

Premier Athletic Club
Ireland's First Ultra Marathon
Templemore, Co. Tipperary
17 September 1983

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UNDER B L E RULES
(Permit Granted)

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***Ireland's First
Ultra Marathon***

PROMOTED BY

PREMIER A.C. 1963-1984

Venue: Templemore, Co. Tipp.

Saturday, 17th September, 1983

STARTING AT "TOWN HALL"
AT 8.00 a.m. (SHARP)



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FOR THE ATTENTION OF ALL COMPETITORS

1. Race will commence at 8.00 a.m. precisely on Saturday, September 17th.
2. It is up to each athlete to ensure his safety on the road. As the race progresses, athletes may not be as alert as they should be, so please take care.
3. Ensure you have pinned on your official number securely.
4. Run at your own pace and avail of the feeding stations as often as required.
5. In the event of you not being able to finish please tell one of the Officials. A car will bring you back to the start.
6. All competitors will be served tea and refreshments in the Town Hall.
7. Presentation of prizes will also be made in the Town Hall.

If an athlete arrives late at the start through no fault of his own, the Race Director or Referee can either forbid him to start or allow him to start late with his time recorded as though he started when everyone else left the start line.

Thus a runner who starts one hour late and actually runs 50 miles in 7 hours, will have it recorded as 8 hours - for that is what the watch reads when the runner crosses the finish line.

His position should not be moved up in any way to compensate for his late start.

PREMIER A.C. 1963-1984

The Club was founded in 1963. At the initial meeting were Danny Hogan, Matty Walsh and Tom Troy. Gerry Ryan and Mick Carey attended the second meeting.

Of the original five, Matty Walsh and Gerry Ryan are still active members.

Many runners have passed through the Club since its foundation. Those early years were lean times but those trail-blazers set Premier on the road, and for the past decade the Club has had its share of glory.

At County level the Club have been very successful, winning Co. Senior Road and Cross Country Championships. The Club also won Co. Novice and Intermediate C.C. titles plus Novice Road.

In 1973 the Club made a big breakthrough at Regional level by winning the Munster Intermediate C.C. Club title. The members of that team were Pakie Walsh, Paddy Dwyer, Pat Harty and Myles McHugh.

In 1972 the Club supplied the first three home in the Munster 10 miles Road Championship. They were Pakie Walsh, John Ormonde and Gerry Ryan.

Members of the Club have competed in the Radio 2 Dublin City Marathon, with Christy Ryan finishing 30th in 1981 in a time of 2 hours 27 minutes.

With the upsurge, in recent years, of so many Open Road Races, the Club have travelled far and wide with many successes coming their way.

Next year, 1984, the Club celebrates its 21st and with some new 'young blood' it is hoped that in coming years they will also leave their mark and keep Tipperary and Premier on the map.

With such short space in this Programme I cannot list achievements of each individual member, but it suffices to say that each athlete, be he established Senior or Novice, has had his moments of glory for the Club.

A special word of thanks is due to all those people who have helped the Club by giving to their Flag Days so generously (I refer to the people of Borrisoleigh and surrounding townlands); to Cooks, Landowners and the Traders of "Borris" we are indebted for their help to the Club over the past years and look forward to their loyal support in the coming years.

The Club wish today's participants well in their quest to finish the Ultra Marathon and also to our own representative, Gerry Ryan.

A word of thanks to Templemore A.C. for giving us great support today and also for allowing us use of their new track.

To all the officials today, a special word of thanks (it will be a long day for many).

In conclusion may I quote J. F. Kennedy (with the appropriate words inserted) *'Ask not what your Club can do for you but what you can do for your Club.'*

(P.D.).

WELCOMING ADDRESS FROM CHAIRMAN OF PREMIER A.C.

The idea of running an Ultra Marathon has always been foremost in my mind. With the present trend of thousands of runners (both experienced and novice beginners), running and completing 26 miles, it seems the next logical step is for a longer goal to aim for.

Today sees my dreams fulfilled and when the participants set out on a 'Historic First' perhaps in years to come Ultra Marathon running will become a household word.

I wish all the participants the best of luck and hope that each will conquer his own 'Everest.'

My thanks to all the hardworking officials behind the scene who are also an integral part of this race.

