

Ritheoirí Bhaile-Átha-Clath

**DUBLIN CITY  
HARRIERS**

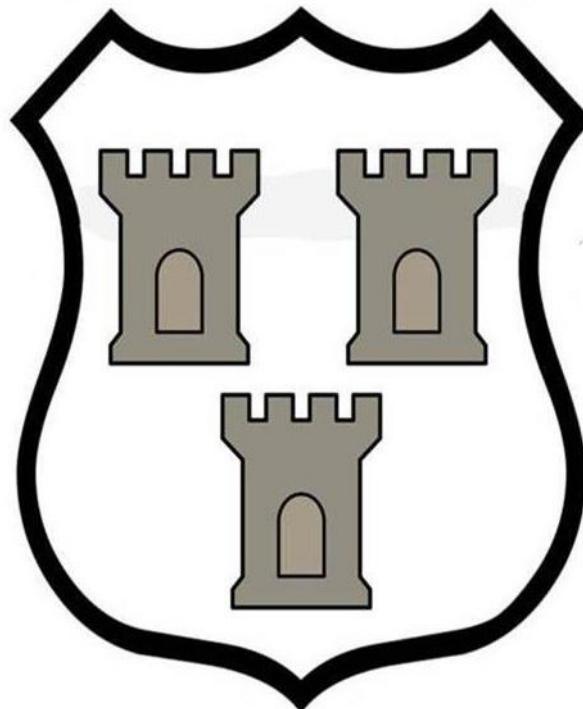


**2022**

# Dublin City Harriers

## Yearbook

### 2022



- Page 1 Ourselves and Our Doings
- Page 4 Results: Track and Field Indoor
- Page 5 Cross-country
- Page 16 Track and Field Outdoor
- Page 22 Road
- Page 25 More photos

## OURSELVES AND OUR DOINGS

Our women's middle distance team started out the New Year by winning the first road race of the season on January 1<sup>st</sup>. This was followed by an excellent win in the Leinster Intermediate Cross Country Championships in Dunboyne and the National Intermediate Cross Country Championships in February in Castlelyons, Cork, with a very low score of 18 points.

There was some excellent indoor running from Nadia Power, Catherine McManus, Celine Gavin, Cliona Murphy, Lauren Tinkler, Edel McNamara and Fiona Hawkins, on scholarship in USA. Catherine gained selection for the relay for both the European DNA Invitational and the World Indoor Track and Field Championships.

We were not as active as usual in outdoor track yet some excellent performances were recorded by Fiona Hawkins - Irish Junior 5000m record and her sister Ailish, Sean Donoghue (on scholarship in USA), Cliona Murphy and Pierre Murchan.

Towards the end of the track season, we experienced a strong influx of established women athletes for various reasons. It is expected that our cross-country teams should be very strong during the forthcoming season.

In customary fashion the cross-country season opened with the Dublin Novice Championships in Tymon Park. It's always difficult to defend a Novice title but the team somewhat weakened by injury fought hard and came home first with Faye Dervan winning the individual title.

The first major cross-country race took place in Abbotstown and in which we were represented by senior 7 women and one man. Several excellent performances were recorded.

On October 23<sup>rd</sup> the women's cross-country team added the Leinster Novice Cross Country Championships to the Dublin title won earlier in month. In order to maximize competitive opportunities for the group it was decided to split our teams and compete in the Leinster Senior Cross-Country Championships on November 5<sup>th</sup> and the Leinster Senior Cross-Country Championships on November 6<sup>th</sup>. With excellent packing and individual performances, we won both events.

The weekend of November 19<sup>th</sup> and 20<sup>th</sup> brought about our primary aim for the year-to with the Women's National Senior Cross-Country Championships, held in Rosapenna in North Co Donegal. We were blessed to be able to call from a full strength squad who performed magnificently and led by Lauren Tinkler in 7<sup>th</sup> place overall, 6<sup>th</sup> senior woman, our best finishing place since Una English in 1999 to win by one point from the holders, Letterkenny Athletic Club. This was our first win since 1992, some thirty years ago. Pierre Murchan excelled in the men's race finishing 6<sup>th</sup> overall, 3<sup>rd</sup> senior man, our best finishing place since Jamie Lewis in 1996 to gain automatic selection on the Irish team travelling to Turin in December for the European Cross-Country Championships.

Meanwhile in Turin Nadia Power returned to form following injury to finish a fine 3<sup>rd</sup> in the Italian short course cross-country championships.

On the other side of the Atlantic Fiona and Ailish Hawkins had excellent runs in separate races in California.

Following these weekend performances Fiona Hawkins, Jodie McCann, Nadia Power and Pierre Murchan were selected to represent our country at the forthcoming European Cross-Country Championships in Turin in December.

At the annual Jingle Bells 5km road race on December 3<sup>rd</sup> our team finished 3<sup>rd</sup> overall with some excellent running and personal bests.

December 4th saw us back traveling in pursuit of national cross-country championships, on this occasion it was the National Novice in Conna Co Cork. With excellent individual performances and superb packing, we emerged as winners with 68 points from a field of some sixteen teams.

The final cross-country championships, the Dublin Intermediate, was held at Tymon Park on Sunday December 11<sup>th</sup>. Following a long season, we only had the bare four scoring athletes available to defend the title we won last year. Despite this our women rose to the occasion and with determined runs emerged as winners.

This victory represented history because no other club has ever before won all nine cross-country championships, Dublin, Leinster and National, Novice/ Intermediate and Senior in a calendar year.

Edel Monaghan continued her fine form with an excellent 2<sup>nd</sup> place at the Newmarket 5km road race.

