**The Start**

My first introduction to running was at a race in Castlemartyr when I was 8 or 9. I cant remember exactly where I finished but Fr Kelleher thought I had potential and asked me to come along to Glenbower training in the Midleton community centre on Friday nights. I grew up on a farm, I was basically the sheepdog. Because I was very active as a child running came naturally to me. Up to around 14 I ran fairly well. I remember competing on teams with the likes of Deirdre Mulcahy, Clodagh Carey, Eadaoin and Joyce. The training with Liam in the CBS involved the usual sessions like hills in Ballyannon on a Tuesday and 1000s in the school field on a Thursday. I never actually did a Welshtown session until a few years ago.

**Drifting**

When I turned 17 I got a job waitressing so my priorities shifted a little. None of my friends were into running so I just drifted away from it at that age. I actually ran in college a little. I remember training with Noreen Mackey and Iain O Sullivan. Although, I was still working and living at home so I wasn’t in the right mindframe to commit to it.

**Comeback**

About 4 or 5 years ago I met Eadaoin in Reardans and she asked me to come to the county intermediates in Castlelyons. I came 11th out of 11! I did the national novice soon after and it was horrific. I was running a day or two a week at the time, more to keep fit. I was running mostly by myself and I used to run a loop by my house on Saturday mornings. One Saturday I was out running the loop and Eadaoin and the girls passed me coming back from Welshtown and encouraged me to try it the following week. That was my first Welshtown hill session.

**Proud**

I under appreciated how much potential I had in school. I remember my proper first cross country race. It was the under 10 counties in Carrignavar. There were no expectations from anyone except myself. I wanted to win which I did. It has stuck with me for years. I also recall being disappointed with an All Ireland in Derry coming in the top 20 but looking back now I can appreciate that it was a decent result.

**Struggle**

I found it hard to gain momentum when I started back. I kept getting bogged down with chest infections. But more recently the last 9 months have been super. I’ve pb’d at nearly every distance. Even just last week I got a pb in the Carrigaline 5 miler by 4 minutes.

**Targets**

This year I want to go sub 21 minutes for 5km which I think is a reasonable goal especially on a flat course. Im doing the Mallow 10 too, but that’s more to dip the toes in the longer distances.

**Favourite**

My favourite session is definitely Welshtown. I’ve always enjoyed running up hills when I was growing up on the farm. Recently I’ve grown to enjoy the long run. I know how much it benefits me.

**Attitude**

My attitude nowadays is that even if your not feeling the best going into a session, always try and get something out of it.

**Club**

I love the fact that there are so many familiar faces from my school days. Its great to see so many of the same crew still running and highly motivated. East Cork is an easy going club with some very competitive runners.

**Why**

Theres nothing better to clear the head after a days work. Im constantly thinking ahead now, what race is next, how can I improve

**Hidden Talent**

I can drive a tractor!