed, including Hegarty as well a fellow Donegal man Paddy O'Donnell (Killybegs) and Michael Crampsie, now Finn Valley, broke away.

The first mile was completed in 4.50 and then Hegarty upped the pace with John McDowell of Sparta, going through the second mile in 4.40. As the runners came onto the Rossnowlagh Road nearly the end of the third mile. Hegarty and McDowell had opened up a gap of about 20m with Michael Crampsie in third place and Paddy O'Donnell falling back.

Hegarty and McDowell were still together when they came back into town and through the 4 mile mark but then started up the Higginstown Road Hegarty really go dug in. At half was he had opened up a gap, which by the time they had reached the top of the hill, a mile further on had grown to 50m. The hill had obviously taken its toll on McDowell as Hegarty began to stretch the lead to 100m between 6 and 7 miles. King of the hill however was Paddy O'Donnell who moved up from 6th going through the town in 3rd, just 50m behind McDowell, at the top of the hill.

Between 7 and 8 miles Hegarty seemed to get a stitch and looked to be in trouble as he slowed and McDowell

closed the gap to about 30m. However the Donegal man began to recover over the next mile and by the time they reached the last mile on the Bundoran Road had got back into his stride. In the end he had 7 seconds to spare over McDowell with Paddy O'Donnell a further 48 seconds back in third place.

Michael Crampsie who fell away a bit after a good start finished 4th, a minute and 23 seconds behind O'Donnell.

In the ladies race, Catherine Rooney (59.27) and Moira O'Boyle (60.47) of Belfast had a great battle, they were locked together up until the half way mark and then Rooney took over going up the hill, she was a minute and 20 seconds ahead of O'Boyle at the finish. Finn Valley's Kay McGowan was third lady home in a time of 61.58.

The team race was won by Sparta, Derry with 35 points. Finn Valley were 2nd with 46 points and Sligo AC 3rd with 59 points. The scoring members of the Finn Valley Team were Pat Hegarty (1st), Michael Crampsie (4th), Eddie McMenemy (19th) and Patsy Doherty (22nd).

The mens veteran race was won by Philip McGuinness of Sligo AC and the youth U-19 race won by Sligo runner Michael Casey, with Paul McNulty of Finn Valley finishing third in that section.

Helena McKinney of Carndonagh won the girl's U-19 event with Philomena Gallagher of South Donegal Harriers and Ballyshannon second.

Pat Hegarty also won the Frank Cassidy Memorial Trophy for the first Donegal man home.

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Boston trips sponsor Eddie Barron (extreme left) congratulating the Finn Valley team which finished second in the team event. The team was from left: Pat Hegarty, Michael Crampsie, Eddie McMenamin and Patsy Doherty.

This piece entitled 'Athletics in South Donegal' appeared in the Donegal Democrat dated 05th October 1984

Pat Hegarty's win of the Ballyshannon '10' last Sunday was the most popular ever by any winner. To athletes generally in Donegal it was the next best thing to winning it themselves. More people wanted to shake Hegarty's hand in the hour after the race than would have been the case with the combination of all the winners here over the years. So well done to the most unassuming athlete and his coach Patsy McGonagle from Finn Valley. Pat Hegarty goes to the 'Boston Marathon' in April '85, while the ladies winner Catherine Rooney goes to the 'Bonne Belle 10K' also in Boston in October '85. Catherine is from Grange, County Sligo, works in Dublin and is a member of Blackrock AC. She had a battle all the way with Moira O'Boyle from Belfast before coming home stronger over the last two miles.

It was not one of the better South Donegal Team performances. The potential 'A' Team was more or less totally sidelined due to injury. The team on duty did their best, some of them

even running above expectations. This was especially true of younger athletes like Barry Fanon (65.53) and Joe Duffy (66.23). Sean Keenaghan was the first South Donegal Harrier man home in 61.13, still outside that elusive 60 minutes, but a strong run nonetheless. In addition to running Sean had all the worries of race director on his shoulders. That the race went off without a hitch bears testimony to the work done by Sean and the hard working committee over the last few months.



Eddie Barron presents third man home, Paddy O'Donnell (Killybegs) with his prize.