Our four selected athletes performed with distinction at the European Cross-Country Championships in Turin.

To round off a remarkable weekend Christopher McLoughlin won the overall Dublin under 19 cross-country league held over three separate races.

Saturday December 17<sup>th</sup> brought the curtain down on the domestic season with the annual cake race. Due to icy conditions the race was held on grass at the 15 acres rather than the traditional Chesterfield Road route but nonetheless some 28 members ran.

All in all, 2022 saw a huge leap forward in performance, increased numbers competing and significant improvement in personal standards. Much thanks is due to the coaches, organisers and supporters who gave of their time selflessly throughout the year

## COMMITTEE

The committee members (until the AGM on May 30<sup>th</sup>) were as follows:

President	N /A	Committee	Aislinn Moorhouse
Chairman	Michael Treacy		Aoife Ni Bhroin
Captain & IT	Catherine McManus		Kevin Humphreys
Hon Treasurer	Sinead Cronin	Auditors	(both non committee):
Hon Registrar	Cliona Murphy		Declan Curtin
Hon Secretary	Dermot Nagle		Liam Treacy

The committee members elected at the AGM on May 30<sup>th</sup> were as follows:

President	Kevin Humphreys	Committee	Aislinn Moorhouse
Captain & IT	Catherine McManus		Aoife Ni Bhroin
Hon Treasurer	Sinead Cronin		Ellen Byrne
Hon Registrar	Cliona Murphy		Michael Treacy
Hon Secretary	Dermot Nagle	Auditors	(both non committee):
			Declan Curtin
			Liam Treacy

## Representative Honours

European DNA Invitational	Catherine McManus	4 x 400m	Glasgow
World Indoor Championships	Catherine McManus	4 x 400m	Belgrade
European CC Championships	Fiona Hawkins	Junior Women	Turin
European CC Championships	Jodie McCann	U 23 Women	Turin
European CC Championships	Nadia Power	Mixed Relay	Turin
European CC Championships	Pierre Murchan	Senior Men	Turin



Catherine



Fiona



Nadia



Jodi



Pierre

## Irish Record - Junior 5000m

Fiona Hawkins	5000m	16.07.55	California
---------------	-------	----------	------------

**Irish Universities Indoor Championships, Athlone 29<sup>th</sup> January 2022**

High Jump	Emily Corcoran	4 <sup>th</sup>	1.60
1500m	Sarah Byrne	6 <sup>th</sup>	5.25.34
3000m	Celine Gavin	4 <sup>th</sup>	9.50.45

**Collegiate Indoor Championships, Seattle WA 11/12<sup>th</sup> February 2022**

3000m	Fiona Hawkins	1 <sup>st</sup>	9.31.45 (11 Feb)
1 mile	Fiona Hawkins	2 <sup>nd</sup>	4.45.19 (12 Feb)

**DNA Indoor Championships, Glasgow February 2022**

4 x 400m	Catherine McManus	3 <sup>rd</sup>	
Mixed Relay			

**AAI Games/Indoor League Championships, Abbotstown 12<sup>th</sup> February 2022**

400m	Catherine McManus	2 <sup>nd</sup>	54.99
800m	Nadia Power	4 <sup>th</sup>	2.03.72

**Indoor Meeting, Metz 12<sup>th</sup> February 2022**

800m	Nadia Power	4 <sup>th</sup>	2.03.72
1500m	Catherine McManus	4 <sup>th</sup>	55.06 (55.98 H)

**National Track and Field Indoor Championships, Abbotstown 26<sup>th</sup>/27<sup>th</sup> Feb 2022**

400m	Catherine McManus	4 <sup>th</sup>	55.06 (55.98 H)
1500m	Nadia Power	2 <sup>nd</sup>	4.23.62 (4.37.08 H)
3000m	Lauren Tinkler	5 <sup>th</sup>	9.35.72
	Cliona Murphy	7 <sup>th</sup>	9.37.79
	Silje Lindstad	14 <sup>th</sup>	10.33.56



*Catherine*



*Nadia*

**NIA “Try Track and Field” Live Indoor, Abbotstown 24<sup>th</sup> November 2022**

1 mile	Jodie McCann	1 <sup>st</sup>	4.55.08
800m	Catherine McManus	4 <sup>th</sup>	2.12.56

**Leinster Track and Field Indoor Championships, Athlone 26<sup>th</sup> March 2022**

400m Junior	Niamh O'Connor	3 <sup>rd</sup>	69.78
3000m Junior	Conor Murphy	5 <sup>th</sup>	10.27.18
3000m Senior	Celine Gavin	1 <sup>st</sup>	9.47.18
	Lauren Tinkler	2 <sup>nd</sup>	9.53.92
	Silje Lindstad	4 <sup>th</sup>	10.24.85
	Alison Armstrong	5 <sup>th</sup>	10.31.52
800m Junior	Claire O'Connor	2 <sup>nd</sup>	2.30.42
800m Senior	Sarah Byrne	5 <sup>th</sup>	2.27.71
800m Masters	Edel McNamara	1 <sup>st</sup>	2.33.49

-0Oo-

**Dublin Masters Cross-Country Championships, Raheny 9<sup>th</sup> January 2022**

Edel McNamara	9 <sup>th</sup> F45	13.39
Fiona Byrne	4 <sup>th</sup> F55	15.02

**Leinster Intermediate Cross Championships, Dunboyne 15<sup>th</sup> January 2022****DCH 1<sup>st</sup> Team; 17 points**

Edel Monaghan	1 <sup>st</sup>	14.23
Silje Lindstad	3 <sup>rd</sup>	14.41
Alison Armstrong	4 <sup>th</sup>	14.46
Aislinn Moorhouse	9 <sup>th</sup>	15.22
Sinead Cronin	15 <sup>th</sup>	15.38



