

Ritheoirí Bhaile-Átha-Clath

**DUBLIN CITY
HARRIERS**

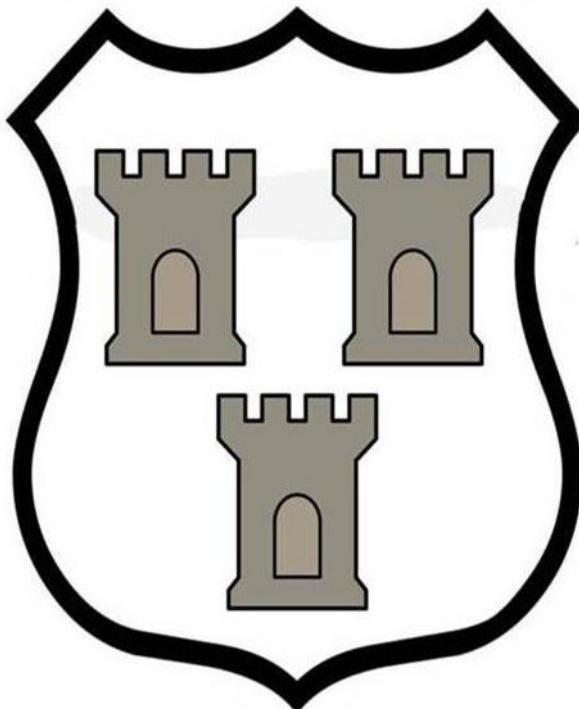


2023

Dublin City Harriers

Yearbook

2023



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OURSELVES AND OUR DOINGS

COMMITTEE

The committee members elected at the AGM on May 11th 2023 were as follows:

President	Kevin Humphreys
Hon Secretary	Dermot Nagle
Hon Treasurer	Sinead Cronin
Hon Registrar	Cliona Murphy
Captain/IT	Catherine McManus

Committee:

Aislinn Moorhouse
Aoife Ni Bhroin
Ellen Byrne
Pierre Murchan
Michael Treacy

Auditors:

(non-committee)
Declan Curtin
Liam Treacy

SUMMARY

2023 was by any stretch of the imagination another magnificent year for our club. The principal competitive aim of retaining the Woman's National Cross-country Championships was achieved. Our men's section grew and is forming nicely into a strong competitive unit. Unfortunately, we lost our unbeaten run in women's cross-country but even then, seven of the nine championships were retained. Our membership grew to 71 registered with AAI at the end of Dec 2023

JANUARY 2023

January is the month which heralds the end of the cross-country season, the beginning of the indoor track season and the continuation of the road season.

To kick off the year our team retained the Tommy Brennan Memorial Road Race team title over 5k on January 1st.

Our athletes acquitted themselves exceptionally well not least of all by retaining the Leinster Intermediate Cross-country title, making it the eighth titles from nine available in the season 2022/23.

There were some excellent indoor performances from Ronan McMahon Staggs and Edel Monaghan.

January 1st Similarly to last year our women's middle-distance team started out the New Year by winning the first road race of the season on January 1st

January 7th Niamh Carr ran a gutsy 10.00 for 3000m indoors in Glasgow.

January 14th Three athletes competed in the National Junior Indoor Track and Field Championships, Cliodhna Ryan 1500m, Claire O'Connor 800m and Joe Fogarty 800m.

January 15th We successfully defended our Leinster Intermediate Cross-country Championships in Rathdrum scoring 14 points with Cliona winning the individual title.

January 18th Joe Fogarty produced another fine 800m at the NIA Live indoor meeting.

January 22nd Lauren Tinkler was selected for Irish development team finished 19th at the Hannut international cross-country meeting in Belgium.

January 28th Edel Monaghan ran a huge PB finishing 2nd in the 3000m at the Irish Universities Indoor Track and Field Championships and also finished 4th in the 1500m. Sarah Byrne finished 12th in 5.21.56 also in the 1500m.

Ronan Staggs ran 3.57.8 at the Fifth Armory mile in New York.

Nadia Power ran over 800m at an international meeting in Lyon, France.

January 29th At the Raheny Road Race Cliona Murphy was 5th, Sorcha McAllister 20th and Christopher McLoughlin 198th.

FEBRUARY 2023

Qualifying for the European Clubs Cross-country Championships was an early highlight. Ronan McMahon-Staggs recorded some fabulous performances over 1500m/mile. Our women's cross-country team retained the National Intermediate title held in Cork. This meant that we won all nine cross-country championships available for the cross-country season 2022/2023 as well as the calendar year 2022.

February 5th For the first time in 30 years our club qualified to represent Ireland at the European Cross-country championships in Oropesa, Spain finishing 12th team.

Nadia Power competed in an indoor meeting in Boston, USA recording 2.03.28.

February 8th Sarah Byrne and Joe Fogarty competed over 800m at the NIA indoor meeting.

February 9th Niamh Carr and Aoife Carr finished 25th and 63rd respectively in the Armagh 5k Road Race.

February 11th/12th. Ronan McMahon Staggs recorded a fabulous double recording 3.39.49 for 1500m and 3.56.41 for the mile at an indoor meeting in Boston, USA.

February 12th With excellent packing our team led by Avril Deegan in first place retained our National Intermediate Cross-country Championships with a low 31 points.

Nadia Power had another fine run over 800m at an indoor meeting in Dortmund, Germany.

February 18th Ronan McMahon Staggs won the mile race at an indoor meeting in Arkansas, USA.

Nadia Power, Joe Fogarty, Cliodhna Ryan and Kieran Sexton competed in the Irish indoor championships.

February 19th Ronan McMahon Staggs recorded 1.48.51 at the Ken Shannon last chance Invitation.

February 25th Another fine run over 800m by Ronan McMahon Staggs in Seattle.

February 26th Edel Monaghan was 4th in the Northern Ireland Cross-country Championships.

MARCH 2023

This month, being the shoulder period between the indoor and outdoor track seasons, was quiet on the competition front.

March 3rd/4th Niamh Carr reached the final of the British Universities Indoor Championships following a gruelling preliminary round and semi-final.

March 4th Avril Deegan was 4th, Edel Monaghan 5th and Sorcha McAllister 18th representing their colleges at the Irish Universities Cross-country Championships.

March 10th Ronan McMahon Staggs narrowly missed qualification for the NC AA Indoor mile.

March 11th Cliodhna Ryan, Clare O'Connor, Lilly Farrell and Joe Fogarty all medalled at the Leinster Junior Indoor Championships.

March 17th At the annual Tallaght Road Race Faye Dervan was 4th, Niamh Donnelly 22nd and Orla Duffy 40th.

APRIL 2023

The outdoor track and field season commenced in earnest. Our athletes were extremely busy particularly in USA where Sean Donohue showed a welcome return to form following injury. Excellent running also from Cliona Murphy, Fiona Hawkins, Ailish Hawkins, Niamh Carr and Ronan McMahon Staggs.

April 1st Cliona Murphy ran her first half marathon in Berlin finishing in 76.16.

Fiona Hawkins competed in the 5000m at the UCLA Invitational in California.

Ailish Hawkins ran the mile at the Champion of Champions meeting in California.

April 8th Ailish Hawkins competed in the 3200m race at the Arcadia Invitational Meeting in California.

April 15th Dermot Nagle was installed as a Life Vice President of the Athletic Association of Ireland. This is a great honour for our club and only the third time a member has received this recognition. Previous recipients were JJ Conaghan and Chris Wall.

Lauren Tinkler opened her outdoor season running 5000m at the Bryan Clay Invitational in California with Fiona Hawkins also running 5000m there. Ronan McMahon Staggs ran the 1500m at the same meeting.

Following a tough period due to injury Sean Donohoe got his outdoor season underway running the 1500m at the Larry Ellis Invitational in Pennsylvania.

April 16th Three members competed in the Great Ireland Run with Cliona Murphy finishing 2nd, Oran O'Hare 22nd and Pierre Murchan 53rd.

April 21st Lauren Tinkler competed in the 5000m at the Crimson Tide Invitational in Alabama.

April 22nd At the Irish Universities Track and Field Championship Avril Deegan competed in the 3000m and Sarah Byrne ran in the 1500m.

Cliona Murphy and Oran O'Hare both competed in the 5000m at the North Belfast Meetings of 5000m.

April 23rd Our team comprising of Ellen Byrne, Sinead Cronin and Aislinn Moorhouse finished 15th at the National Road Race Championships.

April 28th/29th Sean Donohoe continues his return to racing at the Penn Relays running in the 1500m and the 4 x 1 Mile relay.

April 29th Ailish Hawkins ran a 1600m/3200m double at the Marmonte League Finals in California.

April 30th Niamh Carr competed in the 1500m at the BUCS Championships finishing 6th.

Cliona Murphy was 2nd in the Limerick Generation 10k Road Race.

MAY 2023

Ailish Hawkins continued her excellent form with a number of fine runs and Lauren Tinkler ran superbly over 5000m and 10,000m on the track. Sean Donoghue consolidated his earlier form with a win at the Big East Championships.

Our women won the National 5k road race championships with some fine running from Cliona Murphy, Ellen Byrne and Sinead Cronin.

May 6th At the CIF High School Finals Ailish Hawkins ran in the 3200m

May 11th Oran O'Hare won the 3000m at the Lagan Valley Track Meeting.

May 11th/13th Lauren Tinkler ran a tough 5000/10000m double at the Sub Belt Championships in South Carolina.

May 12th Sean Donohoe won the individual 1500m and led the Villanova team to victory in the medley relay at the Big East Championships running the 800m leg.

May 13th Ailish Hawkins ran the 3200m at the Moorpark High School Invitational. Niamh Carr (800m), Aoife Carr and Oran O'Hare (1500m) competed at the Belfast Milers Meeting in Belfast.

May 16th Ailish Hawkins ran the 3200m at the California State Championships recording an excellent time of 10.32.26. Kieron Sexton ran in the 1500m at the British Milers Meeting at Trafford Park.

May 20th For the first time our team contested the National 5k Road Race Championships in Phoenix Park winning the trophy with Cliona Murphy 3rd, Ellen Byrne 8th, Sinead Cronin 11th, Aoife Ni Bhroin 26th, Aislinn Moorhouse and Abbey Corr in 161st.
Pierre Murchan won the men's section, his first senior national championships title.