I would ask all athletes to treat the distance with respect, watch out for traffic, obey the stewards and drink plenty of refreshments. The Order of Malta are there to assist you and if you come under duress I would ask you to heed their advice.

Athletes should run sensibly at their own pace and my advice is "Don't let the distance conquer you but rather let you conquer the distance."

(G. Ryan).

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ULTRA MARATHON RUNNING
SOME RECORDS — RESEARCH — GERRY RYAN

50 miles — Track in 4h. - 51 - 49 — Don Richie — Scotland.

100 miles — Road in 11h - 51 - 11 — Don Richie.

40 miles — Track in 3h - 48 - 55 — Don Richie.

Ladies 50 miles — Track 6h - 2 - - 42 — Leslie Watson.

Mick Molloy, Galway held the World record for 30 miles on Track in 1974 running 2h - 44 - 47.

J. Hermans (Holland) covered 13 miles, 24 yards in 1 hour on the Track.

Jim Alder (Scotland) covered 23 miles, 1071 yards in 2 hours on the Track.

100 miles on Track in 11h - 30 - 51 — Don Richie.

George Littlewood of Sheffield covered 623½ miles in 6 days on November 27th to December 3rd in 1884.

Dave Dowdle (Gloucester) A.C. holds the 24 hour Track record covering 170 miles, 974 yards in 1982.

In 1982 Martin Daykin (Gloucester A.C.) ran 5 — 100 km (62½ mls.), one Marathon and one 14 mile Road Race in eight weeks, winning the 5 Ultras and running 2h - 22 - 30 for the Marathon.

Daniel O'Leary, born in a small village near Clonakilty, Cork on June 29th, 1846, emigrated to U.S.A. later on. On his 35th birthday he began a custom of walking 100 miles inside 24 hours. He kept this up until his 75th birthday. In 1921 he covered the 100 miles in 23 hours 59 minutes. He continued his walking up to his 86th year.

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ENTRIES FOR ULTRA MARATHON

1. Pearse Fahy, Dublin. (Unattached)
Marathons Run - 6. Best time 3 - 20m.
10 miles in 68 mins.
Ultra Marathon Time
2. Pat O'Dea, Limerick (Unattached).
Marathons Run - 2. Best time 3 - 45m.
10 miles in 78 mins.
Ultra Marathon Time
3. Thomas Milligan, Dublin. (Unattached)
Marathons Run - 3. Best time 3 - 04m.
10 miles in 78 mins.
10 miles in 60 mins.
Ultra Marathon Time
4. Thomas Smyth, Galway. (Unattached)
Marathons Run - 6. Best time 3 - 02m.
10 miles in 63 - 20.
Ultra Marathon Time
5. Thomas Walsh, Tipperary. (Unattached)
Marathons Run - 8. Best time 3 - 05m.
10 miles in 55 - 57.
Ultra Marathon Time
6. Martin Farrell, Tipperary. (Thurles Crokes).
Marathons Run - 5. Best time 2 - 36m.
10 miles in 53 mins.
Ultra Marathon Time
7. Frank Meaney, Limerick (Unattached)
Marathons Run - 5. Best time 3 - 29m.
10 miles in 66 mins.
Ultra Marathon Time
8. Maurice Mullins, Dublin. (Raheny Shamrocks).
Marathons Run - 14. Best time 2 - 50 m.
10 miles in 58 mins.
London to Brighton - 7 hrs. 30 mins.
Ultra Marathon Time
9. Nicholas McCabe, Westmeath (Mullingar Hrs.).
Marathons Run - 9. Best time 2 - 50m.
10 miles in 57 mins.
Ultra Marathon Time
10. Stephen O'Brien, Tipperary. (Clonmel A.C.).
Marathons Run - 8. Best time 2 - 45 m.
10 miles in 57 mins.
Ultra Marathon Time

