



Captain's report to 2024 Clonliffe Harriers AC AGM



Monday 25th March, 2024

It is my pleasure to present to this AGM my Captains's Report outlining the principal activities over the course of the year by the men's section of Clonliffe Harriers. The range of activity in our club between track and field, cross country, road races, seniors, juniors and masters is incredible. We have an extremely vibrant club, therefore the only logical way that I can present my report is on a chronological basis – month by month. Don't panic however, I do not intend to read out the report but rather the full report will be available post this AGM on the club website, but rather I will set out some of the year's highlights.

Track and field:

- National indoor league champions 2024.
- National track and field outdoor league 2023 runner-up.
- National senior track and field 2023 : Cathal Doyle 1500 champion, Eoin Sheridan Discus champion, Simon Galligan hammer silver, Tom Pitkin 400 H silver, Rolus Olusa pole vault silver, 4 x 100 relay silver, Brian Gregan 400 bronze, Efreem Gidey 5000 bronze, 4 x 400 relay bronze.
- National senior indoor championships 2024: Cathal Doyle 1500 champion.
- National Spring Throws 2024: Simon Galligan gold hammer,

Road/cross country:

- National road relay champions 2023.
- National 5 K road champions 2023.
- National marathon champions 2023.
- National cross country 2023 bronze.
- National intermediate cross country champions 2024.
- Stephen Scullion national marathon champion 2023.
- Dublin novice, intermediate and senior cross-country champions 2023.
- 2024 National 10k team silver.

Masters:

- National M35 team cross country silver 2024.
- Colm Rooney national M40 cross country champion.
- National M35 5K champions 2023
- Cathal McHale national M35 5,000 champion.
- David Donegan national M40 pole vault champion.
- Niall Sherlock national M35 long jump champion.
- Niall Allen national indoor M50 WFD champion.

Juniors:

- National U/20 cross country 2023 runner-up.
- Sean Cronin U/20 1500 bronze.

Club record breakers:

- Simon Galligan – hammer – 64.91.
- Cathal Doyle – 1500 indoor – 3.39.10.

Club champions:

- 100 – Keith Pike
- 200 – Keith Pike
- 400 – Oren Kenny
- 800 – Rory Quill
- 1500 – Lorcan Benjacar
- 5000 – Sean Doran
- 10,000 – Sean Doran
- 10 mile – Sean Doran

None of this could have been achieved without the hard work of our athletes and the dedication of our wonderful coaches. Sincere thanks to Peter McDermott, John Shiels, Bart Rogers, Geraldine Reilly, Gerry Cullen, Alan O'Neill, Stephen Bateson, Mick Fogarty, Gerry Carr, Brian McDonald, Pamela Cooper, Ben Lawler, Eugene Coppinger, Jean Carr, Philip O'Doherty, Maurice Ahern, Ray Fitzsimons, our juvenile coaches lead by Gladys Cooper, Eugenia Bateson, Noel Cullen, Ann Murray, Yvonne Burke, Leo Hession, Ciaran Lyons and all the various assistant coaches and others who have stepped into the breach whenever called upon.

I want to thank my vice captains Gerry Cullen and Keith Pike for their support throughout the year particularly for their support during the team competitions.

I would like to thank our club president Mick Kearney and indeed congratulate him on a very successful 1st year's leadership, Stephen Bateson for his unwavering support, Brian McDonald for his generosity as our club treasurer and the entire committee. It is a genuine team effort.

We have met a number of challenges presented over the course of this year head-on. The absence of Morton Stadium until June 2023 was particularly challenging but we overcame. We now have a wonderful facility and we are enjoying an excellent working relationship with DCU. The benefits to our club members are clear for all to see, not only the superb Mondo track but a brand-new HP gym. I have also negotiated a discount rate for Clonliffe members which is on a par with the rates enjoyed by DCU members so outside of Clonliffe Harriers club hours any member of our club can make a booking for use of the facility at a discounted rate of €5. DCU are also a partner in Morton Games and a substantial financial support of that meet

As a club we can be very proud that not only of our achievements but also of our club promotions – the Morton Games, the Brother schools cross country, the Clonliffe 2, the Grand Prix series. These however do present their own challenges and I appeal to every member of the club to volunteer and help out. None of us are getting any younger – (apart from Johnny O’Leary!) At times the burden placed upon the same few is ridiculous so I would appeal to everyone that when you see the call go out for volunteers through the club website, social media or WhatsApp please please please reply and say ‘yes I will’.

