**Background**

Inspired by Sonia’s Sydney Silver and encouraged by Sean McGrath, Conor joined the club in his early 30s and has enjoyed success on the road, track and cross country. He fits his running in around a hectic schedule of work, family and farming, not necessarily in that order. Conor has been the registrar for the club for the past number of years so some members aren’t always happy to see him turn up to training.

**When did it all start?**

*I mainly played hurling and football in my youth and found I always had some speed compared to the rest of the team. I did a little running in my teens and used to watch Coghlan racing indoors and Treacy in the marathon in Los Angeles in the 80s. I was actually in the stadium close to the home straight for Sydney 2000 when Sonia got her silver medal in the 5000m; that definitely ignited an interest in track running for me.*

**Why join East Cork AC?**

*When I got married to Aisling in ’07 I was living close to Sean McGrath in Ballyandreen and he encouraged me to come along to the Wednesday evening run. That was my benchmark for the first few weeks, each week I was able to stay with the group that was doing 6:45 per mile pace a little longer until eventually I was able to last the entire run. Dan Kennedy of St. FInbarrs AC was part of The Irish Weavers band that played at my wedding and he suggested that I either join Midleton AC or East Cork AC but I went with East Cork due to Sean’s encouragement.*

**Typical week’s training?**

*My training is relatively modest, I try to get out 3-4 times per week and don’t do heavy mileage. In fact, I think I’ve only ever once done over 40 miles in the week. I try to balance the running with everything else, the farm work and family life. We recently had a baby girl, Órlaith, so it’s a balancing act trying to get out for my own run or having races in the garden with our boy, Séamus.*

**Like about club?**

*What I like about the club is the amount of knowledge that my clubmates have on training and dealing with injuries. It’s rare that I get through a group warmup without learning something new just by listening to how people’s training is going. I learn a lot from listening to Liam particularly around race tactics. Another part I enjoy is the fact that I can partake in sessions with the ‘elite’ athletes in the club and benefit from going at their pace, for example doing 800s off their 1000s.*

**Something to change about club?**

*Nothing that I can think of.*

**Most proud of?**

*The race I am most proud of would be the Munster Masters Cross Country 2015 in Cappawhite where we won the team title. Individually, I won the Over 35 Munster 1500m gold medal in 2012 in Templemore. In fact, last year was my best year to date on the road, breaking 22 minutes for 4 miles and 28 minutes for 5 miles for the first time.*

**What are you aiming for next?**

*It’s something I’ve aimed for the past few years but for one reason or another never managed to get to the start line. The All Ireland Masters 1500m is on the cards again this year and I’d love to give it a good go.*

**Outside of running**

*I love tending to the suckler cows and calves and I enjoy a spin five or six times a year in my vintage Volkswagen Beetle.*