

**Ritheoirí Bhaile-Átha-Cliath**

# **DUBLIN CITY HARRIERS**

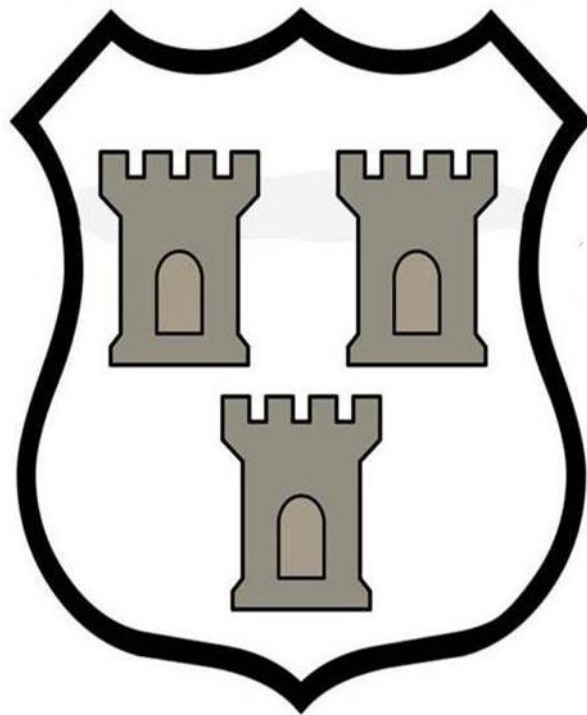


**2025**

# **Dublin City Harriers**

## **Yearbook**

### **2025**



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## **COMMITTEE**

The committee members elected at the AGM on May 14<sup>th</sup> 2025 were as follows:

President	Kevin Humphreys
Captain	Cliona Murphy
Hon Treasurer	Edel McNamara
Hon Registrar	Ellen Byrne
Hon Secretary	Pierre Murchan
IT Officer	Aislinn Moorhouse

### **Committee**

Aoife Ni Bhroin  
Lorna Walsh  
Edel Monaghan  
Aoife Corr  
Michael Treacy  
Dermot Nagle

### **Auditors**

Declan Curtin  
Liam Treacy  
(Both non committee):

## **OURSELVES AND OUR DOINGS**

### **JANUARY 2025**

A New Year dawned full of hope for our club. Definite targets were set to achieve both for individuals and teams. January fixtures contain opportunities for indoor, road and cross-country performances and our members took full advantage.

We had some brilliant indoor performances from Ronan, Niamh and Edel while our women's road team retained 1<sup>st</sup> prize in the classic Raheny Road Race over 5 miles.

<b>January 1<sup>st</sup></b>	Bonnie Mae, Christopher and Paul competed in the traditional year opener, the Tom Brennan, New Years Day 5k in Phoenix Park.
<b>January 5<sup>th</sup></b>	<p>The Dublin Intermediate Cross Country was held post-Christmas on an experimental basis. Additionally, the women's distance was reduced to 3000m. Excellent runs for Bonnie Mae, Katie and Lorna.</p> <p>Christopher had his best run to date finishing second in the men's race over 6000m against a strong field.</p>
<b>January 12<sup>th</sup></b>	Liam ran a superb 31.36 over 10k road in Valencia, Spain.
<b>January 15<sup>th</sup></b>	Edel won the mile race at the NIA Live meet in Abbotstown.

- January 18<sup>th</sup>** Ronan Ran a superb 3.51.85 for the mile in Washington. Our women's team finished 4<sup>th</sup> at the Leinster Intermediate championships in Kilcormac, Co Offaly. Chris had another fabulous run to finish 6<sup>th</sup>, thereby consolidating his recent good form.
- January 19<sup>th</sup>** Niamh Carr and Edel Monaghan recorded good runs over 1500m at the indoor league guest races in Abbotstown.
- January 26<sup>th</sup>** Ten athletes represented our club at the annual Raheny 5 mile classic Road Race. Our women's team retained their title, and the men finished an unexpected 3<sup>rd</sup> place.

## **FEBRUARY 2025**

Terry O'Connor, one of our finest ever athletes sadly passed away early in the month. Terry was a leading Irish middle distance runner in the 1950's and 1960's and set an Irish mile record (NACA) with a 4.07 run in Iveagh Grounds (grass track). Terry won the Oman Cup on five occasions along with numerous championships and contributed hugely to DCH cross-country and road teams.

Our aim of finishing in a high place at the European Club Cross Country Championships, mixed relay, was fulfilled with a 5<sup>th</sup> placing in Albufeira, brilliant running there by Pierre, Niamh, Philip and Edel.

Elsewhere several athletes performed superbly at various indoor track and field meetings. Jodie created club records over 1500m and 3000m.

- February 1<sup>st</sup>** Ailish Hawkins reduced her PB for 3000m by a chunk at the Washington Indoor Meeting.
- February 2<sup>nd</sup>** Superb individual performances yielded 5<sup>th</sup> place at the European clubs cross-country championships mixed relay held in Albufeira, Portugal. Working with coach Enda Fitzpatrick, Pierre Murchan, Niamh Carr, Philip Marron and Edel Monaghan finished four places higher than at the same championships last year.
- February 3<sup>rd</sup>** Sadly we learned of the death of one of our greatest athletes, Terry O'Connor. Terry was a superb athlete who had a domestic competitive record which few would equal. He specialised in the mile, for which he set an NACA record in 1957. He was equally adept at cross-country and contributed to the success of many DCH cross-country teams in the 1950s and 1960s. He won the Oman Cup on five occasions.
- February 4<sup>th</sup>** Jodie McCann opened her indoor campaign with an impressive 8.55.71 for 3000m in Ostrava which represents a club indoor record.

- February 8<sup>th</sup>** Another super run By Jodie, at the indoor meeting in Metz, France. She clocked 4.09.16 for 1500m creating another club record.  
Philip Marron recorded 4.00.32 winning the mile in Boston.
- February 9<sup>th</sup>** At the Irish Universities Indoor Championships Sorcha McAllister won the 3000m title while Faye Dervan finished third.  
In Westport, Co Mayo Chris McLoughlin finished 13<sup>th</sup> in the National Intermediate cross-country championships and was 3<sup>rd</sup> scoring member on the winning Dublin team.
- February 12<sup>th</sup>** Edel Monaghan ran a PB in the mile race at the NIA Live meeting in Abbotstown.
- February 13<sup>th</sup>** Fine runs by Aoife Carr and Oran O'Hare at the Newry International Road Race Festival.
- February 14<sup>th</sup>** Philip Marron and Sean Donohoe had fine run overs the mile in America while Ailish Hawkins produced a fine run over 3000m with a PB 9.37.0, while Fiona ran 9.45.30 also for 3000m. Orla Duffy produced a fine 16.48.00 for 5000m in Boston.
- February 15<sup>th</sup>** Nadia Power opened her season running 800m in Australia. Jodie McCann competed over 3000m indoors in Lyon. Ailish, raced again, this time over one mile.
- February 16<sup>th</sup>** Our women's team competed in Ras Na hEireann in Dunleer finishing second team, only beaten on countback
- February 22<sup>nd</sup>** Nadia Power continued her comeback running 800m in Australia. Aoife Carr finished an excellent 23<sup>rd</sup> in the Scottish Cross Country Championships. Edel Monaghan, Niamh Carr and Philip Marron successfully negotiated the 1500m heats at the national senior indoor championships in Abbotstown.
- February 23<sup>rd</sup>** Some excellent running and personal bests recorded by our small team on finals day at the national senior indoor championships at Abbotstown.
- February 27<sup>th</sup>** Sean Donohoe and Ronan Staggs competed over 800m and 1 mile at their respective conference heats.
- February 28<sup>th</sup>** Sean and Ronan competed again over 800m and 1 mile at their respective conference finals.  
Ailish Hawkins recorded yet another personal best, this time over 5000m while sister Fiona won her heat of the 3000m and finished 7<sup>th</sup> overall.

## **MARCH 2025**

The domestic indoor season came to an end in March and most club athletes focussed attention on the Road Race programme. As a club we targeted the national 10k championships on March 22<sup>nd</sup> where both our women's and men's teams were entered.

Jodie was selected to compete in the European Indoor track and field championships in the Netherlands.

In Australia Nadia continued her run of fine track races.

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|------------------------------|--|
| <b>March 2<sup>nd</sup></b>  | A small group of athletes participated in the Lusk 4 miles Road Race.  |
| <b>March 8<sup>th</sup></b>  | Jodie McCann represented our country in the 3000m at the European Indoor Championships in the Netherlands. In Australia Nadia Power continued her build up in the 1000m in Melbourne. Paolo Silva was 2 <sup>nd</sup> in both the over 35 60m and triple jump at the national masters' indoor championships. |
| <b>March 14<sup>th</sup></b> | Ronan Staggs qualified for the final, 4.01.76 heat, at the NCAA mile indoor championships in Virginia, USA.  |
| <b>March 15<sup>th</sup></b> | Ronan finished a fine 6 <sup>th</sup> at the NCAA mile indoor championships in Virginia, USA.<br>Oran O'Hare recorded a road pb at the Podium 5k series in UK.   |
| <b>March 17<sup>th</sup></b> | We were well represented at the Tallaght 5k Road Race which included the Dublin Novice Road Championship.<br>Some excellent performances but missed out on the awards.   |
| <b>March 23<sup>rd</sup></b> | Our women's and men's teams competed with distinction at the national 10k Road Race championships in Dunboyne.   |

## **APRIL 2025**

In the early part of April several members put down markers for the coming track season. Many recorded personal bests for various distances particularly Ronan who qualifies for the NCAA championships in addition to leading his collage team to victory in the prestigious Penn relays 4 x 1500m and 4 x 1 mile events. Great running by Ailish to obtain a European under 23 steeplechase qualifying mark.