Our club continues to grow, at the end of 2023 we had over 620 registered members and on the basis of trends the date at the end of 2024 that number will be heading towards 700. That presents its challenges: many of our training groups are already at capacity, there are only a finite number of lanes on the track, as a club we have a total of 6 hours exclusive time, but again we have met that particular challenge with the allocation of track time and lanes set your by for various groups, in fairness to our coaches all have bought into this and fisticuffs have been a rarity!

There are many new people coming to our sport and we as a club have to be in a position to accommodate and facilitate these beginners. The challenge is fitting them into existing groups, we can with some but many we cannot. The club’s officers are examining the feasibility of a beginner group but again that can only work if club members can volunteer, show leadership and rise to the task. As a club we cannot expect the people who are already devoting 3 days a week to coaching, as well as the other time input into the club, to find the time to come on 4th day. The only way therefore that a new beginner group can work is when people like you make a decision to give back to the club and to the sport. As club captain I ask that you consider whether you

have the skill set, the time and the will to help our club continue its growth. I am 100% positive that we have such people in this club, maybe there is a bit of shyness holding you back, please don't hold yourself back. You can make a huge difference to helping this club remain at the top. If I am re-elected by the club members this aspect will be 1 of the main priority for the upcoming year. Just think about it: if we have a brand-new beginner group we can provide this wonderful sport of ours to a broader base, we can become a more inclusive club, we can help with the health of our nation, we can grow our club even more and of course who knows what rough diamonds may be unearthed that we can polish into future champions.

Thank you all for your support it has been my privilege to have served once again as club captain, I have genuinely loved every minute of it (well most of it!).

Nil desperandum.

Noel Guiden.

The 23/24 Clonliffe year month by month:

March:

27th – World Masters championships Torun, Poland – Philip O’Doherty M60 cross country silver.

April:



7th – Efreem Gidey 1st place at Bath 5K in 13.49.

10th – Leinster 10 mile championships Karl Nolan 3rd senior man (53.24).

23rd – National road relay championships, Raheny, the senior men successfully retained the national title with a comfortable win – the team was Stephen Cashin, Eoin Pierce, Efreem Gidey, Jayme Rossiter. The winning time was 37.12 a winning margin of over 1 minute ahead of Donore Harriers. We fielded a total of 6 teams in the senior men’s race.

The M35 team finished 4th – there are 2 teams fielded in this age category. The M50 team took of David Dunwoody, Declan Power and Philip O’Doherty took national silver. Again we fielded 2 teams in this category.

30th – Tudor Mireca 1st in Limerick Marathon (2:25.16)

May:



1st – Gary O’Hanlon was 5th in the Belfast Marathon (2:30.17).

20th – National 5K Phoenix Park – senior men’s team of Stephen Cashin, Ben Coughlan, Eoin Taggart and Mahad Egaal won the national title with 4 in the top 10. Likewise the M35 team of Cathal McHale, Karl Nolan and Tom Sherlock won the national title, with all 3 scorers in the top 4! Individually Cathal took M35 silver, Karl M35 bronze and Philip O’Doherty M 60 bronze.

20th – Highgate Night of 10,000 PB’s – Efrem Gidey was 15th in 28.01.55.

20th – Glenalough marathon – 1st Tudor Mireca (2:33.16), 2nd Gary O’Hanlon (2:35.28).

26th – in Sacramento, California, Cathal Doyle qualified for the NCAA finals courtesy of a 3.39.6 6 5th Pl finish in the Western regional qualifiers.

27th/28th – Leinster track and field championships, Carlow – Stephen Cashin Leinster 5000 senior silver. Niall Sherlock M35 800 gold, George Maybury M65 800 gold. Joe

Gibbons M60 discus and javelin bronze. Clonliffe Harriers AC were awarded the Leinster track and field club of the year.

June:



4th – Cork city Marathon – 2nd Gary O’Hanlon (2:28.58), 3rd Tudor Mireca (2:29.01).

8th – phase 1 of the redevelopment of Morton Stadium was completed with a €3 million upgrade and in particular new Mondo track.

20/21st – European team Championships, the Irish team achieved promotion with contributions from Chris Sibanda 4 x 100 relay that took 1st place and Cathal Doyle 2nd in the 1500.

26th – Waterford marathon 1st Tudor Merica (2:30.55), half marathon 1st Sergiu Ciobanu (68.42).

