

NORTHERN IRELAND MOUNTAIN RUNNING SECRETARY'S REPORT 2018

Congratulations to:

Seamus Lynch – NI Mountain Running Champion
Esther Dickson – NI Mountain Running Champion
Seamus Lynch – Hill & Dale overall winner
Esther Dickson – Hill & Dale overall winner

British Championship

Our round of the British Championship series took place on 14th April called the Mourne Highline Race. Justine Jarden won mens, Jasmine Paris won ladies. First Local Man was Alan Bogle and Shileen O'Kane taking the prize for first Local Female. A lot of NIMRA members took on this challenging race and many good results were recorded.

Northern Ireland Championship Series

Seamus Lynch proved to be unbeatable in the Championship winning all 5 of his Championship races with David Hicks 2nd and Kieran Kelly 3rd. Alex Brennan 1st Vet 40. Kieran Kelly 1st V45, Pete Grant 1st Vet V50, Paul Le Blanc & Jim Brown joint 1st V55, Ricky Cowan V65 and Ian McCullough V70.

In the ladies Esther took the victory and 2nd Shileen O'Kane & 1st V45, 3rd overall and 1st V40 Gillian Wasson, Joint 1st V50 Denise Mathers & Aine O'Neill and 1st V55 Kathleen Monteverde.

Ricky Cowan & David Hicks got awards for completing all 9 races.

Denis Rankin Inspirational Award went to a well deserved Zak Hanna for both his team performances and his individual performances in European mountain races ending the season with ranking of 13th in Europe, the best a NIMRA member has ever achieved.

Ultra Runner of the Year went to Stephen Wallace, Dominic McInerney and Mark King for the Denis Rankin round achievement.

Hill and Dale Series

Top performances came from Seamus Lynch to win overall and Esther Dickson won 1st Female overall trophy.

Inter Counties 19th May Lads Leap, Derbyshire

A male team of Zak Hanna, Tim Johnston, Gavin Mulholland, Luke McMullan & David Hicks. Zak was first man home in 23rd, Tim 30th, Gavin 34th, David 43rd & Luke 57th all good overall team results. The ladies team was lead home by Esther Dickson in 15th, Shileen 18th, Martsje Hell 21st and Sarah Graham in 26th and good enough to secure team Bronze medal.

Snowdon International July

A male team of 4 represented Northern Ireland in the tough 10 mile race to the summit and back from Llanberris. Zak Hanna first team member home in 7th overall a fantastic result followed by William McKee next local from Gavin Mulholland and Tim Johnston.

Ricky Hanna, Sam Herron and Richard Bell also travelled and Sam Herron was Team Manager as well as competing and had a strong run as did Richard.

The ladies team was led home by Sarah Graham in 11th, Shileen 13th and Esther in 14th.

Senior Home International – 2nd June Sedbergh Cumbria

A male team of Zak Hanna, David Hicks, Gavin Mulholland, Ryan Stewart and junior John McKee First home was Zak and also got prize 1st U23, followed by Tim, Gavin, Ryan, David and John. A ladies team did not go this year.

World Mountain Running Masters Championship Slovenia 2 June

Several NIMRA members entered this championship and glad they did as several came home with medals. Notable were Gillian Wasson 3rd overall and team Silver in FV40 and Jim Patterson individual silver and team silver in MV70.

Ben Nevis September

A large number of NIMRA members attended this annual event. Good results by all who took on this challenging race, Seamus Lynch being highest placed in 23rd overall.

Other Events

Maurice Mullan Ultra 7th April

Billy Reed coming 9th Martin Mullan 22nd & Dale Mathers 23rd to name a few of the best results and in ladies Mari Troeng was first lady home with an impressive run.

In the **Wicklow Half** Justin Maxwell came 24th with a great run and Martsje Hell won the ladies. Again other NIMRA members also took part and performed well.

Slieve Donard Race – 12th May

Seamus Lynch won in 55.14mins followed by William McKee in 2nd and Tim Johnston in 3rd. Shileen O’Kane won the ladies race and Sarah Graham came 3rd. A lot of notable and good results by NIMRA members.

Mont Blanc, Chamonix, France

Sarah Graham & Ricky Hanna were 3rd mixed team in Duo Etoile night time pairs race, Mont Blanc Cross 23K Beverley Herron was 88th from 656 ladies. In VK Sam Herron 62nd from 540. Gareth McGimpsey 85th in VK, Ricky Hanna 138th in VK. Gareth and Sam were 15th in pairs race.

UTMB 170k with 10,000 metres

In 170km race Aaron Simmons did this in 37 hours 15mins a great result.

Eiger Ultra Trail - Grindelwald

Jackie Toal completed the shorted course of 85k due to weather in 13 hours 59mins coming 18th female from 72.

Glendalough Clover Ultra 2 September

Billy Reid completed this 84k mountain race in 8hrs 48 mins taking 5th place, Dale Mathers took 6th place and Aaron Simmons secured 15th.

Denis Rankin Round 2018

Mark King, Stephen Wallace & Dominic Mc McInerney, Moire O'Sullivan, Clive Coffey, Helen Cassidy, Martin McMullan all completed this under the 24 hours.