- |                             |   |
|-----------------------------|---|
| <b>April 2<sup>nd</sup></b> | Personal bests for Niamh and Aoife Carr at the Queens 5k Road Race  |
| <b>April 5<sup>th</sup></b> | Excellent performance over 3000m S/C by Ailish Hawkins, achieving a European under 23 B standard. Nice opening outdoor run over 1500m for Ronan Staggs. |
| <b>April 6<sup>th</sup></b> | JP Williamson recorded an excellent 71.20 at the Berlin Half Marathon.  |

- April 11<sup>th</sup>** Nadia recorded a steady 2.06.74 at the Australian track and field championships in Australia.
- April 11<sup>th</sup>/12<sup>th</sup>** Faye, Juliet and Chris represented their colleges at the Irish Universities track and field championships.
- April 17<sup>th</sup>** High placings for Pierre and Orla at the Streets of Kilkenny Road Race.
- April 18<sup>th</sup>** Excellent running by Fiona and Ronan at the Bryan Clay Invitational in California
- April 25<sup>th</sup>** Ronan led out his Washington University to victory in the 4 x 1 Mile and 4 x 1500m American championships at the Penn relays, and Fiona had two solid runs over 1500m at altitude in Colorado.

## **MAY 2025**

Athletes took full advantage of their opportunities on both sides of the Atlantic. Ailish secured her second steeplechase B standard thereby automatically gaining selection for the European under 23 championships. Both Sean and Ronan had fine runs in USA, while Niamh and Faye delivered some fine performances domestically. Jodie continued to impress over 1500m with another 4.09 clocking. Numerous members had success on the road in various locations.

- May 3<sup>rd</sup>** We had a large number of athletes competing in Clonmel and Morton stadiums. Faye had an excellent run over 1500m in Clonmel following her recent fast 5000m track race. Superb run over 800m from Sean in USA.
- May 9<sup>th</sup>** Seven members competed in the Leixlip Road Race winning some prizes.
- May 10<sup>th</sup>** Niamh won her heat of the 1500m in 4.22.52 while there were excellent runs over 3000m by Orla and Faye in Belfast.
- May 11<sup>th</sup>** Pierre won the Terenure 5 mile classic in 24.11. There were fine runs in the Dublin graded league 2, picking up Dublin championship medals over 5000m.
- May 17<sup>th</sup>** We had seven members competing in the national 5k Road Race championships in Phoenix Park. At the big 10 meeting in Oregon Ronan just missed out qualifying for the 1500m final in a blanket finish while Ailish recorded her second under 23B standard for the European Championships.
- May 20<sup>th</sup>** Our women's team were first in the Bob Heffernan 5k in Enfield, led home with a superb run by Faye. Vlad finished in an excellent 8<sup>th</sup> place.
- May 21<sup>st</sup>** Michael Ryan competed in the Dublin 10k track championships in Tallaght.

- May 27<sup>th</sup>** Another fine road run by Faye clocking 17.11 over 5k in Meath.
- May 30<sup>th</sup>** Jodie opened her summer season with a superb 4.09.78 over 1500m in Poland.
- May 31<sup>st</sup>** Both Ailish and Ronan missed out narrowly on qualifying for the NCAAs at their regional meetings.

## **JUNE 2025**

With the track season underway our athletes took advantage of the early season track and field competitive opportunities available.

Jodie, Ronan, Sean, Philip and Niamh competed with distinction on the European circuit.

- June 1<sup>st</sup>** June bank holiday weekend saw four DCH athletes in the women's mini marathon in Dublin city centre.
- June 3<sup>rd</sup>** Jodie ran her first 5000m of the outdoor season in Bergen, Norway.
- June 4<sup>th</sup>** PB over 800m for Orla at Dublin graded meeting Morton Stadium.
- June 7<sup>th</sup>** Niamh Carr and Kieron Sexton competed over 800m at the BMC meeting in Manchester.
- June 8<sup>th</sup>** Rosant Kamgang competed in the LJ and 200 at the Leinster Masters Track and Field Championships.
- June 10<sup>th</sup>** Jodie and Sean were on international duty in France and Portugal respectively both running fine 1500m races.
- June 14<sup>th</sup>** Niamh ran an impressive 800m in Austria. Philip again narrowly missed breaking the four minute mile barrier. Clare and Edel competed over 800m at the Dublin Graded League. Jodie and Sean were again on international duty this time in Portugal running 1500m races.
- June 15<sup>th</sup>** Ronan Staggs competed well over 1500m at the Portland University Invitational.
- June 18<sup>th</sup>** Niamh Carr and Orla Duffy competed at 800m and 1500m respectively at the UCD invitational meeting in Belfield.
- June 21<sup>st</sup>** Sean completed his three race programme in Portugal with another fine run over 1500m. Tadgh had a good run over 5k on the roads in Sligo. Faye and Cliona competed well in the Dunshaughlin 10k both finishing in high positions.
- June 22<sup>nd</sup>** Jodie posted another fast time over 1500m in Poland.



- June 25<sup>th</sup>** Ailish, Clíodhna, Clare and Chris represented our club over 1500m at the 6<sup>th</sup> Dublin Graded League.
- June 27<sup>th</sup>** Our women's road racing team returned to winning ways at the St Coca's 5k race in Kilcock.
- June 28<sup>th</sup>** There were some superb performances at the Crusaders track and field meeting at Morton Stadium. Vlad had a run over 1500m at Loret del Mar in Barcelona.
- June 29<sup>th</sup>** Christopher finished 30<sup>th</sup> and Aoife Carr 7<sup>th</sup> at the National 5 mile road championships in Phoenix Park.

## **JULY 2025**

The club highlight was having three athletes striving to break the 4 minute barrier at the Cork City Sports. Philip and Ronan were successful with Sean narrowly missing out. Sean achieved this at the Morton Games two days later.

Jodie continued to blaze a trail with fine runs over 1500m and 5000m in Europe.

- July 5<sup>th</sup>** Edel Monaghan competed over 1500m and 3000m for Harrow AC in the UK. Ailish finished 2<sup>nd</sup> at the under 23 track and field championships.
- July 6<sup>th</sup>** Ailish is selected to represent Ireland at the European under 23 championships in Bergen Norway.
- July 9<sup>th</sup>** Sean, Ronan and Philip travelled to the Cork City Sports with a view to breaking the four minute barrier.
- July 10<sup>th</sup>** Our women's road team continued their winning ways at the Docklands 5k.
- July 11<sup>th</sup>** Sean was our sole representative at the Morton Games, running in the mile race, finishing in 10<sup>th</sup> place in 3.55.82, one of eight Irish to run sub 4 mins for the distance.  
Incredibly we now have had three club members run sub four within a forty eight hour period.
- July 12<sup>th</sup>** Niamh Carr won her race at the BMC Grand Prix in Watford.
- July 13<sup>th</sup>** Sean and Ronan travelled to Lignano in Northern Italy to participate in a 1500m invitation race.
- July 15<sup>th</sup>** Jodie had another fine run over 1500m at the Brescia Grand Prix in Italy.
- July 16<sup>th</sup>** We had a number of athletes competing in the 7<sup>th</sup> Dublin Graded League meeting in Lucan.

- July 19<sup>th</sup>** Jodie, Philip and Sean competed over 1500m at the night of athletics in Heusden, Belgium. Faye competed over 3000m at a meeting in Winchester, England.
- July 20<sup>th</sup>** Christopher competed in the Irish 10 mile road championships in Phoenix Park.
- July 26<sup>th</sup>** Jodie continued her summer campaign with another fine run over 1500m in Luxemburg.
- July 30<sup>th</sup>** Aoife D and Lorna completed their track seasons running 1500m at the final graded meeting at Morton Stadium. In the same meeting Paul restarted his track appearances after a two year absence with an excellent run in the metric mile race.

## **AUGUST 2025**

The national track and field championships were held later than usual because the world Championships were held in Tokyo in September.

Niamh won our only medal in the national championships when recording a huge personal best over 1500m. Faye delivered a number of impressive runs on the track as did Sean, Philip, Orla and Ronan. Excellent running by Pierre in the Dublin 10 miles road championships.

- August 2<sup>nd</sup>** Nine club athletes competed in the national track and field championships over the August bank holiday weekend. Niamh, Sean, Philip and Ronan progressed from the heats to the finals.
- August 3<sup>rd</sup>** Back at the national championships, day two, Orla, Faye and Chris competed in the 5000m. Niamh finished 3<sup>rd</sup> in the 1500m with a huge personal best. We had three men in the 1500m final for the first time ever which must be some sort of record. The race ran very slowly and tactical but our guys acquitted themselves well.
- August 9<sup>th</sup>** Faye had an excellent run over 5000m in Manchester. Sean, Philip and Paul performed well over 1500m at the IFAM meeting in Belgium.
- August 16<sup>th</sup>** We had three members running in the Frank Duffy 10 mile Road Race led by Pierre in first place with 49.02. Faye raced in Rathkenny, Co Meath recording 16.53 to win the race. Philip had a fine run over 1500m in Belgium while Orla had a solid run over 3000m at the same meeting. We held a celebration to recognise 50 years of women athletes in our club.
- August 17<sup>th</sup>** Faye was back winning on the roads today in the St Cocas 10 mile race in Kilcock, Co. Kildare.

**August 21<sup>st</sup>** Edel Finished third in the Celbridge 5k Road Race and Aine was 7th.

**August 24<sup>th</sup>** Cliona competed in the Antrim Coast Half Marathon.

**August 30<sup>th</sup>** Philip closed out his and the clubs track season with another sub four minute mile in Scotland.

## **SEPTEMBER 2025**

The domestic track and field season came to an end at the end of August and many athletes took advantage of this to take a short break. In advance of the cross-country season a number of attractive Road Races appear on the calendar which some athletes took advantage of. The club organised a very successful warm weather training camp in Portugal through Enda's kind offices.

**September 7<sup>th</sup>** Faye had another win on the roads this time in the Lucan 5 miles.

**September 13<sup>th</sup>** Sinead and Aislinn continued their preparation for the marathon with solid runs in the Ratoath Half Marathon.

**September 16<sup>th</sup>** Eoghan Beary, Aislinn Moorhouse and Laura Brennan competed in the A&L Goodbody corporate challenge.