Orla Duffy 4th and Aoife Donaghy 5th competed in the Leixlip Road Race.

May 27th Ailish Hawkins ran the 3200m at the California State Championships finals.

Sean Donohoe was 5th at the NCAA Eastern Regional Championships in Jacksonville, Florida.

May 28th Edel McNamara finished second in her age group over 800m at the Leinster Masters Track and Field Championships in Carlow.

JUNE 2023

The outdoor track and field season proper went into full swing and performances by our athletes continued to tumble in. Oran O'Hare recorded a number of encouraging runs. Fiona Hawkins dropped down to 1500m and ran 4.26.19 in

California. Niamh Carr delivered a number of impressive runs as did Cliona Murphy, Pierre Murchan and Jodie McCann.

On the roads Sorcha McAllister, Sinead Cronin and Aislinn Moorhouse combined to finish 2nd in the National 5 Mile Road Race Championships.

June 2nd Oran O'Hare ran in the 3000m at the Mary Peters Track and Field Meeting.

June 4th Cliona Murphy 6th and Cristin Scollard competed in the Dublin Women's Mini Marathon.

June 7th Fiona Hawkins ran an impressive 4.26.19 in California.

Sean Donoghue brought his 2022/23 collegiate to an end narrowly missing qualification for the NCAA 1500m final at Austin, Texas.

June 10th Excellent results at the opening of the new track at UCD by Niamh Carr, 1st 1500m in 4.20.91, Cliona Murphy, 3rd 3000m in 9.48.54, Pierre Murchan, 1st 3000m in 8.09.32 and Oran O'Hare, 8th heat 800m in 2.00.35 - PB.

Jodie McCann returning to form ran 4.39.63 at the Loughborough International.

June 12th Our team of Sorcha McAllister 3rd, Sinead Cronin 8th and Aislinn Moorehouse 18th finished second team in the National 5 mile road race championships.

June 15th Pierre Murchan won the Docklands Road Race with Evan McMillan in 52nd place. Aislinn Moorhouse was 9th and Lorna Walsh 77th in the women's section.

June 16th Niamh Carr competed in the British u/23 Championships at Chelmsford, reaching the final.

June 17th Oran O'Hare competed in the 1500m at the Northern Ireland Track and Field Championships.

June 21st A large group of our athletes competed in Dublin Athletics Graded Meeting 5 at Morton Stadium including Elizabeth Gahon, Aoife Corr, Clare O'Connor, Aoife Donaghy and Edel McNamara (800m), while Sorcha McAllister, Ellen Byrne and Sinead Cronin ran the 3000m.

June 28th At the Try Track and Field meeting in Leixlip Elizabeth Gahon, Clare O'Connor, Aoife Donaghy and Evan McMillan competed in the 800m. Eimear Fitzpatrick, Ellen Byrne, Aoife Corr and Sinead Cronin ran in the 1500m.

June 30th Orla Duffy was 21st and Cristin Scollard 22nd in the Kilcock 5k road race.

JULY 2023

Usually the busiest month of the track season, our athletes competed at every opportunity.

At championship level Elizabeth Gahon and Niamh Carr won medals at the Junior/Under 23 Championships. Cliona Murphy was a fine second in the National Track and Field Championships.

The National Senior Track and Field Championships saw some excellent performances from Pierre Murchan, 4th in the 5000, Niamh Carr and Elizabeth Gahon, 6th and 8th in the 800m and Lauren Tinkler, Cliona Murphy and Jodie McCann in the 5000m.

Jodie McCann recorded 9.29.93, a big personal best in the 3000m. There were also some excellent road runs by Faye Dervan and Cristin Scollard.

July 1 st	Niamh Carr, Jodie McCann and Kieran Sexton competed over 1500m at the British Milers Club meeting in Watford.
July 2 nd	Ailish Hawkins, Elizabeth Gahon and Niamh Carr competed in the National Junior and under 23 Championships at Tullamore.
July 5 th	A large group of our athletes competed in Dublin Graded Meeting 6 at DSD Campus including Lilly Farrell, Clare O'Connor and Edel McNamara (800), and Cliona Murphy, Edel Monaghan and Ailish Hawkins (3000m).
July 8 th	Faye Dervan won and Cristin Scollard finished 2 nd in the Clontarf 5 mile road race.
July 11 th	Kieran Sexton competed over 1500m at the British Milers Club Meeting in Manchester.
July 12 th	Jodie McCann competed over 1500m at the British Milers Club Meeting in Watford recording a fine 4.25.73.
	Lauren Tinkler finished 2 nd in the 5000m at the Birmingham University meeting.
July 14 th	Pierre Murchan ran a fast 5000m, 13.55.66, at the Morton Games in Morton Stadium.
July 15 th	Cliona Murphy finished 2 nd in the 10000m National Senior Track and Field Championships.
July 16 th	Edel Monaghan finished 3rd in the 3000m at the AAI Games in Morton Stadium.
July 19 th	Jodie McCann won the 3000m in 9.29.93 at the British Milers Club Meeting in Belfast.

Eight athletes competed over 1500m at Dublin Graded League 6 at Tallaght Stadium namely Sorcha McAllister, Ellen Byrne, Aislinn Moorhouse, Aoife Ni Bhroin. Lilly Farrell, Orla Duffy, Aoife Donaghy, Chris McLoughlin and Paul McLoughlin.

July 25th Cristin Scollard won the Parkwest 5km road race.

July 29th/30th A number of athletes competed at the National Senior Track and Field Championships namely, Niamh Carr, Elizabeth Gahon (800m), Aoife Carr and Oran O'Hare (1500m) and Lauren Tinkler, Cliona Murphy, Jodie McCann and Pierre Murchan (5000m).

AUGUST 2023

August traditionally sees the end of the track season and a number of our athletes took advantage of end of season track meetings to record personal bests.

Additionally, we saw some excellent road running by Faye Dervan, Daire Finn, Orla Duffy and Oran O'Hare.

August 2nd At Dublin Graded Meeting 8, held at Morton Stadium, Clare O'Connor and Edel McNamara competed in the 400m, while Cliona Murphy, Edel Monaghan and Orla Duffy ran in the 3000m.

Clare O'Connor, following a number of good performances, finished 2nd in the Grand Prix for Grade B athletes at the Graded Leagues.

August 8th Faye Dervan finished 3rd in the Carlingford 5k Road Race.

August 12th Jodie McCann, Cliona Murphy and Pierre Murchan ran in the 5000m at the Trafford Grand Prix in Manchester.

August 24th At the Celbridge 5km Daire Finn was 1st and Orla Duffy 4th.

Oran O'Hare won the Malin 5k Road Race in Donegal.

August 26th Jodie McCann won her race at the Sterling night of miles in Scotland.

SEPTEMBER 2023

Athletes tend to take holidays at this time of the year therefore our level of activity was low. Niamh and Aoife Carr recorded good performances in the Glasgow 5k Road Race.

At the Rathfarnham 5km, which also served as the Dublin Championships, Edel Monaghan, Cliona Murphy, Sorcha McAllister and Cristin Scollard combined to win both the open race and championships.

September 22nd Niamh Carr ran 17.08 and Aoife Carr 18.05 in the Glasgow 5km road race.

September 24th Our women finished in first team place at the Rathfarnham Road Race with Edel Monaghan 5th, Cliona Murphy 6th, Sorcha McAllister 14th and Cristin Scollard 16th. Oran O'Hare 21st and Christopher McLoughlin 113rd also competed.

OCTOBER 2023

From a club point of view our main focus is on cross-country at this stage of development. At the outset we stated the desire to repeat our record of the previous season by competing in and winning all nine championships available. These are the Dublin, Leinster and National Cross-country Championships at Novice, Intermediate and Senior grades.

The women's team duly won their race and happily the embryo men's team finished in third place.

At the Autumn International Pierre Murchan showed great form finishing 2nd, a few hours after competing in the relay event. The inaugural inter club relay championships were held in conjunction with this event in which we fielded two teams, finishing second and third respectively.

The second cross-country championships, the Leinster Novice, held in Kilkenny saw the women's team win with an extremely low score of 14 points. Somewhat surprisingly our men's team, missing some key members, finished in an excellent second place.

To round off the month Mark Gilligan recorded an excellent 2.51.19 in the Dublin City Marathon.

October 7th Aoife Ni Bhroin finished in 2nd place in the Simon 5 mile race in Phoenix Park.

October 8th The domestic cross-country season got underway with the Dublin Novice Championships at Tymon Park. For the third year in a row we provided the individual winner in Elizabeth Gahon. The women's team annexed the team title for the fourth time in five years, the sequence broken by cancellation of all sport in 2020 due to the outbreak of Covid. Cristin Scollard finished a fine second and backed up by Clare O'Connor 11th and Katie Green 15th the team closed in with a score of 29 points. Other placings were Niamh McInerney 59th, Lorna Walsh 66th, Sara Jane Brennan 68th and Aisling Purdy 80th

The hard work of men's captain Pierre Murchan was rewarded with a fine run by our newly formed men's team who finished a fine third place with 67 points. The scoring members were Oisin McKinley 6th, Oran O'Hare 8th, Mark Gilligan 22nd and Alex Crowley 25th. The other finishers were Conor Murphy 30th, Chris McLoughlin 42th, Ciaran Ryan 65th, Ivan Briody 76th, Joe Fogarty 86th, Adrian Watson 88th Paul McLoughlin 93rd.

October 15th The Autumn Classic contained a mixed gender 4 x 1500m National Championship relay for the first time. This served as a trial for the European Clubs Championships scheduled for Portugal in February 2024. Our A team of Edel Monaghan, Niamh Carr, Philip Marron and Pierre Murchan finished a fine second thereby qualifying for Europe. Our B team of Elizabeth Gahon, Claire Rafter, Oran O'Hare and Conor Duncan finished in third place.

Later that afternoon Cliona Murphy finished 13th with Avril Deegan 22nd and Deirdre McDermott in 23rd in the women's open race. Pierre Murchan finished 2nd and Conor Murphy 34th in the men's open section.