26th – Preliminary round of national league held in atrocious weather including a thunderstorm that suspended play – the Clonliffe men’s team topped the standings to qualify for the league final. Standout performer on the day was Simon Galligan setting a new Clonliffe hammer record of 63.52 bettering the 1988 record of James Russell.

27th – Club Championships back in Morton Stadium – 100m 1st Keith Pike (10.50), 2nd Craig Duffy, 3rd Pascal Touche. 400 M 1st Oren Kenny (53.1), 2nd Jarlath Jordan, 3rd Paric McGeary. 1500 M 1st Lorcan Benjacar (4.13), 2nd Rory Quill, 3rd Mahad Egaal.

30th – Efreem Gidey won the St Cocas 5K in Kilcock in course record of 13.47.

July:



5th – club Championships night 2: 200 - 1st Keith Pike (22.26), 2nd Leo Morgan, 3rd Paric McCreary. 800 – 1st Rory Quill (1.58.35), 2nd Oren Kenny, 3rd Jack Maughan. 5000 – 1st Sean Doran (16.05), 2nd Karl Nolan, 3rd Matei Ursachi.

14th – Morton Games, a monumental effort by the club to once again host and promote a world-class track and field meet which is now a World Athletics Continental Tour event. The Morton mile itself was won by Ryan Mhaphalele (RSA) in a time of 3.54.41, the fastest time since Will Leer's Stadium record in 2014. Highlight of the meet was Sarah Lavin (Emerald AC) new 100H Stadium record.

15th – AAI Games, Simon Galligan once again broke the club hammer record with a 64.91 throw.

22nd in the Flanders cup, Belgium, Cathal Doyle won the 1500 in a new PB of 3.36.85.

29th/30th – National senior track and field championships. Cathal Doyle successfully defended his 1500 title winning in 3.40.11. Gold also, and for the 2nd successive year, for Eoin Sheridan in the discus (54.23). Simon Galligan hammer silver. Tom Pitkin 400 H silver. Rolus Olusa pole vault silver. Brian Gregan 400 bronze. Efrem Gidey 5000 bronze. In the relays 4 x 100 silver and 4 x 400 bronze.

August:



12th – National Masters track and field. Cathal McHale M35 5000 gold, David Donegan M40 pole vault gold, Niall Sherlock M35 long jump (yes, long jump!) Gold. Diarmuid Doyle M65 800 silver and 1500 bronze. Thomas Morgan M45 100 silver. Joe Gibbons M65 discus and javelin bronze.

13th – National track and field league final. A disappointing day for the senior men as the team title which had been held since 2015 was lost to Leevale AC. There were some spirited performances: wins for Eoin Sheridan in the discus and shot, Simon Galligan in the hammer, Rory Gunning in the javelin, Brian Gregan in the 400 however unfortunately we came up short to finish runner-up.

20th – Efrem Gidey won the Kilcock 10 mile in a very impressive 47.11, despite being sent the wrong way and losing possibly 20 seconds.

September:



10th – Efrem Gidey was 5th in the Great North Run in Newcastle on his half marathon debut (64.02).

24th – Rathfarnham 5K/Dublin 5K championship – senior men’s team of Mahad Egall, Sean Doran, Jack Maughan and Cillian Keegan took Dublin silver.

28th – club 10,000 championship – 1st Sean Doran (32.14), 2nd Paul Keenan, 3rd Niall Sherlock.

October:

4th – another monumental effort as the club once again host and promote the Brother schools cross country at Trinity sports grounds with approximately 1500 young athletes taking part.

7th – Club 10 mile championships in Malahide 1st Sean Doran (54.34) making it a clean sweep of the club championship distance races from 5000 upwards. 2nd Ray Dunne, 3rd Alan Curley.

8th – Dublin novice cross country at Tymon Park saw the novice men’s team take gold, Fintan Keirns took individual silver, Jack Maughan 4th, Niall Carbery 10th and Sean Owens Heaslip 12th the team was well clear of DSD and DCH. It was particularly pleasing to have a team of 14 taking part.

22nd – The Clonliffe 2 mile in Glasnevin was won by Cathal Doyle in 8.46. The 1st Clonliffe winner of the 2 mile for 9 years.

28th – the club held at 2nd cross country squad day with a brilliant talk delivered by Clonliffe Olympian Niall Bruton.

29th – Dublin City Marathon. Stephen Scullion ran a superb race to finish 3rd overall and to win the national title in 2:11.51. Scullion along with Tudor Mireca 16th and Gary O'Hanlon 19th took the national team title for Clonliffe.