Other South Donegal Harrier finishers were

61.13 - Sean Keenaghan

61.42 - Pat McManus

63.03 - Paddy Donoghue

66.10 - Damien Gallagher

72.59 - Philomena Gallagher

73.59 - Carol Warnock

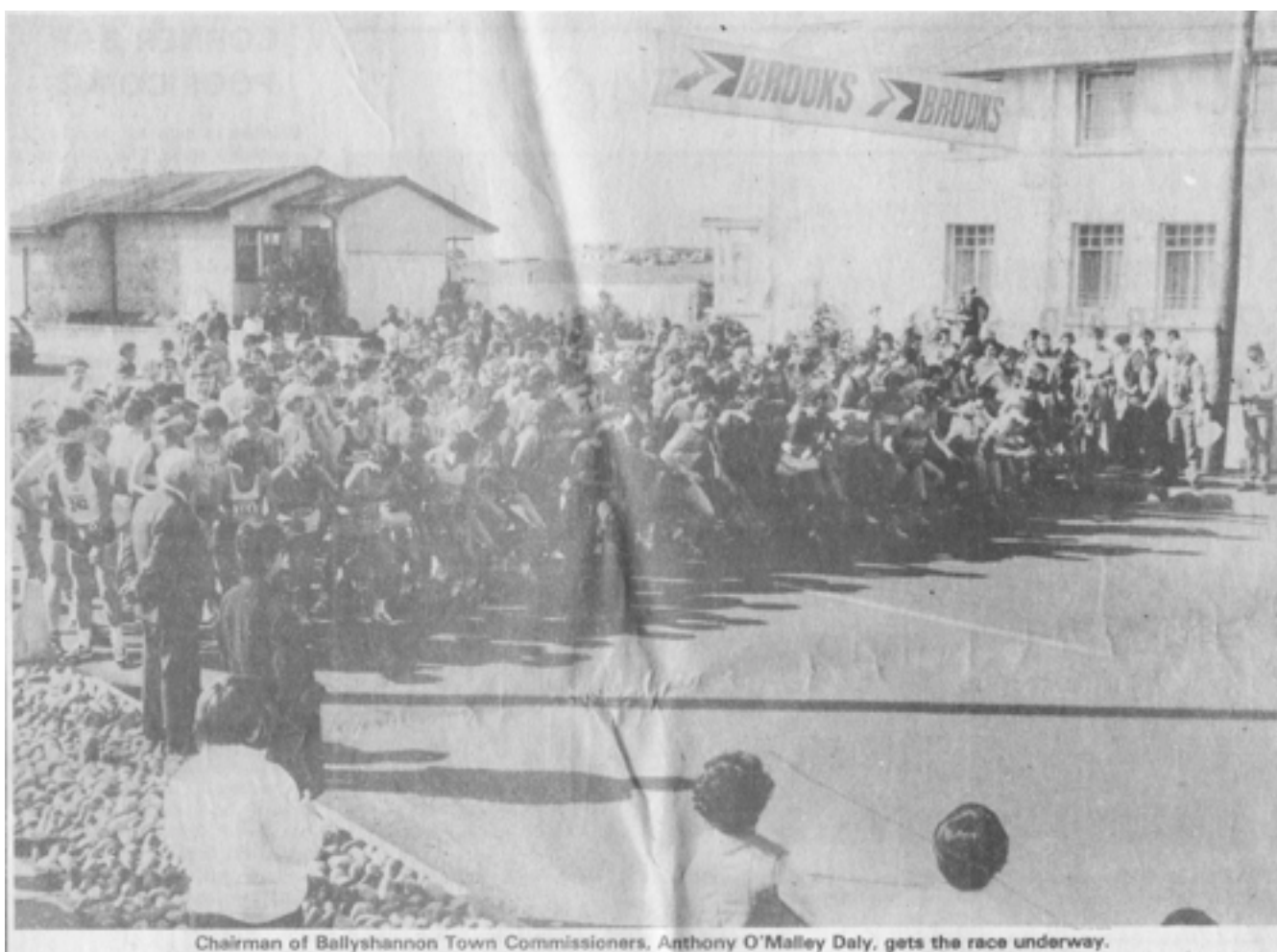
80.03 - Martin Gallagher (U-14)

Finally, a word must be said of Eddie Barron. Despite living far away in Boston, USA., Eddie has been a force behind the Ballyshannon race for over ten years. He had dug deep into his pocket to help the race over the years and perhaps never more so than this year, when two people will make the trip across the Atlantic at Eddy's expense. Thanks Eddie, your work is appreciated by the athletes on the ground in South Donegal. Ballyshannon AC are also greatly indebted to Liam Hyland, Gordon Simms and Pat Britton for their work on the video.

