**Background**

Eibhlin is the longest serving female member still training with the club. She was a relatively late starter to the running scene, having spent her youth in rowing boats with Whitegate and UCC. Having inspired the inclusion of the Female Junior category in the Ballycotton 10, she went on to compete in the race 15 times. More recently she was a member of the bronze medal winning team in the Munster Senior Cross Country in Galbally. Here she shares her positive experiences and insights from running with East Cork AC over the years.

**When did it all start?**

*I joined the club in 2003 after taking part in the Ballycotton Summer Series. Tommy Hartnett encouraged me to sign up initially mistaking me for a senior though I was only 18. I ran cross country on a team with Claire O’Brien, Olga Cronin and Terri Hennessy. After one or two races under the East Cork banner as a senior I then joined the juvenile athletic club Glenbower AC and competed in the cross country team events with Eadaoin O’Neill, Michelle Ahern, Ciara Walsh and Joyce Curtin. We were a handy team.*

**Why did you start running?**

*My brother James always did the Ballycotton 10 in the 90s with his friends and there was huge hype around the weekend. I’d always go to watch and couldn’t wait until I turned 16 and was eligible to take part. I did just that in 2001.*

**Typical week’s training?**

*I always try and make the Thursday and Saturday group sessions and do a few other runs by myself during the week. I can’t really say that I’ve had a good stab at it for more than a few months at a time, but never down to lack of interest or apathy. I was diagnosed with Crohns Disease in 2016 and now my motto is ‘’I do what I can when I can’’. With a good spell of health I find I can train consistently and make progress but with a flare up I'm back to square one.*

*Funnily enough I have kept a record of all of my training since 1998.*

**Why I run?**

*I run for the pure enjoyment of it. It’s my social scene of choice and a great stress buster after a challenging day at school*.

**Like about club?**

*It has been a constant since I got involved, I’ve come and gone with illness and injury but the club has welcomed me back each time as if I had never left. I also love that there’s zero politics in the club. East Cork AC also provides a safe haven for sarcastic people, sometimes shunned by society.*

*Above all my clubmates are my friends.*

**Something to change about club?**

*I feel the club sometimes is a victim of reverse snobbery with a perception out there that we only cater for elite athletes. People only need look at my times to disprove that. I’d like to see what we can do to change that perception*. Also showers! Showers would be great.

**Most proud of?**

*I like to reflect on some of our cross country team successes over the years. I love that every position counts in xc. Individually I would say winning the Shan 5k in 2010.*

**Outside of running**

*I’m big into animals and doing arts and crafts.*

**Favourite Quote**

*Sprint like a boss!\**

*\*wait until the finish line comes into view...just in case.*