Edel, Silje, Aislinn, Alison, Sinead

**Matheson Cup Cross Country, Belfast 16<sup>th</sup> January 2022**

Eimear Fitzpatrick	6 <sup>th</sup>
--------------------	-----------------

**Celtic Cup Cross Country Under 23, Belfast 22<sup>th</sup> January 2022**

Celine Gavin                    8<sup>th</sup>                    29.47

**National Intermediate Cross Championships, Castlelyons 13<sup>th</sup> February 2022**

**DCH 1<sup>st</sup> Team; 18 points**

Lauren Tinkler	1 <sup>st</sup>	18.00
Celine Gavin	2 <sup>nd</sup>	18.19
Edel Monaghan	7 <sup>th</sup>	18.53
Alison Armstrong	8 <sup>th</sup>	19.06
Silje Lindstad	13 <sup>th</sup>	19.57
Sinead Cronin	17 <sup>th</sup>	20.24
Ellen Byrne	27 <sup>th</sup>	20.57



*Edel, Alison, Ellen, Silje, Sinead, Celine, Lauren*

**Hannut International Cross, Belgium 20<sup>th</sup> February 2022**

Lauren Tinkler	17 <sup>th</sup>	23.30
Alison Armstrong	24 <sup>th</sup>	24.28
Cliona Murphy	29 <sup>th</sup>	24.53
Silje Lindstad	32 <sup>nd</sup>	25.32

**Irish Universities Cross Country Championships 5k - Women, Santry 55<sup>th</sup> March 2022**

Celine Gavin, TCD	2 <sup>nd</sup>	18.31	<i>(on right)</i>
Edel Monaghan, TUD	7 <sup>th</sup>	19.02	<i>(middle)</i>
Silje Lindstad, UCD	10 <sup>th</sup>	19.38	<i>(on left)</i>



**Irish Universities Cross Country Championships 8k - Men, Santry 5<sup>th</sup> Mar 2022**

Pierre Murchan, TCD 9<sup>th</sup> 26.08

**Irish Universities Cross Country Championships Mixed Relay, Santry 5 Mar '22**

Nadia Power, DCU 1<sup>st</sup> Team

Sarah Byrne, TCD 3<sup>rd</sup> Team



**Brussels International Cross Country 7k, 6<sup>th</sup> March 2022**

Lauren Tinkler 11<sup>th</sup> (on left)

Alison Armstrong 27<sup>th</sup> (on right)

**Woodbridge Invitational Cross Country Long Beach California 3 mile,  
18<sup>th</sup> September 2022**

Ailish Hawkins 17<sup>th</sup> 16.22.3

**Ted Castanada Classic Cross Country 6k, California 1<sup>st</sup> October 2022**

Fiona Hawkins 10<sup>th</sup> 22.35

**Dublin Novice Cross Championships, Tymon Park 9<sup>th</sup> October 2022**

**DCH 1<sup>st</sup> Team; 20 points**

Faye Dervan	1 <sup>st</sup>	15.00
Lucy Jones	3 <sup>rd</sup>	15.11
Eimear Fitzpatrick	4 <sup>th</sup>	15.48
Christelle Vall	12 <sup>th</sup>	16.13
Aoife Donaghy	30 <sup>th</sup>	17.20
Orla Duffy	49 <sup>th</sup>	18.16
Sarah Byrne	52 <sup>nd</sup>	18.27



*Summer Tang with Sarah, Orla, Lucy, Aoife, Faye, Christelle and Eimear*

**Clovis Invitational High School Cross Country 5k, California 1<sup>st</sup> October 2022**

Ailish Hawkins 11<sup>th</sup> 17.48

**Alabama USA, Cross Country 5.85k, Alabama 14<sup>th</sup> October 2022**

Lauren Tinkler 4<sup>th</sup> 19.58.1

**Abbotstown Park Run 15<sup>th</sup> October 2022**

Claire Rafter	19.13	Fastest Woman
Sinead Cronin	19.19	
Ellen Byrne	19.59	
Aislinn Moorhouse	20.09	
Niamh Donnelly	20.19	
Aoife Ni Broin	20.29	
Aoife Corr	21.13	
Aoife Donaghy	21.57	
Summer Tang	22.30	
Abbey Corr	24.05	
Noelle Murray	24.05	
Sarah Byrne	24.22	
Joe Fogarty	18.08	Fastest Man



*Sarah, Aoife, Aislinn, Noelle, Aoife C, Ellen, Claire, Orla, Summer, Abbey, Sinead, Aoife D, Niamh, Joe*

**AAI Autumn Cross Country Festival, Abbotstown 16<sup>th</sup> October 2022**

Edel Monaghan	13 <sup>th</sup>	21.40
Jodie McCann	15 <sup>th</sup>	21.48
Faye Dervan	18 <sup>th</sup>	21.58
Cliona Murphy	22 <sup>nd</sup>	22.14
Deirdre McDermott	24 <sup>th</sup> (6 <sup>th</sup> F40) <i>pic on right</i>	22.25
Avril Deegan	28 <sup>th</sup>	22.50
Celine Gavin	32 <sup>nd</sup>	23.43
Pierre Murchan	6 <sup>th</sup> Man	22.46



**Leinster Novice Cross Country Championships 4.0k, Bellurgan Park,  
Carlingford, Dundalk 23<sup>rd</sup> October 2022**

