



Captain's Report

Clonliffe Harriers AC AGM 28/04/22

Although it has been a number of years since we have been the position to hold this AGM this report is confined to the period January 2021 to date. To attempt to report on the clubs activities for the years 2019 and 2020 would not have only been a huge body of work but more importantly from this meetings point of view will possibly extend the meeting by hours!

Before getting into the nuts and bolts I want to pay tribute to Joe Cooper on the truly outstanding passion which he brought to the role of captain of Clonliffe Harriers from 2002 up to his very sad passing in December 2020 when he led this club to its most prolific successful era, we continue to miss Joe enormously. With the committee's approval I took on the role of acting club captain from January 2021. I've been assisted in that role by the club's committee, officers, coaches and of course our athletes. I want to thank in particular Gerry Cullen and Ray Fitzsimons who have acted as vice captains, Stephen Bateson who has been a brilliant acting club Sec, the club treasurer Brian McDonald for loosening the purse strings whenever requested, the president Paddy Marley, our club coaches right up from the juvenile/Juniors to seniors/masters: Stephen Bateson, Mick Fogarty, Gerry Carr, Ann Murray, Gladys, Geraldine Reilly, John Shields, Peter McDermott, Eugene Coppinger, Philip O'Doherty, Pamela Cooper, Ben Lawler, Kevin Sheehy, Maurice Ahern, Bart Rogers, Rory Gunning, Alan O'Neill, Gerry Cullen and their team of assistants.

Jan to May 21

The early months of 2021 had the country in a virtual lockdown due to Covid and all club activities essentially ceased until May. Our athletes of course continue to train under the guidance and direction of the coaches and they must be commended for continuing with our sport under very trying circumstances. There was some limited overseas activity during this period:

26/3/21 – USA Tom Pitkin ran a new butler University record, which had stood since 1927, over 400 of 47.61.

23/4/21 – USA, Cathal Doyle had his maiden win in the US Collegiate circuit when he won the 1500 at historic Hayward Field, Oregon in 3.45.45.

1/5/21 – Tom Pitkin set a new Clonliffe club 400 H record of 51.07.

May 21.

International sprinter Marcus Lawler joined Clonliffe.

On 11 May club activity was given the green light to return. We continued with our booking system, I want to publicly acknowledge and thank Ben Guiden for the outstanding job he did in designing and managing that system, this meant that we were in a position to provide for our athletes to come back to Santry in pods, splitting the track time into various timeslots and to provide a safe return to our sport.

29th Marcus Lawler set a new club 200 record of 20.99.

30th Cathal Doyle broke the 3.40 barrier in winning the NCAA West region in a time of 3.39.99 to qualify for the NCAA finals.

June 21.



8th we successfully promoted and hosted the 1st of our club Championships, the 100 was won by Leo Morgan in the 1500 by Efrem Gidey (3.57.4), it was a great night with between the sprints and middle distance race has some 80 club athletes taking part.

10th Cathal Doyle ran a new 1500 pb of 3.39.21 at the NCAA semifinals stage.

12th Efrem won the 3000 at the athletics Ireland games in 8.11.57, Stephen Rice won the javelin (71.04) and Eoin Sheridan the discus (53.34).

12th Marcus Lawler a new club 200 record of 20.93.

12th Rolus Olusa won the national Decathlon title.

17th club championship night to: the 200 was won by Keith Pike (23.8) and the 800 by Dan Lacey (1.59.6), again there was the best part of 80 athletes taking part.

25/26/27th – the national track and field championships took place in Santry over 3 days. It was a bit of a disappointment for the club with no national titles being taken however silvers were 1 by Stephen Rice in the javelin and Cathal Doyle in the 1500, bronze medals were won by Marcus Lawler 200 and Simon Galligan hammer.

July 21.

Club Championships night 3 – 400 was won by Rolus Olusa (53.50) and the 5000 by Ben Guiden (15.11). Another great turnout of the best part of 100 club athletes.

Tokyo Olympic Games – the club had the honour of having two athletes selected compete at the highest level representing our club and country with Marcus Lawler in the 200 and Stephen Scullion in the Marathon.

27th we held a club night of Miles and also a 100 – again over 60 athletes took part. The miles were very well supported with the fastest time recorded by Ben Guiden 4.18.9.

31st Simon Galligan won the NI championships in the hammer (60.93).

August 21.



3rd At the Tokyo Olympics Marcus Lawler ran a new 200 pb and club record of 20.73 in placing 6th in his heat.

8th unfortunately things did not go to plan for Stephen Scullion in the Olympic marathon as he DNF'd.

8th Rolus Olusa added the NI Decathlon title to his collection.