October 21st We travelled to Ballyhale for the Leinster Novice Championships with some sixteen athletes representing our club both men and women. The women's team retained their title with some fine running from Faye Dervan 1st, Orla Duffy 2nd, Sorcha McAllister 4th (all three scoring on the winning Dublin team), Cristin Scollard 7th, Ellen Byrne 9th, Aislinn Moorhouse 11th, Clare O'Connor 21st, Aoife Corr 22nd, Aoife Donaghy 26th, Katie Green 33rd and Aisling Purdy 65th.

Our men's team of Oran O'Hare 6th, Alex Crowley 15th (both scoring on winning Dublin team), Conor Murphy 32nd, Chris McLoughlin 43rd and Paul McLoughlin 92nd, finished in an unexpected 2nd place only 10 points more than the winning club team.

October 29th In only his third competitive outing Mark Gilligan recorded a time of 2.51.19 in the Dublin City Marathon.

NOVEMBER 2023

November 3rd In the USA Fiona Hawkins won the open race held in conjunction with the NCAA Division 2 Championships showing a timely return to form.

Ronan McMahon Staggs covered 8k in the Pac 12 cross-country championships in an impressive 23.54 helping his Washington State team to 2nd place.

November 4th Similarly to last year we decided to split our senior women's squad in an effort to retain the Leinster and Dublin Championships on consecutive days.

Dunboyne played host to the Leinsters where our team of Avril Deegan 2nd, Orla Duffy 3rd, Claire Rafter 12th and Sinead Cronin 17th won with an impressive low score of 34 points, backed up by Aislinn Moorhouse, Eimear Fitzpatrick, Aoife Corr and Aoife Donaghy.

November 5th The Dublin's were staged at Santry Park. Following recent rule changes in European Athletics, the Junior Women's distance was increased to 5k with the Seniors increasing to 9k. Cliodhna Ryan was 7th and Claire O'Connor 12th in the women's junior. Chris McLoughlin finished 26th in the men's junior. Our trio of Edel Monaghan 1st, Faye Dervan 2nd and Cliona Murphy 3rd recorded a clean sweep of the first three places. Furthermore, Edel was our first individual winner of this championship since Roisin Smyth in 1988. Sorcha McAllister 11th and Cristin Scollard 14th ensured we retained the Jim McNamara Trophy for the winning team.

November 10th Several club athletes completed for their universities at the Maynooth relays including Faye Dervan, Katie Green (DCU), Clare O'Connor, Edel Monaghan, Cristin Scollard, Joe Fogarty, Conor Murphy (TUD) and Oisin McKinley (Trinity College).

November 18th In preparation for the National Novice Cross-country Championships the majority of our men's squad ran in Park Runs.

November 19th Our main competitive aim of the year, the retention of the Woman's Senior Cross-country Championship, drew us to Gowran Demesne, Co Kilkenny. Following a week of consistent rain, the ground conditions were extremely tough with gluey mud everywhere and very little running throughout the course. Our team ran extremely well packing together within the top sixteen places and led home by Edel Monaghan 9th, Avril Deegan 10th, Cliona Murphy 14th and Orla Duffy 16th, closed out on 49 points to win the team title comfortably. Backing up the scoring four there were excellent performances by Deirdre McDermott 32nd, Sorcha McAllister 38th, Sinead Cronin 40th and Aislinn Moorhouse 57th. Unfortunately, Faye Dervan could not operate in the deep quagmire-like mud and had to pull out. Ailish Hawkins made the trip from USA to compete and though clearly somewhat unfit ran valiantly.

Christopher McLoughlin ran well in the junior men's race and finished 118th in a field of around 200, and later Philip Marron was an excellent 29th in the men's senior section. Unfortunately, we could not field a full team here but the future looks bright.

November 26th All good things come to an end and today at the Dublin Intermediate Championships our fantastic sequence of 16 championships ceased. Our women's cross-country team had remained unbeaten since January 2022 but we simply ran out of enough athletes eligible to compete at Dublin Intermediate level. Having said that the five women who represented our club today ran their hearts out and still captured the team bronze medal. Cristin led the team home and running a superb tactical race left her run for home late but then kicked decisively, taking her well clear to record her first cross-country win.

DECEMBER 2023

December 2nd Jodie McCann kicked off an extremely busy weekend on the competitive front with a huge PB over 3000m, running in Australia Jodie clocked a magnificent 9.00.82.

Our women's team of Sorcha McAllister, Clare Rafter and Sinead Cronin, backed up by Aislinn Moorhouse, Abbey Corr and Catherine McManus finished third in the annual Jingle Bells 5k classic road race.

In Belfast Cliona Murphy was 2nd in the Seeley Cup 10k road race with Edel Monaghan 5th.

Ronan McMahon Staggs opened his indoor season with a fine run over 3000m in Boston.

December 3rd This took us to Navan Racecourse where our women's team sought to retain the National Novice Cross-country Championships and where we fielded a men's team for the first time in many years. Despite producing some wonderful individual performances, we had to relinquish our crown and ended up as second team. Our scoring four were Orla Duffy 4th, Cristin Scollard 24th, Claire O'Connor 36th and Aoife Corr 38th, backed up by Katie Green in 59th place and Aoife Donaghy 79th. Our men's team, which had finished third in the Dublin Novice and second in the Leinster turned in a magnificent performance to finish in third place, and in so doing beating all Leinster clubs entered.

In all we had eleven men entered with our scoring four being Oran O'Hare 19th, Oisin McKinley 26th, Liam Naughton 27th and Conor Duncan 29th, backed up by Alex Crowley 56th, Joe Fogarty 46th, Conor Murphy 71st, Chris McLoughlin 88th, Ivan Briody 120th, Evan McMillan 125th, and Paul McLoughlin 150th.

In total we had some twenty seven members in competition action this weekend which is a wonderful turnout for a club such as ours which has a relatively small membership.

December 16th In our final organised event of the year the annual cake race took place in Phoenix Park. The recent outbreak of flu and Covid 19 reduced the field and in total 16 senior athletes took to the line. Christopher McLoughlin was first home with Pierre Murchan being fastest overall. Orla Duffy was both first and fastest woman home. Good fun was had at the well-attended prize giving at the Hole in the Wall.

December 28th Susan McManus had an excellent win in the Rita and Robbie 5k road race in Drogheda, Co. Louth.

INDOOR TRACK AND FIELD:**Scottish Indoor Championships, Glasgow 7th January 2023**

Niamh Carr

Irish Junior Indoor Championships, NIA 14th January 2023

Joe Fogarty	800m	7 th	1.58.60(2.00.49 H)
Claire O'Connor	800m	8 th Heat	2.29.39
Cliodhna Ryan	1500m	9 th	5.07.93

NIA Live Indoor Meeting, NIA Abbottstown 18th January 2023

Joe Fogarty	800m	5 th	1.58.66
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Irish Universities Indoor Track and Field Championships NIA, Abbotstown 28th January 2023

Edel Monaghan	1500m	4 th	4.41.92
Sarah Byrne	1500m	12 th	5.21.52
Edel Monaghan	3000m	2 nd	9.46.94

Dr. Saunders International, The Armory, New York 28th January 2023

Ronan McMahon Staggs	1 mile	3.57.81
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Tour Lyon, Indoor Meeting, Lyon, France 28th January 2023

Nadia Power	800m	2 nd	2.05.28
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Indoor Meeting, Boston USA 5th February 2023

Nadia Power	800m		2.03.28
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NIA Live Indoor Meeting, NIA Abbotstown 8th February 2023

Sarah Byrne	800m	3 rd	2.38.37
Joe Fogarty	800m	7th	2.00.40

Indoor Meeting, Boston 11th/12th February

Ronan McMahon Staggs	1500m		3.39.49
Ronan McMahon Staggs	1 mile		3.56.41

Indoor Meeting, Dortmund 12th February

Nadia Power	800m		2.05.00
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Indoor Meeting, Arkansas 18th February

Ronan McMahon Staggs	1 mile	1 st	3.54.93
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Irish Senior Indoor Championships, NIA Abbotstown 18th February 2023

Nadia Power	800m	1 st Heat	2.13.26
Joe Fogarty	800m	8 th Heat	2.05.76
Cliodhna Ryan	1500m	9 th Heat	5.03.21
Kieran Sexton	1500m	3 rd Heat	3.58.77

Irish Senior Indoor Championships, NIA Abbotstown 19th February 2023

Nadia Power	800m	2 nd	2.07.22
Kieran Sexton	1500m	11 th	4.00.58

Ken Shannon last chance Invitation, 25th February

Ronan McMahon Staggs	800m		1.48.31
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**British Universities Indoor Track and Field Championships, Sheffield 3rd/4th March 2023**

Niamh Carr	1500m	Heats	4.47.55
Niamh Carr	1500m	Semi Final	4.30.24
Niamh Carr	1500m	Final	4.41.01

NCAA Division 1, Indoor Championships, Albuquerque 10th March

Ronan McMahon Staggs	1 mile	5 th H1	4.10.04
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Leinster Indoor Track and Field Championships, Abbotstown 11th March 2023

Cliodhna Ryan	800m Junior	1 st	2.23.58
Claire O'Connor	800m Junior	2 nd	2.25.86
Lily Farrell	800m Junior	3 rd	2.29.41
Joe Fogarty	800m Junior	3 rd	2.00.27

Boston University Season Opener, 2nd December

Ronan McMahon Staggs	3000	13 th	8.09.85
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OVER FIELD AND FALLOW:

Leinster Intermediate Cross Country Championships, Rathdrum Co Wicklow

15th January 2023

DCH 1st Team; 14 Points

Cliona Murphy	1 st	15.03
Sinead Cronin	3 rd	16.14
Aislinn Moorhouse	4 th	16.26
Aoife Ni Bhroin	6 th	16.36
Eimear Fitzpatrick	8 th	16.46
Aoife Donaghy	20 th	18.32



Aoife D, Aislinn, Cliona, Sinead, Eimear, Aoife Ni B

Hannut, Belgium, International Cross Country meeting, 22nd January 2023

Lauren Tinkler 19th

European Clubs cross country championships (8700m), Oropesa, Spain

5th Feb 2023

DCH 12th Team; 123 points.

Cliona Murphy	32 nd
Edel Monaghan	40 th
Avril Deegan	51 st
Faye Dervan	66 th
Aoife Carr	61 st (representing Shettleston Harriers)



Sinead, Aislinn, Faye, Cliona, Aoife Carr, Edel, Avril, Eimear, Aoife Ni B

National Intermediate Cross Country Championships (5000m), Gowran Park, Kilkenny, 12th February 2023

DCH 1st Team; 31 points.