**DCH 1<sup>st</sup> Team; 37 points**

Claire Rafter	4 <sup>th</sup>	17.07
Sinead Cronin	5 <sup>th</sup>	17.15
Aislinn Moorhouse	11 <sup>th</sup>	17.41
Ellen Byrne	17 <sup>th</sup>	18.03
Aoife Ni Bhoirn	26 <sup>th</sup>	18.41
Aoife Corr	29 <sup>th</sup>	18.47
Aoife Donaghy	47 <sup>th</sup>	20.08
Sarah Byrne	69 <sup>th</sup>	22.09



*Sarah, Aoife, Aoife C. Aislinn, Aoife D, Ellen, Sinead, Claire*

**Bobby Rea Memorial Cross Country International 6k, Belfast, 22<sup>nd</sup> Oct 2022**

Jodie McCann	4 <sup>th</sup>	22.15
Edel Monaghan	11 <sup>th</sup>	23.41

**Colorado Springs Open Cross Country 6k (at 6600ft altitude), Colorado, USA,  
22<sup>nd</sup> October 2022**

Fiona Hawkins	2 <sup>nd</sup>	22.48
---------------	-----------------	-------

**Scottish National Cross Country relay c/ships 4.5k, Scotland, 22<sup>nd</sup> Oct 2022**

Niamh Carr	2 <sup>nd</sup> on 1 <sup>st</sup> leg	14.35
Aoife Carr	6 <sup>th</sup> on 1 <sup>st</sup> leg	15.02

**Leinster Senior Cross-Country Championships 5k, Mountain View Golf Course,  
Ballyhale, Co Kilkenny. 5<sup>th</sup> November 2022**  
**DCH 1<sup>st</sup> Team; 42 points**

Claire Rafter	7 <sup>th</sup>	20.25	(1 <sup>st</sup> under 23 & 3 <sup>rd</sup> on winning Dublin Team)
Aislinn Moorhouse	10 <sup>th</sup>	20.47	
Sinead Cronin	11 <sup>th</sup>	20.50	
Sorcha McAllister	14 <sup>th</sup>	20.57	
Ellen Byrne	17 <sup>th</sup>	21.15	
Christelle Vall	30 <sup>th</sup>	21.49	(5 <sup>th</sup> under 23)
Aoife Corr	32 <sup>nd</sup>	21.56	
Niamh Donnelly	34 <sup>th</sup>	22.34	
Aoife Donaghy	43 <sup>rd</sup>	23.37	



Clare, Sorcha, Aoife D, Sinead, Ellen, Aislinn, Christelle, Aoife C, Niamh

**Scottish Short Course Senior Cross Country Championships 4k, Kirkaldy  
5<sup>th</sup> November 2022.**

Niamh Carr	20 <sup>th</sup>
Aoife Carr	28 <sup>th</sup>

**Dublin Under 19 Cross Country Championships 4k - Women, City West, Dublin  
6<sup>th</sup> Nov 2022**

**DCH 3<sup>rd</sup> Team; 33 points**

Cliodhna Ryan	5 <sup>th</sup>	16.27
Claire O'Connor	12 <sup>th</sup>	16.57
Summer Tang	16 <sup>th</sup>	18.08

**Dublin Under 19 Cross-Country Championships 6k - Men, City West, Dublin  
6<sup>th</sup> November 2022.**

Christopher McLoughlin	13 <sup>th</sup>	22.49
------------------------	------------------	-------

**Dublin Junior Cross-Country Championships 6k - Men, City West, Dublin  
6<sup>th</sup> November 2022.**

Alex Crowley                    15<sup>th</sup>                    21.45

**Dublin Senior Cross-Country Championships 6k - Women, City West, Dublin  
6<sup>th</sup> November 2022**

**DCH 1<sup>st</sup> Team; 20 points**

Faye Dervan	3 <sup>rd</sup>	22.26
Jodie McCann	4 <sup>th</sup>	22.42
Alison Armstrong	6 <sup>th</sup>	23.05
Cliona Murphy	7 <sup>th</sup>	23.10
Eimear Fitzpatrick	19 <sup>th</sup>	25.10
Aoife Ni Bhroin	24 <sup>th</sup>	25.52



*Aoife Ni, Jodie, Faye, Alison, Eimear, Cliona*

**Dublin Senior Cross-Country Championships 10k - Men, City West, Dublin  
6<sup>th</sup> November 2022.**

Pierre Murchan                    2<sup>nd</sup>                    32.10



**National Senior Cross-Country Championships 8k - Women, Rosapenna,  
Co Donegal 20<sup>th</sup> November 2022  
DCH 1<sup>st</sup> Team; 64 points**

Lauren Tinkler	7 <sup>th</sup>	27.44
		also on winning Dublin team
Cliona Murphy	18 <sup>th</sup>	28.57
Edel Monaghan	19 <sup>th</sup>	29.09
Jodie McCann	20 <sup>th</sup>	29.20
Alison Armstrong	36 <sup>th</sup>	30.17
Avril Deegan	42 <sup>nd</sup>	30.34
Niamh Carr	46 <sup>th</sup>	30.57
Claire Rafter	47 <sup>th</sup>	31.00
Faye Dervan	50 <sup>th</sup>	31.08
Aislinn Moorhouse	62 <sup>nd</sup>	32.06



*Jodi, Edel, Alison, Lauren, Avril, Niamh, Cliona, Claire, Faye, Aislinn*

**National Senior Cross-Country Championships 10k - Men, Rosapenna,  
Co Donegal 20<sup>th</sup> November 2022**

Pierre Murchan	6 <sup>th</sup> (no 199 below)	30.32
		also on winning Dublin team