11. Noel McInerney, Dublin. (Unattached)
Marathons Run - 4. Best time 2 - 49m.
10 miles in 63 mins.
Ultra Marathon Time
12. Donal Ryan, Limerick. (W.A.N.G.)
Marathons Run - 1. Best time 4 - 30m.
10 miles in 85 mins.
Ultra Marathon Time
13. Seosamh Keegan, Dublin. (Unattached).
Marathons Run - 2. Best time 3 - 27m.
10 miles in 70 - 30.
Ultra Marathon Time
14. Patrick Gowen, Dublin. (Unattached).
Marathons Run - 6. Best time 2 - 48m.
10 miles in 57 mins.
Ultra Marathon Time
15. Brian McCoy, Wicklow. (Unattached)
Marathons Run - 13. Best time 3 - 16m.
10 miles in 60 mins.
Ultra Marathon Time
16. Don McDonald, Wicklow. (Greystones A.C.)
Marathons Run - 4. Best time 3 - 11m.
10 miles in 62 - 34.
Ultra Marathon Time
17. John Dawson, Down. (North Down A.C.).
Marathons Run - 3. Best time 2 - 58 m.
10 miles in 63 - 32.
Ultra Marathon Time
18. Denis Murphy, Wexford. (Unattached)
Marathons Run - 2. Best time 4 - 08m.
10 miles in 68 mins.
Ultra Marathon Time
19. Jackie McGowan, Sligo. (Calry A.C.)
Marathons Run - 8. Best time 3 - 14m.
10 miles in 60 mins.
100 miles Walk (Surrey 1971) in 22 hrs. 20 mins.
Ultra Marathon Time
20. James P. Burke, Limerick. (Reenavanna Hrs.).
Marathons Run - 8. Best time 2 - 59m.
10 miles in 63 - 30.
30 miles in 3 hrs. 33 mins. (1975)
Ultra Marathon Time

21. Pat Naughton, Galway. (Galway C.H.)
Marathons Run - 22. Best time 2 - 38 - 36.
London to Brighton, 1970. 6hrs. 40mins. 11secs.
London to Brighton, 1981. 7hrs. 36mins. 57secs.
Ultra Marathon Time
22. Joseph Conlon, Offaly. (Tullamore Hrs.)
Marathons Run - 1. Best time 2 - 36 - 46.
10 miles in 52 - 19.
Ultra Marathon Time
23. John McCormack, Dublin. (Unattached).
Marathons Run - 4. Best time 3 - 40.
10 miles in 67 mins.
Ultra Marathon Time
24. Frank Crummey, Dublin. (D.C.H.)
Marathons Run - 4. Best time 3 - 12m.
10 miles in 62 mins.
Ultra Marathon Time
25. Noel Henry, Wicklow. (Clonliffe A.C.)
Marathons Run - 37. Best Time 2 - 35 (1963)
10 miles in 51 - 40.
London to Brighton 1966 - 5hrs. 56 mins.
London to Brighton 1967 - 6hrs.
London to Brighton 1968 - 6hrs. 4mins.
Santry, on Track - 30 mls. 1965 - 3hrs. 7mins. 12 secs.
Isle of Man, 40 miles, 1966 - 2nd in 4hrs. 24mins.
Ultra Marathon Time
26. Michael McNamara, Clare. (Redgate A.C.)
Marathons Run - 16. Best time 2 - 54m.
10 miles in 54 mins.
Ultra Marathon Time
27. Gerard Ryan, Tipperary. (Premier A.C.)
Marathons Run - 26. Best time 2 - 38 - 40.
10 miles in 54 - 30.
London to Brighton 1982. 7hrs. 27mins. 15secs.
Ultra Marathon Time.
28. Donal A. Burke, Cork. (Cork Road Runners Club)
Marathons Run - 22. Best Time 2 - 34 m.
10 miles in 54 - 40.
Ultra Marathon Time
29. Elfriede Nugent, Galway. (Galway C.H.)
Marathons Run - 8. Best time 3 - 56m.
10 miles in 76 mins.
Ultra Marathon Time

30. Doina Nugent, Galway. (Galway C.H.)
Marathons Run - 9. Best Time 3 - 07m
10 miles in 65 mins.
Ultra Marathon Time
31. Billy Gallagher, Roscommon. (Roscommon Hrs.)
Marathons Run - 17. Best Time 2 - 19 - 58.
10 miles in 49 - 28.
Ulster Marathon, 1982. 1st - 2hrs. 21mins.
Foyle Marathon, 1982. 1st - 2hrs. 28mins. 51secs.
Galway City Marathon, 1982. 1st - 2hrs. 19mins. 58secs.
Galway City Marathon, 1983. 1st - 2hrs. 21mins. 15secs.
Ultra Marathon Time
32. Bridget Delaney, Tipperary
Marathons Run - Best Time
10 miles in
Ultra Marathon Time
33. Hugh Leddy, Cavan
Marathons Run - Best Time
10 miles in
Ultra Marathon Time
34. Michael Sheridan, Wicklow. (Unattached)
Marathons Run - 3. Best Time 2 - 54m
10 miles in 58 mins.
Ultra Marathon Time

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ULTRA DISTANCE RUNNING (G. RYAN)

Since the beginning of time man has covered great distances on foot in search of food and in flight from wild animals and also in self defence. It was during the 18th and 19th centuries that man slowed down dramatically, the long distances being covered by carriage, train and car.