Avril Deegan	1 st	17.42
Sorcha McAllister	8 th	19.07
Sinead Cronin	10 th	19.16
Aislinn Moorhouse	12 th	19.21
Aoife Ni Broin	15 th	19.32
Ellen Byrne	23 rd	19.54
Aoife Donaghy	43 rd	21.43
Orla Duffy	51 st	23.08



Enda Fitzpatrick, Ellen, Aoife Ni B, Aislinn, Avril, Sinead, Sorcha, Aoife D, Orla, Cliona

Northern Ireland and Ulster Cross Country Championship, 26th February 2023

Edel Monaghan 4th 23.04

Irish Universities Cross Country Championships (5000m), Gowran Park, Kilkenny 4th March 2023.

Avril Deegan	Representing DCU	4 th	17.57
Edel Monaghan	Representing TUD	5 th	18.10
Sorcha McAllister	Representing UCD	18 th	19.10

Louisville Classic Cross Country Classic (5000m), Kentucky 30th September '23.

Fiona Hawkins Representing Adams State 17.34

Temple Owls Cross Country Classic (6000m), 30th September 2023.

Sean Donohoe Representing Villanova 19.51

Dublin Women's Novice Cross Country Championships (4000m), Tymon Park, Dublin 8th October 2023

DCH 1st Team; 29 points.

Elizabeth Gahon	1 st	14.44
Cristin Scollard	2 nd	14.53
Clare O'Connor	11 th	16.12
Katie Green	15 th	16.24
Niamh McInerney	59 th	19.00
Lorna Walsh	66 th	19.31
Sara Jane Brennan	68 th	19.48
Aisling Purdy		

Dublin Men's Novice Cross Country Championships (6000m), Tymon Park, Dublin 8th October 2023

DCH 3rd Team; 67 points.

Oisin McKinley	5 th	19.50
Oran O'Hare	8 th	20.09
Mark Gilligan	22 nd	21.09
Alex Crowley	25 th	21.15
Conor Murphy	30 th	21.34
Chris McLoughlin	42 nd	22.07
Johnny Hartnett	56 th	22.48
Ciaran Ryan	65 th	22.59
Ivan Briody	76 th	23.37
Joe Fogarty	86 th	24.22
Adrian Watson	88 th	24.27
Paul McLoughlin	93 rd	24.56

National Cross Country 4 x 1500m Mixed Relay Championships, Abbotstown

15th October 2023

DCH A Team; 2nd 18.48; DCH B Team; 3rd 19.13

Edel Monaghan	5.27	Elizabeth Gahon	5.05
Pierre Murchan	4.14	Oran O'Hare	4.20
Niamh Carr	4.56	Claire Rafter	5.10
Philip Marron	4.13	Conor Duncan	4.40

Autumn International Cross Country, Abbotstown, Dublin 15th October 2023

Cliona Murphy	13 th	21.45
Avril Deegan	22 nd	23.07
Deirdre McDermott	30 th	23.12

Autumn International Cross Country, Abbotstown, Dublin 15th October 2023

Pierre Murchan	2 nd	24.44
Conor Murphy	34 th	28.49

Leinster Women's Novice Cross Country Championships (4000m), Mountain View, Ballyhale, Co Kilkenny 21st October 2023

DCH 1st Team; 14 points.

Faye Dervan	1 st	15.22	Also Scored on Dublin Team
Orla Duffy	2 nd	15.26	Also Scored on Dublin Team
Sorcha McAllister	4 th	15.50	Also Scored on Dublin Team
Cristin Scollard	7 th	16.23	
Ellen Byrne	9 th	16.55	
Aislinn Moorhouse	11 th	17.11	
Clare O'Connor	21 st	17.52	
Aoife Corr	22 nd	17.52	
Aoife Donaghy	26 th	17.57	
Katie Green	33 rd	18.22	
Aisling Purdy	65 th	22.08	



Back L-R: Clare, Aislinn, Ellen, Cristin, Orla, Faye, Aoife D

Front L-R: Aoife C, Sorcha, Katie, Aisling

**Leinster Men's Novice Cross Country Championships (6000m),
Mountain View, Ballyhale, Co Kilkenny 21st October 2023
DCH 2nd Team; 80 points.**

Oran O'Hare	6 th	21.24	Also Scored on Dublin Team
Alex Crowley	15 th	22.34	Also Scored on Dublin Team
Conor Murphy	32 nd	23.24	
Chris McLoughlin	43 rd	23.42	
Paul McLoughlin	92 nd	27.05	



Alex, Conor, Christopher, Oran

**PAC 12 Cross Country Championships (8000m), Washington, USA
27th October 2023**

Ronan McMahon Staggs	23.54
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**Leinster Women's Senior Cross Country Championships (6000m), Dunboyne,
Co. Meath 4th November 2023
DCH 1st Team; 34 points.**

Avril Deegan	2 nd	24.25	Also on Winning Dublin Team
Orla Duffy	3 rd	24.26	Also on Winning Dublin Team
Claire Rafter	12 th	25.57	Also on Winning Dublin Team
Sinead Cronin	17 th	26.51	
Aislinn Moorhouse	19 th	27.14	
Eimear Fitzpatrick	20 th	28.00	
Aoife Corr	23 rd	28.22	
Aoife Donaghy	28 th	29.24	

**Dublin Women's Senior Cross Country Championships (9000m), Santry Park,
Co. Dublin 5th November 2023**

DCH 1st Team; 17 points

Edel Monaghan	1 st	34.49
Faye Dervan	2 nd	35.25

Cliona Murphy	3 rd	35.40
Sorcha McAllister	11 th	37.55
Cristin Scollard	14 th	39.18

Dublin Women's Junior Cross Country Championships (5000m), Santry Park, Co. Dublin 5th November 2023

Cliodhna Ryan	7 th	22.53	Also 7 th Under 19
Claire O'Connor			

Dublin Men's Junior Cross Country Championships (6000m), Santry Park, Co. Dublin 5th November 2023

Chris McLoughlin	26 th	2026
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Park Runs (5000m), 18th November 2023

Cristin Scollard		
Oisin McGinley	15.41	St Annes
Liam Naughton	16.19	St Annes
Conor Murphy	16.44	St Annes
Conor Duncan	17.09	St Annes
Mark Gilligan	17.25	St Annes
Evan McMillan	19.14	St Annes

National Women's Junior Cross Country Championships (5000m), Gowran Demesne, Co Kilkenny 19th November 2023

Ailish Hawkins	30 th	23.08
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National Men's Junior Cross Country Championships (5000m), Gowran Demesne, Co Kilkenny 19th November 2023

Christ McLoughlin	118 th
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National Women's Senior Cross Country Championships (9000m), Gowran Demesne, Co. Kilkenny 19th November 2023

DCH 1st Team; 49 points.

Edel Monaghan	9 th	39.18	Also on winning Dublin Team
Avril Deegan	10 th	39.37	Also on winning Dublin Team
Cliona Murphy	14 th	40.43	
Orla Duffy	16 th	40.49	
Deirdre McDermott	32 nd	42.07	
Sorcha McAllister	38 th	43.13	
Sinead Cronin	40 th	44.01	
Aislinn Moorhouse	57 th	47.58	

National Men's Senior Cross Country Championships (9000m)

Gowran Demesne, Co. Kilkenny 19th November 2023

Philip Marron 29th 33.26 Also on winning Dublin Team

Dublin Women's Intermediate Cross Country Championships (5000m),

Tymon Park, Tallaght, Co. Dublin 26th November 2023

DCH 3rd Team; 61 points.

Cristin Scollard 1st 19.18

Eimear Fitzpatrick 9th 20.44

Katie Green 10th 20.55

Christelle Vall 41st 23.38

Abbey Corr 42nd 23.58



Eimear, Katie, Abbey, Cristelle, Cristin

National Women's Novice Cross Country Championships (4000m),

Navan Racecourse, Co. Meath 4th December 2023

DCH 2nd Team; 102 points

Orla Duffy 4th 14.51 Also on 2nd placing Dublin Team

Cristin Scollard 24th 16.05

Claire O'Connor 36th 16.37

Aoife Corr 38th 16.40

Katie Green 59th 17.21

Aoife Donaghy 79th 17.59



Orla, Katie, Aoife D, Cristin, Claire, Aoife C

National Men's Novice Cross Country Championships (6000m),

Navan Racecourse, Co. Meath 4th December 2023

DCH 3rd Team; 101 points

Oran O'Hare	19 th	20.25	Also on winning Dublin team
Oisin McGinley	26 th	20.49	
Liam Naughton	27 th	20.51	
Conor Duncan	29 th	20.55	
Alex Crowley	35 th	21.13	
Joe Fogarty	46 th	21.37	
Conor Murphy	71 st	22.20	
Chris McLoughlin	88 th	22.50	
Ivan Briody	120 th	24.19	
Evan McMillan	125 th	24.34	
Paul McLoughlin	150 th	26.12	



Oran, Ivan, Alex, Liam, Evan, Joe, Paul, Chris, Oisin, Conor D, Conor M

**Annual Cake Race, Cross Country (5000m 23approx.), Phoenix Park
16th December 2023**

	HANDICAP	GROSS TIME	NET TIME
Chris McLoughlin	2.30	20.40	18.10
Orla Duffy	3.30	21.08	17.38 Fastest Woman
Cristin Scollard	3.00	21.15	18.15
Cliona Murphy	3.40	21.20	17.40
Pierre Murchan	6.00	21.52	15.52 Fastest Man
Oisin McKinley	5.00	22.01	17.01
Liam Naughton	5.00	22.23	17.23
Cliodhna Ryan	2.30	22.28	19.58
Goda Buvydyte	2.30	23.10	20.40
Paul McLoughlin	2.00	23.17	21.17
Edel McNamara	2.00	23.20	21.20
Aoife Donaghy	2.00	23.30	21.30
Claire O'Connor	2.30	23.44	21.14
Abbey Corr	0.00	24.54	24.54
Lorna Walsh	0.00	25.40	25.40

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OUTDOOR TRACK AND FIELD:

UCLA Invitation, California 1st April 2023

Fiona Hawkins 5000m 16.53.22

Meet of Champions, California 1st April 2023

Ailish Hawkins Mile 4.59.28

Arcadia Invitational, California 8th April 2023

Ailish Hawkins 3200m 10.34.79

Bryan Clay Invitational, California 15th April 2023

Lauren Tinkler 5000m 16.26.04

Fiona Hawkins 5000m 17.16.12

Ronan McMahon Staggs 1500m 3.39.32

Larry Ellis Invitational, Pennsylvania 15th April 2023

Sean Donohoe 1500m 3.43.94

Crimson Tide Invitational, Alabama 21st April 2023

Lauren Tinkler	5000m	16.52.83
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Irish Universities Championships, DSD Campus, Co Dublin 22nd April 2023

Avril Deegan	3000m	9.42.50
Edel Monaghan	3000m	10.02.50
Sarah Byrne	1500m	

North Belfast Meeting of 5000ms, Belfast 22nd April 2023

Cliona Murphy	5000m	7 th	17.12.02
Oran O'Hare	5000m	3 rd	15.12.46

Penn Relays, University of Pennsylvania 28th/29th April 2023

Sean Donohoe	1500m	2 nd	3.42.67
Sean Donohoe	1 st Leg, 4 x 1 mile Relay	1 st	4.01.00 (Villanova)

Marmonte League Finals in California, USA 29th April 2023

Ailish Hawkins	1600m		4.49.76
Ailish Hawkins	3200m		10.59.67

BUCS Championships, Manchester 30th April 2023

Niamh Carr	1500m Heats	5 th	4.41.34
Niamh Carr	1500m Semi Final	2 nd	4.27.77
Niamh Carr	1500m Final	6 th	4.29.48

CIF Finals at Trabuco Hills, High School, in California, USA 6th May 2023

Ailish Hawkins	3200m		10.44.69
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Big East Championships, Pennsylvania 12th May 2023

Sean Donohoe	1500m	1 st	3.44.90
Sean Donohoe	3 rd Leg, 800m Relay 1.49.06	1 st	7.17.50 (Villanova)

Moorpark High School, in California, USA. 13th May 2023

Ailish Hawkins	3200m		10.38.65
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Sun Belt Championships, South Carolina 11th/13th May 2023

Lauren Tinkler	10000m	1 st	34.36.51
Lauren Tinkler	5000m	3 rd	16.27.41

Lagan Valley Track Meeting, 11th May 2023

Oran O'Hare	3000m	1 st	8.55.00
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Belfast Milers Meeting, Mary Peters Track 13th May 2023

Niamh Carr	800m	6 th	2.09.60
Aoife Carr	1500m	17 th	4.49.60
Oran O'Hare	1500m		4.00.43

California State Championship Trials, 16th May 2023

Ailish Hawkins	3200m		10.31.26
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British Milers Meeting, Trafford 16th May 2023

Kieron Sexton	1500m	8 th	3.55.47
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California State Championship Finals, 27th May 2023

Ailish Hawkins	3200m	12 th	10.46.24
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NCAA Eastern Regional Championships, Jacksonville, Florida 27th May 2023

Sean Donohoe	1500m	5 th	3.49.50
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Leinster Masters Track and Field Championships, Carlow 28th May 2023

Edel McNamara	800m	2 nd	2.40.30
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Belfast Night of 3ks Meeting, Mary Peters Track 2nd June 2023

Oran O'Hare	3000m	6 th	8.30.39
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NCAA National Championships, Texas 7th June 2023

Sean Donohoe	1500m	5 th	3.42.89
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Invitational meeting, California 7th June 2023

Fiona Hawkins	1500m		4.26.19
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New UCD Track Opening Meeting, UCD Campus Track 10th June 2023

Oran O'Hare	800m	8 th	2.00.35
Pierre Murchan	3000m	1 st	8.09.32
Niamh Carr	1500m	1 st	4.20.91
Cliona Murphy	3000m	3 rd	9.48.54



Niamh Carr



Loughborough International, Loughborough 10th June 2023

Jodie McCann	1500m	5 th	4.39.63
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Northern Ireland Championships, Mary Peters Track 17th June 2023

Oran O'Hare	1500m	Heat	4.04.17
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British u23 Championships, Chelmsford Track 16th June 2023

Niamh Carr	1500m Semi Final	4.30.57
Niamh Carr	1500m Final	4.27.80

Dublin Graded Meeting 5, Morton Stadium 21st June 2023

Elizabeth Gahan	800m	4 th A	2.14.19
Aoife Corr	800m	4 th B	2.27.53
Clare O'Connor	800m	5 th B	2.29.87
Aoife Donaghy	800m	8 th C	2.36.66
Edel McNamara	800m	2 nd D	2.34.35
Sorcha McAllister	3000m	1 st	10.13.70
Ellen Byrne	3000m	3 rd	10.28.18
Sinead Cronin	3000m	4 th	10.30.35

“Try Track and Field”, Leixlip Track 28th June 2023

Elizabeth Gahan	800m	1 st	2.15.39
Clare O'Connor	800m	3 rd	2.26.39
Aoife Donaghy	800m	4 th	2.38.28
Eimear Fitzpatrick	1500m	2 nd	4.47.09
Ellen Byrne	1500m	3 rd	4.53.15
Aoife Corr	1500m	5 th	4.58.38
Sinead Cronin	1500m	6 th	4.58.96
Evan McMillan	800m	7 th	2.10.55

British Milers Club, Watford, 1st July 2023

Niamh Carr	1500m	4 th u/23	4.20.60
Jodie McCann	1500m	7 th heat	4.27.97
Kieran Sexton	1500m	2 nd heat	3.55.74

National Junior and Under 23 track and Field Championships**Tullamore Stadium 2nd July 2023**

Ailish Hawkins	1500m Junior	5 th	4.42.07
Elizabeth Gahan	800m Under 23	4 th	2.16.63
Niamh Carr	1500m Under 23	2 nd	4.28.30

Dublin Graded Meeting 6, DSD Campus 5th July 2023

Lilly Farrell	800m	5 th B	2.26.76
Clare O'Connor	800m	6 th B	2.28.11
Edel McNamara	800m	1 st D	2.35.20
Cliona Murphy	3000m	4 th	9.51.50
Edel Monaghan	3000m	5 th	9.57.28
Ailish Hawkins	3000m	6 th	10.04.96

BMC Meeting, Trafford, Manchester 11th July 2023

Kieron Sexton	1500m	3 rd	3.53.34
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BMC Meeting, Watford 12th July 2023

Jodie McCann	1500m	3 rd	4.25.73
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Birmingham University Meeting, 12th July 2023

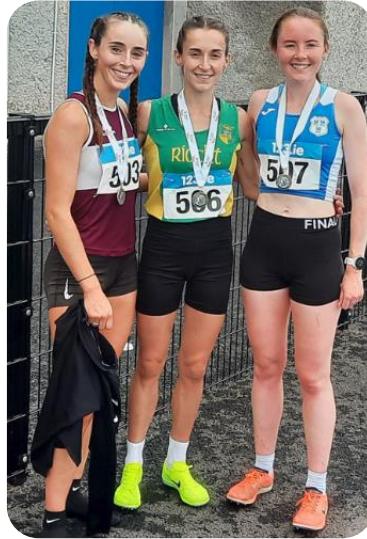
Lauren Tinkler	5000m	2 nd	16.35.58
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**Morton Games, Morton Stadium, Santry 14th July 2023**

Pierre Murchan	5000m	2 nd	13.55.66
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National 10k Track Championships, Morton Stadium, Santry 15th July 2023

Cliona Murphy 10000m 2nd 34.42.09
(below right)



AAI Games, Morton Stadium, Santry 16th July 2023

Edel Monaghan 3000m 3rd 10.03.96

BMC Meeting, Mary Peters Track, Belfast 19th July 2023

Jodie McCann 3000m 1st 9.29.93

Dublin Graded League, Tallaght Athletic Stadium, Tallaght 19th July 2023

Sorcha McAllister	1500m B	2 nd	4.49.82
Ellen Byrne	1500m B	3 rd	4.54.36
Aislinn Moorhouse	1500m B	5 th	5.03.35
Aoife Ni Bhroin	1500m B	6 th	5.04.85
Lilly Farrell	1500m C	4 th	5.10.39
Orla Duffy	1500m D	1 st	5.00.63
Aoife Donaghy	1500m D	3 rd	5.16.06
Chris McLoughlin	1500m D	13 th	4.38.34
Paul McLoughlin	1500m Masters M35	5 th	5.25.09

**National Senior Track and Field Championships Morton Stadium, Santry
29th/30th July 2023**

Niamh Carr	800m	6 th	2.10.66	(2.10.93 Heat)
Elizabeth Gahon	800m	7 th	2.11.59	(2.14.46 Heat)
Aoife Carr	1500m	14 th	4.58.31	(4.43.52 Heat)
Lauren Tinkler	5000m	9 th	16.35.96	
Cliona Murphy	5000m	10 th	16.38.21	
Jodie McCann	5000m	11 th	16.43.57	
Oran O'Hare	1500m	12 th	4.19.65	
Pierre Murchan	5000m	4 th	13.58.62	

Dublin Graded Meeting 8, Morton Stadium 2nd August 2023

Clare O'Connor	400m	6 th B	67.05
Edel McNamara	400m	5 th C	72.94
Cliona Murphy	3000m	1 st A	9.51.57
Edel Monaghan	3000m	2 nd A	10.05.33
Orla Duffy	3000m	1 st B	10.34.50

Trafford Grand Prix, Manchester 12th August 2023

Jodie McCann	5000m	4 th	16.18.22
Cliona Murphy	5000m	6 th	16.45.35
Pierre Murchan	5000m	7 th	13.52.43

Sterling Night of Miles, Sterling, Scotland 26th August 2023

Jodie McCann	1 mile	1 st	4.43.19
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**On Track Zatopek Nights 10, Track and Field Meeting
Lakeside Stadium, Melbourne, Australia 2nd December 2023**

Jodie McCann	3000m	2 nd	9.00.82
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ROAD:**Tom Brennan 5k Road Race - Women, Phoenix Park 1st January 2023**
DCH 1st Team; 25 Points