**Italian National Senior Short Course Cross Country Championships 2k, Turin, Italy 20<sup>th</sup> November 2022.**

Nadia Power                    3<sup>rd</sup>                    07.10



**Californian State Cross Country Championships 2.93 miles**

**California, USA 20<sup>th</sup> November 2022** *Extremely hilly course*

Ailish Hawkins                    6<sup>th</sup>                    17.55

**Open Road Race 3.16 miles, California USA 20<sup>th</sup> November 2022.**

Fiona Hawkins                    2<sup>nd</sup>                    17.01

**Newmarket Road Race 5km, 11<sup>th</sup> December 2022**

Edel Monaghan                    2<sup>nd</sup>                    16.49

**National Novice Cross Country Championships 4k - Women, Conna, Fermoy,**

**Cork 4<sup>th</sup> December 2022**

**DCH 1<sup>st</sup> Team; 68 points.**

Claire Rafter	6 <sup>th</sup>	15.14	also scored on winning Dublin team
Eimear Fitzpatrick	18 <sup>th</sup>	16.01	
Sinead Cronin	21 <sup>st</sup>	16.07	
Ellen Byrne	23 <sup>rd</sup>	16.12	
Sorcha McAllister	35 <sup>th</sup>	16.34	
Aislinn Moorhouse	36 <sup>th</sup>	16.36	
Aoife Corr	54 <sup>th</sup>	17.18	
Aoife Donaghy	65 <sup>th</sup>	17.47	



*Sorcha, Aislinn, Claire, Ellen, Eimer, Sinead, Aoife C, Aoife D with AAI president John Cronin (right) and "123" Sponsor (left)*



*Cliodhna Ryan, who ran a gutsy race to finish 29th in the Under 19 race (Fermoy, Dec 4<sup>th</sup>) and helped the Dublin team to Intercounty silver.*

**Dublin Intermediate Cross Country Championships 5k - Women, Tymon Park, Tallaght 11<sup>th</sup> December 2022.**

**DCH 1<sup>st</sup> Team; 37 points.**

Sorcha McAllister	1 <sup>st</sup>	20.08
Aoife Donaghy	7 <sup>th</sup>	22.59
Edel McNamara	13 <sup>th</sup>	23.43
Orla Duffy	16 <sup>th</sup>	24.04



*Orla, Sorcha, Aoife, Coach Mary McKenna, Edel*

**European Cross-Country Championships, Turin 11<sup>th</sup> December 2022**

Fiona Hawkins	35 <sup>th</sup>	Junior Women
Jodie McCann	54 <sup>th</sup>	U 23 Women
Nadia Power	9 <sup>th</sup> Team	Mixed Relay
Pierre Murchan	67 <sup>th</sup>	Senior Men



*Fiona Hawkins who had a great 2022 which included an Irish Junior 5000m record and a place on the Irish Junior Women's Cross-Country team in Turin*

**Annual Cake Race approx. 5k - Senior Men and Women,  
15 Acres, Phoenix Park 17<sup>th</sup> December 2022.**

NAME	POSITION	FINISH TIME	ACTUAL TIME
Sarah Byrne	1 <sup>st</sup> , 1st Woman	22.43	22.43
Edel McNamara	2 <sup>nd</sup>	22.45	22.45
Orla Duffy	3 <sup>rd</sup>	23.15	22.15
Paul McLoughlin	4 <sup>th</sup> , 1 <sup>st</sup> Man	23.30	21.00
Sorcha McAllister	5 <sup>th</sup>	23.32	18.32
Cliona Ryan	6 <sup>th</sup>	23.45	20.45
Claire O'Connor	7 <sup>th</sup>	23.50	20.50
Aoife Ni Bhroin	8 <sup>th</sup>	23.54	18.54
Ellen Byrne	9 <sup>th</sup>	23.57	18.57
Aoife Donaghy	10 <sup>th</sup>	24.05	22.35
Jodie McCann	11 <sup>th</sup> , Fastest Woman	24.09	17.09
Cliona Murphy	12 <sup>th</sup>	24.15	17.15
Ailish Hawkins	13 <sup>th</sup>	24.08	19.08
Aislinn Moorhouse	14 <sup>th</sup>	24.19	19.19
Niamh Donnelly	15 <sup>th</sup>	24.19	19.19
Ash Keenan	16 <sup>th</sup>	24.20	21.50
Sinead Cronin	17 <sup>th</sup>	24.26	19.26
Finn McAuley	18 <sup>th</sup>	24.28	19.28
Pierre Murchan	19 <sup>th</sup> , Fastest Man	24.45	15.15
Alex Crowley	20 <sup>th</sup>	25.05	17.05
Joe Fogarty	21 <sup>st</sup>	25.30	18.00
Abbey Corr	22 <sup>nd</sup>	25.40	25.40
Chris McLoughlin	23 <sup>rd</sup>	25.58	18.58
Eva Corcoran	24 <sup>th</sup>	27.30	25.00

**Annual Cake Race approx. 2.5k - Junior Men and Women  
15 Acres, Phoenix Park. 17<sup>th</sup> December 2022.**

NAME	POSITION	FINISH TIME	ACTUAL TIME
Alice Kangbang	1 <sup>st</sup>	11.00	11.00
Amy Ryan	2 <sup>nd</sup>	13.45	11.15
Goda Buivydte	3 <sup>rd</sup>	11.47	11.47
Aoibheann McAuley	4 <sup>th</sup>	11.59	11.59

-0Oo-

**Track and Field Classic, Stanford CA, USA 1<sup>st</sup> April 2022**

5000m	Finn Sweeney	21 <sup>st</sup>	17.12.0
-------	--------------	------------------	---------

**Princeton International Track and Field Meeting, New Jersey, USA  
2<sup>nd</sup> April 2022**

1500m	Sean Donoghue	3 <sup>rd</sup>	3.47.77
-------	---------------	-----------------	---------

