



Clonliffe Harriers 135th Annual General Meeting Ladies Captain's Report

I have great pleasure in reporting on the activity of the ladies' section of Clonliffe Harriers AC from 1st May 2022 up to 21st March 2023 across Outdoor Track & Field, Cross country, Road Racing and Indoor competitions.

Over the past 12 months we have enjoyed huge team success including:

- National Senior indoor 4x200m relay bronze
- National Intermediate cross country silver
- National 5k road silver
- Northern Ireland 5k road silver
- National Masters cross country bronze
- National Novice cross country bronze
- Northern Ireland road relay bronze

The 2022 individual Club Prize winners - Edel Maguire (Master athlete of the year), Leah Bergin (Women's track and field athlete of the year), and Laura Tuite (Women's road and cross country athlete of the year), all excelled throughout the year in their categories. Grace Casey broke the Javelin club record in one of her first outings for the club, throwing 42.75m at Mary Peters and also won bronze at the National T&F. Emma Mitchell set a new indoor 3000m club record 9.45.34 at the Indoor league, NIA. Other inspirational performances came from Vanessa Fenton, Jen Elvin & Snezana Bechtina to name but a few. As we celebrate 60 years of women members at Clonliffe Harriers the current crop of 'Morton Marvels' have much to be proud of.

Jenny Johnston (Ladies Captain) ❤️❤️



Indoor



In the ***National Senior Indoors*** the 4 x 200 relay team of Leah Bergin, Lauren Carr, Anna Heavey and Clodagh Dunbar won national bronze in a time of 1.43.81. Leah Bergin placed 6th in the 400 final in 56.07. Both Clodagh Dunbar and Anna Heavey went out in the 400 heats and Clodagh also completed in the 200.

At the ***National Masters Indoors***, Edel Maguire won three O60 National titles, 60m (9.10), High Jump outright over all age categories (1.42m) and 400m (1.08.76) consequently all new Irish records. Edel also travelled to Sheffield for the ***British Masters indoor*** championships taking W60 200 silver, running a new Irish record of 29.70. Edel also won the high jump and took silver in the 60.

The ***National Indoor league*** was held over 2 rounds on 8th January and 22nd January in the NIA and Athlone respectively with a final held on February in the NIA. The women's competition was fierce with 15 teams competing in the rounds for 8 places in the final. The team scored very well in Round 1, finishing in an excellent 2nd place. Round 2 of the league was hit by a number of withdrawals and a small teams of women worked very hard in Athlone to secure 4th place and a spot in the final. The team placed 5th in the ***Final*** on Saturday 11th Feb but only 8 points off bronze. Throughout the rounds several club and league debutants had contributed (Molly Haslam, Ava Usanova, Rebecca Walsh, Niamh Whyte and Clodagh Dunbar) and the team will continue to go from strength to strength.

<u>Event</u>	<u>Round 1 - Finished 2nd</u>	<u>Round 2 - Finished 4th</u>	<u>Final – Finished 5th Overall</u>
<u>60m</u>	Clodagh Dunbar		Molly Haslam
<u>200m</u>	3rd Leah Bergin		Lauren Carr
<u>400m</u>		1st Leah Bergin - PB 55.71	1st Leah Bergin
<u>800m</u>	Clíodhna Nolan		Greta Streimyte
<u>1500m</u>		2nd Laura Tuite - PB 4.44.93	Laura Tuite
<u>3000m</u>	1st Emma Mitchell – CR 9.45.34		3rd Sarah Bateson - PB 10.24.27
<u>1500m Walk</u>		Jenny Johnston	Niamh Whyte
<u>60m Hurdles</u>			Snezana Bechtina
<u>Pole Vault</u>	Snezana Bechtina		3rd Snezana Bechtina
<u>Long Jump</u>	Edel Maguire		Caoimhe Del Bello
<u>High Jump</u>		Lauren Carr	Edel Maguire
<u>Triple Jump</u>			Snezana Bechtina
<u>Shot</u>	Jenny Johnston		Jenny Johnston
<u>WFD</u>		Jenny Johnston	Anna Heavey
<u>4x200m Relay</u>		Leah Bergin	3rd - Leah Bergin
<u>4x200m Relay</u>		Clodagh Dunbar	3rd - Lauren Carr
<u>4x200m Relay</u>		Anna Heavey	3rd - Clodagh Dunbar
<u>4x200m Relay</u>		Lauren Carr	3rd - Ava Usanova
<u>4x400m Relay</u>	2nd - Snezana Bechtina		3rd - Rebecca Walsh
<u>4x400m Rela</u>	2nd - Clodagh Dunbar		3rd - Clodagh Dunbar
<u>4x400m Relay</u>	2nd - Anna Heavey		3rd - Anna Heavey
<u>4x400m Relay</u>	2nd - Leah Bergin		3rd - Clíodhna Nolan