During the 1880 period six day races became very popular in the U.S.A. The participants were rewarded financially with many making small fortunes. The competitors were called "Pedestrians" because they covered great distances by either walking, jogging or running.

The greatest of those participants were Edward Weston, Daniel O'Leary, Charles Rowell and George Littlewood. These men had little difficulty in covering 120 - 140 miles in 24 hours, in fact they covered that distance on the first day of the 6 day races. By the turn of the century 6 day racing had waned in popularity. By 1920 they had disappeared altogether.

After this came the period where the marathon was the longest race being run by man, with the rare exception of a 100 km. being run on the Continent or a "long race" in England. In 1952 a group of long distance enthusiasts from England banded together and decided to run from London to Brighton. This distance had been run many times in the 17th and 18th centuries, but not on an annual basis. So from 1952 Ultra Marathon running was restarted.

The times for the London to Brighton race have been steadily reduced with the time for the famous 54 miles (approx.) down to around 5 hours 10 minutes. Last year over 22 races greater than the marathon distance were run in England.

It amazes me that up to now no attempt has been made to arrange an Ultra Marathon in Ireland. Is it that we have become a lazy race of people afraid to punish ourselves over long distances. Very few Irishmen have run further than the 26 mile marathon distance except for a few. The most outstanding of those who travelled over to England to compete in Ultra Marathons is Noel Henry.

A short list is given in this Programme on the entries section of some of Noel's exploits but its only the "tip of the iceberg."

We are delighted to have him here today and I'm sure he won't be offended when I refer to him as the "Father Figure" of ultra running.

IT'S A FACT (P.D.)

Claude Carroll (U.S.A) ran 4 marathons on 4 consecutive days. They were -

- | | |
|---------------------------------------|--------|
| 1. October 22. Central Park, New York | 3 - 58 |
| 2. October 23. Montreal | 3 - 45 |
| 3. October 24. New York | 4 - 05 |
| 4. October 25. Dublin City | 3 - 53 |

SYDNEY TO MELBOURNE

On May 3rd, a 61 year old vegetarian potato farmer, Cliff Young, won the Sydney to Melbourne Race (a distance of 550 miles), which he covered in 5½ days, hardly getting any sleep. His diet consisted of cold potatoes, oatmeal and honey and he drank a secret mixture of pumpkin juice. Because he suffered from a common Australian complaint (skin cancer), he wore long plastic trousers punched with ventilation holes.

ULTRA DISTANCE ON THE TRACK

In a 48 hour Track Race, Mike Newton, South London Harriers, ran a total of 227 miles and 330 yards.

The first lady, Ann Sayer of Enfield Harriers, finished sixth covering a distance of 182 miles, 1326 yards.

SIX DAY RACE - INDOORS IN FRANCE

On October 1983, R. Zabalo (France) covered 537.34 miles on a 200 metre track. He circled it 4,323 times. The race had National T.V. and radio coverage.

Pat Ryan

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P.R.O. — Liam Hennessy, Tipperary Town.

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1. To our main sponsors, Roger Kelly & Sons Ltd., and to those people who subscribed to our Souvenir Programme.
2. To Co. Tipperary BLE & BLOE, for giving Officials for the day.
3. To the Order of Malta, Thurles Branch, and their team.
4. To Richard Tynan, Borrisoleigh — Designer of the commemorative Trophy.
5. To our hardworking ladies in the catering department.
6. To our announcer.
7. To the Templemore Gardai, especially Sgt. Gerry McGrath.
8. To Templemore Athletic Club, its Officers and Members.
9. To the local people of Templemore for providing accommodation for the athletes.
10. Finally a word of thanks to the public who, I'm sure, will give every help and encouragement to both athletes and officials on this historic occasion.