**Irish Universities Outdoor Championships Carlow 8<sup>th</sup>/9<sup>th</sup> April 2022**

1500m	Edel Monaghan	3 <sup>rd</sup>	4.48
1500m	Sarah Byrne (Guest)	3 <sup>rd</sup>	5.30
3000m	Edel Monaghan	2 <sup>nd</sup>	10.11
5000m	Celine Gavin	2 <sup>nd</sup>	17.37
200m	Craig Duffy	DNF	Injured

**Bryan Clay International Track and Field Meeting, California, USA**

**14<sup>th</sup>/15<sup>th</sup> April 2022**

5000m	Fiona Hawkins	6 <sup>th</sup>	16.07.55
1500m	Fiona Hawkins		<b>Irish Jun Record</b>

1500m	Fiona Hawkins		4.24.42
-------	---------------	--	---------

**Mount Sac Relays California, USA 15<sup>th</sup> April 2022**

4 x 16000 1 <sup>st</sup> Leg	Ailish Hawkins	1 <sup>st</sup>	4.53.42
-------------------------------	----------------	-----------------	---------

**Larry Ellis International Track and Field Meeting, USA 15<sup>th</sup> April 2022**

1500m	Sean Donoghue	7 <sup>th</sup>	3.44.93
-------	---------------	-----------------	---------

**Virginia Invitational Track and Field Meeting, Charlottesville USA 22<sup>nd</sup> April 2022**

1500m	Sean Donoghue	5 <sup>th</sup>	3.42.45
-------	---------------	-----------------	---------

**North Belfast Track and Field Meeting 23<sup>rd</sup> April 2022**

5000m	Celine Gavin	11 <sup>th</sup>	17.14.28
-------	--------------	------------------	----------

**Dublin Graded League Track and Field Meeting, Tallaght 27<sup>th</sup> April 2022**

800m Women	Aoife Corr	7 <sup>th</sup>	2.26.0
800m Men	Joe Fogarty	5 <sup>th</sup>	2.03.59
3000m Women	Ellen Byrne	1 <sup>st</sup>	10.49.50
3000m Men	Conor Murphy	8 <sup>th</sup>	9.27.53

**Penn Relays, Pennsylvania USA 29<sup>th</sup>/30<sup>th</sup> April 2022**

12000, 1 <sup>st</sup> leg DMR	Sean Donoghue	3 <sup>rd</sup>	2.55.88
1 mile	Sean Donoghue	6 <sup>th</sup>	4.08.54
1 <sup>st</sup> Leg 4 x 1 mile			



*Sean Donoghue (centre) - Penn Relays*

**RMAC Track and Field Championships, USA 29<sup>th</sup>/30<sup>th</sup> April 2022**

1500m	Fiona Hawkins	4.38.15 (4.45.44 H)
-------	---------------	---------------------

**CIF Division 1 Track and Field Championship Preliminaries, USA****29<sup>th</sup>/30<sup>th</sup> April 2022**

1600m	Ailish Hawkins	Qualified	5.01.11
3200m	Ailish Hawkins	1 <sup>st</sup> Qualified	10.44.70

**West Suffolk Middle Distance Festival, 30<sup>th</sup> April 2022**

3000m S/Chase	Silje Lindstad		11.15.00
---------------	----------------	--	----------

**Track and Field Meeting, Fresno CA USA 30<sup>th</sup> April 2022**

1500m	Finn Sweeney	4 <sup>th</sup> - heat	4.31.87
-------	--------------	------------------------	---------

**Dublin Graded League Track and Field Meeting, Santry 11<sup>th</sup> May 2022**

200m	Niamh O'Connor	2 <sup>nd</sup> - heat	29.92
1500m	Ellen Byrne	4 <sup>th</sup> - heat	4.53.03
	Claire O'Connor	4 <sup>th</sup> - heat	5.16.69
	Heather Lougheed	7 <sup>th</sup> - heat	5.23.15

**Belfast Track and Field Meeting Mary Peters Track 14<sup>th</sup> May 2022**

5000m Men	Pierre Murchan	3 <sup>rd</sup>	14.12.35
1500m Women	Edel Monaghan	10 <sup>th</sup> - heat	4.35.66
	Eimear Fitzpatrick	12 <sup>th</sup> - heat	4.58.16

**California Track and Field Meeting 2022, USA**

1600m	Ailish Hawkins		4.59.46
3200m	Ailish Hawkins		10.48.17

**Villanova Track and Field Relays 2022, USA**

1500m	Sean Donoghue
800m Relay Leg	Sean Donoghue

**Leinster Schools Track and Field Championships Morton Stadium, 21<sup>st</sup> May 2022**

800m Senior	Claire O'Connor	3 <sup>rd</sup>	2.23.49 - pb
-------------	-----------------	-----------------	--------------

**National Track and Field League, Templemore 22<sup>nd</sup> May 2022**

3000m S/Chase	Silje Lindstad (guest)	1 <sup>st</sup>	11.22.44
---------------	------------------------	-----------------	----------

**Dublin Graded League Track and Field Meeting Tallaght 25<sup>th</sup> May 2022**

400m Women	Niamh O'Connor	1 <sup>st</sup> - heat	69.63
800m Women	Edel Monaghan	6 <sup>th</sup> - heat	2.22.15
	Claire O'Connor	3 <sup>rd</sup> - heat	2.27.20
	Sinead Cronin	4 <sup>th</sup> - heat	2.28.47
800m Women	Keelin Collins	5 <sup>th</sup> - heat	2.28.85
	Cliodhna Ryan	6 <sup>th</sup> - heat	2.30.72
	Jana Mohiedan	10 <sup>th</sup> - heat	2.38.01
	Abbie Dowdall	9 <sup>th</sup> - heat	2.54.80
800m Men	Joe Fogarty	1 <sup>st</sup> - heat	2.02.54
	Conor Murphy	6 <sup>th</sup> - heat	2.11.98

