

Rítheoirí Bhaile-Átha-Clíath



DUBLIN CITY
HARRIERS

2024

TABLE OF CONTENTS

Page	Contents
4	Ourselves and our doings: Monthly summary
21	2024 Results: Track and field indoor
23	2024 Results: Track and field outdoor
29	2024 Results: Cross country
37	2024 Results: Road
49	Club records
51	Roll of honour
60	Athletics etiquette

JANUARY 2024

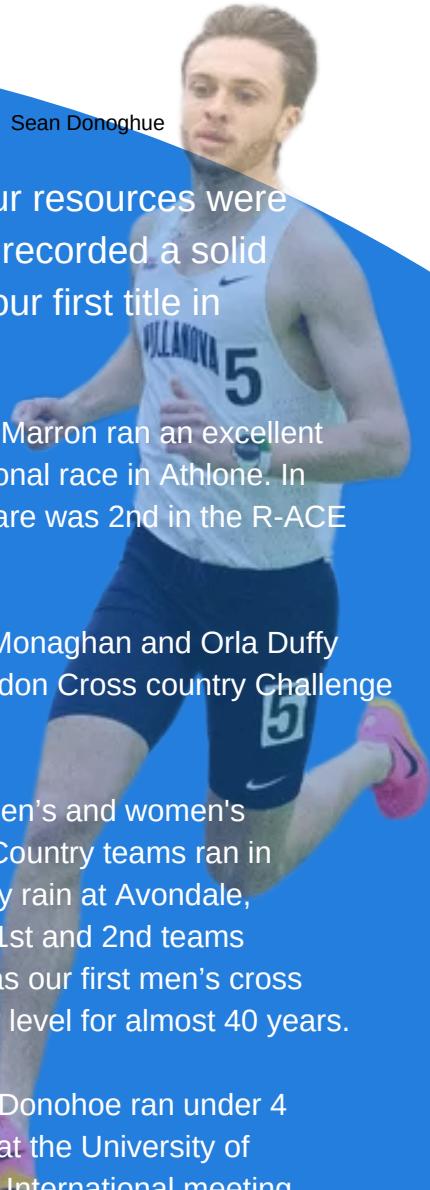
The indoor season proper kicked in during January therefore our resources were spread across road, cross country and indoor. Our men's team recorded a solid win in the Leinster Intermediate cross country championships, our first title in several decades.

January 1st We fielded both a women's and men's team in the traditional first event of the year, the Tommy Brennan Memorial 5k road race. Our women's team had won this on the previous five occasions and made no mistake this time, winning again with an exceptionally low score of 15 points. Great running by the men also finishing in 11th position.

The windless conditions were ideal for road racing and there was excellent running by all our athletes most of whom recorded personal bests. Unfortunately the course was later reputed to be approximately 100m under distance but even with an adjustment of some 20/25 secs many personal bests were had. A great start to the year.

January 7th Paul McLoughlin performed well on his debut at the Dublin Masters Cross Country Championships in Raheny.

January 13th Paulo Silva competing in the Irish Masters Indoor Championships won the Long Jump and was second in the 60m in his age category. In Seattle USA Ronan McMahon Skaggs opened his indoor season with a win over 1000m.



January 14th Philip Marron ran an excellent 3.47.71 in an invitational race in Athlone. In Drogheda Oran O'Hare was 2nd in the R-ACE over 5k.

January 20th Edel Monaghan and Orla Duffy competed in the London Cross country Challenge in Parliament Fields.

January 21st Our men's and women's Intermediate Cross Country teams ran in windswept and heavy rain at Avondale, Rathdrum, finishing 1st and 2nd teams respectively. This was our first men's cross country win at senior level for almost 40 years.

January 26th Sean Donohoe ran under 4 minutes for the mile at the University of Pennsylvania Indoor International meeting. Cliodhna Ryan ran a fine 6th place in the North Leinster school's championships.

January 27th Philip Marron and Conor Duncan competed in the 1500m and Edel Monaghan in the 3000m at the AAI Indoor Games at Abbottstown. Ronan McMahon Staggs continued his early season form with a fast mile in Seattle. Fiona Hawkins had two fine runs at altitude over a mile and 3000m.

L-R Aoife Donaghy, Clare O'Connor, Katie Greene, Edel McNamara, Christine Scollard, Aisling Moorhouse, Lorna Walsh

The women's team at the Leinster Intermediate in Avondale

FEBRUARY 2024

February brought the cross country season to a close and we ended up retaining the national intermediate title, third year in succession, and travelling to Portugal to compete in the European cross country championships.

The indoor season also drew to a close and our members competed excellently at the senior championships in Abbottstown. Meanwhile in Australia Jodie continued to blasé a trail on the track.

February 4th Brilliant run by Cristin Scollard in the Dungarvan 10 mile road race.

February 7th Philip Marron and Conor Duncan have excellent runs over 800m at the NIA.

February 9th Sean Donohoe recorded his second sub four minute indoor mile in Chicago, USA.

February 8th Three athletes, Niamh Carr, Edel Monaghan and Aoife Carr competed in the annual Armagh road race over 3000m

February 10th Faye Dervan, Joe Fogarty, Edel Monaghan, Claire O'Connor and Sorcha McAllister represented their respective colleges at the University Indoor Championships in Abbottstown.

Overnight, news came in from Australia that Jodie McCann broke the club 1500m record with a magnificent 4.08.34 posting.

February 11th The last national cross country championships of the 2023/24 season brought us to Dundalk where we fielded two strong teams both men and women. While the women were defending the title they won for the last two years this was our first time in many years to field a men's team. On an extremely mucky course our women retained their title and in fact we entered two teams. The men finished 3rd in a very competitive race to consolidate an extremely busy season.

February 14th Another huge run by Jodie in Australia recording 15.35.05 for 5000m

February 16th Ronan recorded a fast 800m in Arkansas.

February 17th The first day of the national indoor championships was held in Abbottstown where we had seven athletes competing in the qualifying heats.



L-R Christopher McLaughlin, Liam Naughton, Oran O'Hare, Mark Gilligan, Connor Murphy, Oisin McKinley

February 18th On the second day of the indoor championships there were excellent performances from Edel Monaghan, Pierre Murchan and Philip Marron. We had a small team competing in Ras na hEireann in Dunleer where we had the winning women's team. Conor Murphy ran a fine solo effort in the men's race.

February 24th Aoife Carr, running her third race in 16 days, helped her Scottish club, Shettleston Harriers to third place in their national championships.

Niamh Carr qualified for the final of the 1500m at the BUCS indoor championships in Sheffield.

In the USA Sean Donohoe finished fourth in the Big East mile championship and helped his college Villanova to the 4 X mile relay championship. Ronan Staggs ran 800m in the DMR for his Washington State University where they finished 9th in their regional championships

February 25th Really busy weekend for club members. Niamh Carr competed in the BUCS 1500m indoor championships.

A large group of members descended upon Albuferia to compete in the European Cross Country Championships. We had qualified for both the women's long course race and the mixed relay. Aoife Carr joined up with us there to run with Shettleston Harriers. We were also represented in the open races there. Some really good results recorded and a lot to take away. Looking back, our women's team won this championship in Albuferia in 1986, retaining the title they won in Madrid in 1985. The team on that occasion was, Anne Hilliard-8th, Greta Hickey-11th, Deirdre Nagle-13th, Ailish Smyth-18th, Ursula Noctor (RIP)-28th and Eithne Kenny-33rd.

February 28th We had a number of athletes competing in the NIA Live Indoor Meeting



L-R Phillip Marron, Claire Rafter, Faye Dervan, Pierre Murchan



L-R Avril Deegan, Enda Fitzpatrick, Cliona Murphy, Lorna Walsh, Sinead Cronin, Oran O'Hare, Sorcha McAllister, Aislinn Moorhouse, Mark Gilligan, Edel Monaghan, Aislinn Orla Duffy, Dermot Nagle



L-R Christine Scollard, Sorcha McAllister, Dermot Nagle, Sinead Cronin, Aislinn Moorhouse



L-R Avril Deegan, Cliona Murphy, Niamh Carr, Orla Duffy, Edel Monaghan

MARCH 2024

March was a relatively quiet month on the domestic scene bringing as it does the end of both the cross country seasons. We began our quest to win the Peugeot sponsored road race series on St Patrick's Day in Portlaoise. Jodie continued her excellent form in Australia in her aim of achieving qualification for the European Championships in Rome, and the Olympic Games in Paris.

March 9th The Irish Universities Cross Country Championships and the Irish Schools Cross Country Championships were held in Belfast and Dublin respectively. Our club was well represented at both venues.

March 17th We travelled to Portlaoise to participate in the first leg of the nine race Peugeot series. We recorded some excellent results and carry forward 2nd place in the team grand prix to the next race.

March 24th Jodie McCann recorded another big improvement and set a club record over 3000m at the Australian Championships. Our women's team finished 2nd and the men 7th at the National 10k road championships in Dunboyne. This is the first time we ever had women's and men's teams competing at these championships.

March 27th Jodie McCann produced another big performance and set a club record over 1 mile at the Australian Championships.

March 28th The Peugeot GP moved to Kilkenny tonight for which we struggled to field a team. Pierre recorded a fantastic time winning the individual race in a course record. It appears that we now lie in third place in the GP with 16 points after the first two races.



L-R Christine Scollard, Aislinn Moorhouse, Conor Murphy, Liam Naughton, Pierre Murchan, Cliona Murphy, Ivan Brody



L-R Cliona Murphy, Pierre Murchan, Tadhg Foley, Eavan McLoughlin, Mark Gilligan, Connor Murphy, Michael Ryan, Liam Naughton, Christine Scollard

53RD
DUNBOYNE ROAD RACE
INCORPORATING NATIONAL 10K CHAMPIONSHIPS
SUNDAY MARCH 24TH 2024

Page 7

APRIL 2024

We hosted our annual 10k road race in memory of two great stalwarts, John Oman and Des deLoughry with great success. Our club was well represented at the National Road Race championships in Raheny.