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Pos	Name	Club	Time
1	Pat Hegarty	Finn Valley	51.53
2	John McDowell	Sparta	52.00
3	Paddy O'Donnell	Killybegs	52.48
4	Michael Crampsie	Finn Valley	53.23
5	Danny Harron	North Sligo	53.32
6	D. Rowe	Sparta	53.42
7	J. Gettins	North Sligo	53.55
8	P. Higgins	Ballinascreen	53.55
9	T. Hughes	Ballinascreen	53.58
10	J. Finnegan	Letterkenny	54.02
11	P. McGuinness (1st vet)	Sligo	54.04
12	Michael Casey (1st U-19)	Sligo	54.07
13	K. Kelly	Sparta	54.08
14	A. Reid (2nd vet)	Sparta	54.09
15	G. Williamson (3rd vet)	Sparta	54.34
16	R. Wilkinson	Letterkenny	54.48
17	M. Carney	North Sligo	54.52
18	R. Alcorn	Killybegs	55.11
19	E. McMenamin	Finn Valley	55.18
20		Sparta	55.24
21	S. McCracken	Sparta	55.53

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Pos	Name	Club	Time
22	P. Doherty	Finn Valley	56.03
23	K. Toner	Letterkenny	56.11
24	P.J. Leddy	North Leitrim	56.12
25	P. McDermott	North Leitrim	56.29
26	G. Bogle	Finn Valley	56.30
27	Sean O'Donnell	Killybegs	56.37
28	Joseph Brennan	Finn Valley	56.48
29	Chris Lynott (2nd U-19)	Sligo	56.54
30	J. Gibbons	Finn Valley	56.59
31	Paul McNulty (3rd U-19)	Finn Valley	57.05
32	M. McGuigan	Ballinascreen	57.09
33	M. Gallagher	Killybegs	57.13
34	S. Toner	Letterkenny	57.15
35	Pat Moohan	Enniskillen	57.16
36	S. Gallagher	Roscommon	57.21
37	R. Ruske	Finn Valley	57.54
38	G. Gilfeather	North Sligo	57.59
39	D. Haughey	Killybegs	58.17
40	P. Lynott	Sligo	58.24
41	J. O'Donnell	Sligo	58.33
42	Jimmy Gildea	Letterkenny	58.56
43	H. Roarty	Letterkenny	58.59
44	L. Stewart	Sparta	59.04
45	T. Timpson	Ballina	59.08
46	G. McManus	Sligo	59.14
47	J. Lee	Letterkenny	59.15
48	M. Doherty	Sparta	59.19
49	J. Toye	Finn Valley	59.23
50	Catherine Rooney (1st lady)	Blackrock	59.27
51	M. Conlon	Sligo	59.28
52	S. McGuigan	Ballinascreen	59.48
53	B. Mannion	Sligo	59.49
54	J. McCaffrey	North Sligo	59.59
55	C. Fox	Letterkenny	60.15
56	J. McCarthy	Sparta	60.35
57	N. Martin	Finn Valley	60.42
58	Moira O'Boyle (2nd lady)	Belfast	60.47
59	K. Burns	Enniskillen	60.54
60	Sean Keenaghan	South Donegal Harriers	61.13
61	J. McKinney	Carndonagh	61.20
62	P. McLaughlin	Sligo	61.23
63	B. Mostyn	Carrick-on-Shannon	61.26
64	F. Murray	Lifford	61.31
65	F. McDermott	Glenfarne	61.33
66	P.J. McGranaghan	Finn Valley	61.34
67	J. Cauigan	Irvinstown	61.35
68	J. McGlinchey	Finn Valley	61.36
69	Pat McManus	South Donegal Harriers	61.42
70	Kay McGowan (3rd lady)	Finn Valley	61.58
71	B. Forrest	Sparta	62.03

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Pos	Name	Club	Time
72	O. Thomas	Donegal Town	62.19
73	K. Burke	Ballinascreen	62.25
74	M. Kelly	Finn Valley	62.37
75	Theresa Kidd	Ballinascreen	62.56
76	E. McDaid	Craigavon	63.03
77	Paddy Donoghue	South Donegal Harriers	63.03
78	J. Rushe	Finn Valley	63.05
79	J. Friel	Killybegs	63.06
80	C. Moran	Sparta	63.07
81	K. Woods	Dungannon	63.17
82	F. McDermott	Glenfarne	63.37
83	E. Drumm	Lifford	63.38
84	I. Maguire	Belcoo	63.45
85	B. Patton	Finn Valley	64.05
86	no number		64.36
87	M. Kearney	Enniskillen	64.44
88	C. Harran	Lifford	64.44
89	P. McGonagle	Finn Valley	64.56
90	T. Cassidy	Ederney	65.03
91	S. Scullion	Ballinascreen	65.03
92	L. O'Kane	Ballinascreen	65.22
93	L. Gormley	Claudy	65.26
94	Bernie Mount (1st vet ladies)	Derry	65.46
95	P. McLoughlin	Boyle	65.47
96	B. Fannon	Ballyshannon	65.53
97	J. Gallagher	Limavady	65.56
98	Bernard Rutherford	Finn Valley	65.59
99	Damien Gallagher	South Donegal Harriers	66.10
100	Noreen Martin	Finn Valley	66.21
101	J. Duffy	Ballyshannon	66.23
102	J. Cannon	Killybegs	66.43
103	Sean Mildoon	Sligo	66.57
104	Gerard Burns	Enniskillen	66.58
105	T. Monaghan	Erne Striders	67.09
106	F. Cleary	Erne Striders	67.10
107	G. McLoughlin	Lisnaskea	67.18
108	D. Reid	Finn Valley	67.22
109	Rosemary Begley	Ballybofey	67.22
110	Paul McGrath	Strabane	67.29
111	S. Wallace	Letterkenny	68.10
112	B. Guthrie	Sparta	68.10
113	T. McManus	Cavan	68.14
114	Michael Sandilands	Finn Valley	68.25
115	C. Ward	Sparta	68.47
116	P. O'Brien	Ballinascreen	68.51
117	P. Gaffney	Lisnaskea	69.06
118	Ann McGill	Finn Valley	69.19
119	Terry Finley	Enniskillen	69.30
120	Paul Byrne	Enniskillen	69.34
121	S. McMonagle	Sligo	69.37