**Leinster Senior Track and Field Championships, Carlow 28<sup>th</sup> May 2022**

1500m	Ellen Byrne		4.57.40
	Sinead Cronin		4.59.48

**Belfast Track and Field Meeting, Mary Peters Track 28<sup>th</sup> May 2022**

1500m	Silje Lindstad	8 <sup>th</sup>	4.54.50
5000m	Cliona Murphy	6 <sup>th</sup>	16.46.09

**Ordengem Track and Field Meeting, Belgium 28<sup>th</sup> May 2022**

5000m	Pierre Murchan	6 <sup>th</sup>	14.06.08
-------	----------------	-----------------	----------

**NCAA Track and Field Championships, USA 2022**

5000m	Fiona Hawkins		17.05.055
-------	---------------	--	-----------

**Dublin Graded League Track and Field Meeting Santry 8<sup>th</sup> June 2022**

400m	Claire O'Connor	1 <sup>st</sup> - heat	64.82
1500m	Cliona Ryan	8 <sup>th</sup> - heat	5.29.36

International Track and Field Meeting, France 11<sup>th</sup> June 2022

5000m Cliona Murphy

Dublin Graded League Track and Field Meeting Tallaght 22<sup>nd</sup> June 2022

800m Women	Claire O'Connor	7 <sup>th</sup> - heat	3.27.01
5000m Men	Christopher McLoughlin	4 <sup>th</sup> - heat	18.06.49

National Track and Field Championships Santry 25<sup>th</sup>/26<sup>th</sup> June 2022

5000m Women	Cliona Murphy	6 <sup>th</sup>	16.54.70
1500m Men	Kieron Sexton	15 <sup>th</sup>	4.13.76 (Fell, 3.55.38 in heat)
5000m Men	Pierre Murchan	5 <sup>th</sup>	14.16.63

Norwegian Track and Field Championships, 25<sup>th</sup> June 2022

3000m S/Chase Silje Lindstad 3<sup>rd</sup>

Dublin Graded League Track and Field Meeting, Tallaght 6<sup>th</sup> July 2022

Long Jump Women	Niamh O'Connor	2 <sup>nd</sup>	3.99
200m Women	Niamh O'Connor	3 <sup>rd</sup> - heat	30.03
800m Women	Claire O'Connor	6 <sup>th</sup> - heat	2.30.07
	Cliodhna Ryan	4 <sup>th</sup> - heat	2.34.23
800m Men	Joe Fogarty	2 <sup>nd</sup> - heat	1.59.77
3000m Women	Silje Lindstad	3 <sup>rd</sup> - heat	10.27.92
3000m Men	Christopher McLoughlin	4 <sup>th</sup> - heat	9.55.96

National Junior Track and Field Championships, Tullamore 17<sup>th</sup> July 2022

800m Joe Fogarty 5<sup>th</sup> - heat 2.00.40

Dublin Graded League Track and Field Meeting Tallaght 20<sup>th</sup> July 2022

1500m Women	Silje Lindstad	2 <sup>nd</sup> - heat	4.41.23
1500m Men	Conor Murphy	12 <sup>th</sup> - heat	4.30.84

Eltham England Track and Field Meeting, 20<sup>th</sup> July 2022

800m mixed race Nadia Power 8<sup>th</sup> heat 2.06.98

**AAI Games Track and Field, Tullamore 23<sup>rd</sup> July 2022**

800m	Joe Fogarty	3 <sup>rd</sup> - heat	1.59.97
------	-------------	------------------------	---------

**AAI Games Track and Field, Tullamore 24<sup>th</sup> July 2022**

1500m	Aoife Carr	3 <sup>rd</sup>	4.29.20
-------	------------	-----------------	---------

**Track and Field Meeting, Trafford England 23<sup>rd</sup> July 2022**

800m	Nadia Power	5 <sup>th</sup> A Race	2.05.58
------	-------------	------------------------	---------

**Track and Field Meeting, Scotland 29<sup>th</sup> July 2022**

1500m	Aoife Carr		4.25.87
-------	------------	--	---------

**International Track and Field, Lignano 30<sup>th</sup> July 2022**

800m	Nadia Power	4 <sup>th</sup>	2.04.94
------	-------------	-----------------	---------

**National Track and Field League Athlone 31<sup>st</sup> July 2022**

1500m	Silje Lindstad	3 <sup>rd</sup> (Guest)	4.43.61
-------	----------------	-------------------------	---------

**Dublin Graded League Track and Field Meeting, Lucan 3<sup>rd</sup> August 2022**

3000m	Edel Monaghan	1 <sup>st</sup>	9.53.42
	Silje Lindstad	4 <sup>th</sup>	10.18.16

**Belfast Track and Field Meeting, Mary Peters Track 13<sup>th</sup> August 2022**

1500m	Edel Monaghan	1 <sup>st</sup>	4.36.56
	Silje Lindstad	2 <sup>nd</sup>	4.44.80

**Scottish Track and Field Championships, Aberdeen 13<sup>th</sup> August 2022**

1500m	Aoife Carr	4 <sup>th</sup>	4.28.93
-------	------------	-----------------	---------

