Kevin is one of the club’s most recent and youngest members having joined us in the summer of 2016. Since then he has made huge progress yielding consistent high mileage without so much as a niggle. His constant presence at club trainings and his boundless enthusiasm for running makes him the perfect addition to the club.

**When did it all start?**

*I tipped away with running in school, nothing serious and was playing GAA. Towards the end I completely dropped it for the GAA, thinking I didnt have the stamina on the hurling pitch and it was best to stick to one or the other if that makes sense. In 2016 I did the summer series and at the Ballycotton 5 Nick suggested to come along to training. That first session was at the cricket field, 400s on the track with Dara, Brian and Shane. That same evening in Ballycotton Noel Curtin asked me to join Youghal and Danny McCarthy approached me for Midleton ac.*

**What do you enjoy most about running?**

*It keeps you healthy and doesn’t cost anything. Plenty of people paying for dieticians and gym membership whereas with running you can afford to eat more and still lose weight. It’s the most simplest form of exercise. I was dedicated to the gym for 3-4 years and was constantly measuring and trying to get lean. My biggest fear when I started running was that I was going to lose my muscle, so I was doing weights after running sessions to keep the muscle. Now I’ve realized I don’t need excess muscle weight to run decent times.*

**Favourite discipline and why?**

*I prefer road running. Cross country is a right mental battle altogether. In a road race you might have a bad mile but in cross country if you die in the first hundred yards there’s no recovering. You can get back to your target pace in a road race after a bad patch.*

**Typical week’s training? And where you do it…**

*I do my runs on the Midleton 5 loop or Ballintotis loop or even Killeagh 4 mile route from my home in Mogeely. Mileage wise I try and get 70 every week, 10 miles a day. Now Im going for 100 miles a week by getting up early and doing 5-8 miles in the morning.*

**Like about club?**

*I suppose the simplicity of it all, theres nothing fancy with the club. No track, floodlights or dressing rooms. Pull up at the side of the road and go for a run. Plain and simple, running as it should be. People think were tougher than other clubs and maybe we are because we bring it back to basics.*

**Something to change about club?**

*No not really, we were only talking about it on Sunday, people think it’s a private club but anyone is free to join but you do have to be at a certain level to be comfortable to train with us.*

**Achievement your most proud of?**

*My biggest achievement is the fact that I started the summer series the year before and I ran 34-35 minutes for the first one and within a few weeks I got down to 29:30 for the ballycotton 5 and the next year, 2017, I came 3rd overall in 26s and 27s.*

**Any quirky rituals on race day?**

*Not really. Big meal night before, whether its pizza or whatever, load up on carbs. Porridge and bananas 2 hours before the race. Not a big drinker of water.*

**Any running goals for the future?**

*The half marathon in Cork, doing Cobh 10 miler next month. The Waterford summer series again too. I only look a few months in advance and tend to run races as they pop up, don’t really target a race in advance*

**Interests outside of running?**

*Not so much, that’s why the running suits me, im not trying to juggle it with something else. Im not rushing anywhere after a session, I can relax after training.*