An early starter, Eadaoin has been a consistent club competitor for years. East Cork AC is more than a running club for her, it’s a reason for her to meet her best friends on a regular basis. Eadaoin enjoys a hectic social life with her Reardans attendance record almost topping her Welshtown appearances. I caught up with her in the middle of her holidays in Garryvoe caravan park.

**The Start**

*I started in primary school at the age of 5 or 6. Back then it was mainly runs in the local woods under the guidance of Fr Kelleher. When I went to St Aloysius secondary school there was a coach, John Sheehan, who used to come into train the sprinters at lunch time. He gave the distance girls a bit of a programme to keep us going. I never had the cross country team experience that the girls in St Marys had and I even remember entering the schools races myself. The school just wasn’t big into the longer running events.*

**Achievement**

*That im still running at 30! I reckon it was the 2003 all Ireland under 17s where Glenbower came second and I was the 4th scorer with Joyce Curtin, Ciara Walsh and Michelle Ahern. I had to sprint finish to beat two girls from Celtic AC who we ended up finishing on the same points as but we got second because our fourth scorer was ahead.*

**Training**

*Aside from the usual 1000s on a Thursday and Welshtown hills on a Saturday I try and meet the girls in Killeagh, Casltemartyr or Ballyanon woods for runs. I definitely prefer the cross country because of the team element. I feel theres less of a spotlight on you in cross country compared to track.*

**Why Run**

*It’s great to keep you fit and it’s an even better stress reliever.*

**Club Likes**

*The club is so small and personal and my best friends are there. I know everyone else has mentioned it but we don’t seem to have a reputation of being that friendly which isn’t the case at all.*

**Club Dislikes**

*It like for people in the club to stop getting injured! Growing the club is the way to go but then again if it gets too big the dynamic would change.*

**Goals**

*After a summer of easing off the training I am looking forward to getting stuck back into it. I would love to get a team out for the county senior cross country. Some of the girls have been training consistently for the summer and there are 5 of us there so we hopefully can get at least 4 fit healthy and competing in it.*

**What you mightn’t know**

*The thing people probably don’t know is that Im a bit temperamental. In an East Cork in youghal when I was about 10 or 12 my mother (and my biggest supporter) cheered me on saying ‘’ah come on, she’s dying ahead of you!’. So I stepped out of the race, sat down and refused to finish!*