-0Oo-

**Tom Brennan 5k Road Race - Women, Phoenix Park 1<sup>st</sup> January 2022**

**DCH 1<sup>st</sup> Team; 16 Points**

Celine Gavin	2 <sup>nd</sup>	16.51
Edel Monaghan	6 <sup>th</sup>	17.53
Lauren Tinkler	8 <sup>th</sup>	17.59
Alison Armstrong	11 <sup>th</sup>	18.15
Sinead Cronin	17 <sup>th</sup>	19.02
Edel McNamara	30 <sup>th</sup>	20.41



*Chris, Joe, Rowan, Edel Mc, Edel M, Sinead, Alison, Celine, Lauren*

**Tom Brennan 5k Road Race - Men, Phoenix Park 1<sup>st</sup> January 2022**

**DCH 9<sup>th</sup> Team; 160 Points**

Joe Fogarty	35 <sup>th</sup>	17.10
Rowan Dzousa	59 <sup>th</sup>	18.14
Chris McLoughlin	60 <sup>th</sup>	18.30

**Raheny 5 miles (estimated 550 yards over distance) Road Race, 30<sup>th</sup> Jan 2022**

**DCH 4<sup>th</sup> Team; 80 Points**

Lauren Tinkler	18 <sup>th</sup>	30.57
Aoife Ni Bhroin	30 <sup>th</sup>	32.15
Aislinn Moorhouse	32 <sup>nd</sup>	32.17

**Duleek 5K Road Race - Senior Women 27<sup>th</sup> February 2002**

Sinead Cronin	3 <sup>rd</sup>	18.51
Niamh Donnelly	4 <sup>th</sup>	18.56

**National Road Relay Championships, Raheny 24<sup>th</sup> April 2022**

DCH A 6 <sup>th</sup> 22.25	Silje Lindstad 5.29	Alison Armstrong 11.38	Edel Monaghan 5.18
DCH B 8 <sup>th</sup> 23.06	Aoife Ni Bhroin 5.28	Sinead Cronin 11.55	Christelle Vall 5.43

**Clontarf Half Marathon Road Race - Senior Women  
27<sup>th</sup> February 2022**

Alison Armstrong	1 <sup>st</sup>	83.51
------------------	-----------------	-------

**Duleek 10k Road Race - Senior Women, 24<sup>th</sup> July 2022**

Alison Armstrong	4 <sup>th</sup>	41.18
------------------	-----------------	-------

**Celbridge AC 5k Road Race - Senior Women, 25<sup>th</sup> August 2022**

Edel Monaghan	1 <sup>st</sup>	16.45
Jodie McCann	2 <sup>nd</sup>	17.12

**Rathfarnham AC 5k Road Race - Senior Women,  
25<sup>th</sup> September 2022 - Including Dublin Championships**

Jodi McCann	4 <sup>th</sup>	16.25	Right
Edel Monaghan	5 <sup>th</sup>	16.45	Centre
Faye Dervan	6 <sup>th</sup>	16.46	Left



**Grant Thornton 5k Road Race Challenge - Senior Women, 4<sup>th</sup> October 2022**

Aislinn Moorhouse	3 <sup>rd</sup>	19.01
-------------------	-----------------	-------

**Irish Universities Road Relay Championships - Women, Maynooth  
12<sup>th</sup> November 2022**

Christelle Vall	TCD, 1 mile	6.19
Sarah Byrne	TCD, 1 mile	7.00
Edel Monaghan	TUD, 2 miles	11.23 - 3 <sup>rd</sup> Fastest
Avril Deegan	DCU, 2 miles	11.28
Sorcha McAllister	UCD, 2 miles	11.56
Claire Rafter	TCD, 2 miles	12.05

**Irish Universities Road Relay Championships – Men, Maynooth 12<sup>th</sup> Nov 2022**

Alex Crowley	TCD, 2 miles	10.33
Pierre Murchan	TCD, 3 miles	14.35 - 3 <sup>rd</sup> Fastest

**Donore Harriers Jingle Bells 5k Road Race, Phoenix Park 3<sup>rd</sup> December 2022**

**DCH 3<sup>rd</sup> Team; 43 Points**

Cliona Murphy	5 <sup>th</sup>	16.30
Edel Monaghan	8 <sup>th</sup>	16.43
Aoife Ni Bhroin	30 <sup>th</sup>	18.15
Edel McNamara	80 <sup>th</sup>	19.52
Abbey Corr	139 <sup>th</sup>	23.02



*Edel Mc, Cliona, Abbey, Edel M, Aoife*

**Cavan 5k Road Race Challenge - Senior Women, 26<sup>th</sup> December 2022**

Orla Duffy	6 <sup>th</sup>	21.48
------------	-----------------	-------

**Clonmel 4 miles Road Race - Senior Men, 26<sup>th</sup> December 2022**

Alex Crowley	20.46
--------------	-------

Some of our athletes abandoned the muck and sweat . . . .  
for the occasion of Aoife Ni Bhoirn's wedding in July



*Claire, Niamh, Catherine, Cliona, Ellen, Aoife C, Aoife Ni (in white!), Edel, Allison, Silje, Sinead, Heather, Aislinn, Lauren*

#### Selection of action shots from 2022



Jodi McCann



Lauren Tinkler



Aislinn Moorhouse



Eimer Fitzpatrick



Fay Dervan



Avril Deegan



Aoife Ni Bhroin



Alison Armstrong & Cliona Murphy



Pierre Murchan



Sarah Byrne



Pierre Murchan



Edel McNamara



Sorcha McAllister



Orla Duffy



Ellen Byrne



Clare Rafter



Aoife Corr



Aoife Donaghy



Sinead Cronin



Edel Monaghan



Conor Murphy



Silje Lindstad



Ellen Byrne



Joe Fogarty



Abbey Corr



Alex Crowley



Ailish Hawkins