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Pos	Name	Club	Time
122	M. McGranaghan	Ballybofey	69.38
123	S. McGranaghan	Finn Valley	70.06
124	D. Burns	Enniskillen	70.10
125	P.J. McDaid	Craigavon	70.11
126	Noel Thomas	Donegal Town	70.12
127	J. McElwee	Strabane	70.16
128	A. Carlin	Sligo	70.42
129	Pat O'Loughlin	Castledearg	70.47
130	J. Boyle	Gweedore	70.49
131	G. O'Donnell	Donegal Town	70.50
132	C. McCaffrey	Lisnaskea	71.03
133	P. Martin	Donegal Town	71.06
134	Helena McKinney (1st U-19 ladies)	Carndonagh	71.20
135	S. McCaffrey	Lisnaskea	71.21
136	Oliver Thomas (Snr)	Donegal Town	71.22
137	G. O'Rourke	Lisnaskea	71.58
138	J. Burke	Claudy	71.59
139	P.J. McGrath	Ballyshannon	72.44
140	Elizabeth Rooney	Blackrock	72.49
141	M. Murphy	Enniskillen	72.51
142	Des Curley	Donegal Town	72.52
143	Philomena Gallagher (2nd U19 ladies)	South Donegal Harriers	72.59
144	J. McBride	Glenties	73.33
145	J. Coyne	Carrick-on-Shannon	73.43
146	T. Diver	Fermanagh	73.43
147	P. Eaves	Kesh	73.52
148	F. Harman	Ballina	73.56
149	Susan Burns	Enniskillen	73.58
150	Carol Warnock	South Donegal Harriers	73.59
151	Heather Stewart	Letterkenny	74.00
152	D. Kilcullen	Sligo	74.48
153	K. Ryan	Ballyshannon	74.59
154	B. Regan	Enniskillen	76.27
155	S. Masterson	Enniskillen	76.27
156	F. McGinley	Ballyshannon	76.56
157	G. McLoughlin	Sligo	77.26
158	K. McGourty	Glenfarne	77.39
159	P.J. Conlon	Bohola, Co. Mayo	78.16
160	S. Kilgannon	Sligo	79.07
161	B. Charity	Lisnaskea	79.49
162	M. Gallagher	Ballyshannon	80.03
163	T. McCauley	Derry	82.50
164	L. Griffin	Derry	84.04
165	G. Forrest	Limavady	84.49
166	M. Higgins (3rd U19 ladies)	Ballinascreen	85.00
167	Aidan Rooney	Donegal Town	85.00
168	C. Boyle	Gweedore	85.02
169	Una Cregan	Sligo	85.54
170	L. Lavin	St. Joseph's Sligo	85.54
171	D. Regan	Sligo	85.58

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Pos	Name	Club	Time
172	P. O'Luana	Sligo	85.58
173	P. Gillespie	Derry	86.30
174	J. Adair	Strabane	86.37
175	D. Rouse	Strabane	86.37
176	P. O'Donnell	Derry	90.20
177	J. Foley	Finn Valley	93.04
178	S. Doherty	Belleek	95.26
179	Barbara McQuaid	Enniskillen	95.33
180	J. Irvine	Killygordon	96.18
181	Nora Keohane	Ballyshannon	96.30
182	Senga Gallagher	Roscommon	96.56
183	A. Langlan	Sligo	106.05
184	Paul Gallagher	Ballyshannon	110.00
185	S. O'Luana	Sligo	110.12