

Ritheoirí Bhaile-Átha-Cliath

DUBLIN CITY HARRIERS

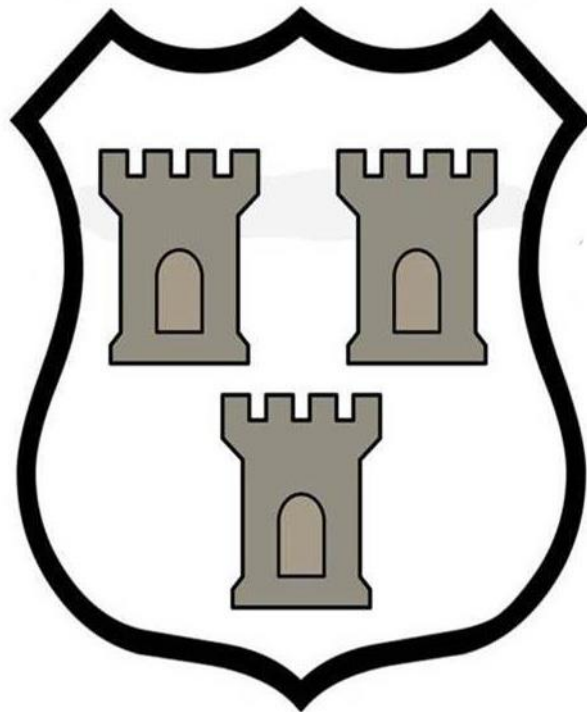


2022

Dublin City Harriers

Yearbook

2022



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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 1st. 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 23rd 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 5th and the Leinster Senior Cross-Country Championships on November 6th. With excellent packing and individual performances, we won both events.

The weekend of November 19th and 20th 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 7th place overall, 6th 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 6th overall, 3rd 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 3rd 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 3rd our team finished 3rd 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 11th. 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 2nd 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 17th 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 30th) 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 30th 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



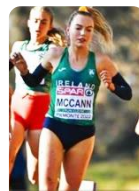
Catherine



Fiona



Nadia



Jodi



Pierre

Irish Record - Junior 5000m

Fiona Hawkins	5000m	16.07.55	California
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Irish Universities Indoor Championships, Athlone 29th January 2022

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

Collegiate Indoor Championships, Seattle WA 11/12th February 2022

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

DNA Indoor Championships, Glasgow February 2022

4 x 400m	Catherine McManus	3 rd	
Mixed Relay			

AAI Games/Indoor League Championships, Abbotstown 12th February 2022

400m	Catherine McManus	2 nd	54.99
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Indoor Meeting, Metz 12th February 2022

800m	Nadia Power	4 th	2.03.72
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National Track and Field Indoor Championships, Abbotstown 26th/27th Feb 2022

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



Catherine



Nadia

NIA "Try Track and Field" Live Indoor, Abbotstown 24th November 2022

1 mile	Jodie McCann	1 st	4.55.08
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Leinster Track and Field Indoor Championships, Athlone 26th March 2022

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

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Dublin Masters Cross-Country Championships, Raheny 9th January 2022

Edel McNamara	9 th F45	13.39
Fiona Byrne	4 th F55	15.02

Leinster Intermediate Cross Championships, Dunboyne 15th January 2022

DCH 1st Team; 17 points

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



Edel, Silje, Aislinn, Alison, Sinead

Matheson Cup Cross Country, Belfast 16th January 2022

Eimear Fitzpatrick	6 th
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Celtic Cup Cross Country Under 23, Belfast 22th January 2022

Celine Gavin	8 th	29.47
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National Intermediate Cross Championships, Castlelyons 13th February 2022

DCH 1st Team; 18 points

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



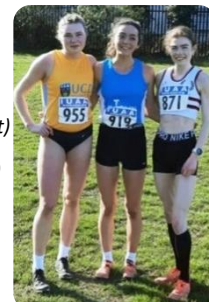
Edel, Alison, Ellen, Silje, Sinead, Celine, Lauren

Hannut International Cross, Belgium 20th February 2022

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

Irish Universities Cross Country Championships 5k - Women, Santry 55th March 2022