At the ***Leinster Indoor*** championships Clonliffe took senior gold at 200, 400, 800 and 1500, courtesy of Lauren Carr, Leah Bergin, Hannah Browne and Laura Tuite respectively. Clodagh Galvin (bronze 1500), Clíodhna Nolan (silver 800), Clodagh Dunbar (bronze 400) adding to the haul. In the masters, Snezana Bechtina took the W40 200 title. Edel Maguire took triple W60 gold, 60 (9.11), high jump in a new championship record of 1.36m and 400 (67.23), also a CR. Frances Mansfield, won W75 shot gold (4.73) and WFD gold in a new championship record of 2.73m. Jenny Johnston took W35 400 silver.

Clonliffe ladies supported the ***NIA Live events*** held throughout December to February.



Cross country

The team took well-deserved silver at the **Dublin Novice**. Nine ladies lined up for Clonliffe with the scorers Meghan O'Keeffe, Rachel McFadden, Jenny Johnston and Aoife O'Reilly.

In early October, four senior ladies joined the squad travelling to the **Cardiff Cross Challenge**. This was an excellent event, held at Llandaff Fields. The Clonliffe team of Laura Tuite, Meghan O'Keeffe, Jenny Johnston and Alannah Cooley had a great outing over the 6.4k course.

At the **Autumn Classic Cross Country** in Abbottstown, Jen Elvin was 20th in the senior women's 6000 in 22.06.

In the **Dublin Senior XC** the senior women placed out of the medals in 4th position. Led home by Jen Elvin finishing 5th place, Laura Tuite, Clodagh Galvin and Orna McGinley making up the scoring 4. Unfortunately due to pull outs Naoise Cullen was the sole Clonliffe representative in the U19 and juniors combined race finishing in 17th position.

At the **National Cross Country Championships** at Rosapenna Golf & Hotel Resort, Clonliffe ladies placed in 9th place, led home by Jen Elvin in 24th place.

In the **National Novice** the team took well-earned bronze medals. Laura Tuite had a fine run to 20th backed up by Clodagh Galvin, Alannah Cooley and Meghan O'Keeffe.

At the **Dublin Masters XC** at St. Anne's there was a great turnout of 17 Clonliffe athletes for the 4k O35 race. First home was Jenny Johnston in 10th position, followed by Siobhan Devaney in 15th, Ciara Peelo in 16th and Maura Matthews 26th. The team placed just shy of a medal in 4th. The O50 team finished in 8th place with Aine McCann leading the team home in 19th place.

Sunday 12th February marked a fantastic day for Clonliffe women with team silver and bronze in the **National Intermediate and Masters Cross country** respectively. The intermediate women were led home in a superb 6th place by Laura Tuite followed by Orna McGinley, Sarah Bateson and Rachel McFadden. The masters team put in a brilliant performance with Jen Elvin in 4th position, next in, in her 1st race for the club was Yuliya Tarasova in 13th position, Ciara Peelo 43rd, Siobhan Devaney 45th, these scoring for team bronze, a single point behind silver. In addition to taking individual and club team bronze, Jen Elvin led the Dublin team to intercounty gold, Yuliya also won intercounty gold.

