

## ORGANISERS OF 5 MARATHONS IN 5 DAYS, TOM ENRIGHT AND PAT O' KEEFFE.

It was 6.00pm on Wednesday 6<sup>th</sup> July 2011 in the quiet village of Sixmilebridge, Co Clare and the start of 5 Marathons in 5 Days, the idea of this event thought up by Tom Enright, a Cork man now living in Sixmilebridge and Pat O' Keeffe, local man but now living in Quin village. The plan was to run 5 marathons over 5 days, 4 in Sixmilebridge and 1 in Quin with the option given to run as many as a person wanted. Over the 5 days a total of 101 individual entries were received from a total of 55 different runners of all ages, majority being members of the new club formed in Ireland recently, Marathon Club Ireland which is open to any runner who has completed 1 marathon. 11 runners in total lined up on the first night with the plan of doing all 5 but unfortunately due to injuries 2 runners decided to live to fight another day and pulled out of the event leaving 9 brave souls who battled it out until Sunday afternoon through rain, wind and sunshine, yes we had sunshine, to make their goal of completing all 5 marathons. The event which was classed by someone as a "No frills event", turned out to be a great success with plans already in place for a rerun next year. There has even been rumours of a 10 in 10. Below are a few words from our 9 runners who completed all 9 marathons. Well done to all!!!!



# ANNE MARIE LARKIN

**Date Of Birth.** 09/04/1977

**From where?** Co Offaly / Working in Dublin

**Occupation?** Military

**Marathons to date including 5 in 5** (10 Marathons and 5 Ultra's (50 Miler, 31 Milers x 2, 35 Miler, 34 Miler)

"Five days of running on roads and loops, has been my toughest challenge yet. I still can't believe I ran 130 Miles or 25 Hrs, in 5 days.

Starting off on day one, I was quite apprehensive, how am I going to recover from this, to be able to start again tomorrow, but by day 3, I had settled into a nice routine and pace. But by day 5, it was pure survival mode. My ankles had taken a pounding from the roads. I just went into autopilot to get around it, that's where the mental toughness is really put to the test, each foot step bringing you one step closer to the finish. It was only when I was driving home on the Sunday, it hit me what I had achieved. Some people think I need some mental help!!! Would I do it again? Definitely!! And now that I know what I am in for, it would be more a mental challenge than a physical one."





# TRAVISS WILCOXX

**DATE OF BIRTH.** 12/8/66

**From where?** Dover, England

**Occupation?** Webmaster

**Marathons to date including 5 in 5** (89)

“Very friendly event with all the runners, organisers and helpers all being very supportive and helpful, recall the rain of Thursday, the heat of Saturday, enjoyment of having finished on Sunday! I personally struggled a little with shin problems, though they eased off as the days progressed, not the recommended recovery procedure, my doctor would have been horrified! When you do the same course over and over again you tend to look out for the little things each time around, the horse in the field about mile one, a sign post by the water stop about halfway, the railway bridge which meant you were nearly done!”



# CONOR FLANAGAN

**Date Of Birth** .25/10/1967

**From where?** Galway

**Occupation?** Accountant

**Marathons to date including 5 in 5 (70)**

“Having done a few doubles and a treble last year I thought I would manage the 5 in 5 reasonably comfortably. I was wrong. It was a physical and mental challenge unlike any I had encountered before and I struggled from day 1. I made silly mistakes with my pacing, hydration, fuelling and sun protection routine. It is a well established fact that Irish males tend to melt in any temperature higher than the early twenties, and the weather in Quin on day 4 saw plenty of meltdowns! I was unsure whether the sticky goo on the road surface was my liquefied calves on the patched tar melting. Day 5 was surprisingly one of my better days, the thought that this self inflicted torture was [slowly] coming to an end probably engendered a little extra effort from a weary body. I finished with a smile, my medals and a fabulous farmers tan! In summary a very well organised event with fantastic camaraderie among the runners. Will I be back next year, only if they do a 10 in 10.”