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



Irish Universities Cross Country Championships 8k - Men, Santry 5th Mar 2022

Pierre Murchan, TCD 9th

26.08

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

Nadia Power, DCU 1st Team

Sarah Byrne, TCD 3rd Team



Brussels International Cross Country 7k, 6th March 2022

Lauren Tinkler 11th (on left)

Alison Armstrong 27th (on right)

Woodbridge Invitational Cross Country Long Beach California 3 mile, 18th September 2022

Ailish Hawkins 17th

16.22.3

Ted Castanada Classic Cross Country 6k, California 1st October 2022

Fiona Hawkins 10th

22.35

Dublin Novice Cross Championships, Tymon Park 9th October 2022

DCH 1st Team; 20 points

Faye Dervan 1st 15.00

Lucy Jones 3rd 15.11

Eimear Fitzpatrick 4th 15.48

Christelle Vall 12th 16.13

Aoife Donaghy 30th 17.20

Orla Duffy 49th 18.16

Sarah Byrne 52nd 18.27



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

Clovis Invitational High School Cross Country 5k, California 1st October 2022

Ailish Hawkins	11 th	17.48
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Alabama USA, Cross Country 5.85k, Alabama 14th October 2022

Lauren Tinkler	4 th	19.58.1
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Abbotstown Park Run 15th 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 Bhroin	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 16th October 2022

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



Leinster Novice Cross Country Championships 4.0k, Bellurgan Park, Carlingford, Dundalk 23rd October 2022

DCH 1st Team; 37 points

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



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

Bobby Rea Memorial Cross Country International 6k, Belfast, 22nd Oct 2022

Jodie McCann	4 th	22.15
Edel Monaghan	11 th	23.41

Colorado Springs Open Cross Country 6k (at 6600ft altitude), Colorado, USA, 22nd October 2022

Fiona Hawkins	2 nd	22.48
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Scottish National Cross Country relay c/ships 4.5k, Scotland, 22nd Oct 2022

Niamh Carr	2 nd on 1 st leg	14.35
Aoife Carr	6 th on 1 st leg	15.02

Leinster Senior Cross-Country Championships 5k, Mountain View Golf Course, Ballyhale, Co Kilkenny. 5th November 2022

DCH 1st Team; 42 points

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



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

Scottish Short Course Senior Cross Country Championships 4k, Kirkcaldy 5th November 2022.

Niamh Carr	20 th
Aoife Carr	28 th

Dublin Under 19 Cross Country Championships 4k - Women, City West, Dublin 6th Nov 2022

DCH 3rd Team; 33 points

Clíodhna Ryan	5 th	16.27
Claire O'Connor	12 th	16.57
Summer Tang	16 th	18.08

Dublin Under 19 Cross-Country Championships 6k - Men, City West, Dublin 6th November 2022.

Christopher McLoughlin	13 th	22.49
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**Dublin Junior Cross-Country Championships 6k - Men, City West, Dublin
6th November 2022.**

Alex Crowley	15 th	21.45
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**Dublin Senior Cross-Country Championships 6k - Women, City West, Dublin
6th November 2022**

DCH 1st Team; 20 points

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



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

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

Pierre Murchan	2 nd	32.10
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**National Senior Cross-Country Championships 8k - Women, Rosapenna,
Co Donegal 20th November 2022**
DCH 1st Team; 64 points

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



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

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

Pierre Murchan	6 th (no 199 below)	30.32	also on winning Dublin team
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Italian National Senior Short Course Cross Country Championships 2k, Turin, Italy 20th November 2022.

Nadia Power 3rd 07.10



Californian State Cross Country Championships 2.93 miles California, USA 20th November 2022 *Extremely hilly course*

Ailish Hawkins 6th 17.55

Open Road Race 3.16 miles, California USA 20th November 2022.

Fiona Hawkins 2nd 17.01

Newmarket Road Race 5km, 11th December 2022

Edel Monaghan 2nd 16.49

National Novice Cross Country Championships 4k - Women, Conna, Fermoy, Cork 4th December 2022

DCH 1st Team; 68 points.

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



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



Clíodhna Ryan, who ran a gutsy race to finish 29th in the Under 19 race (Fermoy, Dec 4th) and helped the Dublin team to Intercounty silver.