In a new format the **club cake races** were held as a 3k cross country race in Santry park in a combined men and women race. 1st woman was Catherine Harvey and fastest woman was Emma Mitchell (10.35). The women's **club cross country** championship was won by Laura Tuite who witheld a spirited challenge by Alannah Cooley, with Sarah Bateson taking 3rd place. 1st of the junior women was Ciara Sheedy. Whilst in the Masters Jenny Johnston retained her title.

In other events, Orna McGinley finished 27th in the **Surrey Cross Country** championships over 8k. Anne Lyons competed in the **World Masters Mountain** running championships in Clonmel, Co. Tipperary. Clonliffe women also attended **Meet & Train** events throughout Dublin.

Outdoor Track & Field



At the **Senior National T&F Championships**, Grace Casey claimed bronze with a throw of 40:77. Greta Streimtye finished in 10th place in the Women's 1500m final in 4:42:71, in what was a slow burner of a race. At the **AAI Games**, Leah Bergin clocked 56.11 to win her 400m. Anna Heavey placed 4th in her 100.

In early July 2022, Edel Maguire and Snezana Bechtina competed at the **World Masters Athletics** in Tampere Finland. In the W60 high jump Edel took world silver. Edel placed 4th in the W60 400m final (previously running 66.62 sec, a new PB & National record), 4th in the W60 200m final, 5th in the W60 100m and long jump. Edel claimed gold in the W55 4x100m and bronze in the W45 4x400m. Snezana competed in the W40 200m heats and in the W40 400m final placed 6th. Snezana won team gold in both the W40 4x100m and 4x400m relay, in national record performances. In the **National Masters**, Frances Mansfield claimed W75 hammer silver (17.13). At the **Northern Ireland Masters** Edel won gold on the high jump with a leap of 1.4m and another national record.

The **National League** was held over 2 rounds on 22nd May and 31st July in Mary Peters and Athlone respectively. The team showed guts and versatility in abundance over both rounds to qualify for the final on 14th August. The team had been hit by a number of withdrawals including some on the day itself but in true club spirit, events were filled by athletes well outside of their comfort zones and were rewarded with a well-earned 5th place.

<u>Event</u>	<u>Round 1 - Finished 3rd</u>	<u>Round 2 - Finished 4th</u>	<u>Final - 5th Overall</u>
<u>100m</u>	Anna Heavey	Anna Heavey	Anna Heavey
<u>200m</u>	Lauren Carr	Snezana Bechtina	Lauren Carr
<u>400m</u>	1st Leah Bergin	1st Leah Bergin	2nd Leah Bergin - PB 56.05
<u>800m</u>	Alannah Cooley	2nd Sarah Hawkshaw	3rd Sarah Hawkshaw - PB 2.19.99
<u>1500m</u>	Laura Tuite	1st Greta Streimtye	2nd Greta Streimtye
<u>3000m</u>	1st Emma Mitchell	Laura Tuite	Sarah Bateson
<u>1500m Walk</u>	Aisling Killea	Jenny Johnston	Jenny Johnston
<u>100m Hurdles</u>			
<u>400m Hurdles</u>	Snezana Bechtina	2nd Snezana Bechtina	Snezana Bechtina
<u>Pole Vault</u>	1st Snezana Bechtina	2nd Snezana Bechtina	2nd Snezana Bechtina
<u>Long Jump</u>	Edel Maguire	Edel Maguire	
<u>High Jump</u>	Edel Maguire	Edel Maguire	Lauren Carr
<u>Triple Jump</u>	Snezana Bechtina	Lauren Carr	Snezana Bechtina
<u>Discus</u>	Jenny Johnston	3rd Jenny Johnston	2nd Jenny Johnston
<u>Javelin</u>	Denise Byrne	1st Grace Casey	3rd Jenny Johnston
<u>Hammer</u>	Jenny Johnston	2nd Kate Connell	
<u>Shot</u>	Denise Byrne	2nd Jenny Johnston	Sarah Hawkshaw
<u>WFD</u>	Laura Tuite	Kate Connell	Sarah Hawkshaw
<u>4x100m Relay</u>	Leah Bergin	Leah Bergin	Leah Bergin
<u>4x100m Relay</u>	Lauren Carr	Lauren Carr	Lauren Carr
<u>4x100m Relay</u>	Anna Heavey	Anna Heavey	Anna Heavey
<u>4x100m Relay</u>	Snezana Bechtina	Snezana Bechtina	Snezana Bechtina
<u>4x400m Relay</u>	Leah Bergin	2nd Leah Bergin	1st Leah Bergin
<u>4x400m Relay</u>	Snezana Bechtina	2nd Lauren Carr	1st Lauren Carr
<u>4x400m Relay</u>	Alannah Cooley	2nd Anna Heavey	1st Anna Heavey
<u>4x400m Relay</u>	Lauren Carr	2nd Sarah Hawkshaw	1st Snezana Bechtina



