**Start**

I was 9 when I first started running. I actually played a little GAA at that age but knew it wasn’t for me. I had more of a greyhound than a GAA build. Our father would bring myself and sister Niamh to open sports at that age and I ended up joining Glenbower AC. I didn’t show any potential for the first two years. I pushed on a little after under 11 when we won the county team title for that age group with John Carr, Liam Kiniery, myself and Alan Wall. I didn’t push on too much as I ended up competing in the B grade for most of my underage career. I did a lot of my underage training with Liam in the CBS. If I could change one thing, I would never have gone to the Tech as they don’t have an athletics programme.

**Improvement**

I was a novice B athlete until 2003. It wasn’t until I took up aqua jogging in April 2004 when I was 21 on the advice of a physio that I drastically improved. In fact, in 2002 I was 2nd last in the Intermediate county cross country. Two years later, with the aqua jogging under my belt, I won it. A year after that, in 2005 I was 3rd in the county senior cross country. I was doing the same amount of running training but the big difference was the aqua jogging, 5 times a week. It definitely gave me strength and that was the missing ingredient. The physical work I do also gave me strength and helped me improve.

**Highlight**

Winning the county senior cross country team titles always gives me great satisfaction. The standout performance for me was probably the time I finished 12th in the 2016 national senior cross country in Abbotstown. The course was very fast that day which suited me down to the ground. I really am more of a track than a cross country runner. I remember the previous few Thursdays dipping under 3 minutes for the 1000 intervals so I knew the form was there. It was great to get the Irish vest out of it and represent Ireland in the Antrim International.

**Nutrition**

I have a fairly large appetite. For breakfast, I religiously have a bowl of porridge, a boiled egg, two slices of toast, a yoghurt, orange juice and 3 cups of tea. For the half 10 break I have a few ham and cheese sandwiches with a mars bar. Lunch would be a chicken or beef dinner and I always try and have toast and coffee before the evening run. After the pool in the evening I have beans on toast and a few times a week a can of Guinness (for the Iron of course). And sometimes a hot toddy (to keep the colds at bay!)

**Injuries**

Ah the injuries are a menace. I have the aqua jogging which keeps me fit and a good team of physios to call on! Including Nicky and Mike.

**Club**

It’s a nice small sociable group that are easy to get to know. Its nice to meet up for training every now and then although I don’t get there as often as Id like with work.

**Training**

When the form is good training would consist of maybe an hour easy running 3 days a week with 10 400s on a Tuesday and 5 1000s on a Thursday. I like to keep it simple and don’t believe in mileage. My average weekly mileage when training well might be around 30 per week. I think I did 50 once before but that was an exception.

**The Zone**

I can get into the zone for racing if I know the training has gone well. The confidence is there. I do a tempo run over the cliffs of Ballycotton and onto the pitch and putt course as a test to see how Im going. If that goes well, I have the confidence going into a race. I’ve also got quite a few pbs from reacting to life events, venting frustration! I’ve never dropped out of a race in 27 years of racing. If I had to crawl I’d always get over the line. I try to overcome the pain no matter how bad it feels. Dropping out says a lot about a person, its nice to have that gritty fight!

**Future**

Currently, after a year of silly niggles I just want to get back fit. I’ll keep competing at the masters level across all disciplines. I’ve no plans for any of the longer stuff! I even find in a 10k that Im hanging on for the last 2k!

**Other**

I’m into cars and follow the formula 1. I would like to take up golf at some stage.