Mourne Skyline Mountain Trail Race 20 October

The local NIMRA members cleaned up with Martsje Hell winning ladies from Shileen O'Kane in 2nd, Ian Bailie came 5th and 1st V40, Sam Herron 10th, Gerry Kingston won V55, a lot of good results all round.

Mourne2Day – September

In Elite class Paul Pruzina & Philip Vokes won, and Paul Mahon & Moira O'Sullivan were 4th overall but won mixed team.

1st Male Vet were Cathal McGreevy & Kevin Murdock..

In C class Gillian Wasson and Ruth Aiken came 2nd.

In score event just being a 1 day event Sam McNeilly and Stevie Rice won, Ricky Hanna and Sarah Graham coming 2nd.

Many other NIMRA members competed but the above are the most notable results.

Run 4 Rescue Charity race for Mourne Mountain Rescue – 24 Nov

In 10 mile race David Simpson won & Martsje Hell won ladies, Noel Kerr won 10k and Sarah Graham was first lady home also in 10k..

Powerscourt 10 mile race 3rd November

A number of NIMRA members competed and notable were Seamus Lynch who won impressively and Esther Dickson 2nd and Martsje Hell 3rd in ladies.

Transylvania 100k in May 2018.

Aaron Shimmons 20:44 (2nd Vet, 14th overall)

Dominic McInerney 23:00

Stephen Wallace 25:27

Mark King DNF (after 16 hours)

Irish Mountain Running Association Championship 2018

Several NIMRA members participated in this championship which consisted of 5 races, the best 3 results to count. Seamus Lynch won overall and Colm Murtagh was 2nd overall.

BARF Turkey Trot 26th December

Seamus Lynch won over a new course from Eoin Lennon 2nd. In ladies Megan Wilson won from Shileen in 2nd.

Newcastle AC Christmas Cracker team race 29th December

Seamus Lynch & Zak Hanna were unbeatable in taking well deserved 1st place from Jonny Scott and Tim Johnston in 2nd. Sarah Graham & Martsje Hell won their category and 2nd female team home. Denise Mathers & Kathleen Monteverde also took category prize. A number of NIMRA members took part with some impressive times. A record entry took part in what is becoming a very popular event.

Juniors

2018 marked the most successful year to date for the Juniors, competing at 3 International competitions, along with attending the first training camp and various training days.

The Junior Championship was held in April, being won by Jared Martin and Grace Carson.

The first competition was the WMRA U18 Cup, held in Lanzada, Italy in June. In 2017 the N.I. male team had been thrilled to finish 11th, two places better than the previous year. This year however they exceeded even their own expectations with 4th, beating the USA and last year's winners Turkey.

Tony McCambridge (St Malachy's AC), who in 2017 had placed 33rd, managed a fantastic 10th with his St Malachy's AC teammate Conall McClean 41 secs later in 16th and Jared Martin (Scrabo Striders) only 1min back in 28th to complete the team scoring. Gareth Campbell (Willowfield Harriers) the fourth member of the team had a great battle for the line just beating Matthew Kelly from IMRA for 44th.

N.Ireland were in the fortunate position to send a girls team for the first time to an International Youth Cup. Unfortunately, just over a week before the race, the girl's team had lost Rachel Collins (Dromore AC) to an ankle injury, leaving Ella Quinn (Omagh Harriers) and Aoife McGrath (Finn Valley AC) to compete as individuals. The Tyrone duo, both new to Mountain running, described their race as the most difficult thing they had ever done. The girls ran well, struggling some in the heat, to place 40th and 42nd in a field of 46 International Runners, a commendable performance in such an elite field.

The next event for the juniors was the Inter Counties, held in the Peak District on the last day of June. With full squads competing in all 4 age categories, we were using this event as development for the British and Irish Championship at the end of the summer and had incorporated a coaching session, held by Dave Taylor.

Highlights included the two individual Silver medals by Grace Carson (Mid Ulster) in the U19 and Sorcha Mullan (Omagh Harriers) in the U17. The U17 girls also managed a fantastic Silver in the team competition. The U19 girls just missed out on a medal in the closest competition of the day, with only 3 points separating the first four teams -now there is a lesson for team scoring!

Despite missing Tony and Conall who were competing at the Europeans for Ireland, the U19 team still managed a Team Bronze with Jared Martin in 6th, Miceal McCaul 9th and Tom Magee 14th.

Incidentally, Tony and Conall achieved 7th Team for the Irish Squad at the Europeans, placing 14th and 30th respectively – this at U20 when only aged 17 – some going!

Later in the season Tony also represented Ireland at the World U20 Mountain Running Championship. The team achieved 11th, with Tony again the youngest on the team, but being first home of the Irish in 43rd!

The final race of the season, began with a training camp on the course 2 weeks prior, led by Bashir Hussein and Performance Director at Athletics N.I., Jackie Newton.

The U20 Team managed a team Bronze with Tony 4th, Conall 7th and Jared 17th.