At the **Leinster T&F**, Edel Maguire was 1st W60 in the long jump with a jump of 4:34m (national record) and 1st W60 in the 400 m. Leah Bergin claimed silver in the 400m in a time of 57:04. Snezana Bechtina claimed W40 400m gold in a time of 60.65. Frances Mansfield also picked up double gold winning W75 hammer (18.90) and discus (12.53).

The **Dublin Graded Series** was well supported by Clonliffe ladies, getting underway on 28th April in Tallaght the events ran in various venues roughly every 2 weeks until 10th August. Athletes tested themselves across a range of track events from 100m, 200m, 400m, 800m, 1500, mile and 3000m and took in hammer, javelin, discus, high jump and shot. Similarly both the **Irish Milers club** and **Belfast Milers** proved popular with Emma Mitchell taking fine wins in the 1500 (4.23.12) and 5000 (16.38.48) respectively. Greta Streimikyte competed at the **BMC Loughborough Grand Prix**, placing 7th in the women's B 1500 in 4.31.69. In August at the **Templemore Throws Festival**, Jenny Johnston had season's best throws of 28.79m in the javelin 27.21m in the discus for 2nd place in each and also placed 4th in the hammer, shot and 9kg weight throw.

The **Club championships** took place during April, May and June. Leah Bergin took the double over **200** and **400m** and it was encouraging to see two junior athletes Rebecca Walsh and Ava Usanova having great races in the **400** also. Lauren Carr was crowned **100** champion. In a great battle for the line Sarah Hawkshaw claimed the **800** club championship. Laura Tuite had a gun to tape win, retaining her club **1500** title. The **5000** club championship was ran as a mixed race, first woman home was Rachel McFadden. Rachel McFadden also took the title at the **Night of Miles**. Catherine Harvey won the **3000m** Pat O'Hara cup. The **10,000m**, Bonass Cup took place at Morton Stadium and was won by Aisling Andrews.

Road Racing

On a National level at the **National 5k Road Championships** in Phoenix park, the women's team of Laura Tuite, Alannah Cooley, Meghan O'Keefe won national team silver. Orla O'Sullivan was 3rd junior woman. Alannah Cooley, Meghan O'Keefe, Emma Mitchell and Laura Tuite travelled to Victoria Park Belfast for the **Northern Ireland Open Road relay championships** taking home bronze medals.

In the **Dublin Novice 5k Championship** in Tallaght, Yuliya Tarasova, Ciara Peelo, Clodagh Galvin and Aisling Andrews brought the team to silver medals. Ciara Peelo was 3rd F40 and Jean Carr 2nd F60.

In the **Duleek 5k**, Laura Tuite ran an excellent race to take her maiden road race win in 21st overall. Clodagh Galvin and Hannah Browne also having excellent races and helping the team to gold.