**September 20<sup>th</sup>** In preparation for the forthcoming cross-country season a large group of our novice athletes participated in the Saturday Park Run at Abbotstown. Following a successful warm weather camp Orla participated in the Castlegar cross-country invitational in Galway.

**September 21<sup>st</sup>** Michael Ryan and Tadhg Foley travelled to Berlin to participate in the annual marathon there. Philip Marron finished second in the Griffith Avenue road mile in 3.59, same time as the winner.

**September 27<sup>th</sup>/28<sup>th</sup>**

A group of some 22 athletes participated in a bonding session in Waterford.

Ailish competed in the Gans Greek Cross Country in Columbus Missouri on Saturday 27<sup>th</sup>.

**September 28<sup>th</sup>** Edel Monaghan and Grace Culhane ran in Rathfarnham at their annual 5km Road Race.

## **OCTOBER 2026**

Cross country championships come thick and fast with novice, varsities and mixed relay titles up for grabs. Our first major aim for the season, the mixed relay was hotly contested, nonetheless we retained the title and qualified for the European Clubs championships in February of next year.

- October 4<sup>th</sup>** A large group of athletes participated in the Abbotstown park run followed by some hill work. This was specifically in preparation for imminent cross-country races.
- October 10<sup>th</sup>** Ailish had an excellent run in the Bill Dellinger Cross Country Invitation in Oregon.
- October 11<sup>th</sup>** Representing their colleges we had six athletes in action at the university championships where Lucy in her first race since joining annexed the women's universities championships while representing her college TUM. Aoife Ni made a return to competition following childbirth in the Home 5k in Phoenix Park.
- October 12<sup>th</sup>** We fielded a full women's team but only a partial men's team in the Dublin Novice.
- October 19<sup>th</sup>** Our mixed relay team went to Abbotstown to achieve our clubs first competitive aim of the season, the national championship and didn't disappoint. Fine runs by Orla and Vlad in the individual events.
- October 25<sup>th</sup>** A large number of athletes descended upon Gowran to compete in the Leinster Novice cross-country championships.
- October 26<sup>th</sup>** Cliona, Sinead, Aislinn, Lily and Conor competed in the Dublin City Marathon today

## **NOVEMBER 2025**

The principle domestic championships are usually scheduled for November which includes the national senior cross-country, our second major aim of the season. Additionally, the Dublin and Leinster championships are traditionally held this month therefore plenty of competition to look at. Due to circumstances the Dublin Senior championships were held in conjunction with the Leinsters but at Kilbeggan Racecourse.

Unfortunately, we were below par in the nationals, held on an extremely testing course.

- November 2<sup>nd</sup>** Incredibly the Dublin Championships, scheduled for Corkagh Park were postponed due to "a surface deemed un-runnable" by the local authority. It's the first time anyone can remember cross-country being called off due to wet conditions. Faye took the opportunity to take in a Road Race winning the Sallins 5k.
- November 8<sup>th</sup>** In order not to lose the Dublin Championships from the programme it was possible to amalgamate them with the Leinster Championships scheduled for Kilbeggan Racecourse. We had a large group of athletes there to mark the last element of our celebration of 50 years of women in the club.

- November 15<sup>th</sup>** Several members represented their colleges in the Irish Universities road relay championships in Maynooth.
- November 24<sup>th</sup>** Our second main team of the year, the national senior women's cross-country championships were held in Derry. Despite fielding a strong team of eight women, all of whom tried valiantly, victory was beyond today and we finished 4<sup>th</sup> in the team race.  
Philip and Pierre had very solid runs in the men's race.
- November 26<sup>th</sup>** Declan Curtin was presented with the trophy for Official of the Year at the prestigious Athletic Association of Ireland awards ceremony in Dublin
- November 29<sup>th</sup>** Eoghan Beary won the Clontarf half marathon in 72 mins 28 secs. Muireann also had an excellent run in Clontarf

## **DECEMBER 2025**

The cross-country season winds down in December with the last national championships, the Novice, being held. We entered both a women's and men's team in the National Novice cross-country championships with mixed results. The annual cake race had a huge success with over 70 athletes drawn from both the juvenile and senior sections participating.

Athletes prepare for the indoor season and a number of high profile Road Races are available.

- December 6<sup>th</sup>** We had a strong representation at the Jingles Bells Road Race in Phoenix Park with strong runs from Faye, Orla, Edel, Cliona and Philip. Our women's team returned to winning ways following the disappointing national cross-country result.  
In the USA Ailish opened her indoor season with a fine run over 5000m.
- December 7<sup>th</sup>** The National Novice championships were held in Abbotstown where we had both a women's and Men's teams competing. Our teams struggled in the very muddy conditions but all 16 starters finished their race. In Scotland Niamh finished an excellent run in the Districts championships finishing 4<sup>th</sup>.
- December 17<sup>th</sup>** Philip raced over 3000m indoor at the NIA live meeting recording an excellent 8.06 for the distance.
- December 20<sup>th</sup>** There was a fine turnout of members for the annual cake race held in Phoenix Park. Many of our younger athletes from the juvenile section participated.
- December 28<sup>th</sup>** Aoife Donaghy competed in the Suicide Awareness 5k charity race in Ballycoolfin finishing 3<sup>rd</sup>.

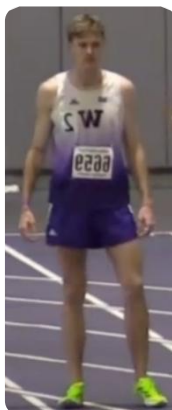
## INDOOR TRACK AND FIELD:

### NIA Live, Abbotstown. 15<sup>th</sup> January 2025

Edel Monaghan	mile	1 <sup>st</sup>	4.56.37
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### University of Washington Indoor Invitational. Seattle, USA 18<sup>th</sup> January 2025-Oversized Track

Ronan McMahon Staggs	mile	3 <sup>rd</sup>	3.51.85
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### National Indoor League Championships, guest race.

#### Abbotstown, 19<sup>th</sup> January 2025

Edel Monaghan	1500m	3 <sup>rd</sup>	4.31.63
Niamh Carr	1500m	4 <sup>th</sup>	4.32.32

### Pen 10 teams elite meeting

#### Philadelphia 25<sup>th</sup> January 2025

Sean Donohoe	1 mile	10 <sup>th</sup>	4.03.33
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### Emirates arena indoor miler meet.

#### Glasgow 26<sup>th</sup> January 2025

Aoife Carr	3000m	2 <sup>nd</sup>	9.49.04
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### Washington Indoor Meeting. 31<sup>st</sup> January 2025

Ailish Hawkins	3000m	8 <sup>th</sup>	9.37.00
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### Albuquerque, New Mexico. Indoor Meeting. 1<sup>st</sup> February 2025

Fiona Hawkins	1500m	6 <sup>th</sup>	4.56.47
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### Czech Republic, Indoor Gala, Ostrava. 4<sup>th</sup> February 2025

Jodie McCann	3000m	9 <sup>th</sup>	9.55.71
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### Metz, Indoor Gala, France. 8<sup>th</sup> February 2025

Jodie McCann	1500m	6 <sup>th</sup>	4.09.16
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**Boston Indoor Gate, USA. 8<sup>th</sup> February 2025**

Philip Marron	mile	1 <sup>st</sup>	4.00.32
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**Irish Universities Indoor Championships. Abbotstown 9<sup>th</sup> February 2025**

Sorcha McAllister-Representing UCD	3000m	1 <sup>st</sup>	9.53.92
Faye Dervan-Representing-DCU	3000m	3 <sup>rd</sup>	10.02.33



*Faye Dervan*

**NIA Live indoor meeting, Abbotstown. 12<sup>th</sup> February 2025**

Edel Monaghan	mile	6 <sup>th</sup>	4.54.31
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**University of Washington. 14<sup>th</sup> February 2025**

Ailish Hawkins	3000m		9.27.38
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**Valentine Indoor Invitational, Boston University. 14<sup>th</sup> February 2025**

Philip Marron	mile	2 <sup>nd</sup>	4.01.08
Sean Donohoe	mile		4.05.00
Fiona Hawkins	3000m		9.45.30
Orla Duffy	5000m		16.48.00



*Orla Duffy*

**Lyon indoor meeting. 15<sup>th</sup> February 2025**

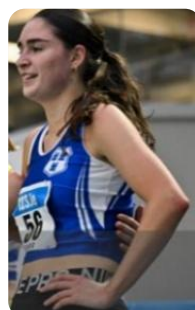
Jodie McCann	3000m	10 <sup>th</sup>	9.09.44
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**Irish senior indoor championships, day one Abbotstown. 22<sup>nd</sup> February 2025**

Edel Monaghan	1500m	5 <sup>th</sup> -heat	4.33.45
Niamh Carr	1500m	6 <sup>th</sup> -heat	4.36.15
Philip Marron	1500m	2 <sup>nd</sup> —heat	3.58.66

**Irish senior indoor championships, day two Abbotstown. 23<sup>rd</sup> February 2025**

Edel Monaghan	1500m	5 <sup>th</sup>	4.28.38-pb
Niamh Carr	1500m	11 <sup>th</sup>	4.35.81
Philip Marron	1500m	4 <sup>th</sup>	4.01.06
Orla Duffy	3000m	5 <sup>th</sup>	9.36.11-pb
Faye Dervan	3000m	8 <sup>th</sup>	10.02.89-pb

*Philip Marron**Niamh Carr***Big East Conference Indoor Championships. 28th February**

Sean Donohoe-representing Villanova	800m	3 <sup>rd</sup> -heat	1.50.96
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**Big 10 Conference Indoor Championships. 28th February**

Ronan Staggs-representing Washington State	1 mile	1st-heat	3.59.65
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**Big East Conference indoor championships. 29th February**

Sean Donohoe-representing Villanova	800m	8 <sup>th</sup> -final	1.52.47
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Sean also ran a relay leg

**Big 10 Conference indoor championships. 29th February**

Ronan Staggs-representing Washington State	1 mile	6 <sup>th</sup> -final	4.05.48
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**UCLA Conference Indoor Championships. 29th February**