Edel Monaghan	1 st	17.07
Niamh Donnelly	10 th	19.00
Sinead Cronin	14 th	19.11
Edel McNamara	24 th	20.39
Aoife Donaghy	33 rd	21.11
Orla Duffy	40 th	21.45



Edel, Sinead and Niamh being presented with their prizes



Edel M, Orla, Aoife D, Edel Mc, Niamh, Sinead

Tom Brennan 5k Road Race - Men, Phoenix Park 1st January 2023
DCH 12th Team; 314 Points

Chris McLoughlin	47 th	17.40
Paul McLoughlin	108 th	21.01
Joseph McLoughlin	159 th	24.38
Ken Donoghue	163 rd	24.43

Raheny 5 mile Road Race, 29th January 2023

Cliona Murphy	5 th	27.25
Sorcha McAllister	20 th	29.18
Christopher McLoughlin	198 th	29.16

Armagh 5k Road Race - Senior Women, 9th February 2023

Niamh Carr	25 th	9.31
Aoife Carr	63 rd	10.04

Tallaght 5k Road Race - Senior Women, 17th March 2023

Faye Dervan	4 th	17.49
Niamh Donnelly	22 nd	19.37
Orla Duffy	40 th	20.59

Berlin Half Marathon Road Race - Senior Women, 1st April 2023

Cliona Murphy	76.16
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Great Ireland Run 10k, Phoenix Park 16th April 2023

Cliona Murphy	2 nd	32.00	Short Course
Aron O'Hare	22 nd		Short Course
Pierre Murchan	53 rd		Short Course

National Road Relays, Raheny 23rd April 2023**DCH Women 15th in 23.11**

Ellen Byrne	5.29
Sinead Cronin	11.54
Aislinn Moorhouse	5.49

Limerick Generation 6 mile Road Race, 30th April 2023

Cliona Murphy	2 nd
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National 5k Road Race Championship, Phoenix Park 20th May 2023**DCH Women 1st Team in 52.56**

Cliona Murphy	3 rd	16.57
Ellen Byrne	8 th	17.54
Sinead Cronin	11 th	18.05
Aoife Ni Bhroin	26 th	18.42
Aislinn Moorhouse	29 th	19.10
Abbey Corr	161 st	23.48



Sinead, Pierre, Ellen, Abbey, Cliona, Aoife Ni B, Aislinn

National 5k Road Race Championship, Phoenix Park 20th May 2023.

Pierre Murchan 1st 14.26

Leixlip 5k Road Race, 20th May 2023

Orla Duffy	4 th	19.50
Aoife Donaghy	5 th	20.20

Dublin Women's Mini Marathon 10k Road Race, 4th June 2023

Cliona Murphy	6 th	35.31
Cristin Scollard		39.19

National 5 Mile Road Race Championship, Phoenix Park 11th June 2023

DCH Women 2nd Team in 1.32.19

Sorcha McAllister	3 rd	29.46
Sinead Cronin	9 th	30.39
Aislinn Moorhouse	17 th	31.54



Sorcha, Sinead, Aislinn

Docklands 5k Road Race, 15th June 2023

Aislinn Moorhouse	9 th	19.11
Lorna Walsh	77 th	23.43

Docklands 5k Road Race, 15th June 2023

Pierre Murchan	1 st	14.32
Evan McMillan	52 nd	18.07

Kilcock 5k Road Race, 30th June 2023

Orla Duffy	21 st	18.21	(below left)
Cristin Scollard	22 nd	18.23	(below right)

**Clontarf 5 mile Road Race, 8th July 2023**

Faye Dervan	1 st	29.25
Cristin Scollard	2 nd	31.18

Parkwest 5k Road Race, 25th July 2023

Cristin Scollard	1 st	18.23
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Carlingford 5k Road Race, 4th August 2023

Faye Dervan	3 rd	17.03
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Celbridge 5k Road Race, 24th August 2023

Daire Finn	1 st	14.59
Orla Duffy	4 th	17.50

Malin, Co Donegal, 5k Road Race, 24th August 2023

Oran O'Hare	1 st
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Rathfarnham 5k Road Race, 24th September 2023

DCH 1st Team in 1hr 08mins 59secs.

Dublin Championships: DCH 1st team

Edel Monaghan	5 th	16.38
Cliona Murphy	6 th	16.47
Sorcha McAllister	14 th	17.34
Cristin Scollard	16 th	17.39

Rathfarnham 5k Road Race, 24th September 2023

Oran O'Hare	21 st	15.28
Christopher McLoughlin	113 rd	17.25

Glasgow 5k Road Race, 22nd September 2023

Niamh Carr		17.08
Aoife Carr		18.05

Simon 5 mile Road Race, Phoenix Park 7th October 2023.

Aoife Ni Bhroin	2 nd	32.20
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Dublin Marathon, 29th October 2023.

Mark Gilligan (pictured below)	2.51.19
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San Sebastian Marathon. 26th November 2023.

Vlad Evsceev 31st 2.35.33

Jingle Bells 5k Road Race, 2nd December 2023

DCH 3rd Team; 58 Points

Sorcha McAllister	12 th	17.11
Claire Rafter	21 st	17.49
Sinead Cronin	25 th	18.16
Aislinn Moorhouse		20.13
Abbey Corr		22.09
Catherine McManus		26.17

Jingle Bells 5k Road Race, 2nd December 2023

Philip Marron 3rd 14.18



Sorcha, Claire, Abbey, Philip, Sinead, Aislinn

Seeley Cup 10k Road Race, Belfast 2nd December 2023

Cliona Murphy	2 nd	34.10
Edel Monaghan	5 th	34.57

Rita and Robbie 5k Road Race, Navan 28th December 2023

Susan McManus 1st 18.20

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Dublin City Harriers
Club Records
Men

Event	Name	Mark	Venue	Year
60m	David Power	6.89	Nenagh, Ireland	2000
100m	David Power	10.57	Dublin, Ireland	1999
200m	Philip Snoddy	21.14	Cork, Ireland	1988
400m	Eugene Farrell	46.34	Sydney, Australia	1996
800m	Daniel Caulfield	1:46.65	Gateshead, UK	2000
1500m	Enda Fitzpatrick	3:39.18	Berlin, Germany	1987
5000m	Martin Redmond	13:37.40	Philadelphia, USA	1986
10000m	Roy Dooney	29:01.22	Dublin, Ireland	1986
60mH	Thomas J. Kearns	7.69 (i)	Seville, Spain	1991
110mH/100mH	Thomas J. Kearns	13.55	Atlanta, USA	1996
400mH	Tom McGuirk	49.73	San Jose, USA	1996
3000m S/C	John Murray	8:39.13	Lisbon, Portugal	1996
5000m Walk	Jimmy McDonald	19:24.91 (i)	Seville, Spain	1991
10000m Walk	Jimmy McDonald	41:02.52	Dublin, Ireland	1996
High Jump	Antoine Burke	2.24 (i)	Birmingham, UK	1998
Long Jump	Jonathan Kron	7.79	Princeton, USA	1994
Triple Jump	Patrick Shannon	15.09 (i)	Nenagh, Ireland	2002
Pole Vault	Leigh Walker	5.01	Kingston, UK	2004
Shot Put	Gerry McEvoy	18.36	Dublin, Ireland	1978
Discus	Gerry McEvoy	52.78	Cwmbran, Wales	1978
Javelin	Terry McHugh	82.75	London, UK	2000
Hammer	Gerry Ryan	64.48	Durham, USA	1990
Marathon	Roy Dooney	2:13.25	Duluth, USA	1992
1000m	Enda Fitzpatrick	2.17.87	Budapest, Hungary	1986
Mile	Ronan McMahon-Staggs	3:54.93 (i)	Fayetteville, USA	2023
3000m	Martin Redmond	7:55.90		1986
Half Marathon	Roy Dooney	63.21	Birmingham, UK	1985
3000m Walk	Jimmy McDonald	14:12.10	Tullamore, Ireland	2004



Dublin City Harriers
Club Records
Women

Event	Name	Mark	Venue	Year
60m	Ciara Sheehy	7.45	Belfast, UK	2003
100m	Ciara Sheehy	11.52	Fribourg, Switzerland	2003
200m	Ciara Sheehy	23.17 (i)	Birmingham, UK	2003
400m	Karen Shinkins	51.07	Palma, Spain	1999
800m	Nadia Power	2:00.98 (i)	Torun, Poland	2021
1500m	Una English	04:11.33	Nuremberg, Germany	1996
5000m	Una English	15:19.12	Heusden, Netherlands	2001
10000m	Ursula Noctor	34:16.40		1990
60mH	Catherine McManus	8.43 (i)	Athlone, Ireland	2017
110mH/100mH	Catherine McManus	13.76	Oordegem, Belgium	2017
400mH	Adrienne McIvor	56.73	Riga, Latvia	2000
3000m S/C	Una English	09:51.54	Lucerne, Switzerland	2008
5000m Walk	Lisa Sheridan	23:05.01		1999
10000m Walk	Lisa Sheridan	46:31 (Road)	Stuttgart, Germany	1996
High Jump	Bridget Corrigan	1.84	Birmingham, UK	1982
Long Jump	Terri Horgan	6.48	Brussels, Belgium	1993
Triple Jump	Siobhan Hoey	12.38 (i)	Tullamore, Ireland	1997
Pole Vault	Eloise Du Baird	3.4	Dublin, Ireland	2002
Shot Put	Lorraine Shaw	12.25	Viseu, Portugal	1991
Discus	Lorraine Shaw	46.32		1992
Javelin	Kay McGovern	38.78		1988
Hammer	Lorraine Shaw	44.9		1992
Marathon	Deirdre Nagle	2:37.42	London, UK	1983
1000m	Deirdre Fleming	2:48.91		2005
Mile	Nadia Power	4.32.50	Barcelona, Spain	2020
3000m	Una English	8:54.73	Cork, Ireland	2002
Half Marathon	Ursula Noctor	73:16	Derry, Ireland	1991
3000m Walk	Lisa Sheridan	13:06.01		1993



Dublin City Harriers
Club members
International Representation

DCH representation at World Indoor Championships:

1985	Gerry Delaney	France	400m
1985	Enda Fitzpatrick	France	1500m
1989	Jimmy McDonald	Hungary	5000m Walk
1991	Jimmy McDonald	Spain	5000m Walk
1991	TJ Kearns	Spain	60m Hurdles
1993	TJ Kearns	Canada	60m Hurdles
2001	Daniel Caulfield	Portugal	800m
2001	Karen Shinkins	Portugal	400m
2003	Karen Shinkins	England	400m
2004	Karen Shinkins	Hungary	4 x 400m Relay
2003	Ciara Sheehy	England	200m
2004	Ciara Sheehy	Hungary	200m
2022	Catherine McManus	Serbia	4 x 400m Relay

DCH representation at European Indoor Championships:

1985	Mary McKenna	Greece	1500m
1986	Mary McKenna	Portugal	1500m
1986	Patricia Amond	Spain	400m
2002	Karen Shinkins	Austria	400m
2006	Ciara Sheehy	Sweeden	200m
2021	Nadia Power	Poland	800m

DCH representation at World Cross Country Championships:

1927	John Timmons	Wales	Senior Men
1928	John Timmons	Scotland	Senior Men
1929	John Timmons	Paris	Senior Men
1930	John Timmons	England	Senior Men
1927	Jack Nalty	Wales	Senior Men
1928	Jack Nalty	Scotland	Senior Men
1931	Jack Nalty	Ireland, Baldoyle	Senior Men
1933	Michael O'Dowd	Belgium	Senior Men
1934	Michael O'Dowd	Scotland	Senior Men
1976	Deirdre Nagle	Wales	Senior Women
1979	Deirdre Nagle	Ireland, Limerick	Senior Women
1980	Deirdre Nagle	France	Senior Women
1981	Deirdre Nagle	Spain	Senior Women
1983	Deirdre Nagle	England	Senior Women
1985	Deirdre Nagle	Portugal	Senior Women
1977	Emily Dowling	Germany	Senior Women
1982	Emily Dowling	Italy	Senior Women
1978	Siobhan Treacy	Scotland	Senior Women
1980	Siobhan Treacy	France	Senior Women
1981	Siobhan Treacy	Spain	Senior Women
1980	Brian Roche	France	Junior Men
1981	Brian Roche	Spain	Junior Men
1982	Louise McGrillen	Italy	Senior Women
1983	Louise McGrillen	England	Senior Women
1984	Louise McGrillen	USA	Senior Women
1985	Louise McGrillen	Portugal	Senior Women
1982	Eithne Kenny	Italy	Senior Women
1983	Eithne Kenny	England	Senior Women
1983	Ann Hilliard	England	Senior Women
1985	Ann Hilliard	Portugal	Senior Women
1986	Ann Hilliard	Switzerland	Senior Women
1983	Greta Hickey	England	Senior Women
1985	Greta Hickey	Portugal	Senior Women
1986	Greta Hickey	Switzerland	Senior Women

1983	Roy Dooney	England	Senior Men
1984	Roy Dooney	USA	Senior Men
1985	Roy Dooney	Portugal	Senior Men
1986	Roy Dooney	Switzerland	Senior Men
1987	Roy Dooney	Poland	Senior Men
1988	Roy Dooney	New Zealand	Senior Men
1989	Roy Dooney	Norway	Senior Men
1990	Roy Dooney	France	Senior Men
1991	Roy Dooney	Belgium	Senior Men
1984	Enda Fitzpatrick	USA	Junior Men
1990	Enda Fitzpatrick	France	Senior Men
1988	Roisin Smyth	New Zealand	Senior Women
1989	Roisin Smyth	Norway	Senior Women
1990	Roisin Smyth	France	Senior Women
1991	Roisin Smyth	Belgium	Senior Women
1990	Ursula Noctor	France	Senior Women
1991	Louise Cavanagh	Belgium	Senior Women
1999	Louise Cavanagh	Ireland, Ireland	Senior Women
1994	Jamie Lewis	Hungary	Senior Men
1996	Jamie Lewis	South Africa	Senior Men
1997	Una English	Italy	Senior Women
1999	Una English	Ireland, Ireland	Senior Women
2001	Una English	Belgium	Senior Women
2003	Una English	Switzerland	Senior Women

DCH representation at European Cross Country Championships:

1996	Una English	Belgium	Snr Women
1998	Una English	Italy	Snr Women
2001	Una English	Switzerland	Snr Women
2005	Azmera Gebrezgi	Holland	Jnr Women
2007	Azmera Gebrezgi	Spain	U23 Women
2015	Pierre Murchan	France	Jnr Men
2022	Pierre Murchan	Turin	Snr Men
2017	Fian Sweeney	Slovakia	Jnr Women
2018	Fian Sweeney	Holland	U23 Women

2019	Fian Sweeney	Lisbon	U23 Women
2018	Daire Finn	Holland	Jnr Men
2018	Jodie McCann	Holland	Jnr Women
2019	Jodie McCann	Lisbon	Jnr Women
2021	Jodie McCann	Dublin	U23 Women
2022	Jodie McCann	Turin	U23 Women
2021	Lauren Tinkler	Dublin	U23 Women
2019	Nadia Power	Lisbon	Mixed Relay
2022	Nadia Power	Turin	Mixed Relay
2022	Fiona Hawkins	Turin	Jnr Women

DCH representation at Home Countries Cross Country Championships:

1977	Deirdre Nagle	Ireland	Senior
1979	Deirdre Nagle	Wales	Senior
1980	Deirdre Nagle	England	Senior
1981	Deirdre Nagle	Ireland	Senior
1983	Deirdre Nagle	Ireland	Senior
1985	Deirdre Nagle	England	Senior
1977	Emily Dowling	Ireland	Senior
1978	Emily Dowling	Wales	Senior
1977	Siobhan Treacy	Ireland	Senior
1981	Siobhan Treacy	Ireland	Senior
1979	Greta Hickey	Scotland	Senior
1980	Eithne Kenny	England	Senior
1985	Eithne Kenny	England	Senior
1980	Carey May	England	Senior
1981	Carey May	Ireland	Senior
1981	Louise McGrillen	Ireland	Senior
1983	Louise McGrillen	Ireland	Senior
1985	Louise McGrillen	England	Senior
1983	Ann Hilliard	Ireland	Senior
1985	Ann Hilliard	England	Senior
1983	Ailish Smyth	Ireland	Senior

DCH representation at Olympic Games			
1976	Des de Loughry	Montreal	Team Manager
1988	Ailish Smyth	Seoul	Marathon
1988	TJ Kearns	Seoul	110m Hurdles
1992	TJ Kearns	Barcelona	110m Hurdles
1996	TJ Kearns	Atlanta	110m Hurdles
1988	Terry McHugh	Seoul	Javelin
1992	Terry McHugh	Barcelona	Javelin
1996	Terry McHugh	Atlanta	Javelin
2000	Terry McHugh	Sydney	Javelin
1992	Jimmy McDonald	Barcelona	20km Walk
1996	Jimmy McDonald	Atlanta	20km Walk
1996	Tom McGuirk	Atlanta	400m Hurdles
1996	Eugene Farrell	Atlanta	400m
1996	Chris Wall	Atlanta	Team Manager
2000	Paul Opperman	Sydney	4 x 400m Relay
2000	Karen Shinkins	Sydney	400m; 4 x 400m Relay
2000	Martina McCarthy	Sydney	4 x 400m Relay
2000	Ciara Sheehy	Sydney	4 x 400m Relay
2000	Adrienne McIvor	Sydney	4 x 400m Relay
2021	Nadia Power	Tokyo <i>postponed from 2020</i>	800m

DCH representation at World Track and Field Championships			
1983	Deirdre Nagle	Helsinki	Marathon
1987	Patricia Amond	Rome	4 x 400m Relay
1987	Gerry Delaney	Rome	4 x 400m Relay
1987	J Barry	Rome	4 x 400m Relay
1987	TJ Kearns	Rome	110m Hurdles

1991	TJ Kearns	Tokyo	110m Hurdles
1993	TJ Kearns	Stuttgart	110m Hurdles
1991	Roisin Smyth	Tokyo	3000m
1993	Roy Dooney	Stuttgart	Marathon
1993	Terri Cahill	Stuttgart	Long Jump
1993	Lisa Sheridan	Stuttgart	10km Walk
1993	Terry McHugh	Stuttgart	Javelin
1995	Terry McHugh	Gothenburg	Javelin
1997	Terry McHugh	Athens	Javelin
1999	Terry McHugh	Seville	Javelin
2001	Terry McHugh	Edmonton	Javelin
1997	Tom McGuirk	Athens	400m Hurdles
1997	Eugene Farrell	Athens	400m
1997	Una English	Athens	5000m
2001	Una English	Edmonton	5000m
1999	Ciara Sheehy	Seville	200m
1999	Pierce O'Callaghan	France	20k Walk
1999	Karen Shinkins	Seville	400m
2001	Karen Shinkins	Edmonton	400m
2003	Karen Shinkins	Paris	400m
2005	Karen Shinkins	Helsinki	400m
2001	Daniel Caulfield	Edmonton	800m
2015	Catherine McManus	Bahamas *	4 x 200m
2015	Stephanie Creaner	Bahamas *	4 x 200m

* *World Relays*

DCH representation at European Senior Track and Field Championships:

1971	John Dillon	Helsinki	400m Hurdles
1978	Deirdre Nagle	Prague	3000m
1982	Louise McGrillen	Munich	3000m
1986	Philip Snoddy	Stuttgart	100m; 200m
1988	Gerry Delaney	Stuttgart	400m
1990	Roisin Smyth	Split	3000m
1990	Terry McHugh	Split	Javelin
1994	Terry McHugh	Helsinki	Javelin
1998	Terry McHugh	Budapest	Javelin
2002	Terry McHugh	Munich	Javelin
1990	Roy Dooney	Split	Marathon
1990	TJ Kearns	Split	110m Hurdles
1994	TJ Kearns	Helsinki	100m Hurdles
1994	Lisa Sheridan	Helsinki	10km Walk
1994	Tom McGuirk	Helsinki	400m Hurdles; 400m
1998	Tom McGuirk	Budapest	400m Hurdles
1998	Eugene Farrell	Budapest	400m
1998	Una English	Budapest	5000m
2002	Una English	Munich	5000m
2002	Antoine Burke	Munich	4 x 400m Relay
2002	Adrienne McIvor	Munich	800m
2002	Ciara Sheehy	Munich	200m
2006	Ciara Sheehy	Gothenburg	200m