April 14th Mark Gilligan finished 7th in the Great Ireland Run

April 28th We had three women's and two men's teams competing in the National Road Relay championships in Raheny. This was the first time in many years that we had a men's team competing.



The 3 DCH women's teams at the National Road Relays in Raheny

L-R Clare O'Connor, Cliodhna Ryan, Claire Rafter, Eavan McLoughlin, Ellen Byrne, Edel Monaghan, Cliona Murphy, Sorcha McAllister, Orla Duffy

MAY 2024

The summer season ramped up considerably and members competed in numerous events on the road and track and field. We regained second place in the Peugeot road race grand prix with Pierre setting another course record in Tullamore. Highlight of the month was the selection of Jodie for the European track and field championships in Rome in June.

May 8th Oran O'Hare won the Raphoe 5k road race in 16.13

May 10th Grace Culhane finished 4th in the Leixlip 5km road race. Ailish Hawkins ran 3000m steeplechase at altitude. Ronan Staggs qualified for PAC 12 1500m final.

May 11th Strong performances at the Belfast milers meeting from Edel Monaghan, Orla Duffy, Philip Marron and Pierre Murchan. Nadia Power back racing after a long series of injuries.

May 12th Lauren Tinkler finished 2nd in the Terenure 5 mile road race. Ronan Staggs finished 5th in the PAC 12 1500m final, 52.73 last lap.



L-R Sinead Cronin, Aislinn Moorhouse, Oran O'Hare, Liam Naughton, Pierre Murchan, Lauren Tinkler



L-R Christopher McLaughlin, Clare O'Connor, Edel McNamara, Oran O'Hare, Edel Monaghan, Cliona Murphy, Oisin McKinley, Claire Rafter, Lauren Tinkler, Pierre Murchan

CONGRATULATIONS
PIERRE MURCHAN
DUBLIN CITY HARRIERS

May 18th Cliona Murphy competed in the night of 10,000m track races in Highgate, London. A team of 4 women represented our club at the national 5k road championships in Phoenix Park, finishing 9th team led by Orla Duffy who produced a fine run to finish 6th. Ivan Rigal made his club debut finishing in 72nd position.

May 19th The third leg of the Peugeot road race series was held in Tullamore where we had a strong team in action. Pierre set another course record leading our team to 2nd place on the day, and keeping us in 2nd place in the grand prix.

May 21st We had 10 athletes in action in Enfield at the fourth leg of the Peugeot road race series. Pierre Murchan made if 4 wins from 4 runs. Both our women's and men's teams finished 2nd on the night and also retained 2nd place in the series grand prix.

May 28th Oran O'Hare finished 4th in the Fury 5k in Buncrana, Co Donegal.

May 29th Jodie McCann was selected to represent our country at the European Track and Field Championships in Rome in the 5000m



L-R Emily Dowling (Sportsworld) Lauren Tinkler

JUNE 2024

We lost former club secretary and athlete, John Comyn following illness. John competed in the hurdle events and represented our club on numerous occasions. Following retirement from active athletics he devoted a period to committee work and was club hon secretary. John was a sports journalist and wrote a weekly column on bridge for his newspaper.



Our club was extremely active on the competitive front in track and road racing. Jodie competed in the Europeans in Rome following which she ran the Olympic B standard for 5000m in Oslo and a fast 3000m in Finland which almost certainly guaranteed her Olympic selection.

Our road team retained 2nd position in the Peugeot grand prix in Dunshaughlin and Roscommon and Faye began a series of excellent road race performances. We had a large group of athletes competing at the National senior track and field championships in Santry at the end of the month.

June 1st Edel Monaghan competed in 5000m at Eton, UK.

June 2nd Lauren Tinkler and Grace Culhane ran in the Dublin mini marathon over 10k.

June 4th John Comyn, former Hon Secretary passed away following an illness.

June 7th Jodie McCann competed in the 5000m at the European track and field championships in Rome.

June 9th Faye Dervan won the Corcaig Park 5m mile road race

June 15th Edel Monaghan, Philip Marron and Oran O'Hare competed in the Belfast track and field meeting.

June 16th Lorna Walsh ran in the Castleknock 5k road race.



Jodie McCann



Faye Dervan

June 18th Running in Oslo Jodie McCann ran an Olympic B standard in the 5000M

June 19th Edel Monaghan finished 4th in her heat of the UCD track and field meeting.

June 21st Abbey Corr competed in the Dublin Pride 5km road race.

June 22nd We had two teams competing in the Dunshaughlin 10k, the fifth race in the Peugeot series. The women finished 2nd and the men 4th. The overall combined score yielded 3rd place on the night and we retained 2nd place in the series. Jodie McCann ran 8.54.61 over 3000m in Finland moving her to 48th position on the international ranking list on the road to Paris. Sean Donohoe and Philip Marron, competed in the City of Braga track and field meeting in Oporto, Portugal.

June 23rd Both Faye Dervan and Conor Murphy competed in the National 5 mile road race championships in Phoenix Park.

June 27th Faye Dervan had a fine win in a fast time at the Clonee 10k road race.



June 28th We had a women's team competing at the Kilcock 5k finishing 4th. Great fast run from Eavan McLoughlin in 7th place

June 29th A packed weekend faced us with the 6th leg of the Peugeot race series over 10 miles being held in Roscommon. We travelled there with a weakened team, assembled late in the day but showing great gusto we finished 2nd overall and maintained our grip on second place in the grand prix.

Day one of the national senior track and field championships were held on a rain soaked Morton Stadium. Finishing 6th in her heat Edel Monaghan was unlucky not to qualify for the 1500m final as fastest loser. A recent technical rule change shunted her out. Niamh Carr in her first race following injury performed solidly to qualify for the final, but Fiona Hawkins found herself in a very slow heat and didn't get through. Both Sean Donohoe and Philip Marron navigated their paths to the final in tactical heats. Oran O'Hare had a great run in his 5000m heat finishing 4th in a personal best.

June 30th Day two of the national championships was held in reasonable weather and some good performances. Jodie won the 5000m and in so doing won her place in the Paris Olympics. Cliona, Edel Monaghan and Sorcha also ran in the 5000m. Ailish Hawkins came a creditable 6th in the steeplechase in 10.48.16. Niamh Carr clearly unfit ran valiantly in the 1500m final. Sean Donohoe and Philip Marron finished creditable 8th and 9th respectively in a tactical men's 1500m.



L-R Oran O'Hare, Eavan McLoughlin, Christopher McLaughlin, Liam Naughton, Ivan Briody, Oisin McKinley, Sinead Cronin, Aislinn Moorhouse, Cliona Murphy



L-R Clare O'Connor, Edel McNamara, JP Williamson, Connor Murphy, Sinead Cronin, Mark Gilligan

JULY 2024

The July highlight was Jodie's selection for the Olympic Games in Paris in the 5000m. Our road team completed the Peugeot series in a 10 mile race in Edenderry, finishing 2nd team overall. Following a few years plagued by injury, Nadia made a welcome return to the track recording some encouraging performances. Sean Donohue set a new under 23 5m record in the Morton Mile at Santry. JP Williamson and Eoghan Berry both finished under 53 mins in the National miles championships.

July 3rd Fiona Hawkins won the grade A 1500m at the Dublin Graded League and Grace Culhane finished 7th in grade C.

July 6th Nadia Power showed a return to winning ways taking the 800m at the Birmingham BMC meeting. Kieron Sexton also won his heat over 1500m at the same meeting. Edel Monaghan ran a fine personal best over 1500m at the British League meeting in Woodford Green.

July 7th Jodie McCann was selected to represent Ireland in the 5000m at the Paris Olympic Games.

July 9th Sean Donohoe recorded a huge personal best of 3.56.90 for the mile in Cork.

July 11th A group of athletes competed in the Dockland 5k with Sorcha McAllister recording 16.59 in 2nd place.

July 12th Sean Donohoe followed up his fine run in Cork recording another PB 3.55.71, a new Irish under 23 record, in the Morton Mile.



Sean Donoghue



July 13th Nadia Power continued her return to form running 2.04.74 in Belgium

July 14th We completed the Peugeot road race series with a group of club members travelling to Edenderry to compete in race 7 over 10 miles there. A fine 2nd place by Sorcha McAllister and good packing all round yielded 3rd place in the team race and consolidated our 2nd placing in the series Grand Prix.

July 17th Sorcha, Grace Ann and Aoife Donaghy competed in the 3000m at the Dublin graded series in Lucan.



L-R Sinead Cronin, Conor Murphy, Mark Gilligan, Eavan McLoughlin, Sorcha McAllister, Ivan Briody

July 21st Both JP Williamson 5th and Eoghan Berry 7th (making his club debut) had excellent runs in the national 10 miles road race championships recording 51.58 and 52.51 respectively. Nadia Power continued her comeback to full fitness with a 2.05.85 clocking over 800m in Luxembourg

July 23rd Faye Dervan, Grace Culhane and Aoife Donaghy competed in the Parkwest 5km road race.

July 27th Nadia posted a fine 2.05.57 finishing 3rd at an international meeting in Belgium.

AUGUST 2024

August 2nd Faye Dervan ran a fine 16.54 finishing 2nd in the Carlingford 5k road race

August 3rd Paulo Silva recorded a 100m/long jump double in the over 35 Irish masters national championships in Tullamore.

August 10th Nadia Power and Philip Marron had excellent runs over 800m and 1500m in Bury, England. Orla Duffy recorded a fine PB, 17.26.37, over 5000m at the Northern Ireland track and field championships.

August 17th Liam Naughton was 4th in the Civil Service 10 mile road race in Phoenix Park recording 53.01, and won the Dublin Championship.

Philip Marron



August 18th Faye Dervan continued her fine road form with a win in the Kilcock 10 mile road race and a time of 60.10.