Ailish Hawkins-representing UCLA	5000m		16.51.18
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**UCLA Conference Indoor Championships. 29th February**

Ailish Hawkins-representing UCLA	5000m		16.51.18
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**RMAC Conference Indoor Championships. Colorado Springs, 29th February**

Fiona Hawkins-representing Adams S	3000m	1 <sup>st</sup> heat/7 <sup>th</sup> overall	10.27.36
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**European Indoor Championships. Apeldoorn, Netherlands, 8<sup>th</sup> March 2025**

Jodie McCann-Virus	3000m	10 <sup>th</sup> - Heat	9.18.73
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**Irish Masters Indoor Championships. Athlone, 8<sup>th</sup> March 2025**

Paolo Silva	60m	2 <sup>nd</sup>	7.61-O/35
Paolo Silva	Triple Jump	2 <sup>nd</sup>	11.39-O/35

**NCAA Indoor Championships, Virginia, USA. 15<sup>th</sup>/16<sup>th</sup> March 2025**

Ronan Staggs-representing Washington State	1 mile	Heat	4.01.76
Ronan Staggs-representing Washington State	1 mile	6 <sup>th</sup> -final	3.55.52



**Sharon Colyear-Danville Indoor meet at Boston University 6<sup>th</sup> December 2025**

Ailish Hawkins-representing UCLA      5000m    16.45.40

**NIA Live Track and Field indoor Meeting. 17<sup>th</sup> December 2025. Abbotstown.**

3000m                      Philip Marron                      1<sup>st</sup>                      8.06.17

## OVER FIELD AND FALLOW:

### Women's Dublin Intermediate Cross Country Championships, 3000m.

Raheny. 5<sup>th</sup> January 2025

Bonnie McFeat	10 <sup>th</sup>	12.07
Katie Green	11 <sup>th</sup>	12.07
Lorna Walsh	36 <sup>th</sup>	13.53

### Men's Dublin Intermediate Cross Country Championships, 6000m.

Raheny. 5<sup>th</sup> January 2025

Chris McLoughlin	2 <sup>nd</sup>	20.43
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### Women's Dublin Masters Cross Country Championships.

Raheny. 7<sup>th</sup> January 2025

Edel McNamara	3 <sup>rd</sup> - w50
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### Men's Dublin Masters Cross Country Championships.

Raheny. 7<sup>th</sup> January 2025

Paul McLoughlin	126 <sup>th</sup> -42 <sup>nd</sup> M45	31.16	126 <sup>th</sup> -42 <sup>nd</sup> M45
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### Women's Leinster Intermediate Cross Country Championships.

Kilcormac Co Offaly. 18<sup>th</sup> January 2025

DCH 4<sup>th</sup> Team; 69 Points

Bonnie Mae McFeat	7 <sup>th</sup>	19.14	Also on winning Dublin team.
Grace Ann Culhane	16 <sup>th</sup>	19.39	
Katie Green	21 <sup>st</sup>	20.09	
Aoife Corr	25 <sup>th</sup>	20.56	
Ellen Byrne	26 <sup>th</sup>	21.09	
Clare O'Connor	27 <sup>th</sup>	21.11	
Clíodhna Ryan	30 <sup>th</sup>	21.38	



*Ellen, Grace, Bonnie, Katie, Clare, Clíodhna, Aoife*

**Men's Leinster Intermediate Cross Country Championships.  
Kilcormac, Co Offaly. 18<sup>th</sup> January 2025**

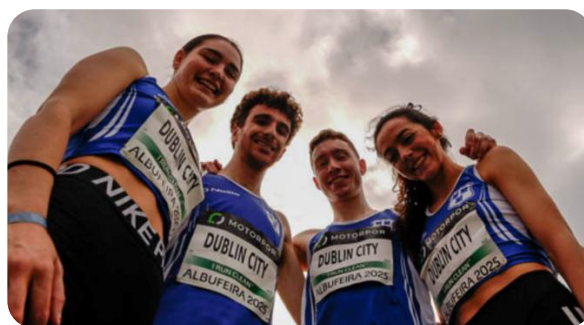
Christopher McLoughlin      6<sup>th</sup>    27.40      Also on winning Dublin team

**Men's Leinster Masters Cross Country Championships.  
Kilcormac, Co Offaly. 18<sup>th</sup> January 2025**

Paul McLoughlin              86<sup>th</sup>-27<sup>th</sup> M45              28.54

**European Clubs Cross Country Championships, Albufeira, Portugal.  
Mixed Relay, Unequal Legs, 2<sup>nd</sup> February 2025 DCH 5<sup>th</sup> 18.47.**

Pierre Murchan	4.17
Niamh Carr	5.03
Philip Marron	4.10
Edel Monaghan	5.17



*Niamh, Pierre, Philip, Edel*

**Men's National Intermediate Cross Country Championships,  
Westport, Co Mayo. 8000m 9<sup>th</sup> February.**

Christopher McLoughlin    13<sup>th</sup>    28.55    3<sup>rd</sup> scorer on winning Dublin team



**Ras na hEireann, Dunleer**

**4000m 16<sup>th</sup> February 2025 DCH Women's 2<sup>nd</sup> Team 31 points.**

Sorcha McAllister	1 <sup>st</sup>	14.46
Cliona Murphy	5 <sup>th</sup>	15.20
Grace Culhane	12 <sup>th</sup>	16.59
Katie Green	15 <sup>th</sup>	17.1

***Katie, Cliona, Sorcha, Grace***



***Sorcha***



**Scottish Cross-Country Championships, Falkirk.**

**10k 22nd February 2025.**

Aoife Carr	23 <sup>rd</sup>	39.53
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**Saturday Park Run. Abbotstown, Dublin**

**5000m 20<sup>th</sup> September 2025.**

Aine O'Connor	1 <sup>st</sup>	19.58
Karen Hughes	2 <sup>nd</sup>	20.42
Katie Green	3 <sup>rd</sup>	21.48
Ellen Byrne	4 <sup>th</sup>	21.53
Clíodhna Ryan	5 <sup>th</sup>	22.05
Edel McNamara	6 <sup>th</sup>	22.41
Claire Murphy	8 <sup>th</sup>	23.13
Lama Elghobashy	9 <sup>th</sup>	23.27
Clare O'Connor	10 <sup>th</sup>	23.31
Aoife Donaghy	11 <sup>th</sup>	23.52
Abigail Delaney	12 <sup>th</sup>	24.28
Aisling Purdy	13 <sup>th</sup>	25.55

**Castlegar Invitational. Ballybrit Racecourse, Galway.**

**6200m 20<sup>th</sup> September 2025.**

Orla Duffy	1 <sup>st</sup> -Senior Woman
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**Gans Greek Cross Country. Columbia, Missouri, USA.  
6000m 27<sup>th</sup> September 2025.**

Ailish Hawkins	2 <sup>nd</sup> UCLA Woman	20.59
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**Saturday Park Run. Abbotstown, Dublin  
5000m 4<sup>th</sup> October 2025.**

Orla Duffy	1 <sup>st</sup>	19.53
Lucy Holmes	2 <sup>nd</sup>	20.00
Edel Monaghan	3 <sup>rd</sup>	20.04
Chris McLoughlin	4 <sup>th</sup>	20.10
Fiona Hawkins	6 <sup>th</sup>	20.40
Aine O'Connor	7 <sup>th</sup>	21.09
Karen Hughes	8 <sup>th</sup>	21.21
Clíodhna Ryan	10 <sup>th</sup>	21.38
Katie Green	11 <sup>th</sup>	21.57
Paul McLoughlin	13 <sup>th</sup>	22.23
Ronan O'Bhroin	14 <sup>th</sup>	24.28
Ellen Byrne	16 <sup>th</sup>	22.45
Claire Murphy	18 <sup>th</sup>	23.08
Clare O'Connor	19 <sup>th</sup>	23.12
Edel McNamara	20 <sup>th</sup>	23.22
Laura Brennan	21 <sup>st</sup>	23.34
Lorna Walsh	22 <sup>nd</sup>	23.46
Aoife Corr	25 <sup>th</sup>	24.27
Aoife Donaghy	29 <sup>th</sup>	25.36

**Bill Dellinger Cross Country Invitational. Springfield, Oregon.  
Women's 6000m 10<sup>th</sup> October 2025.**

Ailish Hawkins-representing UCLA	16 <sup>th</sup>	20.52
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**Irish Universities Cross Country Championships. Tymon Park, Dublin.  
Women's 5000m 11<sup>th</sup> October 2025.**

Lucy Holmes-representing Technical University Munster	1 <sup>st</sup>	17.01
Fiona Hawkins-representing University College Dublin	15 <sup>th</sup>	18.16
Karen Woods-representing Trinity College Dublin	34 <sup>th</sup>	19.10
Juliet Kose-representing University College Dublin	58 <sup>th</sup>	20.31
Clare O'Connor-representing Technical University Dublin	67 <sup>th</sup>	20.68



*Lucy*



*Lucy (left) and Fiona (right)*

**Irish Universities Cross Country Championships. Tymon Park, Dublin.  
Men's 7500m 11<sup>th</sup> October 2025.**

Michael Ryan-representing Trinity College Dublin 73<sup>rd</sup> 28.05

**Dublin Women's Novice Cross Country Championships. Phoenix Park, Dublin  
4000m 12<sup>th</sup> October 2025 DCH 6th Team 130 points.**

Clíodhna Ryan	20 <sup>th</sup>	15.49
Claire Murphy	28 <sup>th</sup>	16.17
Muireann Harraghy	40 <sup>th</sup>	16.46
Lorna Walsh	42 <sup>nd</sup>	16.50
Laura Brennan	43 <sup>rd</sup>	16.55
Rachel Glennon	50 <sup>th</sup>	17.37



*Lorna, Rachel, Laura, Clíodhna, Clare, Muireann*

**Dublin Men's Novice Cross Country Championships. Phoenix Park, Dublin  
6000m October 2025**

Michael Ryan	25 <sup>th</sup>	20.35
Ronan O'Bhroin	112 <sup>nd</sup>	24.33





*Ronan, Michael*

**National Cross Country 4 X 1500m Mixed Relay Championships.  
Abbotstown, 19<sup>th</sup> October 2025 DCH 1st Team 18.23**