15th on an emotional day in Tullamore the men's team won the national track and field league title. It was a real club performance with athletes filling in in unfamiliar events and young athletes coming up from the junior ranks, wins were secured by Rolus in the pole vault and triple jump, Simon Galligan in the hammer, Keith Marks long jump, Eoin Sheridan in the discus, Stephen Rice javelin, Marcus Lawler 100 and 200.

18th Jonny Whan won his 1st international vest for Northern Ireland.

September 21.

10th the club held a number of 3000 races on an atmospheric foggy night in the stadium won by Efrem Gidey in 8.28 with Ian Guiden 2nd in 8.31 as both athletes were having the 1st track races in some months due to injury.

23rd: club 10,000 championship was won by Sean Doran for the 3rd successive time in 32.04

October 21.

3rd: the national road relays took place on a fine autumn day in Raheny as normality continued to come back. The men's team of Jonny Whan, Mark McDonald, Ian Guiden and Mark Kenneally placed 2nd. 2nd also for the Masters M50 team of David Dunwoody, Declan Power and Declan Grant.

9th: club 10 mile championships in Malahide Castle 1st David Mullen 64.35

10th: Dublin novice cross country, the 1st cross country event since 2019, Ben Guiden took bronze with enforcing the team finished in 4th position.

21st: the Walker cup was won by Darren O'Dwyer with Ben Guiden fastest in 19.29.



23rd: we held a senior and junior cross country squad day with over 50 of the clubs athletes taking part, post training we had a get together in the clubhouse, observing Covid protocols, and there was an excellent talk given by Clonliffe Olympian Mark Kenneally.

31st, the club hosted the Dublin cross country championships however not in Santry demesne but at Trinity playing fields. Firstly, thank the crew who marked out the course and the Saturday and then did it all over again on the Sunday morning when an overnight storm destroyed not only the course we had built but totalled the Clonliffe tent but for good measure did likewise with the Raheny one. The senior men won the Dublin title with Sergiu Ciobanu taking his 1st Dublin senior individual win, 6th Ian Guiden, 7th Ben Guiden, 9th Sean O'Leary and were presented with the Padraig Keane Cup. The junior men took silver –Niall Carbery 6th, Ronan Donohue 9th, Sean Boyne 11th, Darren O'Dwyer 13th.

November 21

7th: the Clonliffe 2 mile returned as an open race, to ensure the longevity and continuance of the race in 2020 it had been run as a club only series of 'time trials' Hiko Tonosa (DSD) was 1st in a new course record of 8.54. It proved to be an excellent Clonliffe 2 with an impressive 200+ starters, great work was put in by Mick Kearney as race director and his team.

21st: the national cross country championships were hosted by Clonliffe in Santry demesne. A huge club effort went into hosting the event and I cannot commence highly enough the efforts of the entire crew who were out most of Saturday and all day Sunday. On field the men were beaten by a crack DSD squad, to be honest DSD on the day were just unbeatable, the men however fought all

the way, the scoring 4 of Sean O'Leary 16th, Sergiu Ciobanu 17th, Ian Guiden 20th and Jonny Whan 38th took silver. Silver also for the junior men: Sean Kay 4th, Niall Carbery 38th, Ronan Donohue 54th, Sean Boyne 75th. Both teams qualified for the reformatted European clubs, although we do not become aware of this until several weeks later!

28th: Dublin intermediate cross country, the Clonliffe team of Declan Power, Paul Keenan, Ger Kirwin and Niall Sherlock placed 4th.

December 21

5th: national novice XC, Gowran, Co Kilkenny: the team placed 7th overall, there was a notable performance from Ben Guiden who placed 7th

10th to 12th: Euro cross country, Abbottstown: Clonliffe members played a key role led by Declan Power as the meet and greet of athletes arriving in Dublin airport. Long shifts were put in by the club members who had volunteered and all did a superb job which was commented upon by visiting teams and by Athletics Ireland. Euro cross on December 12 was a brilliant day for Irish athletics with Ireland's U/23 men winning team gold, the U/20 men team silver, the team including Clonliffe's Sean Kay who finished in 50th position.

December 23, with 90% of the work done, a decision was made to cancel the cake race which had been rearranged for St Stephen's morning due to the huge increase in Covid 19 cases in the country. This was a difficult decision to make but the club captains were satisfied that was the correct decision to make to ensure the safety of all of our members.

January 22.

9th: Dublin Masters cross country, Tudor Mireca took individual silver, the team however ended up 4th in M 35, with the M 50 team 9th and M 65 team took bronze. Individually Philip O'Doherty took M 60 silver.

9th: round 1 of the indoor league took place in Abbottstown with the team holding their own and making good progress towards the final.