August 21st Another superb run by Nadia Power setting a seasonal best of 2.03.62. Faye Dervan finished 2nd in the Castlepollard 5k in 17.27

August 22nd In the Celbridge 5k road race Edel Monaghan finished 4th in 17.43



L-R Liam Naughton, Paul McLaughlin, Edel McNamara, Claire Murphy, Abbie Dowdall, Alex Corr, Kacey Tully, Katie Greene, Bonnie McFeat, Clare O'Connor, Cliodhna Ryan, Christopher McLaughlin, Kevin Humphries, Edel Monaghan, Aislinn Moorhouse, Sinead Cronin, Lauren Tinkler, Abby Corr, Cliona Murphy, Orla Duffy, Brianna McGhee, Aoife Donaghy, Conor Murphy

SEPTEMBER 2024

September brings the track season to a close and heralds the beginning of cross country. Many athletes take a complete break to prepare for the season ahead. Road racing continues apace as athletes prepare for the marathon in October.

September 1st Faye Dervan had another win on the road clocking 28.07 in the Lucan 5 mile race.

September 7th Orla Duffy recorded a win over 5k on the road at the Ardee road race clocking 17.37 for the distance. Fiona Hawkins had a fine debut on the cross country finishing 12th in the prestigious Joe Vigil Classic in Colorado.

September 8th Eoghan Berry ran a fine 68.35 in the Great North Run half marathon in Newcastle, England.

September 10th Aislinn Moorehouse, Eoghan Beary and Nicoles Edmond achieved high finishing positions at the ALG 5K Corporate Challenge Road Race in Dublin Docklands.

September 14th For the first time in the clubs history a men's team, Liam Naughton, Mark Gilligan, Michael Ryan and Ivan Briody, completed in the National Half Marathon Championships.

September 21st A large group participated in the Abbottstown Park Run as a seasonal opening blow out.

September 28th Lauren Tinkler, making her return to competition won the Castlegar International Cross Country race.

September 29th Edel McNamara was our sole representative in the Rathfarnham 5k road race finishing 1st in the womens F50 category

L-R Anne Murphy, Ellen Byrne, Aoife Corr, Abbey Corr, Clare O'Connor, Lili Farrell, Cliodhna Ryan, Claire Murphy, Christopher McLaughlin, Conor Murphy, Kevin Humphries, Martina Carroll, Bonnie McFeat, Muireann Harraghy, Aoife Donaghy, Edel McNamara, Lorna Walsh



OCTOBER 2024

L-R Sinead Cronin, Aislinn Moorhouse

The main features for October was the recommencement of the Novice/Intermediate cross-country championships. We won the National mixed cross-country championships, which opened up the prospect of European competition in February 2025.

October 5th Fiona Hawkins ran superbly to finish 5th scorer for Adams State College in the Joe Painne Invitational 5k Cross Country Race

October 6th Our women's team finished a creditable 6th in the Dublin Novice Cross Country Championships. Christopher and Paul McLoughlin both competed in the men's race.

October 11th Niamh Carr, Edel Monaghan and Lauren Tinkler had fast runs at the Longford Evening of Road Miles. Ailish Hawkins delivered a brilliant performance competing for UCLA over 6K cross country in Oregon USA.

October 13th At the Autumn Classic cross country Niamh Carr, Pierre Murchan, Jodie McCann and Philip Marron combined to win the Irish Championship Mixed Relay event. Lauren Tinkler, Edel Monaghan, Orla Duffy and Cliona Murphy has excellent runs in the womens open race. Both Conor Murphy and Christopher McLoughlin competed admirably in the men's open race.



L-R Clare O'Connor, Abbey Dowdall, Lorna Walsh, Katie Greene, Bonnie McFeat, Brianna McGhee, Abbey Corr, Aoife Donaghy, Ellen Byrne, Abbey Corr, Grace Culhane, Cliodhna Ryan

October 19th Pierre Murchan won the Intervarsities Cross Country Championships in what would be his last appearance for Trinity. The Route: College. Michael Ryan finished 79th while Christopher McLoughlin was 84th. In the women's section Faye Dervan was 21st and Sarah Byrne 78th. In Scotland Aoife Carr recorded the second fastest time in the National Relay Championships there. Ronan Staggs recorded a fast 23.44 for 8k cross country in Wisconsin and Sean Donohoe recorded 23.38 over the same distance at Princeton.

October 20th We had a large group competing in the Leinster Novice Cross Country Championships where our women's team finished 2nd.

October 27th Five members, most debutees competed in the Dublin City Marathon where we finished a men's team for the first time. Unfortunately we had only two women competing and therefore didn't close in a scoring team.



L-R Philip Marron, Niamh Carr, Jodie McCann, Pierre Murchan

NOVEMBER 2024

Our main competitive aim, the National Senior cross country championships, for the year fell in November. Unfortunately our women's team fell short of the target, but our mens team won the B section. We were the only Dublin club to win team medals on the day. Individual places on the Irish team for the European Champions are selected from this race and Pierre Murchan gained his place following an excellent individual run. Preceding that was the Dublin Championships where we won the women's title with ease.

November 2nd A group of some nine members competed in the Abbottstown Park Run where a number of personal bests were recorded. Aoife Carr finished an excellent 9th in the Scottish Short Course Cross Country Championships.

November 3rd The Dublin Cross Country Championships were held on a new course at City West. Formerly a golf facility the course was undulating, with both good running and muddy patches. Cliona Ryan finished an excellent 7th in the junior section while the senior womens team of Orla Duffy, Edel Monaghan, Sorcha McAllister, Cliona Murphy, Bonnie McFeat and Aoife Corr combined to retain the Jim McNamara trophy, winning for the fourth year in succession.

November 8th We had three athletes representing their colleges at the Irish Universities Road Relay championships in Maynooth. Pierre Murchan posted the fastest 3 lap leg of the day.

L-R Abbey Corr, Lorna Walsh, Laura Brennan, Aoife Donaghy, Katie Greene, Paul McLaughlin, Clare O'Connor, Christopher McLaughlin, Abbey Dowdall, Edel McNamara



WINNER

Pierre
MURCHAN

UNIVERSITY
ATHLETE
OF THE YEAR

Proudly supported by 123.ie





L-R Connor Murphy, Michael Ryan, Christopher McLaughlin, Liam Naughton, JP Williamson, Oran O'Hare, Philip Marron, Pierre Murchan

November 16th Ailish Hawkins ran a fine 21.14 over 6k finishing 3rd scorer for UCLA in the NCAA West Regional Conference Cross Country Championships. Ronan Staggs was timed at 29.53 over 10k finishing 6th scorer for Washington State at the same meeting.

November 17th We had some sixteen athletes competing at the National Senior/Junior Cross Country Championships on Enniskillen. Our women's team fought hard in defence of the title but had to give way in the end. Our men's team, competing at these championships for many years finished a creditable 7th overall, and captured the "B" team title.

November 20th Pierre Murchan voted Universities Athlete of the year at the AAI annual awards day.

November 22nd Excellent runs by Ronan Staggs and Sean Donohoe at the NCAA Division 1 cross country championships.

November 25th Pierre Murchan was selected on the men's senior team for the European Cross Country Championships.



DECEMBER 2024

Our activities in December were shrouded with sadness following the death of former member Dave Fagan. We competed in the national novice championships in Tramore and Sean Donohoe recorded a club indoor record over 3000m in Boston. Pierre Murchan finished in a respectful 40th position, 3rd Irish, at the European cross country championships in Turkey.



December 5th We learned today with immense sadness of the death of former captain Dave Fagan. Dave was a thrower, specialising in shot and discus who joined us as a junior in the 1980s. His first recorded performances for DCH were in the National Junior championships in 1982. Following that he established himself as an excellent shot putter who contributed hugely to club teams who won numerous national league titles, and represented DCH in the European clubs championships in Paris and London. Dave was a brilliant club man and could always be relied upon to bag huge points in interclub competition. Following his competitive career he turned to coaching with great success and brought through several young throwers for DCH and other clubs. He was appointed as throws coach by the then BLE and was part of the athletics coaching team at the Olympic Games in Barcelona in 1992 and Beijing in 2008. In 1995 Dave was recruited by Leinster Rugby as strength and conditioning coach. He continued in that role, particularly with the academy players, and was highly regarded in rugby circles. It appears that Dave had a fall at training in September following which he received a grim diagnosis at the hospital he attended. At 60 years of age Dave was taken too soon, his contribution to DCH was considerable. He will always be remembered with kindness by those who knew him.

December 1st We fielded a full women's and unfortunately an incomplete men's team in the National Novice Cross Country Championships in Tramore, Co. Waterford. Tadgh Foley competed in the Valencia Marathon (Spain) recording 3.02.11



L-R Cliodhna Ryan, Edel McNamara, Claire Murphy, Abbey Corr, Aoife Corr, Aoife Donaghy Katie Greene, Bonnie McFeat, Grace Culhane



Orla Duffy

December 6th A large group of club members competed in the annual Jingle Bells 5k road race in Phoenix Park. Sean Donohoe broke the club 3000m record at an indoor meeting in Boston, USA.

December 7th Pierre Murchan competed for Ireland in the European Senior Cross Country Championships in Turkey.

December 21st The largest number of athletes in many years ran in the clubs annual cake race. This year the run was held a two lap course at the fifteen acres. The result was based on a nominated finishing time basis, with the winner decided on a nearest to actual time basis.

December 26th Orla Duffy rounded off a very good year for her with a win over 5k at the Cavan Christmas road race.



L-R Kevin Humphries, Dermot Nagle, Aoife Ni Bhroin, Lorna Walsh, Clare O'Connor, Paul McLaughlin, Deirdre Nagle, Claire Murphy

DCH COMMITTEE

The committee members elected at the AGM on May 30th were as follows:

President: Kevin Humphreys

Captain: Pierre Murchan

Hon Treasurer: None elected.

Edel McNamara joined the committee in June 2024

Hon Registrar: Cliona Murphy

Hon Secretary: Abbey Corr

IT: Liam Naughton

Committee

Aoife Ni Bhroin

Ellen Byrne

Michael Treacy

Lorna Walsh

Aoife Corr

Auditors (both non committee):

Declan Curtin

Liam Treacy



Page 20
The women's team with Enda at the
Dublin Novice in September

INDOOR RESULTS

Scottish Indoor Championships.