Niamh Carr	4.53
Pierre Murchan	4.17
Lucy Holmes	4.57
Philip Marron	4.16



*Philip, Lucy, Niamh, Pierre*

**Autumn International Cross Country. Abbotstown, Dublin.  
6000m 19<sup>th</sup> October 2025**

Orla Duffy	13 <sup>th</sup>	22.18
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**Autumn International Cross Country. Abbotstown, Dublin.  
8000m 19<sup>th</sup> October 2025**

Vlad Evseev	22 <sup>nd</sup>	26.31
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**Leinster Women's Novice Cross Country Championships.**

**Gowran, Co Kilkenny, 4000m 25<sup>th</sup> October 2025 DCH 1st Team 38 points.**

Fiona Hawkins	1 <sup>st</sup>	14.48	Also scored on winning Dublin team
Aine O'Connor	5 <sup>th</sup>	15.42	Also scored on winning Dublin team
Grace Culhane	13 <sup>th</sup>	16.14	
Katie Green	19 <sup>th</sup>	16.27	
Clíodhna Ryan	24 <sup>th</sup>	16.43	
Ellen Byrne	26 <sup>th</sup>	16.55	
Clare O'Connor	33 <sup>rd</sup>	17.10	
Aoife Corr	40 <sup>th</sup>	17.25	
Edel McNamara	41 <sup>st</sup>	17.31	
Laura Brennan	43 <sup>rd</sup>	17.38	
Lorna Walsh	45 <sup>th</sup>	17.40	
Aoife Donaghy	48 <sup>th</sup>	17.49	
Aisling Purdy	71 <sup>st</sup>	20.01	



*Fiona, Edel, Clare, Grace, Aoife C, Lorna, Aoife D, Laura  
Clíodhna, Aine, Aisling, Ellen, Katie*

**Big 10, Cross Country Championships, East Lansing, Michigan, USA.**

**Women's 6000m 1<sup>st</sup> November 2025.**

Ailish Hawkins-representing UCLA 21.40

**Scottish Short Course Cross Country Championships, Lanarkshire.**

**Women's 4000m 8th November 2025.**

Niamh Carr 2<sup>nd</sup> 13.23



**Leinster Women's Senior Cross Country Championships  
(Combined Leinster and Dublin Championships).**

**Kilbeggan Racecourse, Kilbeggan, Co. Westmeath, 6000m 8<sup>th</sup> November 2025.**

**DCH 1<sup>st</sup> Team 22 points**

Orla Duffy	1 <sup>st</sup> .....1 <sup>st</sup> Leinster	22.01	Also on winning Dublin team
Edel Monaghan	2 <sup>nd</sup> .....1 <sup>st</sup> Leinster	22.07	Also on winning Dublin team
Lucy Holmes	3 <sup>rd</sup> .....3 <sup>rd</sup> Leinster	22.22	Also on winning Dunlin team
Cliona Murphy	18 <sup>th</sup> ..16 <sup>th</sup> Leinster	23.35	
Karen Hughes	26 <sup>th</sup> ...21 <sup>st</sup> Leinster	24.17	
Grace Culhane	32 <sup>nd</sup>	25.00	
Clíodhna Ryan	37 <sup>th</sup>	25.39	
Ellen Byrne	42 <sup>nd</sup> ...35 <sup>th</sup> Leinster	26.37	
Edel McNamara	43 <sup>rd</sup>	26.45	
Clare O'Connor	44 <sup>th</sup>	26.48	
Aoife Corr	45 <sup>th</sup>	26.52	
Lorna Walsh	49 <sup>th</sup>	26.58	
Aoife Donaghy	51 <sup>st</sup>	27.07	
Laura Brennan	52 <sup>nd</sup> 40 <sup>th</sup> Leinster	27.20	

**Dublin Women's Senior Cross Country Championships**

**Kilbeggan Racecourse, Kilbeggan, Co. Westmeath**

**6000m 8<sup>th</sup> November 2025. DCH 1<sup>st</sup> Team 14 points**

Orla Duffy	1 <sup>st</sup>	22.01
Edel Monaghan	2 <sup>nd</sup>	22.07
Lucy Holmes	3 <sup>rd</sup>	22.22
Cliona Murphy	8 <sup>th</sup>	23.35
Karen Hughes	13 <sup>th</sup>	24.17
Grace Culhane	16 <sup>th</sup>	25.00
Clíodhna Ryan	18 <sup>th</sup>	25.39
Ellen Byrne	20 <sup>th</sup>	26.37
Edel McNamara	21 <sup>st</sup>	26.45
Clare O'Connor	22 <sup>nd</sup>	26.48
Aoife Corr	23 <sup>rd</sup>	26.52
Lorna Walsh	25 <sup>th</sup>	26.58
Aoife Donaghy	27 <sup>th</sup>	27.07
Laura Brennan	28 <sup>th</sup>	27.20



***Enda, J McNamara, Grace, Karen, Ellen, Clíodhna, Clare, Edel, Aoife D, Noel  
Lucy, Cliona, Orla, Edel, Aoife C, Laura, Lorna***



**Leinster Men's Senior Cross Country Championships**  
**Kilbeggan Racecourse, Kilbeggan, Co. Westmeath, 9000m 8<sup>th</sup> November 2025.**  
 Pierre Murchan 1<sup>st</sup> Leinster 28.43 Also on winning Dublin team



**National Women's Senior Cross Country Championships, Derry, Co. Derry.**  
**7500m. 23<sup>rd</sup> November 2025, DCH 4<sup>th</sup> Team. 111 points.**

Jodie McCann	15 <sup>th</sup>	28.38
Niamh Carr	29 <sup>th</sup>	29.10
Lucy Holmes	31 <sup>st</sup>	29.18
Orla Duffy	36 <sup>th</sup>	29.33
Edel Monaghan	43 <sup>rd</sup>	29.52
Cliona Murphy	56 <sup>th</sup>	30.41
Aoife Carr	57 <sup>th</sup>	30.45
Fiona Hawkins	62 <sup>th</sup>	30.59



*Niamh, Aoife, Fiona, Lucy, Orla  
Cliona, Edel, Jodi*

**National Men's Senior Cross Country Championships. Derry, Co. Derry.  
7500m. 23<sup>rd</sup> November 2025**

Philip Marron	21 <sup>st</sup>	26.34
Pierre Murchan	38 <sup>th</sup>	27.15

**National Women's Novice Cross Country Championships.**

**Abbotstown, Co. Dublin. 4000m. 7<sup>th</sup> December 2025. DCH 5<sup>th</sup> Team 174 points.**

Fiona Hawkins	15 <sup>th</sup>	16.49	Also scoring on Dublin winning team.
Karen Hughes	39 <sup>th</sup>	17.50	
Grace Culhane	51 <sup>st</sup>	18.05	
Aine O'Connor	58 <sup>th</sup>	18.18	
Katie Green	69 <sup>th</sup>	18.31	
Clíodhna Ryan	78 <sup>th</sup>	18.44	
Aoife Corr	83 <sup>rd</sup>	18.59	
Lorna Walsh	99 <sup>th</sup>	19.29	
Edel McNamara	107 <sup>th</sup>	19.41	
Laura Brennan	111 <sup>th</sup>	19.50	
Aoife Donaghy	124 <sup>th</sup>	20.37	

**National Men's Novice Cross Country Championships. Abbotstown.  
6000m 7<sup>th</sup> December 2025. DCH 20<sup>th</sup> Team 481points.**

Michael Ryan	108 <sup>th</sup>	24.52
Tadgh Foley	117 <sup>th</sup>	25.11
Conor Murphy	126 <sup>th</sup>	25.24
Alex Crowley	130 <sup>th</sup>	25.34
Ronan O'Bhroin	201 <sup>st</sup>	29.35

**Scottish Districts Cross Country Championships.  
7<sup>th</sup> December 2025.**

Niamh Carr                      4<sup>th</sup>              33.40

**Annual Cake Run. 20<sup>th</sup> December 2025. Phoenix Park.**

	Predicted Time	Actual Time	Difference
Aisling Purdy	27.00	26.58	00.02
Brianna McGhee	21.45	21.40	00.05
Cliona Murphy	19.30	19.44	00.14
Sinead Cronin	21.45	21.28	00.17
Clare O'Connor	23.10	22.50.	00.20
Michael Ryan	18.00	18.20	00.20
Clíodhna Ryan	21.20	21.42	00.22
Edel McNamara	23.00	22.35	00.25
Aoife Donaghy	22.50	23.34	00.45
Karen Hayes	24.50	24.03	00.47
Ailish Hawkins	26.00	26.47	00.47
Ellen Byrne	24.48	24.00	00.48
Lucy Holmes	25.20	24.30	00.50
Fiona Hawkins	25.45	24.40	01.05
Dermot O'Kane	20.50	19.43	01.07
Edel Monaghan	23.23	22.16	01.07
Eimear Fitzpatrick	23.20	22.16	01.14
Orla Duffy	24.14	22.10	02.04
Philip Marron	23.40	21.30	02.10
Ronan O'Bhroin	24.00	21.10	02.50
Aine O'Connor	25.00	22.08	02.52
Aoife Corr	23.30	26.47	03.17



***Cake race competitors***

## TRACK AND FIELD OUTDOOR:

### Adelaide Invitational Meeting, 15<sup>th</sup> February 2025

Nadia Power	800m	7 <sup>th</sup>	2.07.15
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### Albie Thomas Mile Meeting, Sydney, 22<sup>nd</sup> February 2025

Nadia Power	800m		2.07.02
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### Box Hill Burn Meeting, Melbourne, 8<sup>th</sup> March 2025

Nadia Power	1000m	3 <sup>rd</sup>	
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### Stanford International Track And Field

Ailish Hawkins	3000m Steeplechase	4 <sup>th</sup>	10.12.37
Ronan Staggs	1500m	4 <sup>th</sup>	3.41.13



