

MALLOW A.C.

AUTUMN / WINTER NEWSLETTER • Q4 2026

WELCOME TO OUR FIRST EDITION



Welcome to the first edition of the Mallow Athletic Club Newsletter. As we move into the autumn and winter months, it is a great opportunity to reflect on another positive year for the club. Our members have represented Mallow AC at races at home and abroad while supporting one another through training, volunteering and club activities.

Mallow AC is a club for all abilities. Whether you are chasing a personal best, training for your first race or looking to stay active and enjoy the social side of running, there is a place for you. This first edition shares coaching advice, physio guidance and a special member achievement. Future editions will include upcoming races, club activities, events and more member stories.

Happy running and best wishes for the months ahead.

Paudie Birmingham

Treasurer, Male Captain

**KEEP MOVING
THIS AUTUMN**

Running • Fitness • Community

Mallow AC welcomes adult runners of all abilities, from competitive athletes to people who enjoy the social and fitness side of running.

NEW MEMBERS WELCOME

Member Profile. Sean Spratt



Picture: Sean receiving his Cork 4 Mile Roads Championship medal

HOW DID YOU GET INTO RUNNING AND MALLOW AC?

My local GAA club held a 5K fundraiser in Doneraile Park. I took part, caught the bug, and later joined Mallow AC after encouragement from Anthony Wright.

WHAT DO YOU ENJOY MOST ABOUT THE CLUB?

The routine of club training. Every session is different, thanks to Shane, and there is a great social side too.

A FAVOURITE RUNNING MEMORY?

The Newmarket 5K always has a great buzz, and it was nice to break 18 minutes there.

WHAT IS YOUR FAVOURITE TYPE OF RUNNING?

I enjoy road races or team events, but a group run with good banter is hard to beat.

WHAT IS THE BEST RUNNING ADVICE YOU HAVE RECEIVED?

Listen to your body and remember there is always another day.

AND AWAY FROM RUNNING?

Horses are my main hobby. I think everyone would be surprised to learn that I own one, and I would probably be unbearable without one!

COACH'S CORNER • SHANE SIMCOX

Take a training block break

If you have trained and raced consistently throughout the summer, take one to two weeks to allow your body and mind to recharge before beginning Autumn/Winter training.

This could mean taking a full week off, followed by a lower-mileage week to ease back into training. It allows your legs to recover from the previous months rather than carrying fatigue into the months ahead.



Build mileage gradually

At this time of year, focus on gradually increasing your weekly mileage compared with the summer. This is especially important for anyone preparing for longer races, such as the Dungarvan 10 Mile in January/February or an autumn marathon.

It also benefits runners targeting 5K races, such as Newmarket in December, or 10K races, such as the Mallow 10 Mile in March. There is no single "magic number" for weekly mileage, as it depends on your experience, age, injury history and other factors.

The best approach is to increase mileage gradually, by around one to two miles per week, and monitor how your body responds. If you develop niggles or feel run down (pardon the pun), the workload may be too high. If you are unsure about any aspect of your training, feel free to have a chat with me at training.

SHANE'S KEY TIP

Increase mileage gradually and listen to your body. If unsure, have a chat with Shane at training.

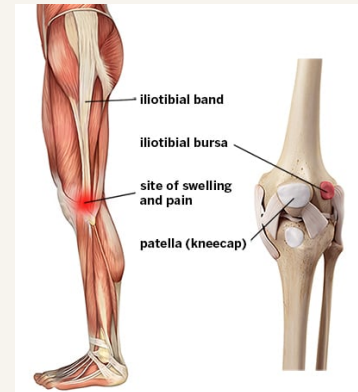
THE PHYSIO'S TABLE

The dreaded IT band



So one of the most common running injuries seen in the clinic is pain located on the outside of the knee due to irritation of the IT (iliotibial) band.

So, what is it? Basically, the IT band is long piece of connective tissue that runs from the outside of our hip and connects to the upper aspect of our shin bone. When it becomes an issue, it leads to a sharp / burning pain at the outside of our knee. A lot of runners will have suffered with this condition at one time or another.



What can be done to alleviate symptoms / or prevent against future onset?

Firstly, the word no runner wants to hear – “REST”. After that , one of the biggest tools we can use is to strengthen the outside of our hip. Strength work that targets the glutes (particularly glute medius) can really help lessen symptoms.

Some excellent exercises are Clamshells, Hip Hitches and Side-Lying Leg Raises.

FAMILY MARATHON MILESTONE



A special day for one Mallow AC family

On 15 March 2026, David Brophy, Caroline Brophy and Caoilfhionn Brophy completed the Barcelona Marathon. A memorable achievement for a father, mother and daughter, all representing Mallow Athletic Club.

TRAIN WITH MALLOW AC

Weekly training schedule

TUE

7:00 pm

Club session suitable for all levels.

Summer time: Mallow Town Park.

Winter time: Quartertown Industrial Estate

THU

7:00 pm

Group run for all abilities.

Meet at Mallow Town Park

SAT

8:30 am

Hill session.

Doneraile Park. Join us for approximately 1 hour of running in the beautiful surroundings of Doneraile Park, suitable for runners of all abilities.

SUN

8:30 am

Group run.

Meet at Park Road Car Park, Mallow

Please keep in contact via Facebook or join the club WhatsApp group for short-term changes to training arrangements.

CLUB CONTACTS

Chairman James Byrne

Secretary Catriona Ryan

Treasurer & Male Captain - Padraic Birmingham

President John Holland

Coach Shane Simcox

Female Captain Lisa Guerin

Registrar Peadar Lucey

Club Gear Darragh Wiley

PRO Steven Murphy

Social Media Gary Relihan



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www.mallowac.com | New members welcome