Glasgow 7th January 2024

Niamh Carr

Masters Indoor Championships.

Athlone 13th January 2024

Paulo Silva	M35-Long Jump	1 st	5.10m
Paulo Silva	M35-60M	2 nd	7.69

University of Washington Indoor Invitational.

Seattle, USA 13th January 2024

Ronan McMahon Skaggs	1000m	1 st	2.21.66
----------------------	-------	-----------------	---------

National Indoor League Championships, guest race.

Athlone 14th January 2024

Philip Marron	1500m	3 rd	3.47.71
---------------	-------	-----------------	---------

Irish Junior Indoor Championships

NIA. 14th January 2024

Cliodhna Ryan	1500m	2 nd -Heat	4.56.37
---------------	-------	-----------------------	---------

Penn State invitational indoor meeting.

Pennsylvania 26th January 2024.

Sean Donohoe	1 Mile		3.58.86
--------------	--------	--	---------

AAI Indoor Games.

Abbotstown 27th January 2024

Philip Marron	1500m	1 st	3.48.60
Conor Duncan	1500m	10 th	4.00.77
Edel Monaghan	3000m	2 nd	9.42.72

University of Washington Invitational

Seattle, 27th January 2024

Ronan McMahon Staggs	1 mile		3.54.61
----------------------	--------	--	---------

New Mexico indoor invitational.

Albuquerque 27th January 2024. 6000ft altitude.

Fiona Hawkins	1 mile	4.57.56
Fiona Hawkins	3000m	10.18.63

Track and field live.

Abbotstown, 7th February 2024.

Philip Marron	800m	1 st	1.52.30
Conor Duncan	800m	2 nd	1.53.96

Windy City Invitational

Chicago USA, 9th February 2024.

Sean Donohoe	1 Mile	3.58.07
--------------	--------	---------

Irish Universities Indoor Track and Field Championships

NIA, Abbotstown. 10th February 2024

Joe Fogarty	800m-representing TUD	3 rd	1.58.66
Edel Monaghan	1500m-representing TUD	5 th	4.32.19
Faye Dervan	3000m-representing DCU	3 rd	10.06.06
Sorcha McAllister	3000m-representing UCD	5 th	10.13.87
Claire O'Connor	Mixed 4 X 400m representing TUD	6 th	3.53.49

Arkansas Qualifier Meeting, 16th February 2024

Ronan McMahon Staggs	800m	1.49.04
----------------------	------	---------

Irish Senior Indoor Championships

NIA, Abbotstown. 17th February 2024

Aimie Ryan-Celtic	400m	5 th -heat	61.63
Niamh Carr	1500m	1 st -heat	4.37.88
Goda Buiwydyte-Celtic	1500m	8 th -heat	4.53.71
Cliona Ryan	1500m	9 th -heat	5.00.96
Conor Duncan	800m	2 nd -heat	1.53.86
Joe Fogarty	800m	5 th -heat	1.58.59
Philip Marron	1500m	2 nd -heat	3.54.54

Irish Senior Indoor Championships

NIA, Abbotstown. 18th February 2024

Edel Monaghan	3000m	5 th	9.41.01
Pierre Murchan	3000m	7 th	8.23.39
Niamh Carr	1500m	8 th	4.32.88
Philip Marron	1500m	4 th	3.51.24

Big East Indoor Championships.

The Armory, New York 24th February 2024

Sean Donohoe	1 Mile	4 th	4.04.16
--------------	--------	-----------------	---------

NAA DMR Relay Championships.**24th February 2024**Ronan McMahon Staggs 800m 9th-team**British Universities Indoor Championships.****Sheffield 24th/25th February 2024**

Niamh Carr	1500m	2 nd -Semifinal	4.33.97
Niamh Carr	1500m	Final	4.42.24

NIA Live Indoor Meeting**NIA. 28th February 2024**

Edel Monaghan	Mile	3 rd	4.54.70
Goda Buivydyte	800m	1 st -Heat	2.21.84
Cliodhna Ryan	800m	3 rd -Heat	2.22.38
Aimee Ryan	400m	2 nd -Heat	61.51
Niamh Bergin	400m	4 th -Heat	63.21
Pole Vault	Aoife Marron	4 th	2.20

Colyear-Danville Indoor Meeting**Boston 7th December 2024**Sean Donohoe Representing Villanova 3rd 7.50.28-Club Record

OUTDOOR RESULTS

Adelaide Invitational**Australia. 10th February 2024**Jodie McCann 1500m 4th 4.08.32**John Landy Invitational****Melbourne, Australia. 14th February 2024**Jodie McCann 5000m 9th 15.35.05**Canberry Invitational****Melbourne, Australia. 14th February 2024**Jodie McCann 1500m 1st 4.13.00**Australian Championships.**

Melbourne, 23rd March 2024

Jodie McCann	3000m	9 th	8.52.92
--------------	-------	-----------------	---------

Australian Championships.**Melbourne, 23rd March 2024**

Jodie McCann	1 Mile	4 th	4.32.54
--------------	--------	-----------------	---------

Australian Championships.**Melbourne, 23rd March 2024**

Jodie McCann	1 Mile	4 th	4.32.54
--------------	--------	-----------------	---------

Irish Universities Championships**Belfast, 5th/6th April 2024**

Clare O'Connor	1500m-competing for TUD	15 th	5.13.67
Edel Monaghan	3000m-competing for TUD	1 st	9.47.50
Joe Fogarty	800m-competing for TUD	5 th heat	2.03.85
Conor Murphy	1500m-competing for TUD	12 th heat	4.33.45
Conor Murphy	5000m-competing for TUD	7 th heat	17.01.08
Pierre Murchan	5000m-competing for TCD	1 st	14.09.97
Conor Murphy	10000m-competing for TUD	15 th	36.20.44

Bryan Clay Invitational.**California, 13th April 2024**

Fiona Hawkins	1500m	4.29.52
Ailish Hawkins	3000mS/C	11.02.48
Sean Donohoe	1500m	3.41.02
Ronan McMahon Staggs	1500m	3.43.73

Australian Championships.**Sydney, 13th April 2024**

Jodie McCann	5000m	12 th	16.04.59
--------------	-------	------------------	----------

North Belfast Meeting of 5000m**Belfast 20th April 2024**

Orla Duffy	5000m	17.12
------------	-------	-------

Penn Relays, University of Pennsylvania**28th/29th April 2024**

Sean Donohoe 4 X 1 Mile Relay 1st Leg Villanova 1st.

Payton Jordan Invitational Paulo Alto

California, USA. 29th April 2024

Ronan McMahon Staggs 1500m 3.41.80

UCLA V USC. 28th April 2024

Ailish Hawkins 3000m Steeplechase 10.42.0

Oda Mikio Memorial Meeting

Hiroshima, Japan May 2024

Jodie McCann 5000m 4th 15.30.20

Crusaders George V Ryan Meeting

Morton Stadium 4th May 2024

Philip Marron 1500m 2nd 3.45.47

Kieron Sexton 1500m 11th-heat 3.57.13

PAC 12 Championships

Boulder, Colorado. 10th/12th May 2024

Ailish Hawkins 3000m Steeplechase 11.34.29

Ronan Staggs 1500m heat 3.47.08

Ronan Staggs 1500m-final 5th 3.55.17

Belfast milers meeting.

Mary Peters Stadium, Belfast 11th May 2024

Nadia Power 800m 8th 2.09.86

Aoife Carr 1500m 16th 4.34.54

Edel Monaghan 3000m 5th 9.40.97

Orla Duffy 3000m 9th 9.45.29

Philip Marron 1500m 11th 3.45.83

Pierre Murchan 3000m 3rd 8.03.92

Highgate Harriers, Night Of 10000ms.

London 18th May 2024

Cliona Murphy 10000m 35.50.01

Meeting, Hiroshima

Bergen Norway. 22nd May 2024

Jodie McCann 5000m 10th 16.04.10

BMC Track Meeting**Manchester 25th May 2024**

Edel Monaghan	1500m	4 th -heat	4.32.75
Aoife Carr	1500m	13 th -heat	4.44.49
Philip Marron	1500m	5 th	3.45.52
Kieron Sexton	1500m	5 th -heat	3.55.57

NCAA Qualifiers**Fayetteville, Arkansas. 25th May 2024**

Ronan McMahon Staggs	1500m		3.44.22
----------------------	-------	--	---------

IFAM Meeting**Brussels Track 25th May 2024**

Nadia Power	800m		2.08.19
Pierre Murchan	5000m	6 TH	13.45.36

British National track and field league.**Eton, England. 1st June 2024**

Edel Monaghan	5000m	2 nd	16.52.8
---------------	-------	-----------------	---------

European Track and Field Championships.**Rome 7th June 2024**

Jodie McCann	5000m	17 th	15.29.25
--------------	-------	------------------	----------

Southern California Bush Championships.**8th June 2024**

Fiona Hawkins	1500m	1 st	4.37
Ailish Hawkins	1500m	2 nd	4.37

Belfast Athletic Meeting. Mary Peters Track**15th June 2024**

Edel Monaghan	1500m	6 th	4.30.60
Philip Marron	Mile	6 th	4.00.01
Oran O'Hare	3000m	7 th -heat	8.36.34

Continental Tour Field Meeting.**Oslo, Norway. 18th June 2024**

Jodie McCann	5000m	2 nd	15.20.93
--------------	-------	-----------------	----------

UCD track and Field Meeting.**UCD Campus, Belfield, 19th June 2024**

Edel Monaghan	800m	4 th -heat	2.16.00
---------------	------	-----------------------	---------

Motonet GP**Kourtane, Finland. 22nd June 2024**

Jodie McCann	3000m	1 st	8.54.61
--------------	-------	-----------------	---------

