



Club Captain's Report to Clonliffe Harriers AC's 138th AGM

Noel Guiden

Introduction:

It's my pleasure to present this club Captain's report to the 2026 AGM. My report concerns the activities of the men's section of the club since the 2025 AGM and will highlight the main achievements and performances during the course of the year. The club website has in-depth postings on the ongoing club activities.

Firstly I want to pay tribute to Ciara O'Regan who has done fantastic work on her debut year as women's captain. Ciara had big boots to fill following in the footsteps of her predecessor Jenny Johnston, and like Eugenia Bateson who the previous year took on the role of juvenile captain, has done an outstanding job and we are all working very well together as a team.

Secondly I want to thank our outstanding team of coaches for the time dedication and expertise that they devote to our clubs athletes in hail, rain or shine – this year it certainly seemed like 90% of that was in rain!

Next can I thank my vice captains Gerry Cullen and Keith Pike, the club president Mick Kearney and the clubs officers, in particular Stephen Bateson our honorary secretary and I must also pay tribute to another debutant – Carl Fleming who is proving to be a brilliant club treasurer, and of course thank the club's committee who have been so supportive of me in my role and more importantly our clubs' athletes.

I also want to thank UPMC Sports Surgery Clinic who this year came on board as our club sponsor in mid 2025 and I'm pleased to say that that sponsorship has been renewed for 2026.

Finally of course sincere thanks to our athletes. I am constantly in awe of their determination and sheer hard work. Our sport is a tough sport, there are constant disappointments and setbacks, which makes the good days and successes all the sweeter. Our athletes have raised the profile of this wonderful club of ours with magnificent performances in track and field, both outdoor and indoor, cross country and roads.

Road racing:



2025

April 6 – Dublin 10k Championships, Clonliffe senior men 3rd and M 35 3rd.

April 21 – Leinster 10 mile championship – Anto Doran 3rd, senior men 3rd, M35 2nd

April 27 – national road relays – all good things come to an end, having won 3 senior titles in succession, the senior men's team of Ben Guiden, Sean Cronin, Colm Rooney and Stephen Cashin, took bronze. Bronze also for the M35 team of Cathal McHale, Tom Sherlock and Niall Sherlock.

May – national 5K M35 silver, team of Tom Sherlock, Mick McMahon and Anto Doran.

August 16 – Dublin 10 mile – M35 team bronze, M50 team silver.

September 7 – Dublin 5 mile championship – team gold with Colm Rooney leading the team home to take individual gold.

September 28 – Dublin 5K (Rathfarnham) – team gold, the team led home by Efrem Gidey in a new course record of 13.49.

2026

March 17 – Dublin novice 5K Championships – Clonliffe men's team 1st (Malcom Kiplagat, 1st, Cian Murray, Conor Fitzpatrick and Damien Prendergast)

April 12 – national 10k Championships, Phoenix Park – 1st Ian Guiden (30.15), Declan Power 1st M55.

April 19 – Dublin 10k Championships, Garristown. 1st Karl Nolan.

April 26 – we’ve come full circle back to the national road relays where the Clonliffe senior men’s team of Ben Guiden, Fintan Kerins, Colm Rooney and Ian Guiden put in a dominant display to regain the national title in a time of 37.04 with a comfortable winning margin of almost half a minute.

2026 Indoors:



2026

January 30 – Leinster championships Craig Duffy was 1st in the senior men’s 60 in a championship record of 6.81. Jaheim Humphrey was 1st U/20 shot (13.89). Niall Allen M50 shot (12.67) and WFD (8.67) gold. Andrej Dmitrenko M55 pole vault gold (3.20). Niall Sherlock M40 1500 gold (4.29.70) and 800 silver. Stephen Harkness M40 800 bronze. Cian O’Loughlin M35 60 bronze, Michael Omakobla M40 60 bronze.

February 14 – national indoor league – the Clonliffe men’s team totally dominant to win the indoor league for the 4th successive year. There were wins for Niall Allen WFD, Eoin Sheridan shot, Greg Hosseney race walk, Marcus Lawler 200 and Ben Guiden 3000.

Fantastic performances throughout the course of the day by the entire team, a special mention to the young athletes who have come into the squad in particular high jumper Matthew Keogh.