*Ailish Hawkins*



*Fiona Hawkins*

### Australian track and field Championships. Perth, 11<sup>th</sup> April 2025

Nadia Power	800m	4 <sup>th</sup> -heat	2.06.74
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### Irish Universities Championships. Morton Stadium, 11<sup>th</sup>/12<sup>th</sup> April 2025

Faye Dervan	5000m-Representing DCU	2 <sup>nd</sup>	16.57.09
Juliet Kose	5000m-Representing UCD	14 <sup>th</sup>	20.08.31
Christopher McLoughlin	5000m-Representing TUD	22 <sup>nd</sup>	16.21.72
Christopher McLoughlin	10000m-Representing TUD	9 <sup>th</sup>	33.17.10

### Byran Clay Invitational Track and Field. Azusa, Sth California, 18<sup>th</sup> April 2025

Fiona Hawkins	1500m	3 <sup>rd</sup>	4.25.40
Fiona Hawkins	5000m		16.55.60
Ronan Staggs	1500m	8 <sup>th</sup>	3.38.23-Club Record

### Wake Forest Invitational, Winston Salem, North Carolina. 18<sup>th</sup> April 2025

Sean Donohoe	1500m		3.41.88
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**Penn Relays. University of Philadelphia. 23<sup>rd</sup>/25<sup>th</sup> April 2025**

Ronan Staggs	4 x 1 mile	Winning Team
Ronan Staggs	4 x 1500m	Winning Team

**UCLAU v USD Duel meeting at Drake Stadium. 2<sup>nd</sup> May 2025**

Fiona Hawkins	1500m-Heat	4.42.09
Fiona Hawkins	1500m-Final	4.41.23

**UCLAU v USD Duel meeting at Drake Stadium. 2<sup>nd</sup> May 2025**

Ailish Hawkins	1500m	4.29.66
Ailish Hawkins	3000m S/Chase	10.31.53



**Irish Milers. Clonmel Stadium. 3<sup>rd</sup> May 2025**

Faye Dervan	1500m	4.34.40
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**Widner Field Qualifier, USA 3<sup>rd</sup> May 2025**

Sean Donohoe	800m	1.48.88
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*Clíodhna, Aoife D, Brianna, Aislinn, Sinead*

**Dublin Graded meeting 1. Morton Stadium. 3<sup>rd</sup> May 2025**

Sinead Cronin	3000m	10.55.19
Aislinn Moorhouse	3000m	10.59.67
Clíodhna Ryan	3000m	11.24.58
Brianna McGhee	3000m	11.33.35
Aoife Donaghy	3000m	12.15.16

**Dublin Graded meeting 1. Morton Stadium. 3<sup>rd</sup> May 2025**

Paolo Silva	100m-1 <sup>st</sup> Race	12.01
Paolo Silva	100m-2 <sup>nd</sup> Race	12.18
Paolo Silva	Long Jump	5.35
JP Williamson	3000m	9.04.38
Michael Ryan	3000m	9.28.41
Chris McLoughlin	3000m	9.32.24
Isaiah Kerins Hussey	3000m	10.03.23



*Isaiah, Michael, Chris*

**Belfast milers meeting, Mary Peter's track. 10<sup>th</sup> May 2025**

Niamh Carr	1 <sup>st</sup> -heat	1500m	4.22.52
Orla Duffy	11 <sup>th</sup>	3000m	9.34.84
Faye Dervan	16 <sup>th</sup>	3000m	9.53.07

**Dublin Graded League 2. Morton Stadium. 11<sup>th</sup> May 2025**

Chris McLoughlin	5000m	2 <sup>nd</sup>	16.27.03
Michael Ryan	5000m	3 <sup>rd</sup>	16.33.86



*Chris (left) and Michael (right)*

**Big 10 Track Meeting, Hayward Field Oregon, USA 17<sup>th</sup> May 2025**

Ailish Hawkins	3000S/C	10.10.63	2 <sup>nd</sup> Under 23 B Standard
Ronan Staggs	1500M	3.48.64-heat	Just missed qualifying for final

**Dublin Graded League 3. Tallaght Athletics Stadium. 21<sup>st</sup> May 2025**

Michael Ryan	10000m	6 <sup>th</sup>	35.27.00
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**British Milers Club, Bury, England. 24<sup>th</sup> May 2025**

Kieron Sexton	1500m	4.06.82
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**NCAA Division 2. Pueblo, Colorado. 24<sup>th</sup> May 2025**

Fiona Hawkins	1500m	4.40.44
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**IFAM athletic meeting. Brussels, Belgium. 25<sup>th</sup> May 2025**

Niamh Carr	1500nm	4.26.19
Aoife Carr	1500m	4.28.72
Orla Duffy	1500m	4.29.22
Sean Donohoe	1500m	3.40.89



*Aoife and Orla*

**Irene Szewinska memorial meeting. Bydgoszcz, Poland. 30<sup>th</sup> May 2025**

Jodie McCann	1500m	8 <sup>th</sup>	4.09.78
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**Western Regional NCAAs qualification meeting. Texas, 31<sup>st</sup> May 2025**

Ailish Hawkins	3000m s/chase	8 <sup>th</sup>	10.21.08
Ronan McMahon Staggs	1500m		3.56.13

**Trond Mohn Games, Bergen, Norway. 3<sup>rd</sup> June 2025**

Jodie McCann	5000m	10 <sup>th</sup>	15.43.42
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**GAA Miler meeting, Crownpoint, Scotland 3<sup>rd</sup> June 2025**

Aoife Carr	3000m	9.40.69
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**Dublin Graded Series 4. Morton Stadium, Santry. 4<sup>th</sup> June 2025**

Orla Duffy	800m A	5 <sup>th</sup>	2.14.19
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**British Milers Club, Birmingham, England. 7<sup>th</sup> June 2025**

Niamh Carr	800m-heat	2.10.62
Kieron Sexton	800m-heat	2.00.26

**Leinster Track and Field championships, Tullamore. 8<sup>th</sup> June 2025**

Rosant Kamgang	200m-o/55	29.14
Rosant Kamgang	800m-o/55	2.29.85

**International Track and Field meeting, Montreuil, France. 10<sup>th</sup> June 2025**

Jodie McCann	1500m	6 <sup>th</sup>	4.09.95
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**Lisbon Track and Field meeting, Lisbon, Portugal. 10<sup>th</sup> June 2025**

Sean Donohoe	1500m	1 <sup>st</sup>	3.43.34
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**BMC Track and Field meeting, Mary Peters Track, Belfast. 14<sup>th</sup> June 2025**

Philip Marron	1 mile	3 <sup>rd</sup>	4.00.44
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**Austria 14<sup>th</sup> June 2025**

Niamh Carr	800m	2.07.00-adjusted
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**Dublin Graded League 5. DSD Campus, 14<sup>th</sup> June 2025**

Clare O'Connor	800m	2 <sup>nd</sup> -Grade C	2.32.01
Edel McNamara	800m	6 <sup>th</sup> -Grade D	2.47.17

**International meeting of Braga, Portugal. 14<sup>th</sup> June 2025**

Jodie McCann	1500m	2 <sup>nd</sup>	4.12.61
Sean Donohoe	1500m	4 <sup>th</sup>	3.42.09

**Portland University Invitational. 15<sup>th</sup> June 2025**

Ronan Staggs	1500m	3.41.00?
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**UCD Invitational Meeting. Belfield, June 18<sup>th</sup> 2025**

Niamh Carr	800m	3 <sup>rd</sup>	2.09.87
Orla Duffy	1500m	7 <sup>th</sup>	4.27.98

**Golden Gala Fernanda Riberio. Maia, Portugal. 21<sup>st</sup> June 2025**

Sean Donohoe	1500m	4 <sup>th</sup>	3.43.05
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**Konopacka Warsaw Classic, Warsaw, Poland. 22<sup>nd</sup> June 2025**

Jodie McCann	1500m	4 <sup>th</sup>	4.13.26
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**Dublin Graded meeting 6. Morton Stadium. 25<sup>th</sup> June 2025**

Ailish Hawkins	1500M-A	1 <sup>st</sup>	4.35.01
Clíodhna Ryan	1500m-C	3 <sup>rd</sup>	5.05.17
Clare O'Connor	1500m-D	1 <sup>st</sup>	5.20.36
Christopher McLoughlin	1500m-C	9 <sup>th</sup>	4.38.95

**Crusaders Track and Field Meeting. Morton Stadium. 28<sup>th</sup> June 2025**

Niamh Carr	1500m	4 <sup>th</sup>	4.20.89
Aoife Carr	1500m	9 <sup>th</sup>	4.23.81
Philip Marron	1500m	=2 <sup>nd</sup>	3.44.65
Orla Duffy	3000m	1 <sup>st</sup>	9.26.51

**Loret del Mar. Barcelona. 28<sup>th</sup> June 2025**

Vlad Evseev	1500m	1 <sup>st</sup>	3.59.00???
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**Irish under 23 track and field championships. Tullamore, 4<sup>th</sup> July 2025**

Ailish Hawkins	3000m S/C	2 <sup>nd</sup>	10.25.26
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**Harrow, England. 4<sup>th</sup> July 2025.**

Edel Monaghan	1500m	5 <sup>th</sup>	
Edel Monaghan	3000m	4 <sup>th</sup>	

**Cork City Sports. CIT Cork, 9<sup>th</sup> July 2025**

Philip Marron	1 mile	9 <sup>th</sup>	3.57.88
Ronan Staggs	1 mile	11 <sup>th</sup>	3.58.64
Sean Donohoe	1 mile	12 <sup>th</sup>	4.01.61

*Ronan, Sean, Philip***Morton Games, Morton Stadium, Dublin. 11<sup>th</sup> July 2025**

Sean Donohoe	1 mile	10 <sup>th</sup>	3.55.82
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**BMC Grand Prix, Watford, England. 12<sup>th</sup> July 2025**

Niamh Carr	1500m-B	1 <sup>st</sup>	4.19.10
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**Lignano Games, Italy. 13<sup>th</sup> July 2025**