# FRANK McDERMOTT

**Date Of Birth.** 01-11-78

**From where?** Coolock, Dublin 17

**Occupation?** Security guard in Beaumont Hospital Dublin.

**Marathons to date including 5 in 5.** (29

This includes the Connemara Ultra and the 100km in Portumna.)

“To be honest besides a swollen right ankle i found the 5 in 5 grand. Would have liked to do 10 to be honest (maybe next year :D). Besides excellent organisation, i found 2 things stood out in the 5 in 5. Great camaraderie among the runners and willingness from the organisers to facilitate injured or fatigued runners with early start times. The course was fair and well marked and the 4th day was a nice change even if the weather was brutally hot. I think i’m right in saying that this was the first event of its kind in Ireland and its always nice to be involved in the first.”



# TOM ENRIGHT

**Date Of Birth.** 22/04/1973

**From where?** Charleville , County Cork residing  
Sixmilebridge

**Occupation?** AR Analyst

**Marathons to date including 5 in 5 (42)**

“Loved the challenge ! Only thing I would change is not to go to work during any of the days when I was running .The feeling I had at the end was worth all the suffering earning it. Roll on next year !”



# IVEAGH JAMESON

**Date Of Birth.** 30th April 1970

**From where?** Bailieborough, Co. Cavan

**Occupation?** Community pharmacist

**Marathons to date including 5 in 5** (14 marathons overall, 34 including ultras).

“5 marathons in 5 days was a new challenge and a tough one. Great camaraderie out on the course helped the miles slip by occasionally although sometimes it was a real grind to keep going. The organisation was flawless. Looking forward to this becoming a regular event!”





# JERRY FORDE

**Date Of Birth.** 3/10/ 1950

**From where?** Cork

**Occupation?** I have no job, so I present a programme on Hospital radio in Cork 5 days a week.

**Marathons to date including 5 in 5** (196)

“The weather wasn't too good the first two days but nothing could be done about that. Not too many cars on the course which was great. The course had everything like up and down hill, flat run and only one right turn on each lap.

The course was well thought out and everyone was well looked after.. Nothing left to chance. A big thank you to all who helped out to make the 5 marathons 5 a great event.”





# KEN BEGGS

**Date Of Birth** 14/02/1956

**From where?** Belfast - East Antrim Harriers

**Marathons to date including 5 in 5** (91)

“This was my first back to back marathons  
Initially started as doing three out of five  
But as it got nearer it became 4 out of 5  
And then when I had ran three w/o injury  
decided on the 5 out of 5.

Enjoyed the looped course and meeting old  
friends.

I certainly tired over the five days but was  
concerned that I didn't get an injury, so didn't  
push it too much.

The furthest I had ran in a week this year was the  
first week in April when i ran the Glasgow to  
Edinburgh double marathon and I clocked a total  
weekly mileage of 60.7 miles.

So it was a big consideration to make it 5  
marathons in 5 days a total of 131 miles.”



# STEVE GIBSON

**Age?** 35

**From where?** Antrim town

**Occupation?** Professional Buffer

**Marathons to date including 5 in 5** (34)

“Before each race started i pictured myself crossing the finish and my will power dragged me round but at night my muscles screamed for me to rest.

The weather conditions where challenging at times but with the support from the 1st water station/finish line and pat we pushed on.

At first i wasn't sure if i would finish all 5 let alone all under 5 hours but with the company of fellow runners (mainly AnneMarie) we showed it is possible.”