Dublin Intermediate Cross Country Championships 5k - Women, Tymon Park, Tallaght 11th December 2022.

DCH 1st Team; 37 points.

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



Orla, Sorcha, Aoife, Coach Mary McKenna, Edel

European Cross-Country Championships, Turin 11th December 2022

Fiona Hawkins	35 th	Junior Women
Jodie McCann	54 th	U 23 Women
Nadia Power	9 th Team	Mixed Relay
Pierre Murchan	67 th	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 17th December 2022.**

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

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

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

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Track and Field Classic, Stanford CA, USA 1st April 2022

5000m	Finn Sweeney	21 st	17.12.0
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**Princeton International Track and Field Meeting, New Jersey, USA
2nd April 2022**

1500m	Sean Donoghue	3 rd	3.47.77
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Irish Universities Outdoor Championships Carlow 8th/9th April 2022

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

**Bryan Clay International Track and Field Meeting, California, USA
14th/15th April 2022**

5000m	Fiona Hawkins	6 th	16.07.55 Irish Jun Record
1500m	Fiona Hawkins		4.24.42

Mount Sac Relays California, USA 15th April 2022

4 x 16000 1 st Leg	Ailish Hawkins	1 st	4.53.42
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Larry Ellis International Track and Field Meeting, USA 15th April 2022

1500m	Sean Donoghue	7 th	3.44.93
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Virginia Invitational Track and Field Meeting, Charlottesville USA 22nd April 2022

1500m	Sean Donoghue	5 th	3.42.45
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North Belfast Track and Field Meeting 23rd April 2022

5000m	Celine Gavin	11 th	17.14.28
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Dublin Graded League Track and Field Meeting, Tallaght 27th April 2022

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

Penn Relays, Pennsylvania USA 29th/30th April 2022

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



Sean Donoghue (centre) - Penn Relays

RMAC Track and Field Championships, USA 29th/30th April 2022

1500m	Fiona Hawkins		4.38.15 (4.45.44 H)
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**CIF Division 1 Track and Field Championship Preliminaries, USA
29th/30th April 2022**

1600m	Ailish Hawkins	Qualified	5.01.11
3200m	Ailish Hawkins	1 st Qualified	10.44.70

West Suffolk Middle Distance Festival, 30th April 2022

3000m S/Chase	Silje Lindstad		11.15.00
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Track and Field Meeting, Fresno CA USA 30th April 2022

1500m	Finn Sweeney	4 th - heat	4.31.87
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Dublin Graded League Track and Field Meeting, Santry 11th May 2022

200m	Niamh O'Connor	2 nd - heat	29.92
1500m	Ellen Byrne	4 th - heat	4.53.03
	Claire O'Connor	4 th - heat	5.16.69
	Heather Loughheed	7 th - heat	5.23.15

Belfast Track and Field Meeting Mary Peters Track 14th May 2022

5000m Men	Pierre Murchan	3 rd	14.12.35
1500m Women	Edel Monaghan	10 th - heat	4.35.66
	Eimear Fitzpatrick	12 th - 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, 21st May 2022

800m Senior	Claire O'Connor	3 rd	2.23.49 - pb
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National Track and Field League, Templemore 22nd May 2022

3000m S/Chase	Silje Lindstad (guest)	1 st	11.22.44
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Dublin Graded League Track and Field Meeting Tallaght 25th May 2022

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

Leinster Senior Track and Field Championships, Carlow 28th May 2022

1500m	Ellen Byrne	4.57.40
	Sinead Cronin	4.59.48

Belfast Track and Field Meeting, Mary Peters Track 28th May 2022

1500m	Silje Lindstad	8 th	4.54.50
5000m	Cliona Murphy	6 th	16.46.09

Ordengem Track and Field Meeting, Belgium 28th May 2022

5000m	Pierre Murchan	6 th	14.06.08
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NCAA Track and Field Championships, USA 2022

5000m	Fiona Hawkins	17.05.055
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Dublin Graded League Track and Field Meeting Santry 8th June 2022

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

International Track and Field Meeting, France 11th June 2022

5000m	Cliona Murphy
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Dublin Graded League Track and Field Meeting Tallaght 22nd June 2022