Sean Donohoe	1500m	8 <sup>th</sup>	3.38.75
Ronan Staggs	1500m	9 <sup>th</sup>	3.38.92

**Grand Prix, Brescia, Italy. 15<sup>th</sup> July 2025**

Jodie McCann	1500m	8 <sup>th</sup>	4.13.27
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**Dublin Graded meeting 7. Lucan Athletics Stadium. 16<sup>th</sup> July 2025**

Orla Duffy	800m-A	8 <sup>th</sup>	2.14.38
Edel Monaghan	800m-A	9 <sup>th</sup>	2.19.34
Clíodhna Ryan	800m-C	4 <sup>TH</sup>	2.26.94
Clare O'Connor	800m-C	7 <sup>TH</sup>	2.30.28
Aoife Corr	3000m-D	1 <sup>st</sup>	11.45.41
Aoife Donaghy	3000m-D	3 <sup>rd</sup>	12.07.62
Lorna Walsh	3000m-D	5 <sup>th</sup>	12.22.58
Christopher McLoughlin	3000m-A	9 <sup>th</sup>	9.33.62

**BMC Meeting, Winchester, UK. 16<sup>th</sup> July 2025**

Faye Dervan	3000m-mixed		9.19.34
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**Night of Athletics. Heusden Stadium, Belgium. 19<sup>th</sup> July 2025**

Jodie McCann	1500m	6 <sup>th</sup>	4.12.98
Philip Marron	1500m-Heat	8 <sup>th</sup>	3.47.53
Sean Donohoe	1500m-Heat	10 <sup>th</sup>	3.50.10

**CAS Athletics Meeting, Luxemburg. 16<sup>th</sup> July 2025**

Jodie McCann	1500m	5 <sup>th</sup>	4.13.51
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**Dublin Graded meeting 8. Morton Stadium. 30<sup>th</sup> July 2025**

Aoife Donaghy	1500m-D	4 <sup>th</sup>	5.34.69
Lorna Walsh	1500m-D	5 <sup>th</sup>	5.41.47
Paul Delahunty	1500m-A	6 <sup>th</sup>	3.57.43

**National Track and Field Championships, day 1.****Morton Stadium. August 2<sup>nd</sup> 2025**

Niamh Carr	1500m-heat	1 <sup>st</sup>	4.29.13
Aoife Carr	1500m-heat	10 <sup>th</sup>	4.35.60
Sean Donohoe	1500m-heat	2 <sup>nd</sup>	3.47.78
Philip Marron	1500m-heat	2 <sup>nd</sup>	3.48.60
Ronan McMahon Staggs	1500m-heat	3 <sup>rd</sup>	3.48.78
Vlad Evseev	1500m-heat	11 <sup>th</sup>	4.03.36

**National Track and Field Championships, Day 2.****Morton Stadium. August 3rd 2025**

Orla Duffy	5000m	6 <sup>th</sup>	16.40.87
Faye Dervan	5000m	8 <sup>th</sup>	16.47.27
Christopher McLoughlin	5000m-B	22 <sup>nd</sup>	16.40.87
Niamh Carr	1500m	3 <sup>rd</sup>	4.16.08
Sean Donohoe	1500m	7 <sup>th</sup>	3.54.89
Philip Marron	1500m	8 <sup>th</sup>	3.55.45
Ronan McMahon Staggs	1500m	12 <sup>th</sup>	3.57.56

*Faye, Orla**Niamh**Ronan, Sean, Philip***Trafford Athletics Meeting, Manchester. 9<sup>th</sup> August 2025**

Faye Dervan	5000m	3 <sup>rd</sup>	16.07.72
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**IFAM Athletics Meeting, Oordegem, Belgium. 9<sup>th</sup> August 2025**

Sean Donohoe	1500m-heat 3	3 <sup>rd</sup>	3.39.88
Philip Marron	1500m-heat 5	6 <sup>th</sup>	3.44.06
Paul Delahunty	1500m-heat 4	1 <sup>st</sup>	3.55.38

**WACT Challenger Athletics Meeting, Belgium. 16<sup>th</sup> August 2025**

Orla Duffy	3000m		9.42.84
Philip Marron	1500m		3.40.60

**Monument Mile Classic. University of Sterling, Scotland. 30<sup>th</sup> August 2025**

Philip Marron	1 mile		3.59.45
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## ROAD:

### Tom Brennan 5k Road Race - Women, Phoenix Park 1<sup>st</sup> January 2025

Christopher McLoughlin	2 <sup>nd</sup>	16.33
Bonnie McFeat	6 <sup>th</sup>	17.18
Paul McLoughlin	7 <sup>th</sup>	17.22



*Paul, Christopher, Bonnie*

### Valencia 10km Road Race. 12<sup>th</sup> January 2025

Liam Naughton	31.36
Michael Ryan	

### Raheny 5 Mile Road Race, 26<sup>th</sup> January 2025

#### Women's team 1<sup>st</sup> 24 Points

Sorcha McAllister	4 <sup>th</sup>	27.20
Orla Duffy	7 <sup>th</sup>	28.00
Faye Dervan	13 <sup>th</sup>	28.41
Bonnie McFeat	29 <sup>th</sup>	30.47
Sinead Cronin	35 <sup>th</sup>	31.15
Aoife Donaghy	158 <sup>th</sup>	36.12

### Raheny 5 Mile Road Race, 26<sup>th</sup> January 2025

#### Men's team 3<sup>rd</sup> 88 Points

Oran O'Hare	15 <sup>th</sup>	24.57
Liam Naughton	16 <sup>th</sup>	24.57
Christopher McLoughlin	57 <sup>th</sup>	27.13
Paul McLoughlin		33.42

### Armagh 5K Road Race -8<sup>th</sup> February 2024 Senior Women

Aoife Carr	3000m	36 <sup>th</sup>	9.51
Oran O'Hare	5000m	150 <sup>th</sup>	14.56

### Podium 5k Road Race, Leicester, UK. 15<sup>th</sup> March 2025 Senior Men

Oran O'Hare	14.47
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**Lusk 4 Mile Road Race -2<sup>nd</sup> March 2025 Senior Women**

Sinead Cronin	9 <sup>th</sup>	24.24
Aislinn Moorhouse	10 <sup>th</sup>	24.44
Ellen Byrne	17 <sup>th</sup>	25.56

*Ellen, Aislinn, Sinead***Tallaght AC 5k Road Race, incorporating Dublin Novice Road Championships- Tallaght 17<sup>th</sup> March 2025****DCH Women-68 pts- 2<sup>ND</sup> Team Overall: DCH Women-86 pts-4<sup>th</sup> Novice Team**

Faye Dervan	3 <sup>rd</sup> -42 overall	17.27	
Bonnie Mae McFeat	10 <sup>th</sup> -84 overall	18.51	3 <sup>rd</sup> novice
Cliodhna Ryan-1 <sup>st</sup> Junior Woman	25 <sup>th</sup> -122 overall	19.39	12 <sup>th</sup> novice
Edel McNamara-2 <sup>nd</sup> Over 50	30 <sup>th</sup> -146 overall	20.09	
Clare O'Connor	31 <sup>st</sup> -148 overall	20.13	
Brianna McGee	58 <sup>th</sup> -189 overall	21.47	33 <sup>rd</sup> novice
Aoife Donaghy	66 <sup>th</sup> -226 overall	22.09	
Lorna Walsh	70 <sup>th</sup> -232 overall	22.28	38 <sup>th</sup> novice
Abbey Corr	124 <sup>th</sup> -345 overall	25.58	60 <sup>th</sup> novice

Christopher McLoughlin	11 <sup>th</sup>	16.20
Michael Ryan	22 <sup>nd</sup>	16.41

**National 10k Road Race Championships- Women, Dunboyne 23<sup>rd</sup> March 2025****DCH 3<sup>rd</sup> Team 1.48.28**

Orla Duffy	11 <sup>th</sup>	34.32
Sorcha McAllister	12 <sup>th</sup>	34.34
Bonnie Mae McFeat	43 <sup>rd</sup>	39.04
Sinead Cronin	46 <sup>th</sup>	39.20
Katie Green	47 <sup>th</sup>	39.20
Ellen Byrne	56 <sup>th</sup>	39.40
Aislinn Moorhouse	62 <sup>nd</sup>	40.04
Aoife Donaghy	166 <sup>th</sup>	46.31



*Michael, Christopher, Orla, Sinead, Aoife D, Aislinn,  
Pierre, SORCHA, Ellen, Tadgh*

**National 10k Road Race Championships- Men, Dunboyne 23<sup>rd</sup> March 2025**

**DCH 4<sup>th</sup> Team 2.05.08**

Pierre Murchan	3 <sup>rd</sup>	29.31
JP Williamson	19 <sup>th</sup>	30.45
Liam Naughton	25 <sup>th</sup>	31.04
Chris McLoughlin	104 <sup>th</sup>	33.49
Michael Ryan	128 <sup>th</sup>	34.15
Tadgh Foley	284 <sup>th</sup>	37.14



*JP, Pierre, Liam*

**Queens 5k Road Race, Belfast 2<sup>nd</sup> April 2025**

Niamh Carr	3 <sup>rd</sup>	16.49
Aoife Carr	11 <sup>th</sup>	17.25

**Berlin half marathon-6<sup>th</sup> April 2025**

JP Williamson	47 <sup>th</sup>	71.20
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**Streets of Kilkenny 5k Road Race -Mixed, 17<sup>th</sup> April 2025**

Pierre Murchan	2 <sup>nd</sup>	14.20
Michael Ryan	75 <sup>th</sup>	16.49
Orla Duffy	3 <sup>rd</sup>	16.35





*Aine, Edel, Lorna, Ellen, Brianna, Aoife D, Clare, Clodhna*

**Leixlip 5k Road Race. 9<sup>th</sup> May 2025**

Ellen Byrne	8 <sup>th</sup>	18.39
Brianna McGhee	12 <sup>th</sup>	19.18
Edel McNamara	15 <sup>th</sup> -2 <sup>nd</sup> F50	19.29
Clodhna Ryan	16 <sup>th</sup> -1 <sup>st</sup> U/20	19.31
Clare O'Connor	21 <sup>st</sup>	20.04
Aoife Donaghy	23 <sup>rd</sup>	20.39
Lorna Walsh	40 <sup>th</sup>	23.59