February 28/March 1 – national indoor championships: Marcus Lawler 200 silver (21.24). 60 M Craig Duffy took his 1st national senior medal winning bronze in a new Clonliffe club record of 6.71. We had 2 other men, Luca Logue-Fonseca and Sean Harman in that final. Fintan Kerins also made the final in the 1500

March 14 – national U/20 and U/23 indoors, Athlone, the highlight was Luca Logue-Fonseca taking gold in the U/23 60 (6.84).

March 15 – national Masters indoors yielding a very impressive haul of medals: Thomas Moran M50 60 and 200 gold, Niall Allen M50 shot and WFD gold, Andrej Dmitrenko M55 pole vault gold, Niall Sherlock M40 3000 silver and 1500 bronze, Stephen Harkness M40 800 silver, Colin Daly M50 60 bronze, Diarmuid Doyle M65 800 and 1500 silver, George Maybury M70 800 bronze.

Track & Field (outdoor) Season:





May 24 – Efrém Gidey ran into the history books in Pace, France as he became the 1st Irish athlete to win the European 10,000 cup with an inspiring performance as he unleashed a kick (shocking us all) with 600 to go to win in a time of 27.40.47

May 25: Cathal Doyle made his diamond league debut in Morocco finishing 8th in the 1500 in 3.33.32.

June 6 – Cathal Doyle again in diamond league action but this time in Rome took a full second off his club record running 3.32.15 to finish 14th in a world-class 1500.

July 5 – national U/20 and U/23 track and field. Euan Canniff U/23 javelin gold (49.44). Craig Duffy U/23 100 silver. Isaac Murray U/23 discus silver. Sean Cronin U/2800 gold. Lorcan Benjacar U/20 1500 bronze, Davey Davitt U/2400 bronze.

July 26 – national Masters track and field: Radeem Ngadze M45 shot and discus gold and javelin bronze, Niall Allen M50 shot and discus gold and WFD silver. Niall Sherlock M40 1500 gold and 800 silver, Diarmuid Doyle M65 800 gold and 1500 bronze. David Donegan M45 pole vault gold, Andrej Dmitrenko M55 pole vault gold, Philip O’Doherty M65 5000 silver, Tom Monks M60 5000 bronze.

July 27 – national track and field league final – a valiant display by the men’s team saw the team lose out to DSD by a margin of only 3 points. Maximum points were taken by Simon Galligan in the hammer, 4 x 100 relay team and Eoin Sheridan in the discus. Overall some great displays by the team, which has seen the introduction of a number of younger athletes so we now have a healthy mix of youth and experience as we look towards the 2026 League.



August 2/3rd – national track and field championships, a great championships for the club with national titles won by Marcus Lawler in the 200, Niall Carney in the 400 hurdles, Eoin Sheridan discus and Cathal Doyle winning his 4th national 1500 in a row and Simon Galligan won hammer silver.

August 10 – Sean Cronin put in an excellent display at the European U/20 Championships qualifying for the 1500 final final where he finished in 8th position.

September 14 – World Championships in Tokyo, Cathal Doyle was 12th in his 1500 heat and failed to progress, subsequently diagnosis suffered from an injury. Efrem Gidey battled bravely in exceptional heat and humidity in the 10,000 to finish in 19th position (29.30.37).

Cross Country



In Dublin our men are the dominant cross country squad winning at ever level.

Dublin novice (Mahad Mohamed Egaal, 1st, Cian Murray, 6th, Malcom Kiplagat 7th and Conor Fitzpatrick 8th),

Dublin Intermediate (Mahad Mohamed Egaal 2nd, Malcom Kiplagat 4th, Damien Prendergast 6th and Stephen Lyons 8th)

Dublin senior (Colm Rooney 1st, Fintan Kerins 4th, Mahad Mohamed Egaal 6th and Stephen Cashin 10th),

For good measure at the Leinster seniors were run in conjunction with the Dublin's with the team of Mahad, Stephen Cashin, Ben Guiden and Cathal McHale taking silver and likewise the U/20 team of Tom Breslin 2nd, Aidan Benjagar 8th, Lorcan Benjagar 11th and Matei Ursachi 25th took Dublin silver.

The national senior cross-country on November 23rd in Derry saw a much better outcome than 2024, with a great battling display by the team to take national team bronze – Efreem Gidey 6th, Colm Rooney 15th, Fintan Kerins 28th and Ben Guiden 32nd.