# Results Day 1

	NUMBER	RUNNERS NAME	HALF WAY TIME	FINISH TIME
•	431	FRANK McDERMOTT	01:56	03:54:26
•	432	TRAVISS WILLCOX	05:42:53	
•	433	ANNEMARIE LARKIN	02:00	04:24:37
•	434	RUTHANN SHEAHAN	01:49	03:48:12
•	435	IVAEGH JAMESON	01:54	03:52:40
•	436	STEVE GIBSON	01:56	04:20:25
•	438	JERRY FORDE	02:05	04:12:34
•	439	CONOR FLANAGAN	01:56	04:12:45
•	441	KEN BEGGS	01:55	03:58:37
•	442	TOM ENRIGHT	01:56	04:01:21
•	443	RAY O CONNOR	01:49	-
•	446	MICHAEL HAYDON	01:51	03:57:45
•	448	JOHN HEALY	01:56	04:10:00
•	450	PADDY QUINN	01:54	04:22:34
•	452	JOHN CHAPMAN	01:52	03:45:39
•	453	PAT O KEEFEE	01:57	-
•	457	CHRISTOPHER WALSH	01:55	04:08:04
•	464	MICK RICE	01:29	02:58
•	465	JIMMY NUGENT	01:54	04:10:56
•	468	PAT MALONE	01:34	03:28:41
•	471	DEIRDRE FINN	01:34	03:24:51
•	475	RAY HYNES	01:56	04:18:15
•	476	SHELDON KIRKWOOD	01:53	03:50:39
•	477	PAUL DALY	01:34	03:23:48
•	479	PAT TOWEY	01:44	04:26:39
•	480	GERRY McGRATH	01:42	03:25:38



# Results Day 2

•	NUMBER	RUNNERS NAME	HALF WAY TIME	FINISH TIME
•	431	FRANK McDERMOTT	1:58:38	03:57:57
•	432	TRAVISS WILLCOX		06:14:59
•	433	ANNEMARIE LARKIN		04:48:00
•	435	IVAEGH JAMESON	01:49:07	03:41:19
•	436	STEVE GIBSON		04:43
•	438	JERRY FORDE	02:03	04:19:43
•	439	CONOR FLANAGAN	02:00:15	04:09:51
•	441	KEN BEGGS	02:01:24	04:14:13
•	442	TOM ENRIGHT	02:03:30	04:16:48
•	454	PAUL BRUNNOCK	01:58:38	03:57:57
•	455	RITA WHELAN	02:00:32	03:59:27
•	457	CHRISTOPHER WALSH	02:07:30	04:28:35
•	460	GERARD DONUGHUE	01:52:07	03:42:44
•	471	DEIRDRE FINN	01:42:50	03:34:49
•	474	PAUL TEEHAN	01:58:38	03:57:57
•	481	COLMAN GREENE	01:40:27	03:24:28

# Results Day 3

•	RACE NUMBER	RUNNERS NAME	HALF WAY TIME	FINISH TIME
•	431	FRANK McDERMOTT	01:56:01	03:49:04
•	432	TRAVISS WILLCOX		06:20:53
•	433	ANNEMARIE LARKIN	02:13:10	04:50:00
•	435	IVAEGH JAMESON	01:57:25	03:54:17
•	436	STEVE GIBSON	02:12:15	04:50:00
•	438	JERRY FORDE	02:03:38	04:19:58
•	439	CONOR FLANAGAN	02:00:34	04:09:06
•	441	KEN BEGGS	02:08:17	04:26:00
•	442	TOM ENRIGHT	02:07:46	04:25:23
•	449	LARRY RIGNEY	01:59:12	04:21:20
•	459	KEN BYRNE	01:56:02	03:49:07
•	462	DENNIS LOONEY	01:58:26	-
•	473	BRIAN ANKERS		03:59:58
•	476	SHELDON KIRKWOOD	01:36:20	03:34:56
•	481	COLMAN GREENE	01:40:27	03:24:28