**Sportsworld classic 5 Mile Road Race. Terenure 11<sup>th</sup> May 2025**

Pierre Murchan	1 <sup>st</sup>	24.11
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**National 5k Road Race championship, Phoenix Park. 17<sup>th</sup> May 2025.**

**Women's team 5<sup>th</sup> place-57.04.**

Cliona Murphy	9 <sup>th</sup>	17.27
Brianna McGhee	45 <sup>th</sup>	19.32
Clodhna Ryan	49 <sup>th</sup> -1 <sup>st</sup> Junior	19.39
Muireann Harraghy	109 <sup>th</sup>	22.13
Aoife Donaghy	110 <sup>th</sup>	22.15

Pierre Murchan	2 <sup>nd</sup>	14.18
Christopher McLoughlin	29 <sup>th</sup>	15.58
Tadgh Foley	107 <sup>th</sup>	17.43



*Pierre, Cliona, Clodhna, Muireann, Aoife D, Brianna, Tadgh*



**Bob Heffernan 5k Road Race, Enfield, 20<sup>th</sup> May 2025.**

**Women's team 1<sup>st</sup> place-48 points.**

Faye Dervan	2 <sup>nd</sup>	16.20
Sinead Cronin	22 <sup>nd</sup>	18.31
Ellen Byrne	24 <sup>th</sup>	18.35
Vladislav Evseev	8 <sup>th</sup>	14.56



**Faye**



**Vlad**

**Michelle McKiernan 5K Road Race. Meath, 27<sup>th</sup> May 2025**

Faye Dervan	1 <sup>st</sup>	17.11
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**Women's Mini Marathon 10k. Dublin City Centre, 1<sup>st</sup> June 2025**

Bonnie Mae McFeat	39.30
Sinead Cronin	40.24
Aoife Donaghy	44.57
Muireann	46.03

**Streets of Sligo 5k Road Race. 20<sup>th</sup> June 2025**

Tadgh Foley	17.45
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**Dunshaughlin 10k Road Race. 21<sup>st</sup> June 2025**

Faye Dervan	4 <sup>th</sup>	35.39
Cliona Murphy	5 <sup>th</sup>	35.51

**St Coca's 5k Road Race. 27<sup>th</sup> June 2025. Kilcock, Co Kildare. 1<sup>st</sup> Team 51 points**

Faye Dervan	3 <sup>rd</sup>	16.22
Cliona Murphy	5 <sup>th</sup>	16.41
Sinead Galvin	16 <sup>th</sup>	18.42
Brianna McGhee	27 <sup>th</sup>	19.09
Aislinn Moorhouse	35 <sup>th</sup>	19.35
Edel McNamara	53 <sup>rd</sup> -3 <sup>rd</sup> o/50	20.11

**National 5 Mile Road Race Championships. Phoenix Park. 29<sup>th</sup> June 2025**

Aoife Carr	9 <sup>th</sup>	29.45
Christopher McLoughlin	30 <sup>th</sup>	27.10

**Docklands 5k Road Race. 10<sup>th</sup> July 2025. Dublin, Docklands. 1<sup>st</sup> Team 17 points**

Sorcha McAllister	2 <sup>nd</sup>	16.52
Cliona Murphy	4 <sup>th</sup>	17.04
Sinead Cronin	11 <sup>th</sup>	19.10
Brianna McGhee	12 <sup>th</sup>	19.31
Aoife Donaghy	40 <sup>th</sup>	21.45
Laura Brennan	50 <sup>th</sup>	21.52

**National 10 Mile Road Race Championships. Phoenix Park. 20<sup>th</sup> July 2025**

Christopher McLoughlin	37 <sup>th</sup>	57.49
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**Frank Duffy 10 Mile Road Race. 16<sup>th</sup> August 2025. Phoenix Park.**

Aislinn Moorhouse	6 <sup>th</sup>	66.19
Sinead Cronin	7 <sup>th</sup>	66.66
Pierre Murchan	1 <sup>st</sup>	49.00

**Rathkenny 5k Road Race. 16<sup>th</sup> August 2025. Co Meath.**

Faye Dervan	1 <sup>st</sup>	16.53
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**St Cocas 10 Mile Road Race. 17<sup>th</sup> August 2025. Co Kildare.**

Faye Dervan	1 <sup>st</sup>	58.35
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**Celbridge 5k Road Race. 21<sup>st</sup> August 2025. Co Kildare.**

Edel Monaghan	3 <sup>rd</sup>	17.31
Aine O'Connor	7 <sup>th</sup>	17.40

**Antrim Coast Half Marathon. 24<sup>th</sup> August 2025.**

Cliona Murphy	18 <sup>th</sup>	79.32
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**Lucan 5 Mile Road Race. 7<sup>th</sup> September 2025.**

Faye Dervan	1 <sup>st</sup>	29.15.
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**Barcelona 5k Road Race. 7<sup>th</sup> September 2025.**

Vladislav Evseev	1 <sup>st</sup>	15.21
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**Ratoath Half Marathon. 13<sup>th</sup> September 2025.**

Sinead Cronin	5 <sup>th</sup>	86.50
Aislinn Moorhouse	6 <sup>th</sup>	87.10

**A & L Goodbody corporate challenge. Dublin docklands 16<sup>th</sup> September 2025.**

Eoghan Beary -Cantor Fitzgerald	4 <sup>th</sup>	15.54
Aislinn Moorhouse -Fidelity Investments	14 <sup>th</sup>	19.50
Laura Brennan -Optium	45 <sup>th</sup>	21.37

**Berlin Marathon. 21<sup>st</sup> September 2025.**

Tadgh Foley	3.07
Michael Ryan	3.11



*Tadgh, Michael*

**Griffith Avenue Road Mile, Drumcondra, Dublin. 21<sup>st</sup> September 2025.**

Philip Marron	2 <sup>nd</sup>	3.59.0
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**Rathfarnham AC 5K Road Race. 28<sup>th</sup> September 2025.**

Edel Monaghan	12 <sup>th</sup>	17.40
Grace Culhane	52 <sup>nd</sup>	19.33

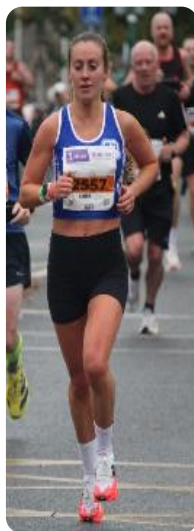
**Simon-Home- 5K Road Race. Phoenix Park 11<sup>th</sup> October 2025.**

Aoife Ni Bhroin	3 <sup>rd</sup>	22.40
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**Dublin Marathon. 26<sup>th</sup> October 2025.****National Championships. Women's team race 4<sup>th</sup> place. 9.00.31**

Cliona Murphy	16 <sup>th</sup> (9 <sup>th</sup> Irish)	2.47.23
Sinead Cronin		3.05.28
Aislinn Moorhouse		3.07.40
Lily Casey		3.36.13

Conor Stone		3.07.43
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*Cliona,**Sinead,**Aislinn***Rathfarnham AC 5K Road Race. 28<sup>th</sup> September 2025.**

Edel Monaghan	12 <sup>th</sup>	17.40
Grace Culhane	52 <sup>nd</sup>	19.33

**Sallins, 5K Road Race, Leixlip, Co Kildare 2<sup>nd</sup> November 2025.**

Faye Dervan	1 <sup>st</sup>	16.47
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**Irish Universities Road Relay Championship, Maynooth Co Kildare 15<sup>th</sup> November 2025.**

Faye Dervan-Dublin City University	2 laps	11.09	Fastest
Lucy Holmes-Munster Technical University	2 laps	11.40	
Fiona Hawkins-University College Dublin	2 laps	11.46	
Clare O'Connor-Technical University Dublin	2 laps	13.43	
Karen Hughes-Trinity College Dublin	1 lap	6.09	
Clare Murphy-Technical University Dublin	1 lap	7.08	

**Clontarf Half Marathon Road Race, 29<sup>th</sup> November 2025.**

Eoghan Beary	1 <sup>st</sup>	72.28
Muireann Harraghy	44 <sup>th</sup>	98.14

**Jingle Bells 5K Road Race. 7<sup>th</sup> December 2025. Phoenix Park. Men**

Philip Marron	5 <sup>th</sup>	14.28	1 <sup>st</sup> Junior
Isaiah Hussy Kerins		16.23	
Chris McLoughlin		16.36	

**Jingle Bells 5K Road Race. 7<sup>th</sup> December 2025. Phoenix Park. Women****DCH A 1<sup>st</sup> Team 15 points DCH B 9<sup>th</sup> Team 143 points DCHC 20<sup>th</sup> Team 290 points**

Faye Dervan	2 <sup>nd</sup>	16.19	A Team
Orla Duffy	5 <sup>th</sup>	16.38	A Team
Edel Monaghan	8 <sup>th</sup>	17.01	A Team
Cliona Murphy	9 <sup>th</sup>	17.06	B Team
Sinead Cronin	56 <sup>th</sup>	18.52	B Team
Aislinn Moorhouse	78 <sup>th</sup>	19.23	B Team
Ellen Byrne	83 <sup>rd</sup>	19.38	C Team
Clare O'Connor	99 <sup>th</sup>	20.26	C Team
Muireann Harraghy	108 <sup>th</sup>	20.22	C Team
Aoife Ni Bhroin		21.15	

**Jingle Bells 5K Road Race. 7<sup>th</sup> December 2025. Phoenix Park. Men**

Philip Marron	5 <sup>th</sup>	14.28	
Isaiah Hussy Kerins		16.23	1 <sup>st</sup> Junior
Chris McLoughlin		16.36	

**Suicide Awareness 5K charity Road Race. 28<sup>th</sup> December 2025. Ballycoolin**

Aoife Donaghy	3 <sup>rd</sup>	21.41
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## Athletics Etiquette

Witten 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.