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

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

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

Norwegian Track and Field Championships, 25th June 2022

3000m S/Chase	Silje Lindstad	3 rd
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Dublin Graded League Track and Field Meeting, Tallaght 6th July 2022

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

National Junior Track and Field Championships, Tullamore 17th July 2022

800m	Joe Fogarty	5 th - heat	2.00.40
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Dublin Graded League Track and Field Meeting Tallaght 20th July 2022

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

Eltham England Track and Field Meeting, 20th July 2022

800m mixed race	Nadia Power	8 th heat	2.06.98
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AAI Games Track and Field, Tullamore 23rd July 2022

800m	Joe Fogarty	3 rd - heat	1.59.97
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AAI Games Track and Field, Tullamore 24th July 2022

1500m	Aoife Carr	3 rd	4.29.20
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Track and Field Meeting, Trafford England 23rd July 2022

800m	Nadia Power	5 th A Race	2.05.58
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Track and Field Meeting, Scotland 29th July 2022

1500m	Aoife Carr		4.25.87
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International Track and Field, Lignano 30th July 2022

800m	Nadia Power	4 th	2.04.94
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National Track and Field League Athlone 31st July 2022

1500m	Silje Lindstad	3 rd (Guest)	4.43.61
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Dublin Graded League Track and Field Meeting, Lucan 3rd August 2022

3000m	Edel Monaghan	1 st	9.53.42
	Silje Lindstad	4 th	10.18.16

Belfast Track and Field Meeting, Mary Peters Track 13th August 2022

1500m	Edel Monaghan	1 st	4.36.56
	Silje Lindstad	2 nd	4.44.80

Scottish Track and Field Championships, Aberdeen 13th August 2022

1500m	Aoife Carr	4 th	4.28.93
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Tom Brennan 5k Road Race - Women, Phoenix Park 1st January 2022

DCH 1st Team; 16 Points

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



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

Tom Brennan 5k Road Race - Men, Phoenix Park 1st January 2022

DCH 9th Team; 160 Points

Joe Fogarty	35 th	17.10
Rowan Dzousa	59 th	18.14
Chris McLoughlin	60 th	18.30

Raheny 5 miles (estimated 550 yards over distance) Road Race, 30th Jan 2022

DCH 4th Team; 80 Points

Lauren Tinkler	18 th	30.57
Aoife Ni Bhroin	30 th	32.15
Aislinn Moorhouse	32 nd	32.17

Duleek 5K Road Race - Senior Women 27th February 2002

Sinead Cronin	3 rd	18.51
Niamh Donnelly	4 th	18.56

National Road Relay Championships, Raheny 24th April 2022

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

**Clontarf Half Marathon Road Race - Senior Women
27th February 2022**

Alison Armstrong	1 st	83.51
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Duleek 10k Road Race - Senior Women, 24th July 2022

Alison Armstrong	4 th	41.18
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Celbridge AC 5k Road Race - Senior Women, 25th August 2022

Edel Monaghan	1 st	16.45
Jodie McCann	2 nd	17.12

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

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

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

Aislinn Moorhouse	3 rd	19.01
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**Irish Universities Road Relay Championships - Women, Maynooth
12th November 2022**

Christelle Vall	TCD, 1 mile	6.19
Sarah Byrne	TCD, 1 mile	7.00
Edel Monaghan	TUD, 2 miles	11.23 - 3 rd 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 12th Nov 2022

Alex Crowley	TCD, 2 miles	10.33
Pierre Murchan	TCD, 3 miles	14.35 - 3 rd Fastest

Donore Harriers Jingle Bells 5k Road Race, Phoenix Park 3rd December 2022

DCH 3rd Team; 43 Points

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



Edel Mc, Cliona, Abbey, Edel M, Aoife

Cavan 5k Road Race Challenge - Senior Women, 26th December 2022

Orla Duffy	6 th	21.48
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Clonmel 4 miles Road Race - Senior Men, 26th December 2022

Alex Crowley	20.46
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Some of our athletes abandoned the muck and sweat . . .
for the occasion of Aoife Ni Bhroin'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