# Results Day 4

	RACE NO.	RUNNERS NAME	Half way	Finish Time
•	431	FRANK McDERMOTT	1.57.08	3.53.43
•	432	TRAVISS WILLCOX		6.19.23
•	433	ANNEMARIE LARKIN		4.53
•	434	RUTHANN SHEAHAN	1.57.46	Dnf
•	435	IVAEGH JAMESON	1.57.40	3.54.19
•	436	STEVE GIBSON		4.53
•	438	JERRY FORDE	2.09.45	4.33.15
•	439	CONOR FLANAGAN	2.05.10	4.35.15
•	441	KEN BEGGS	2.21.20	4.57.10
•	442	TOM ENRIGHT		5.14.52
•	444	GER O BRIEN	1.59.49	4.40.30
•	445	PAT MARKHAM	2.04.50	Dnf
•	447	JOHN McCORMACK	1.56.00	4.14.48
•	454	PAUL BRUNNOCK	1.57.40	3.51.58
•	458	PAUL CONWAY	1.53.24	3.50.08
•	463	GEORGE LIVANOS	2.00.42	DNF
•	465	JIMMY NUGENT	1.59.44	4.26.44
•	466	DIPAK VALA	1.44.34	3.34.24
•	467	DAVE BRADY	1.47.20	3.46.50
•	468	PAT MALONE	1.44.34	3.44.40
•	470	DENNIS MCGONAGLE	1.47.20	3.46.50
•	472	MAURICE OLWILL	1.58.43	4.27.12
•	474	PAUL TEEHAN	1.58.45	DNF
•	478	ZIBBY	1.48.40	3.56.36



# Results Day 5

•	RACE NUMBER	NAME	HALF WAY	FINISH
•	442	TOM ENRIGHT	2:12	4:30:00
•	431	FRANK McDERMOTT	1:58:43	3:55:50
•	432	TRAVIS WILLCOX	-	6:27:53
•	433	ANNEMARIE LARKIN	-	5:22:42
•	435	IVEAGH JAMESON	1:45:02	3:36:54
•	436	STEVE GIBSON	-	4:57:00
•	438	JERRY FORDE	2:03:42	4:08:59
•	439	CONOR FLANAGAN	1:58:59	4:12:49
•	441	KEN BEGGS	2:22:40	5:17:21
•	446	MICHAEL HAYDON	1:50:47	3:55:44
•	447	JOHN McCORMACK	2:04:54	4:45:28
•	449	LARRY RIGNEY	1:56:00	4:19:33
•	454	PAUL BRUNNOCK	1:58:43	3:55:50
•	456	LESLEY CRAWFORD	1:54:04	4:06:30
•	466	DIPAK VALA	1:46:21	3:48:41
•	467	DAVE BRADY	1:56:00	4:33:59
•	473	BRIAN ANKERS	1:55:00	3:54:49
•	482	THOMAS CONNOR	1:56:00	NOT FINISHED
•	483	JOAN McGUINNESS	2:11:30	4:56:27
•	480	GERRY McGRATH	1:41:16	3:28:21

# Results

## 9 Runners Who Completed all 5

•	NUMBER	NAME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
•	431	FRANK McDERMOTT	03:54:26	03:57:57	03:49:04	3.53.43	3:55:50
•	432	TRAVISS WILLCOX	05:42:53	06:14:59	06:20:53	6.19.23	6:27:53
•	433	ANNEMARIE LARKIN	04:24:37	04:48:00	04:50:00	4.53	5:22:42
•	435	IVAEGH JAMESON	03:52:40	03:41:19	03:54:17	3.54.19	3:36:54
•	436	STEVE GIBSON	04:20:25	04:43	04:50:00	4.53	4:57:00
•	438	JERRY FORDE	04:12:34	04:19:43	04:19:58	4.33.15	4:08:59
•	439	CONOR FLANAGAN	04:12:45	04:09:51	04:09:06	4.35.15	4:12:49
•	441	KEN BEGGS	03:58:37	04:14:13	04:26:00	4.57.10	5:17:21
•	442	TOM ENRIGHT	04:01:21	04:16:48	04:25:23	5.14.52	4:30:00