

Colaiste na Sceilge, which hued out a name for itself at the recent Schools Cross Country Championships, played host to the 2010 Kerry Road Championships with fine weather and the heavy hand of history hovering over the competition. In 2009 Cian Murphy of Iveragh had equalled the record held by his father Lorcan of winning this race 5 years in a row and was now seeking to pull one clear of him. None of his fellow competitors were going to be overtaken by sentimentality however and when the 5km race got underway, setting off under the orders of footballing legend Maurice Fitzgerald, Murphy had to contend with the aspirations of club mate Brian Murphy and Ed Murphy of Gneeveguilla. There was to be no upset though as Cian, who has been a dominant force on the road for some time, crossed to take a sixth successive title in 15.10 with Brian Murphy second in 15.36 and Ed Murphy third in 15.57. The high finishes by Iveragh were the telling blow as they edged out Gneeveguilla's A and B teams to take the Tagdh Crowley Cup for top team. James Doran of An Ríocht came in fourth, which bought him home as winner of the Novice category, with Donal O'Callaghan, An Ríocht, and Arthur Fitzgerald, Farranfore MV, in fifth and sixth.

Niamh O'Sullivan of An Ríocht had a very convincing win in the women's race, her time of 17.23 bringing her in well ahead of the rest of the field. Second was Caroline Murphy and third Breeda Barret, both of Gneeveguilla and these performances secured them the county team award.

The junior men's race was won by Stephen Walsh of St. Brendan's while in the junior ladies race Bridget Dennehy just came in ahead of Grace Lynch, both Iveragh, to take the honours.

Following James Doran in the novice men's category were Simon Mangan of Gneeveguilla in second and Anthony Dennehy of Star of the Laune and the women's novice race was won by Abina O'Sullivan of Gneeveguilla.

Brendan King contributed to Iveragh's medal and cup haul taking the Dinny O'Connor Cup for first masters athlete finisher when he won the O40 race in a time of 16.19. This victory marked a turning point though with Gneeveguilla setting out to avenge the senior team loss. The attack was spearheaded John Barrett who finished second to King in 16.45 and Mike Browne who won the O65 race. Sean Cahillane took second in the O35, Seamus Murphy 3rd O40, in the O50 Michael Mangan, Star of the Laune, led in the race in 18.14, ahead of Colm Rothery and Vincent McGaley and it was these high finishes that saw them prevent Iveragh taking a clean sweep in the men's categories. Gneeveguilla A took the county masters team award with Iveragh second and Gneeveguilla B third. In the O35 race Billy O'Brien of An Ríocht was first with Ger O'Shea, Iveragh third, Louis Collins, Iveragh, won the O45 while Mike O'Connor, Farranfore MV, back from his recent exploits at the British Masters took top spot in the O60 race with Kevin Griffin of Iveragh second. After the race the awards were presented by Maurice Fitzgerald at Colaiste na Sceilge and the County Senior Cup was taken back to the Murphy household, where it is on indefinite loan, for the eleventh time.

The weekend also saw the AAI National Relays and Day 3 of the National Juvenile Championships being held in Nenagh. There were close calls for Gneeveguilla in U12 boys 4x100m relay and Lios Tuathail AC in U14 boys 4x200m, both teams making it to the finals where they finished just outside the medals in 4th position. It was a different story in the U12 girls 4x100m race where the Lios Tuathail team of Niamh Cullen, Ciara Donegan, Sophie Lynch and Aisling Mahony, with Maria O'Neill and Alex Dowling as subs, took second place just behind Dundrum South Dublin.

In the U18 Girls 1500 Walk Emma Prendeville of Farranfore Maine Valley AC blew away the competition, coming home a clear 1.30 minutes ahead of second in 6.39.52. Sinead O'Connor of Tralee Harriers jumped her way to second in the U18 girls Long Jump with 5.31m while club mate Louise O'Connor was 3rd in the U16 girls 200m in 26.96s and Aisling Guerin of St. Brendan's AC was 2nd in the U15 Girls 1000m Walk in 5.25.39.

For a number of years Farranfore Maine Valley AC have been running a number of initiatives to improve the health and fitness of both its athletes and the local community. Under Connie Lynch it ran a circuit class for a number of years and has now signed up to be part of the Fit4Life programme.

Organised by the AAI and the Irish Sports Council Fit4Life aims to encourage people to get involved in developing their fitness levels in a fun sociable environment. FFMV stalwart Jerome Crowley came up with the idea of bringing the programme to Farranfore, already in operation in other clubs in the county, and contacted Steve Macklen, the south-west Development Officer with the AAI to make the arrangements. The immediate choice as Fit4Life Leader was local man Arthur Fitzgerald and under his direction the first meeting was held on Tuesday April 6th with those in attendance under going stretches and exercises indoors. A continuation of the winter training held at Farranfore recently, the sessions will be going outdoors shortly and provide a great way to keep fit. All are welcome to attend and the meetings are held every Tuesday evening between 7 and 8pm at the hall in Farranfore.