Meeting of Braga**Oporto, Portugal 23rd June 2024**

Sean Donohoe	1500m	3 rd	3.43.10
Philip Marron	1500m	6 th	3.43.95

National senior track and field championships. Day 1**Morton Stadium 29thth June 2024**

1500m	Edel Monaghan	6 th –heat	4.31.55
	Niamh Carr	3 rd -heat	4.37.92
	Fiona Hawkins	8 th -heat	4.44.75
	Philip Marron	2 nd –heat	3.57.01
	Sean Donohoe	3 rd -heat	3.54.57
5000m	Oran O'Hare	4 th	15.05.77

National senior track and field championships. Day 2**Morton Stadium 29thth June 2024**

1500m	Niamh Carr	15 th	4.40.85
3000m S/C	Ailish Hawkins	6 th	10.48.16
5000m	Jodie McCann	1 st	15.44.52
	Cliona Murphy	13 th	16.49.47
	Edel Monaghan	15 th	16.58.70
	Sorcha McAllister	16 th	17.15.42
1500m	Philip Marron	8 th	3.46.29
	Sean Donohoe	9 th	3.46.63

Dublin Graded League No 6.**Morton Stadium, Santry 3rd July 2024**

Fiona Hawkins	1500m-A	1 st	4.49.48
Grace Ann	Culhane-C	7 th	5.26.51

Birmingham BMC Meeting.**6th July 2024**

Nadia Power	8000m	1 st	2.06.07
Kieron Sexton	1500m-heat	1 st	3.56.60

British National League**Woodford Green, London. 7th July 2024**

Edel Monaghan	1500m		4.30.03
---------------	-------	--	---------

Cork City Sports.**CUT, Cork 9th July 2024**

Sean Donohoe	1 Mile	7 th	3.56.90
--------------	--------	-----------------	---------

Morton Games.**Morton Stadium, Santry, 12st July 2024**

Sean Donohoe	1 Mile	8 th	3.55.71-u/23 record
--------------	--------	-----------------	----------------------------

Moore-Guldensporenmeeting**Kortryk, Belgium. 13th July 2024**

Nadia Power	800m	4 th	2.04.74
-------------	------	-----------------	---------

Dublin Graded Meeting 7**Lucan, 17th July 2024**

Sorcha McAllister	3000m-A	2 nd	9.59.59
Grace Culhane	3000m-B	6 th	11.18.06
Aoife Donaghy	3000m-D	2 nd	12.18.30

Cas International Meeting**Schifflange (LUX) 21st July 2024**

Nadia Power	800m	7 th	2.05.85
-------------	------	-----------------	---------

Voor Mon International Meeting**Louvane, Belgium 27th July 2024**

Nadia Power	800m	3 rd	2.05.57
-------------	------	-----------------	---------

Irish Masters track and field championships.**Tullamore, 4th August 2024**

Paulo Silva	100m	1st	11.94
Paulo Silva	Long Jump	1 st	5.17

BMC Grand Prix**Bury, England. 10th August 2024**

Nadia Power	800m	1 st -Heat	2.06.05
Philip Marron	1500m	4 th -Heat	3.42.49

Northern Ireland track and field championships**Belfast, 10th August 2024**

Orla Duffy	5000m	2 nd	17.26.37
------------	-------	-----------------	----------

BMC Gold Standard**Watford, England. 21st August 2024**

Nadia Power	800m	7 th	2.03.62
-------------	------	-----------------	---------

Monument Mile Classic**Sterling, Scotland. 24th August 2024**

Philip Marron	1 Mile	4.01.14
---------------	--------	---------

CROSS COUNTRY RESULTS

Women's Leinster Intermediate Cross Country Championships.**Rathdrum Co Wicklow. 21ST January 2024****DCH 2nd Team; 33 Points**

Aislinn Moorhouse	2 nd	21.38	Also on winning Dublin Team
Cristin Scollard	3 rd	21.45	Also on winning Dublin Team
Claire O'Connor	13 th	23.17	
Katie Green	15 th	23.27	
Aoife Donaghy	19 th	24.17	
Edel McNamara	22 nd	25.17	
Lorna Walsh	23 rd	27.12	

Men's Leinster Intermediate Cross Country Championships.**Rathdrum Co Wicklow. 21ST January 2024****DCH 1st Team; 34 Points**

Oran O'Hare	2 nd	28.41	Also on winning Dublin Team
Liam Naughton	3 rd	29.29	Also on winning Dublin Team
Conor Murphy	14 th	31.16	
Mark Gilligan	15 th	31.23	
Christopher McLoughlin	23 rd	31.56	
Paul McLoughlin	45 th	37.03	

London International Cross Country Challenge.**Parliament Fields, London****20th January 2024**

Edel Monaghan	26 th	Representing Northern Ireland
Orla Duffy	36 th	Representing Northern Ireland

Dublin Masters cross country championships.**Raheny, 7th January 2024.**

Paul McLoughlin	126 th -42 nd M45	31.16
-----------------	---	-------

North Leinster Schools cross country championships.**Phoenix Park. 26th January 2024.**

Cliodhna Ryan	6 th
---------------	-----------------

Women's National Intermediate Cross Country Championships**Dundalk, 5000m 11th February 2024 DCH A 1st Team 31 points.**

Orla Duffy	2 nd	22.12	Also on winning Dublin team
Susan McManus	3 rd	22.24	Also on winning Dublin team
Aoife Carr	4 th	22.40	Also on winning Dublin team
Clare O'Connor	22 nd	25.58	
Katie Green	29 th	27.02	

Womens National Intermediate Cross Country Championships, Dundalk**5000m 11th February 2024 DCH B 6th Team 120 points.**

Aoife Donaghy	25 th	26.34
Edel McNamara	27 th	26.47
Lorna Walsh	35 th	29.08
Aisling Purdy	38 th	31.11

Men's National Intermediate Cross Country Championships, Dundalk**8000m 11th February 2024 DCH 3rd Team 63 points.**

Oran O'Hare	8 th	30.51	Also on winning Dublin team
Liam Naughton	9 th	30.59	Also on winning Dublin team
Oisin McKinley	20 th	32.25	
Christopher McLoughlin	26 th	33.13	
Conor Murphy	29 th	34.05	
Mark Gilligan	41 st	35.55	

Ras na hEireann, Dunleer**4000m 18th February 2024 DCH 1st Womens Team 13 points.**

Orla Duffy	3 rd	16.59
Cliona Murphy	4 th	17.06

Sorcha McAllister 6th 17.38

Ras na hEireann, Dunleer. 8000m Men 8th February 2024.

Conor Murphy 13th 24.43

Scottish cross-country championships 24th February 2024.

Aoife Carr

European Clubs cross country championships. Albuferia, Portugal 9200m 25th February 2024. DCH 11th team 113 points.

Cliona Murphy	35 th	35.31
Edel Monaghan	37 th	35.48
Orla Duffy	41 st	36.12
Avril Deegan	66 th	38.45

Aoife Carr-competing for Shettleston

European Clubs cross country championships. Mixed Relay, Albuferia, Portugal 9200m. 25th February 2024. DCH 9th team.

Pierre Murchan
Faye Dervan
Philip Marron
Claire Rafter

Women's open Cross Country Race, Albuferia. 5640m 25th February 2024.

Sorcha McAllister	1 st	21.34
Aislinn Moorhouse	5 th	23.08
Sinead Cronin	6 th	23.23

Men's open Cross Country Race, Albuferia. 7500m 25th February 2024.

Oran O'Hare	10 th	25.50
Mark Gilligan	23 rd	27.40

Irish Universities Cross Country Championships. Queens University, Belfast 5000m 9th March 2024.

Clare O'Connor-Representing TUD 50th 22.36

Irish Universities Cross Country Championships. Queens University, Belfast 9000m 9th March 2024.

Pierre Murchan-Representing TCD	3 rd	26.44
Oisin McKinley-Representing TCD	40 th	29.04
Conor Murphy-Representing TUD	63 rd	30.33

Abbotstown Park Run. 5000m. 21st September 2024

Christopher McLoughlin	1 st	18.07
Kevin Humphreys		33.04
Bonnie Mae McFeat	1 st	20.28
Cliodhna Ryan	2 nd	21.29
Ellen Byrne		22.01
Aoife Corr		22.26
Aoife Donaghy		22.27
Clare O'Connor		22.29
Edel McNamara		22.34
Claire Murphy		22.50
Lorna Walsh		23.46
Abbey Corr		25.36
Lilly Farrell		26.13
Martina		33.24
Ann Murphy		33.25

Castlegar International Cross Country. 6000m. 28th September 2024

Lauren Tinkler	1 st	21.47
----------------	-----------------	-------

Joe Piane Invitational Cross Country, 5000m. Notre Dame College**5th October 2024**

Fiona Hawkins		17.17
---------------	--	-------

Dublin Womens Novice Cross Country Championships. Phoenix Park, Dublin**4000m 6th October 2024 DCH 6th Team 102 points.**

Bonnie McFeat	8 th	14.51
Cliodhna Ryan	19 th	15.27
Claire Murphy	36 th	16.13
Abbie Dowdall	39 th	16.18
Abbey Corr	51 st	17.08
Lorna Walsh	55 th	17.35

Dublin Mens Novice Cross Country Championships. Phoenix Park, Dublin**6000m 6th October 2024**

Christopher McLoughlin	29 th	20.17
Paul McLoughlin	103 rd	23.48

Bill Dellinger Cross Country Classic. Oregon, USA.**6000m 11th October 2024**

Ailish Hawkins-UCLA	54 th	21.20.50
---------------------	------------------	----------

National Cross Country 4 X 1500m Mixed Relay Championships.**Abbotstown, 13th October 2024 DCH 1st 17.53**

Niamh Carr	Split times provided were unreliable
Pierre Murchan	Split times provided were unreliable
Jodie McCann	Split times provided were unreliable
Philip Marron	Split times provided were unreliable

Autumn International Cross Country. Abbotstown, Dublin.**6000m 13th October 2024**