In the **Frank Duffy 10 mile**, which doubled as the Dublin 10-mile Championship Mary Ketterer took silver W45, and the W50 team of Aine McCann, Susan Kelly and Janet Reid took Dublin bronze. In the **5 mile Dublin Marathon Race Series** in Tallaght Joyce O'Hare took 2nd W35 and likewise Laura Kernan was 2nd W45. At the **Clonee 10k** Mary Ketterer, Ciara Peelo, Maura Matthews and Elaine McLaughlin were rewarded with 2nd overall in the team event. Ciara also finished 2nd 40, Mary 1st W45 and Maura 3rd W45.

In the **Dublin City marathon** Anne Lyons was first Clonliffe woman home in 3:44.50. The 050 team taking Dublin bronze.

At the **131st Clonliffe 2 Mile Road Race** Ellie Hartnett (UCD) was a clear winner of the women's race in a time of 10.42.97. In the **Griffith Avenue Mile** Ciara Peelo running 5.13 finishing 4th lady overall and 1st in her age category.



In a 6 Mile Race as part of the **Limerick marathon series**, Clonliffe took 2 spots on the podium with Ciara Peelo 2nd woman and 1st W35 in 40.29, just ahead of Clodagh Galvin 40.33, 3rd woman.

In the **Valencia Marathon** Vanessa Fenton ran a brilliant 3.05.08, 11th W50.

Sinead Duffy completed the six-star journey completing the **Tokyo Marathon** in a time of 4 hours 15 minutes. Tokyo was the final leg of Sinead's 6 marathon majors, having already successfully completed Boston, London, Berlin, Chicago and New York.

Emma Mitchell was selected on **Northern Ireland half marathon team** for the Antrim Coast Half Marathon. Emma excelled in various 5 and 10k races including a record park run time of 16.17 in the **Belfast Victoria parkrun**.

At the **Garristown 10k**, Aisling Andrews was 2nd senior woman and Aideen O'Connor 1st W45.

In the **Mick Murphy 5 mile** in Malahide Castle, Ailish Malone was first lady in 31:53. Clodagh Moriarty took 1st place in the **10 Mile Championship** also held in Malahide.

Clonliffe ladies also completed in the:

- *St Cocas 5k, Rathfarnham 5K, Marie Keating Foundation 5K, Tom Brennan 5K, Ace 5k*
- *DCC 5K, BHAA 5k*
- *Women's 40th Mini Marathon*
- *Dublin's Phoenix Park 5 Mile Road*
- *Lambay the Peninsula 4mile Road Race, Dunleer 4 mile*
- *Donadea 10k, Fields of Athenry 10k, Adare 10k*
- *Limerick Half Marathon*
- *"Irish Three Quarter Marathon"*
- *National 10 mile*
- *Raheny 5 mile*
- *Bohermeen Half*

Other club activity

Two very successful Cross Country squad days were held during the Autumn.

A brilliant **Master Women's training talk** was held in January, the speaker Irene Clarke delivered an informative 3.5 hour presentation on "Training as a mid life woman". Topics such as training plans, nutrition, hormone changes, endurance, speed and strength training were discussed in a lot of detail.

In February an excellent **Nutrition workshop** was delivered by Evan Lynch, Sports Nutritionist. Evan's presentation focused in particular on pre session/post session nutrition and race day, hydration, general eating patterns and supplements.

On 11th March 2023 the Clonliffe ladies were out in force at **Poppintree Parkrun** to mark 'Women in Sport Week' and to really kick start our celebrations of 60 years of Women's Athletics in Clonliffe. It was fantastic to be supported by so many of the male members of the club as well as many coaches. We were delighted to welcome Patricia O Cleirigh, representing her mum Claire Walsh (Clonliffe Olympian), Jean O'Neill (Claire's sister), Catherine Walley, Jean Appleby as well as past captain Bronagh NiBhrian to name but a few. Roll on 30th September for the Gala Ball!



Thank you to my vice captain, Laura Tuite, Club captain Noel Guiden and all the committee, 60th anniversary committee, coaches, athletes and volunteers for all your support, hard work and enthusiasm throughout the year, it is so much appreciated.



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