DCH representation at European Nations Track and Field Championships:

1967	Ciaran Coakley	Ireland	100m
1970	Ignáid Ó Muircheartaigh	Iceland	4 x 100m; 4 x 400m
1975	John Dillon	Denmark	400m Hurdles
1977	John Dillon	London	400m Hurdles; 4 x 400m
1977	Joe Ryan	London	100m; 200m; Relays
1979	Joe Ryan	Switzerland	200m; Relays
1977	Gerry McEvoy	London	Shot Putt
1979	Deirdre Nagle	Netherlands	3000m
1979	Eithne Kenny	Netherlands	800m
1981	Eithne Kenny	Germany	800m
1980	Gerry Delaney	Switzerland	400m
1983	Gerry Delaney	Ireland	400m
1987	Gerry Delaney	Portugal	400m
1989	Gerry Delaney	Ireland	100m
1980	Brian McManus	Switzerland	4 x 100m; 4 x 400m
1981	Terry McHugh	Poland	Javelin
1985	Terry McHugh	Iceland	Javelin
1987	Terry McHugh	Portugal	Javelin
1989	Terry McHugh	Ireland	Javelin
1991	Terry McHugh	Portugal	Javelin
1993	Terry McHugh	Netherlands	Javelin
1994	Terry McHugh	Ireland	Javelin
1995	Terry McHugh	Estonia	Javelin
1997	Terry McHugh	Ireland	Javelin
1981	Pauline Mullins	Germany	400m
1981	Bridget Corrigan	Germany	High Jump
1985	Bridget Corrigan	Iceland	High Jump
1983	Richard Garvey	Ireland	High Jump
1985	Richard Garvey	Iceland	High Jump
1983	John Stapleton	Ireland	Triple Jump

1985	Patricia Amond	Iceland	400m
1987	Patricia Amond	Portugal	200m; 4 x 100m Relay
1991	Patricia Amond	Portugal	200m
1985	Mary McKenna	Iceland	800m
1987	TJ Kearns	Portugal	110m Hurdles
1989	TJ Kearns	Ireland	110m Hurdles
1991	TJ Kearns	Portugal	110m Hurdles
1993	TJ Kearns	Netherlands	110m Hurdles
1994	TJ Kearns	Ireland	110m Hurdles
1995	TJ Kearns	Estonia	110m Hurdles
1987	JJ Barry	Portugal	400m Hurdles; 4 x 100m
1989	JJ Barry	Ireland	400m Hurdles
1989	Richard Ryan	Ireland	4 x 100m Relay
1989	Enda Fitzpatrick	Ireland	1500m
1991	Enda Fitzpatrick	Portugal	1500m
1993	Enda Fitzpatrick	Netherlands	3000m Steeplechase
1989	Emma Nicholson	Ireland	400m
1991	Emma Nicholson	Portugal	400m; 4 x 400m Relay
1993	Emma Nicholson	Netherlands	400m
1995	Emma Nicholson	Estonia	400m
1989	Roisin Smyth	Ireland	3000m
1991	Roisin Smyth	Portugal	1500m
1989	Joanne Fitzgerald	Ireland	400m Hurdles
1991	Joanne Fitzgerald	Portugal	400m Hurdles
1991	Declan Kennedy	Portugal	800m
1991	Stephen Newman	Portugal	400m
1993	Stephen Newman	Netherlands	400m
1994	Stephen Newman	Ireland	400m; 4 x 400m Relay
1995	Stephen Newman	Estonia	400m
1991	Johnathon Kron	Portugal	Long Jump
1993	Johnathon Kron	Netherlands	Long Jump
1991	Terri Horgan	Portugal	Long Jump
1993	Terri Horgan	Netherlands	Long Jump

1994	Terri Horgan	Ireland	Long Jump; 4 x 100m Relay
1991	Lorraine Shaw	Portugal	Shot Putt + Discus
1993	Jeff Pamplin	Netherlands	100m
1994	Stuart McQuade	Ireland	100m; 4 x 100m
1995	Stuart McQuade	Estonia	100m
1994	Tom McGuirk	Ireland	200m; 400m Hurdles
1997	Tom McGuirk	Ireland	400m; 400 m Hurdles
1994	Shane Healy	Ireland	1500m
1994	Kevin Keane	Ireland	Triple Jump
1995	Kevin Keane	Estonia	Triple Jump
1994	Nicola Moore	Ireland	4 x 100m Relay
1995	Nicola Moore	Estonia	4 x 100m Relay
1995	Daniel Caulfield	Estonia	800m
1997	Daniel Caulfield	Ireland	1500m
1995	Eugene Farrell	Estonia	4 x 100m; 4 x 400m Relays
2013	Stephanie Creaner	Ireland	4 x 100m Relay
2014	Catherine McManus	Estonia	4 x 100m Relay
2015	Catherine McManus	Greece	4 x 100m Relay

DCH representation at European U23 Track and Field Championships:

2001	Ciara Sheehy	Netherlands	200m
2013	Catherine McManus	Finland	100m Hurdles
2013	Stephanie Creaner	Finland	200m
2019	Luke McCann	Sweden	1500m
2019	Nadia Power	Sweeden	800m

DCH representation at World Road Race Championships:

1981	Emily Dowling	Spain	10km
1981	Ursula Noctor	Spain	10km
1990	Ursula Noctor	Ireland	15km
1991	Ursula Noctor	England	Marathon
1981	Deirdre Nagle	Spain	10km
1985	Deirdre Nagle	Japan	Marathon
1985	Deirdre Nagle	England	15km
1985	Ailish Smyth	Japan	Marathon
1985	Ailish Smyth	England	15km
1985	Roy Dooney	Japan	Marathon
1991	Roy Dooney	England	Marathon
1994	Roy Dooney	Belgium	Half Marathon
1986	Greta Hickey	Portugal	15km
1986	Ann Hilliard	Portugal	15km
1989	Mary Brayley	Brazil	15km
1991	Catherine Smith	England	Marathon
1991	Pauline Nolan	England	Marathon

Selection of action shots from 2023



DCH women deal with the muck at the National Cross Country Championships, Gowran



Deirdre McDermott



Sorcha McAllister



Edel Monaghan, Cliona Murphy



L-R in blue: Faye Dervan,
Orla Duffy, Avril Donaghy



Sinead Cronin, Aislinn Moorehouse



Katie Green



Dublin Cross Country winners: Cristin, Faye, Edel, Cliona, Sorcha



Philip Marron



Christopher McLoughlin



Conor Murphy



Pierre Murchan



Conor Duncan



Paul McLoughlin



Oisin McKinnley



Evan McMillan



Ivan Briody



Conor Murphy, Joe Fogarty



Liam Naughton, Oran O'Hare



Elizabeth Gahon



Sara Jane Brennan



Aisling Purdy



Lorna Walsh



Abbey Corr



Eimer Fitzpatrick



National Cross Country 4 x 1500m Mixed Relay Championships

2nd team: Pierre, Philip, Edel, Niamh; 3rd team: Oran, Conor, Elizabeth, Claire

Athletics Etiquette

Written by club coach Des DeLoughry in 1970

There are unwritten laws of Athletics, the breach of which not only causes anger and discomfort to one's opponents, but is no less excusable than infringements of the code as set down in the rule books. .

Most breaches of etiquette are committed in error or by lack of thought. The great athlete is usually a well behaved one. And a well behaved considerate competitor is the one who becomes popular with his fellow sports-men and who, in consequence, gets more pleasure from his active and social sporting life.

POINT TO REMEMBER.

YOUR CLUB. Pay your club subscription promptly. Every athletic club needs the financial backing which subscriptions from members provide. The club's honorary treasurer is a voluntary worker, carrying out his duties on your behalf. Do not add to his difficulties or labour by making it necessary for him to remind you of your obligations. Answer letters promptly, particularly if they are from your club captain or secretary. Reminders take time and cost money, and it is discourteous and unhelpful to those who are working in the best interests of yourself and your fellow club members, to be left in doubt of your intentions, or of your ability to turn out on a specific occasion. Above all be loyal. Be guided in every action by your sense of duty to your club. Only in exceptional circumstances should you consider transferring your membership.

THE DRESSING ROOM. Behaviour in the dressing room is a most important part of an athlete's conduct. Be early, do not take up more than your fair share of space, and do not leave your clothes spread all round. Do not leave valuables in your clothing. This constitutes a temptation to the weakminded, and provides opportunities for the deliberately dishonest; loss throws suspicion on many who are innocent (completely) and leads to strained relationships and general resentment.

Be careful that your athletic clothing is clean. Dirty attire can be an offense to others in the dressing room. Avoid evil smelling linements etc., which have no real medical value and offend the nostrils of other competitors. Do not clean your spikes in the dressing room leaving the mud or track dirt for others to walk on. Be clean in your personal habits and avoid dirty toenails and feet. They can give offense to others who have a high standard of personal cleanliness. Avoid bad language; athletics is a sport beloved by all, and there is a surprisingly large number of persons who, without necessarily being prudish, have a deep objection to swearing or vulgar talk.

ON THE TRACK. Do not complain or grumble, and do not make excuses for defeat. If there is justification for excusing yourself your fellow competitors will be quick to make it for you. A cheerful loser, who regards misfortune as all in the game is well on the way to becoming a good and deserving winner. Do not boast in the flush of victory. Modesty when one is feeling on "top of the world" is essential in a true sportsman. Be punctual at the start of a race it is discourteous to keep fellow competitors and officials waiting. DURING THE RACE. To try to beat the starter is cheating, a victory gained by this means can give no real satisfaction. In a race round the track remember that courtesy to your opponents is expected of you. Bumping and pushing may be "all in the game" but such a game is not athletics. Every competitor is entitled to a fair race and carelessness or deliberately unfair tactics may result in serious injury or at best prevent the best man securing the reward of his efforts, even though the culprit be disqualified. Some athletes enter for several events, and having qualified for the latter stages of two or more, decide to forego one to concentrate on another. This really is an unfair practice, for in qualifying for more finals than you intend to compete in, you have prevented another competitor from being in the final of the race you wish to forego. Be fair therefore, and avoid competing unless you intend to pursue the race to its final conclusion.