Lauren Tinkler	9 th -6 th Irish	21.03
Edel Monaghan	12 th -9 th Irish	21.23
Orla Duffy	18 th -14 th Irish	21.48
Cliona Murphy	24 th -20 th Irish	22.05

Autumn International Cross Country. Abbotstown, Dublin.**7500m 13th October 2024**

Conor Murphy	40 th -38 th Irish	28.50
Christopher McLoughlin	42 nd -40 th Irish	29.36

Irish Universities Cross Country Championships. Cork.**19th October 2024**

Faye Dervan-Representing DCU	21 st	17.50
Sarah Byrne-Representing TCD	78 th	21.41
Pierre Murchan-Representing TCD	1 st	23.31
Michael Ryan-Representing TCD	79 th	28.15
Chris McLoughlin-Representing TUD	84 th	28.24

Wisconsin Pre National Cross Country Meeting. USA. 8000m 19th October

Ronan Staggs-Representing Washington University	22.44
---	-------

Princeton Fall Cross Country Classic, USA. 8000m 19th October 2024

Sean Donohoe-Representing Villanova College	23.38
---	-------

Scottish Cross Country Relays, Cumbernauld. 19th October 2024

Aoife Carr-Representing Shettleston Harriers	2 nd fastest leg
--	-----------------------------

Leinster Womens Novice Cross Country Championships.**Cowpark, Dunboyne, Co Meath****4000m 20th October 2024 DCH 2nd Team 57 points.**

Bonnie Mae McFeat	6 th	16.06	Also on winning Dublin team
Cliodhna Ryan	12 th	16.19	

Aoife Corr	19 th	16.46
Grace Culhane	20 th	16.47
Katie Green	21 st	16.49
Ellen Byrne	36 th	17.33
Clare O'Connor	39 th	17.43
Abbie Dowdall	46 th	18.07
Abbey Corr	59 th	18.38
Aoife Donaghy	65 th	18.59
Lorna Walsh	66 th	19.06

Scottish Short Course Cross Country Championships, Kircaldy.

4000m. 2nd November 2024

Aoife Carr	9 th	13.37
------------	-----------------	-------

Big 10 Conference Cross Country Championships, Savoy, Illinois.

6000m. 2nd November 2024

Ailish Hawkins-Representing UCLA	20.58
----------------------------------	-------

Abbottstown Park Run. 5000m. 2nd November 2024

Christopher McLoughlin	1 st	17.50
Paul McLoughlin	3 rd	20.59
Katie Green	1 st	21.06
Edel McNamara	2 nd	22.12
Clare O'Connor	3 rd	22.30
Aoife Donaghy	4 th	22.38
Abbie Dowdall	5 th	23.07
Lorna Walsh	8 th	23.48
Abbey Corr	9 th	23.52

Dublin Women's Senior Cross Country Championships

City West, Co. Dublin 7500m 3rd November 2024 DCH 1st Team 14 points

Orla Duffy	2 nd	27.33
Edel Monaghan	3 rd	27.42
Sorcha McAllister	4 th	27.47
Cliona Murphy	5 th	28.07
Bonnie McFeat	11 th	30.47
Aoife Corr	19 th	32.35

Dublin Womens Junior Cross Country Championships.

City West, Co. Dublin. 4500m 3rd November 2024.

Cliodhna Ryan	7 th	17.51
---------------	-----------------	-------

South Central Regional Cross Country Championships.

California. 6000m 8th November 2024.

Fiona Hawkins 1st 22.45

West Central Regional NCAA Cross Country Championships.

California. 6000m 16th November 2024.

Ailish Hawkins 3rd UCLA 21.14

South Central Regional NCAA Cross Country Championships.

California. 6000m 16th November 2024.

Ronan Staggs 6th Washington State 29.43

National Womens Junior Cross Country Championships.

Irvinstown, Co. Fermanagh.

4500m. 17th November 2024.

Cliodhna Ryan 51st

National Womens Senior Cross Country Championships.

Irvinstown, Co. Fermanagh.

7500m. 17th November 2024 DCH 3rd Team 83 points.

Jodie McCann	7 th	27.36	Also on 2 nd place Dublin Team
Edel Monaghan	21 st	28.43	Also on 2 nd place Dublin Team
Orla Duffy	27 th	29.03	
Sorcha McAllister	28 th	29.03	
Aoife Carr	36 th	29.47	
Cliona Murphy	41 st	30.02	
Grace Culhane	70 th	32.26	

National Men's Senior Cross Country Championships.

Irvinstown, Co. Fermanagh.

7500m. 17th November 2024 DCH 7th Team 172 points. 1st "B" Team

Pierre Murchan	10 th	23.58	Also on winning Dublin Team
Philip Marron	17 th	24.24	Also on winning Dublin Team
JP Williamson	68 th	26.00	
Oran O'Hare	77 th	26.16	
Liam Naughton	100 th	26.58	
Chris McLoughlin	137 th	28.23	
Conor Murphy	167 th	29.22	
Michael Ryan	174 th	30.02	

NCAA Division 1 Cross Country Championships.

Wisconsin, USA. 10000m

Ronan Staggs	Representing Washington State	30.23
Sean Donohoe	Representing Villanova University	31.11

National Womens Novice Cross Country Championships.**Tramore Racecourse, Co. Waterford.****4000m. 1st December 2024 DCH 5th Team 186 points.**

Bonnie Mae McFeat	39	16.32
Grace Culhane	42	16.38
Aoife Corr	52	16.57
Katie Green	53	16.57
Cliodhna Ryan	57	17.06
Clare Murphy	62	17.20
Edel McNamara	78	18.00
Aoife Donaghy	80	18.03
Abbey Corr	108	19.42

National Mens Novice Cross Country Championships.**Tramore Racecourse, Co. Waterford. 6000m 1st December 2024**

Vladislav Evseev	34	20.08	On 2 nd Place Dublin Team
Christopher McLoughlin	112	22.15	
Michael Ryan	164	23.24	

European Senior Mens Cross Country Championships. Antalya, Turkey.**7500m approx. 7th December 2024**

Pierre Murchan	41 st	23.26
----------------	------------------	-------

ROAD RACES RESULTS

ANNUAL CAKE RACE. PHOENIX PARK 5000m Approx. 21st December 2024

		TIME	TIME	POSITION
		ESTIMATED	ACTUAL	
LORNA	WALSH	27.14	27.11	0.03 1
LAMA		23.10	23.07	0.03 1
LIAM	NAUGHTON	20.00	19.54	0.06 3
SARAH	BYRNE	24.00	23.48	0.12 4
MICHAEL	RYAN	19.00	18.38	0.22 5
FREYA OC		25.00	25.31	0.31 6
ARRAN G		20.00	20.31	0.31 6
PIERRE	MURCHAN	17.12	16.33	0.39 8
ORLA	DUFFY	19.15	18.31	0.44 9
EDEL	MCNAMARA	24.30	23.41	0.49 10
AOIFE	DONAGHY	24.30	23.41	0.49 10
CAROLINE M		23.30	22.40	0.50 12
CHRIS	MCLoughlin	17.30	18.23	0.53 13
ELLEN	BYRNE	26.32	25.39	0.53 13
DAIRE MCG		23.00	22.07	0.53 13
CLIODHNA	RYAN	21.15	20.13	1.02 15
EDEL	MONAGHAN	19.41	18.38	1.03 16
MIUIREANN		24.00	22.55	1.05 17
AOIFE	CORR	25.35	24.25	1.10 18
CLIONA	MURPHY	19.55	18.42	1.13 19
JESISCA R		23.00	21.47	1.13 19
CLARE	MURPHY	24.00	22.46	1.14 21
SORCHA	MCALLISTER	19.50	18.34	1.16 22
CLARE	O'CONNOR	25.00	23.40	1.20 23
SARA		23.09	21.45	1.24 24
ANNABELLA		35.00	33.30	1.30 25
BONNIE	MCFEAT	22.07	20.31	1.36 26
SAM		22.00	20.19	1.41 27
PAUL S		26.00	24.10	1.50 28
SINEAD	CRONIN	23.15	20.36	2.39 29
AISLINN	MOORECROFT	23.20	20.30	2.50 30
PAUL	MCLoughlin	19.17	22.11	2.54 31
TADGH	FOLEY	23.00	19.36	3.24 32

Tom Brennan 5k Road Race - Women, Phoenix Park 1st January 2024**DCH 1st Team; 15 Points**

Orla Duffy	2 nd	16.33	
Susan McManus	6 th	17.18	
Cristin Scollard	7 th	17.22	
Goda Buivydyte	31 st	19.44	4 th -Junior
Edel McNamara	35 th	20.06	3 rd -F45
Lorna Walsh	53 rd	21.28	

Tom Brennan 5k Road Race - Men, Phoenix Park 1st January 2024**DCH 11th Team; 205 Points**

Conor Murphy	28 th	15.54	
Chris McLoughlin	48 th	16.29	
Paul McLoughlin	129 th	19.38	13 th -M45

Raheny 5 miles Road Race, 28th January 2024 Women's team 1st 28 Points

Faye Dervan	6 th	28.03	
Orla Duffy	7 th	28.29	
Sorcha McAllister	12 th	28.59	
Cristin Scollard	14 th	29.10	
Sinead Cronin	25 th	30.48	
Aislinn Moorhouse	28 th	31.39	

Raheny 5 miles Road Race, 28th January 2024 Men's team 28th 727 Points

Oran O'Hare	16 th	25.22	
Christopher McLoughlin	162 nd	29.18	
Paul McLoughlin	549 th	33.54	