The greatest achievements however came from the girls. First up in the U17 was an Individual Bronze medal for Sorcha Mullan, despite a heavy fall on the descent. Shortly into the U19 race Grace Carson took the lead. This lead grew to almost 2 minutes by the finish, crowning her **2018 U20 British and Irish Mountain Running Champion!**

Apologies to anyone I have missed and not included in this report and also for not putting the clubs down for all the runners.

A big thank you from the NIMRA Committee and its members to all the Clubs and race organizers and marshalls who helped run the races throughout the year. Also to Podium 4 Sport for sponsoring the NIMRA Championship and Cotswolds for the discount for NIMRA members .

NIMRA 2018 Membership

Total Membership		183	
Gender	Male	136	Female 47
Category	MO	28	FO 13
	MV40	26	FV40 9
	MV45	23	FV45 7
	MV50	25	FV50 7
	MV55	13	FV55 2
	MV60	2	FV60+
	MV65	6	
	MV70+	5	
Junior		8	9

NIMRA 2018 Championship

Members who competed in the Championship		Male	Female
		108	30
Successful		38	15
	9 races	2	0
	8 races	2	1
	7 races	6	1
	6 races	10	7
	5 races	18	6
Unsuccessful		70	15
	5 races	1	0
	4 races	8	3
	3 races	12	2
	2 races	20	3
	1 race	29	7
Members who did NOT compete in the Championship		28	(17 Juniors)

NIMRA Off Road Ultra Series

Draft Proposal

NIMRA are proposing to trial an Ultra Running Series for 2019 – the end result being an outright winner for the Ultra Runner Trophy which previously was selected by the NIMRA committee.

The committee feel that a new method to determine the Ultra Runner of the Year since more and more NIMRA members are partaking in long distance events.

The following guidelines have been drawn up

Guidelines

- Must be a NIMRA member
- Three Off Road Ultra Races completed in 2019 – two must be chosen from the list of 4 below one of which must be in Northern Ireland
 - Mourne Way Ultra 8th June
 - Causeway Ultra 28th September
 - Maurice Mullins 50K 23rd March
 - Glendalough Tucker 50 miles 6th July
- Plus one other Ultra or long distance event such as Multi day events/Mountain Marathons/FKT (fastest known time)/Rounds of choice anywhere in the world.
- Scoring calculated for men on the men's winning time * 1000/ runners time
- Scoring calculated for women on the women's winning time * 1000/ runners time
- Age categories not relevant
- Member must inform the NIMRA committee of the wild card Ultra which they have completed in and wish to be considered in results table
- All qualifying races must be completed by 31st October 2019
- Submission of challenge type ultra events must be evidenced suitably eg by a GPS track, witnesses and/or photographs.

NORTHERN IRELAND MOUNTAIN RUNNING ASSOCIATION

INCOME AND EXPENDITURE

	2018	2017
		£
<u>Income</u>		
Member Subscriptions	2506	2518
ANI grant	2500	2000
Charity Race donations	1073	0
Equipment hire to groups	200	286
ANI affiliations/u/a levies	2740	81
Dinner & ballot	301	209
Sundries	160	
	<u>9480</u>	<u>5094</u>
<u>Expenditure</u>		
Net Deficit on Events (see note 1)	3340	2100
Trophies, Prizes , Tee shirts	1231	916
Dinner,	987	723
Charity Race donations	1073	
Generator	1140	
ANI Permit Fees: Payments	2673	46
Bank charges	104	98
Gear purchase (SI system)	296	180
Room hire	174	133
Paypal expenses	390	266
Br Champ Medals	125	125
Admin & sundries	197	356
	<u>11,730</u>	<u>4,943</u>
<u>Deficit: Income less than Expenditure</u>	(2,250)	151

BALANCE SHEET

Current Assets

Current account	8606	Current account	10940
PayPal	2887	PayPal	3298
Cash	361	Cash	60
Debtors	2782	Debtors	200
	14636	2018 pre-payment	300
			14798

Current Liabilities

Creditors & Prepayments	ANI	2673	ANI levies	127
		2673	Other creditors	226
			Prepayments	232
				585

Net assets represented by:-

11,963

14,213

Accumulated Funds

Funds at start of year	14,213	14,062
Add deficit for year	<u>(2,250)</u>	<u>151</u>
	<u>11,963</u>	<u>14,213</u>

NOTE 1: STATEMENT OF NET DEFICITS ON EVENTS

		2018	2017
British Championship			
Income			
	Entry fees & meals (371)	6678	3875
Expenditure			
	Refunds	-360	-255
	Prizes	-490	-625
	Bus hire	-990	
	Catering	-1050	-1029
	Equipment & room hire	-647	
	Surplus	3141	1966
Senior Teams			
	Home International (5)	-400	-477
	Inter counties (9)	-720	-515
	Snowdon Race (6)	-480	-480
	Race Entries	-181	-197
	Total	-1781	-1669
Junior Teams	see sheet for details		
	Participants (part)	3335	2580
	NIMRA payment	-6480	-4977
	Total	-3145	-2397
Other Events			
Expenditure			
	Masters	-80	
	Team Kit	-700	
	Team Hoodies	-775	
Net Deficit on Events		<u>-3340.41</u>	<u>-2100</u>