15th the club cross country championships took place in Santry demesne. Great turnout of club athletes totalling 65 took part in the mixed race. The men's champion was Efreem Gidey, 2nd Sean Doran, 3rd Sean O'Leary. 1st junior man was Niall Carbery, 1st master man Cathal McHale.

23rd Rolus Olusa 1 the national indoor heptathlon.

23rd round 2 of the league, the men's team successfully qualified for the final Leo Morgan ran a new club 60 M indoor record of 6.74.

25th – a milestone is reached as the clubhouse is allowed to reopen with the easing of Covid restrictions.

30th: national Masters indoors – Tom Sherlock M35 1500 gold, Niall Sherlock 2nd. Niall Sherlock 800 gold, George Maybury M65 800 silver, David Dunwoody M50 400 bronze.

30th –Raheny 5 plus: Efreem Gidey 1st 24.41.

February 22.

6th – Clonliffe senior men competed in the European clubs cross country just outside of Lisbon, Portugal, due to injuries and other reasons a bare minimum of 3 travelled (it is now 4 to run with 3 to score in this championship) it was important that the club took part in this return of the Euro clubs, the Clonliffe team of Sean O'Leary, Sergiu Ciobanu and Jonny Whan placed 18th from a record entry of 31 teams.



12th national indoor league final, a disappointing day as a title which the club has held for the past 5 years slipped away, the team placed 3rd overall. There were wins recorded by Leo Morgan, 60 and Jonny Whan 1500. LeeVale AC were well clear in 1st place.

13th: national intermediate and masters cross country, Castlelyons, Co Cork. The intermediate men took a battling silver: Ben Guiden 6th, Stephen Cashin 11th, Ian McAlweaney 33rd and Thomas Balthazar 40th. In the Masters Sergiu took individual silver, team wise we were not mapped

19th – Brian Gregan after 3 years of injury ran his 1st race clocking 47.42 indoors over 400.

22nd Matt Slattery at the European indoor Masters Braga, Portugal took M 70 400 silver (67.31).

26th/27th national indoor championships: Brian Gregan 400 bronze (47.85), Leo Morgan 60 M bronze (6.75), Marcus Lawler 200 silver (21.06).

March 22.

6th: Lusk 4 mile, Efrem Gidey 1 (18.27), Sean Doran 3rd (19.51).

8th Brian Gregan selected on Irish 4 x 400 relay team for world indoors.

20th Brian Gregan was part of the Irish 4 x 400 relay team that ran a national record at the world indoors in Belgrade, the team missed out by a fraction of making the final..



26th Leinster indoor championships Athlone: Leo Morgan 1st 60 M, 3rd 200 M. Junior 801st Darren O'Dwyer, 3rd Jonny Fitzsimons. Masters Tom Sherlock M35 1500 and 3000 gold. Niall Sherlock M35 800 gold.

27th Dunboyne 10 K, Efrem Gidey 1st in an exceptional 28.25.

31st – the Grand Prix series returns with the Frank White 5 mile won by Sean Doran – 25.20.

April 22.

1st: in the USA Cathal Doyle ran a 5000 PB of 13.38.01.

6th – NI 5 K Rd championships, 2nd Ian Guiden 14.18, 4th Jonny Whan 14.30.

8th – Sean O'Leary 2nd – Irish universities 10,000 (30.41.66).

9th – national 10k Phoenix Park, Clonliffe men 2nd (Sean Doran, Declan Power, Anthony Doran, Matt McGuinness) individually Declan Power M50 gold, Philip O'Doherty M 60 gold.

10th – Rotterdam Marathon Stephen Scullion ran 2:14.32.

13th: Grand Prix – McDonald cup was won by Alan Worrall with Niall Carbery fastest 20.47.

15th – Cathal Doyle runs another PB this time 1500 – 3.38.05.

18th – Leinster 10 mile men team silver (Declan Power, Anto Doran, David Brady), Anto Doran M35 gold, Declan Power M50 gold, Philip O'Doherty M 60 gold.

23rd – Cathal Doyle runs his 3rd PB – 800 – 1.49.58.



24th – national road relays, a fantastic day for Clonliffe Harriers, 5 teams competing in the senior men, 4 teams in the Masters, combined with the turnout from the clubs women athletes, we had an extraordinary record 15 teams taking part. Our senior men's team won the national road relays title for the 1st time since 2008, the team of Sean O'Leary, Mark McDonald, Efreem Gidey and Ian Guiden winning in a new record of 36.45, bettering the previous record by the best part of half a minute. It was a stunning performance by the 4 lads. The M35 team of Niall and Tom Sherlock and Cathal McHale took bronze. All 55 Clonliffe athletes who competed did this club proud.



Noel Guiden, (acting) club captain.