Dungarvan 10miles Road Race, 4th February 2024

Cristin Scollard	3 rd	60.12	
------------------	-----------------	-------	--

Armagh 5K Road Race -8th February 2024 Senior Women

Niamh Carr	25 th	9.42	
Edel Monaghan	32 nd	9.45	
Aoife Carr	82 nd	10.23	

Enniscorthy 10K Road Race -1th February 2024 Senior Men

Liam Naughton	2 nd	33.11
Oisin McKinley	5 th	34.13

Wokingham half marathon Road Race -25th February 2024

Deirdre McDermott	13 th	1.20.39
-------------------	------------------	---------

Gorey 10 mile Road Race -10th March 2024

Mark Gilligan	4 th	58.27
---------------	-----------------	-------

Tubbercurry 10k Road Race – Women- Sligo, 17th March 2024

Eavan McLoughlin	2 nd	38.00
------------------	-----------------	-------

Streets of Portlaoise 5k Road Race -Mixed, Portlaoise 17th March 2024**DCH 2ND Team 80 Points. Teams made up of three men and three women**

Pierre Murchan	1 st	14.24
Liam Naughton	20 th	16.00
Conor Murphy	30 th	16.24
Ivan Briody	84 th	17.57
Cliona Murphy	3 rd	16.47
Cristin Scollard	8 th	17.43
Aislinn Moorhouse	19 th	18.58

National 10k Road Race Championships- Women, Dunboyne 24th March 2024**DCH 2nd Team 1.48.27**

Cliona Murphy	9 th	34.48
Cristin Scollard	17 th	36.36
Eavan McLoughlin	20 th	37.04

National 10k Road Race Championships- Men, Dunboyne 24th March 2024**DCH 7th Team 2.11.51**

Pierre Murchan	2 nd	29.21
Liam Naughton	49 th	33.07
Conor Murphy	91 st	34.31
Mark Gilligan	108 th	34.55
Tadgh Foley	241 st	38.38

Streets of Kilkenny 5k Road Race -Mixed, Portlaoise 28th March 2024**DCH 5th Team 286 Points. Teams made up of three men and three women**

Pierre Murchan	1 st	14.03	Course Record
Conor Murphy	57 th	16.30	

Christopher McLoughlin	100 th	17.19
Claire Rafter	11 th	17.49
Edel McNamara	57 th	20.35
Clare O'Connor	60 th	20.40

Great Ireland Run 10K. Phoenix Park. 14th April 2024

Mark Gilligan	7 th	34.52
---------------	-----------------	-------

National Road Relays, Raheny. 28th April 2024.

DCH Men "A" Team 4th 37.58: "B" Team 24th 43.00: "

"A" TEAM	"B" TEAM
Liam Naughton 10.05	Chris McLoughlin 11.06
Conor Duncan 4.40	Joe Fogarty 5.08
Pierre Murchan 13.52	Oisin McKinley 16.00
Philip Marron 9.22	Conor Murphy 10.48

National Road Relays, Raheny. 28th April 2024.

DCH Women "B" Team 6th 21.24: "A" Team 10th 21.38: "C" Team 16th 23.42

"B" TEAM	"A" TEAM	"C" TEAM
Sorcha McAllister 5.09	Cliona Murphy 5.19	Clare O'Connor 5.38
Orla Duffy 10.58	Edel Monaghan 10.55	Ellen Byrne 12.24
Eavan McLoughlin 5.19	Claire Rafter 5.25	Cliodhna Ryan 5.41

Raphoe 5k road race. 8th May 2024

Oran O'Hare	1 st	16.13
-------------	-----------------	-------

Leixlip 5k road race. 10th May 2024

Grace Culhane	4 th	21.13
---------------	-----------------	-------

Terenure 5m road race. 12th May 2024

Lauren Tinkler	2 nd	27.57
----------------	-----------------	-------

National 5k Road Race Championship. Phoenix Park 18th May 2024.

DCH Women 9th Team 59.43

Orla Duffy	6 th	16.59
Aoife Donaghy	73 rd	21.08
Lorna Walsh	80 th	21.22
Abbey Corr	121 st	23.06

National 5k Road Race Championship. Phoenix Park 18th May 2024.

Ivan Rigal	92 nd	17.18
------------	------------------	-------

Tullamore 4 mile Road Race. Part of Peugeot series. Sunday 18th May 2024**DCH 2nd mixed team 42 points**

Pierre Murchan	1 ST	18.30
Oran O'Hare	8 TH	20.40
Liam Naughton	10 TH	20.43
Lauren Tinkler	2 ND -Woman	21.40
Sinead Cronin	6 TH -Woman	24.46
Aislinn Moorhouse	7 TH -Woman	25.06

Enfield 5k Road Race. Part of Peugeot series. Tuesday 21st May 2024**Mens team 2nd, 44 points Womens team 2nd, 28 points**

Pierre Murchan	1 st	14.26
Oisin McKinley	21 st	15.31
Oran O'Hare	22 nd	15.31
Chris McLoughlin	102 nd	16.55
Lauren Tinkler	5 th	16.34
Edel Monaghan	11 th	17.01
Cliona Murphy	12 th	17.04
Claire Rafter	21 st	17.54
Clare O'Connor	52 nd	19.48
Edel McNamara	62 nd	20.09

Fury 5k Road Race. Buncrana, Co Donegal 28th May 2024

Oran O'Hare	4 th	15.31
-------------	-----------------	-------

Dublin Womens Mini Marathon 10k Road Race 4th June 2024

Lauren Tinkler	6 th	36.00
Grace Culhane		41.31

Corcaigh Park 5 mile Road Race 9th June 2024

Faye Dervan	1 st	29.00
-------------	-----------------	-------

Castleknock 5k Road Race 15th June 2024

Lorna Walsh	15 th	21.27
-------------	------------------	-------

Dublin Pride 5k Road Race, Phoenix Park, 20th June 2024

Abbey Corr	11 th	22.34
------------	------------------	-------

Dunshaughlin 10k Road Race. Part of Peugeot series. Saturday 22nd June 2024

Mens team 4th,156 points: Womens team 2nd,36 points:Overall 3^r place 100pt

Liam Naughton	17 th	32.40
Oran O'Hare	19 th	32.44
Oisin McKinley	28 th	33.14
Chris McLoughlin	99 th	36.30
Eavan McLoughlin	9 th	36.44
Cliona Murphy	10 th	36.45
Sinead Cronin	17 th	38.41
Aislinn Moorhouse	26 th	39.57

National 5 Mile Road Race Championship. Phoenix Park 23rd June 2024.

Conor Murphy	60 th	29.10
Faye Dervan	5 th	29.12

Clonee 10k Road Race 27th June 2024

Faye Dervan	1 st	35.45
-------------	-----------------	-------

Kilcock, 5k Road Race 28th June 2024 Women's Team 4th

Eavan McLoughlin	7 th	16.56
Ellen Byrne	33 rd	19.06
Grace Culhane	35 th	19.17
Abbey Corr	85 th	22.03
Lorna Walsh	86 th	22.23

Roscommon 10 Mile Road Race. 29th June 2024. DCH 2nd Team 141 points

John Paul Williamson	2 nd	52.26
Mark Gilligan	6 th	56.55
Conor Murphy	63 rd	71.13
Sinead Cronin	7 th	66.03
Edel McNamara	18 th	72.05
Clare O'Connor	45 th	79.05

Docklands 5k Road Race 11th July 2024

Sorcha McAllister	2 nd	16.59
Ellen Byrne	8 th	19.04
Lorna Walsh	24 th	21.20
Abbey Corr	35 th	21.47
Nicolas Edmond	15 th	16.10

Edenderry 10 mile Road Race. Part of Peugeot series. Sunday 14th July 2024**Overall Team 3rd place 98 pts**

Mark Gilligan	19 th	57.42
Conor Murphy	26 th	59.38
Ivan Briody	40 TH	63.16
Sorcha McAllister	2 nd	60.37
Eavan McLoughlin	4 th	62.34
Sinead Cronin	7 th	66.51

National, 10 mile Road Race Championships. Phoenix Park 21st July 2024

JP Williamson	5 th	51.58
Eoghan Beary	7 th	52.51

Dublin Summer Nights 5k road race Parkwest. 23rd July 2024

Faye Dervan	1 st	17.25
Grace Culhane	4 th	19.49
Aoife Donaghy	6 th	21.08

Carlingford, 5K Road Race 2nd August 2024

Faye Dervan	2 nd	16.54
-------------	-----------------	-------

Civil Service 10miles Road Race, Including Dublin Championship**Phoenix Park. 17th August 2024 Senior Men**

Liam Naughton	4 th -1 st Dublin Championship	53.01
---------------	--	-------

Kilcock 10miles Road Race. 18th August 2024 Senior Women

Faye Dervan	1 st	60.10
-------------	-----------------	-------

Castlepollard, 5K Road Race 21st August 2024

Faye Dervan	2 nd	17.27
-------------	-----------------	-------

Celbridge, 5K Road Race 21st August 2024

Edel Monaghan	4 th	17.43
---------------	-----------------	-------

Lucan, 5M Road Race 1st September 2024

Faye Dervan	1 st	28.07
-------------	-----------------	-------

Ardee and District, 5k Road Race. 7th September 2024

Orla Duffy 1st 17.37

Great North Run, Half Marathon, Newcastle. 8th September 2024

Eoghan Beary 68.35

ALG 5k Corporate Classic Road Race. Dublin Docklands 10th September 2024

Aislinn Moorhouse	3 rd	18.45
Eoghan Beary	2 nd	15.30
Nicole Edmond	7 th	16.05

Copenhagen Half Marathon, Denmark. 15th September 2024.

John Paul Williamson 121st 68.50

National Half Marathon Road Championships. Charleville, Co Cork

15th September 2024. 11th Team. 3 hrs, 44 mins, 20 secs

Liam Naughton	12 th	69.17
Mark Gilligan	78 th	75.58
Michael Ryan	117 th	79.05
Ivan Briody		

Rathfarnham 5k Road Race. 29th September 2024

Edel McNamara 61st-1st F50 20.10

Longford 1 Mile Road Race Night. 11th October 2024

Niamh Carr	2 nd	4.54
Edel Monaghan	3 rd	4.55
Lauren Tinkler	5 th	5.01

Dublin City Marathon. 27th October 2024.

Sinead Cronin	95 th	3:08:14
Aislinn Moorhouse	100 th	3:09:14

Dublin City Marathon. 27th October 2024. 9th Team 8.05.09.

