



COUNTDOWN:
Rathfarnham
WSAF members
get ready for
Sunday's
Rathfarnham 5k,
where the first
800 finishers will
receive a quality
dress watch.

Rathfarnham 5k still catering for the masses

FOR the past few years, the thousands of perfectly capable runners who have no desire to run anything over 10k had a right to feel neglected. All over the country, races over the half marathon and even longer distances are taking place.

This year, finding a race over a shorter distance has been a lot easier, with the Lakes 10k, the Rockford Times 4-mile in Tinryland and the Loughrea 5 all taking place in the past fortnight.

Sunday's Rathfarnham 5k is another race flying the flag for the

shorter distances. When they first came up with the idea for this race, the Rathfarnham organisers were determined to have a race for everyone - and that is still the case.

Up front, the faster athletes can test their speed before the mud and guts of the looming cross-country season. With Dublin hosting the European Championships in December, the better club runners will be more determined that usual to stay on top of their training.

For those a bit behind, 5km is a ideal distance for testing out the

fitness after a long summer.

Most Meet & Train/Fit for Life groups have been back in action for the past few weeks and they will be out in force at Rathfarnham.

WATCH

With a quality analogue watch going to the first 800 home, there is a good incentive to keep pushing on - and the good news is that the Rathfarnham course is possibly the fastest in the country, with a few slightly downhill stretches.

With €500 going to the winning man and woman, plus a course

record bonus, some of the top road racers in the country have already signed up. Among them are previous winners Joe McAllister, from St Malachy's, Belfast, David Campbell, of St Coca's, and women's course record holder Maria McCambridge.

Strong teams from Raheny Shamrocks and host club Rathfarnham WSAF are also expected.

Register online for €18 at www.athleticsrathfarnham.ie until tomorrow.

Entry on the day at Terenure College, Templeogue Road, is €22.