November:



5th – Dublin cross country championships was hosted by Clonliffe in Santry Park. Efrem Gidey was 1st and led the team to a 5th Dublin title in a row. To make it a doubly successful day the junior men also took the Dublin title.

19th – National cross country championships, Gowran, Co. Kilkenny on a savage course that threw the championships into pretty much a lottery, the senior men took a disappointing bronze (Efrem Gidey 7th, Cathal Doyle 16th, Sean O’Leary 22nd and Jayme Rossiter 35th). The junior men’s team of Tom Breslin, 25th, Sean Cronin 31st, Cillian Keegan 38th and Matei Ursachi 47th took silver and in the process qualified for the European U/20 clubs cross country championships.

26th – Dublin intermediate cross country at Tymon Park and gold once again in Dublin for the men with a scoring 4 of Fintan Keirns 2nd, Niall Carbery 3rd, Ben Coughlan 5th and Sean Owens Heaslip 11th. Once again a great turnout of 13 athletes competing.

December:



3rd – National novice cross country in Navan – very good performances by the novice men’s team saw them finished just out of the medals in 4th position – Fintan Keirns 14th, Niall Carbery 21st, Sean Carrigg 37th, Ed Tottenham.

10th – Efreem Gidey was 1st in the Les10k de la Tout Eiffel (28.52).

17th – Club Xmas cake race was won by Jake Kernan with Ian Guiden fastest. At the presentation that night of the club athletes of the year were announces. The junior athlete was Tom Breslin, track and field athlete Eoin Sheridan, road/cross country athlete Stephen Scullion. Harrier of the year Johnny O’Leary.

January:



7th – Dublin Masters cross country, St. Anne’s, M35 team of Karl Nolan, Cathal McHale, Tom Sherlock and John Donlon took Dublin bronze. M65 team of Diarmuid Doyle, Declan Murray and Pat Devitt took silver. Pat Devitt also M70 gold.

13th – National Masters indoors, Athlone: Niall Allen M50 WFD gold and shot silver. 14th – Valencia 10k Efreem Gidey 19th in a world-class field in a time of 27.56.

20th – National U/20 indoors Sean Cronin 1500 bronze in a PB of 3.53.59.

27th – AAI indoor games at the NIA Efreem Gidey won the 3000 in a PB of 8.05.69.

28th – Raheny 5 mile – the Clonliffe senior men took the team win led home by Ben Coughlan in 15th.

February:

3rd – in Stockholm Cathal Doyle ran a new club 1500 record of 3.40.66.

3rd – National League final, the Clonliffe men’s team battled gamely and pretty much against the odds retained the national indoor league title ahead of Ratoath AC and Nenagh Olympic.



3rd – Winter throws competition Simon Galligan 1st in the hammer.

11th – Monaco Efrem Gidey was 7th in the elite 5K in a road PB of 13.38.



11th – National intermediate & Masters cross country, Dundalk, the Clonliffe men's team took the intermediate title led home in 2nd place by Mihail Sprincean, 4th Fintan Keirns, 13th Sean Carrigg, 16th Niall Carbery. In the Masters M35 Colm Rooney was 2nd, 1st M 40, and he led the team (Rooney, Cathal McHale 12th, Karl Nolan 18th and Tom Sherlock 30th) to M35 silver.



13th – Cathal Doyle lowered the club indoor 1500 record further to 3.39.10.

17th/18th – National senior indoor championships. Cathal Doyle added the indoor 1500 title to his outdoor title winning in dramatic fashion.

25th – European clubs cross country championships in Portugal, the Clonliffe junior men put in solid performances to placed 13th overall (Sean Cronin 17th, Matei Ursachi 34th and Tom Breslin 56th). More importantly with other members of the squad travelling and competing in the open race these championships provided invaluable experience for these young athletes and will assist enormously with their development towards the senior ranks.



March:

3rd – Lusk 4 mile: 1st Sean Cronin 19.33.

10th – Leinster indoor championships: Brian Gregan 1st 400 (48.09), Pierce Friel 2nd 60 (7.20). Niall Allen M50 shot and WFD gold, Matt Slattery M70 200 and 400 gold. George Maybury M70 1500 gold.

16th –San Juan, California Efrem Gidey 10,000 pb 27.53.14 placing 6th in the race, that puts 2nd onto the Clonliffe all-time list and 8th on the Irish all-time list.