3rd Team in Dublin Championships.

Liam Naughton	39 th	2.30.54
Mark Gilligan	203 rd	2.46.38
Michael Ryan	208 th	2.47.35

Irish Universities Road Relay Championships, Maynooth. 8th November 2024

Pierre Murchan Representing Trinity College 14.36-3 laps

Conor Murphy	Representing Technical U D	11.00-2 laps
Christopher McLoughlin	Representing Technical U D	17.22-3 laps
Sarah Byrne	Representing Trinity College	6.42-1 lap

Podium, 5k Road Race, 9th November 2024, Barrowford, England.

JP Williamson	14.49
---------------	-------

Valencia Marathon Spain. 1st December 2024

Tadgh Foley	1882nd	3.02.11
-------------	--------	---------

Jingle Bells, 5k Road Race 6th December 2024

Team Result. Dublin City Harriers Womens A Team -2nd 22 Points

Womens B Team 6th130 Points: Womens C Team 17th 252 Points:

Womens D Team 32nd 412 Points; Mens Team 17th 194 Points

Nadia Power-A	4 th	16.45-Gun Time	(16.45)-Net Time
Orla Duffy-A	8 th	16.56	(16.53)
Sorcha McAllister-A	9 th	16.58	(16.47)
Cliona Murphy-B	17 th	17.47	(17.35)
Bonnie Mae McFeat-B	42 rd	18.50	(18.41)
Cliodhna Ryan-10 th Junior	67 th	19.43	(19.17)
Grace Ann Culhane-B	68 th	19.44	(19.29)
Katie Green-C	76 th	20.02	(19.54)
Aoife Corr-C	80 TH	20.04	(20.04)
Clare O'Connor-C	92 ND	20.20	(19.55)
Edel McNamara-D-5 th F50	116 th	21.08	(20.36)
Lorna Walsh-D	145 th	21.47	(21.40)
Aoife Donaghy-D	147 th	21.49	(21.12)
Abbey Corr	309 th	24.04	(23.56)
Catherine McManus	622 nd	29.26	(29.26)
Liam Naughton	42 nd	15.59-Gun Time	(16.59)-Net Time
Conor Murphy	69 th	16.40	(16.38)
Michael Ryan	83 rd	16.55	(16.52)
Christopher McLoughlin	119 th	17.16	(17.05)

Cavan Christmas, 5k Road Race, 26th December 2024, Cavan.

Orla Duffy	1 st	17.12
------------	-----------------	-------

Dunboyne AC 2 mile Road Race, 25th December 2024.

Bonnie McFeat 2nd

Katie Greene 5th

Pieta House, Dunboyne, 26th December 2024

Bonnie McFeat 1st woman

Katie Greene 2nd woman

CLUB RECORDS: MEN

Event	Name	Mark	Venue	Year
60m	David Power	6.89	Nenagh, Ireland	2000
100m	Power David	10.57	Dublin, Ireland	1999
200m	Philip Snoddy	21.14	Cork, Ireland	1988
400m	Eugene Farrell	46.34	Sydney, Australia	1996
800m	Daniel Caulfield	01:46.7	Gateshead, UK	2000
1500m	Enda Fitzpatrick	03:39.2	Berlin, Germany	1987
5000m	Martin Redmond	13:37.4	Philadelphia, USA	1986
10000m	Roy Dooney	29:01.2	Dublin, Ireland	1986
60mH	Thomas J. Kearns	7.69	Seville, Spain (i)	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	08:39.1	Lisbon, Portugal	1996
5000m Walk	Jimmy McDonald	19:24.9	Seville, Spain (i)	1991
10000m Walk	Jimmy McDonald	41:02.5	Dublin, Ireland	1996
High Jump	Antoine Burke	2.24	Birmingham, UK (i)	1998
Long Jump	Jonathan Kron	7.79	Princeton, USA	1994
Triple Jump	Patrick Shannon	15.09	Nenagh, Ireland (i)	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	02:13.3	Duluth, USA	1992
1000m	Enda Fitzpatrick	2.17.87	Budapest, Hungary	1986
Mile	Ronan McMahon-Staggs	03:55.0	Fayetteville, USA (i)	2023
3000m	Martin Redmond	07:55.9		1986
	Sean Donohoe	7.50.28	Boston, USA (i)	2024
Half Marathon	Roy Dooney	63.21	Birmingham, UK	1985
3000m Walk	Jimmy McDonald	14:12.1	Tullamore, Ireland	2004

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	Jodie McCann	4.08.32	Adelaide, Australia	2024
5000m	Una English	15:19.12	Heusden, Netherlands	2001
10000m	Ursula Noctor	34:16.40		1990
60mH	Catherine McManus	8.43 (i)	Athlone, Oreland	2017
100mH	Catherine McManus	13.76	Oordegem, Belgium	2017
400mH	Adrienne McIvor	56.73	Riga, Latvia	2000
3000mSC	Una English	9:51.54	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	Teri 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		1998
Hammer	Lorraine Shaw	44.9		1992
Marathon	Deirdre Nagle	2:37.91	London, UK	1983
1000m	Deirdre Fleming	2.:48.91		2005
Mile	Nadia Power	4:32.5	Barcelona, Spain	2020
3000m	Jodie McCann	8:52.92	Melbourne, Australia	2024
Half Mara	Ursula Noctor	73:16	Derry, Ireland	1991
3000m Walk	Lisa Sheridan	13:06.01		1993

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 R
2003	Ciara Sheehy	England	200m
2004	Ciara Sheehy	Hungary	200m
2022	Catherine McManus	Serbia	4 x 400m

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	Sweden	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 Hillard	England	Senior Women
1985	Ann Hillard	Portugal	Senior Women
1986	Ann Hillard	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	Senior 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	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,	Senior Women

2001	Una English	Belgium	Senior Women
2003	Una English	Switzerland	Senior Women

DCH representation at European Cross Country Championships

1996	Una English	English	Belgium	Snr	Women
1998	Una English	English	Italy	Snr	Women
2001	Una English	English	Switzerland	Snr	Women
2005	Azmera Gebrezgi	Gebrezgi	Holland	Jnr	Women
2007	Azmera Gebrezgi	Gebrezgi	Spain	U23	Women
2015	Pierre Murchan	Murchan	France	Jnr	Men
2022	Pierre Murchan	Murchan	Turin	Snr	Men
2024	Pierre Murchan	Murchan	Turkey	Snr	Men
2017	Fian Sweeney	Sweeney	Slovakia	Jnr	Women
2018	Fian Sweeney	Sweeney	Holland	U23	Women
2019	Fian Sweeney	Sweeney	Lisbon	U23	Women
2018	Daire Finn	Finn	Holland	Jnr	Men
2018	Jodie McCann	McCann	Holland	Jnr	Women
2019	Jodie McCann	McCann	Lisbon	Jnr	Women
2021	Jodie McCann	McCann	Dublin	U23	Women
2022	Jodie McCann	McCann	Turin	U23	Women
2021	Lauren Tinkler	Tinkler	Dublin	U23	Women
2019	Nadia Power	Power	Lisbon	Mixed	Relay
2022	Nadia Power	Power	Turin	Mixed	Relay
2022	Fiona Hawkins	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 Loughrey	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
1992	Dave Fagan	Barcelona	Coach
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	5 x 400m relay
2000	Martina McCarthy	Sydney	6 x 400m relay
2000	Ciara Sheehy	Sydney	7 x 400m relay
2000	Adrienne McIvor	Sydney	8 x 400m relay
2008	Dave Fagan	Beijing	Coach
2021	Nadia Power	Tokyo*	800m
2024	Jodie McCann	Paris	5000m

*postponed from 2020

DCH representation at World Track and Field Championships

1983	Deirdre Nagle	Helsinki	Marathon
1987	Patricia Amond	Rome	4 x 400m
1987	Gerry Delaney	Rome	5 x 400m
1987	J Barry	Rome	6 x 400m
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	4x200m
2015	Stephanie Creaner	Bahamas	4x200m

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 Snoody	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	4x400m relay
2002	Adrienne McIvor	Munich	800m
2002	Ciara Sheehy	Munich	200m
2006	Ciara Sheehy	Gothenburg	200m
2024	Jodie McCann	Rome	5000m

DCH representation at European Nations Track and Field Championships

1967	Ciaran Coakley	Ireland	100m
1970	Ignáid Ó Muircheartaigh	Iceland	4x100m, 4x400m
1975	John Dillon	Denmark	400m hurdles
1977	John Dillon	London	400m hurdles, 4x400m
1977	Joe Ryan	London	100m; 200m, relays
1979	Joe Ryan	Switzerland	200m; relays
1977	Gerry McEvoy	London	Shot put
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	4x100m; 4x 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; 4x100m 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	4x100m 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; 4x400m 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; 4x400m 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; 4x100m relay
1991	Lorraine Shaw	Portugal	Shot putt; discus
1993	Jeff Pamplin	Netherlands	100m
1994	Stuart McQuade	Ireland	100m; 4x100m relay
1995	Stuart McQuade	Estonia	100m
1994	Tom McGuirk	Ireland	200m; 400m hurdles
1997	Tom McGuirk	Ireland	400m; 400m hurdles
1994	Shane Healy	Ireland	1500m
1994	Kevin Keane	Ireland	Triple jump
1995	Kevin Keane	Estonia	Triple jump
1994	Nicola Moore	Ireland	4x100m relay
1995	Nicola Moore	Estonia	4x100m relay
1995	Daniel Caulfield	Estonia	800m
1997	Daniel Caulfield	Ireland	1500m
1995	Eugene Farrell	Estonia	4x100m; 4x 400m relay
2013	Stephanie Creaner	Ireland	4x100m relay
2014	Catherine McManus	Estonia	4x100m relay
2015	Catherine McManus	Greece	4x100m relay

DCH representation at European Under 23 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	Sweden	800m

DCH representation at World Road Racing 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

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 liniments 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.