In the National U/20 Tom Breslin took an excellent individual bronze and with Harry Bogan 42nd, Matei Ursachi 43rd and Lorcan Benjacar the 7th the team took silver and qualified for the European clubs U/20s.



December 7th Clonliffe hosted the National Novice and uneven age cross country, in Abbottstown, an absolute mud fest, the novice team was led home by Mahad who took individual bronze and with Malcom Kiplagat 22nd, Ben Coughlan 25th and Darragh Carter 33rd the team took bronze.

December 14th: European cross country championships – Efreem Gidey was on the Irish senior team, finishing in 19th position, his best performance at this level, he was 5th finisher in the Irish team that took European silver. Tom Breslin made it a notable day for Clonliffe competing on the Irish U/20 team placing 67 as the team finished 5th.



Feb 2026: In the national intermediate on Feb 15th, and again with Clonliffe hosting in Abbottstown, and another mud fest the intermediate team of Mahad, individual silver, Tom Breslin 7th, Ben Coughlan 12th and Conor Fitzpatrick 19th the team took silver.

The national Masters cross country was also held in Abbottstown on February 15, Colm Rooney dominated to retain his Masters title with the team of Sergiu Ciobanu 5th, Cathal McHale 20th and Karl Nolan 29th team took silver.

At European clubs held in Portugal in February, having lost the 'older' members of the team it was always going to be an uphill battle, but battled they did with gutsy displays from the team of Matei, Harry Boggan, Liam Arthur and Aaron Murray with the team placing 16th overall. In addition to the team competing there was also a development squad that took part in the support open races and it was a usually positive weekend for these young athletes. Thanks to the support team that travelled and organised – Eugenia and Stephen Bateson, Mick Fogarty, Mick Kearney and John O'Leary.

The club scene:

the Grand Prix series continues to provide opportunities for our club athletes to compete in a year long series, many thanks to Mick Kearney and his subcommittee that run this series. The 2025 winner was Jerry O’Sullivan.

2025 club champions:



Cross country – Colm Rooney.

100 – Craig Duffy

800 – Malcom Kiplagat

1500 – Sean Doran

5000 – Sean O’Leary

10,000 – Sean Doran

10 mile – Sean Doran.

Athletes of the year



U/20 – Sean Cronin.

Men's track and field – Cathal Doyle.

Men's road/cross country – Efreem Gidey.

Harrier of the year – Colm Rooney.

Club record breakers 2025:

800 – Cathal Doyle – 1.45.78.

1500 – Cathal Doyle – 3.32.15.

Mile – Cathal Doyle – 3.51.26.

10,000 – Efrem Gidey (Irish national record) – 27.26.95.

Indoor club records 2025:

200 – Marcus Lawler – 20.74.

1500 – Cathal Doyle – 3.37.39.

Mile – Cathal Doyle – 3.53.18.

National records 2025

Efrem Gidey 10,000 record of 27.26.95.

Efrem Gidey 10k Road record – 27:30 in Valencia 11/1/26

International honours:

Efrem Gidey European cross-country, European 10,000 cup (gold medallist), World Championships 10,000.

Cathal Doyle- World championships 1500

Tom Breslin- European U/20 cross-country.

Marcus Lawler – European team championships: 200 & 4 x 100 relay

Eoin Sheridan – European team Championships discus

Craig Duffy European U/23 4 x 100 relay.

Christopher Lynch and Davey Davitt European U/20 4 x 400 relay

Sean Cronin European U/20 1500.



A report like this can only focus on some of the outstanding highlights, throughout the course of the year there have been brilliant performances by our club athletes across the whole sphere of athletics – indoor and outdoor track and field, cross country and on the roads, many congratulations to each and every member of Clonliffe Harriers – athlete, coach and administrator for the part you have played in yet another outstanding year in the history of our club. We are now in our 140th year and we continue to go from strength to strength.

I would also like to again acknowledge and thank UPMC Sports Surgery Clinic for their generous sponsorship of both Clonliffe Harriers and the Morton Mile.

Sincere thanks also to the clubs officers and committee for their unwavering support of our clubs athletes, thanks also to our outstanding coaches, and in particular want to thank our clubs' athletes – without them, this report would have been a blank page!

Nil desperandum!

Noel Guiden



