



# Records Secretary Report

2022/2023 Season







# CROSS COUNTRY REVIEW

2022 / 2023 SEASON REVIEW

# CROSS COUNTRY SUMMARY

- 38 Athletes took part across 10 championship races
- 111 athletes entered
  - Women 36
  - Men 40
  - Masters 35
- Team Medals 🥇🥈
- Individual Medals 🥇🥈🥉🥇🥈🥉🥇🥈🥉🥇🥈🥉
- 10+ Tents Assembled 🙏👏🙏👏🙏👏🙏👏



# CROSS COUNTRY RACES

Dublin Novice  
AAI Autumn Open  
Leinster Novice

Dublin Senior

Dublin Inter  
National Novice  
LVAC Cake Race

Dublin Masters  
Leinster Inter  
Leinster Masters  
LVAC 5k XC

National Inter  
National Masters  
LVAC XC Championship

October

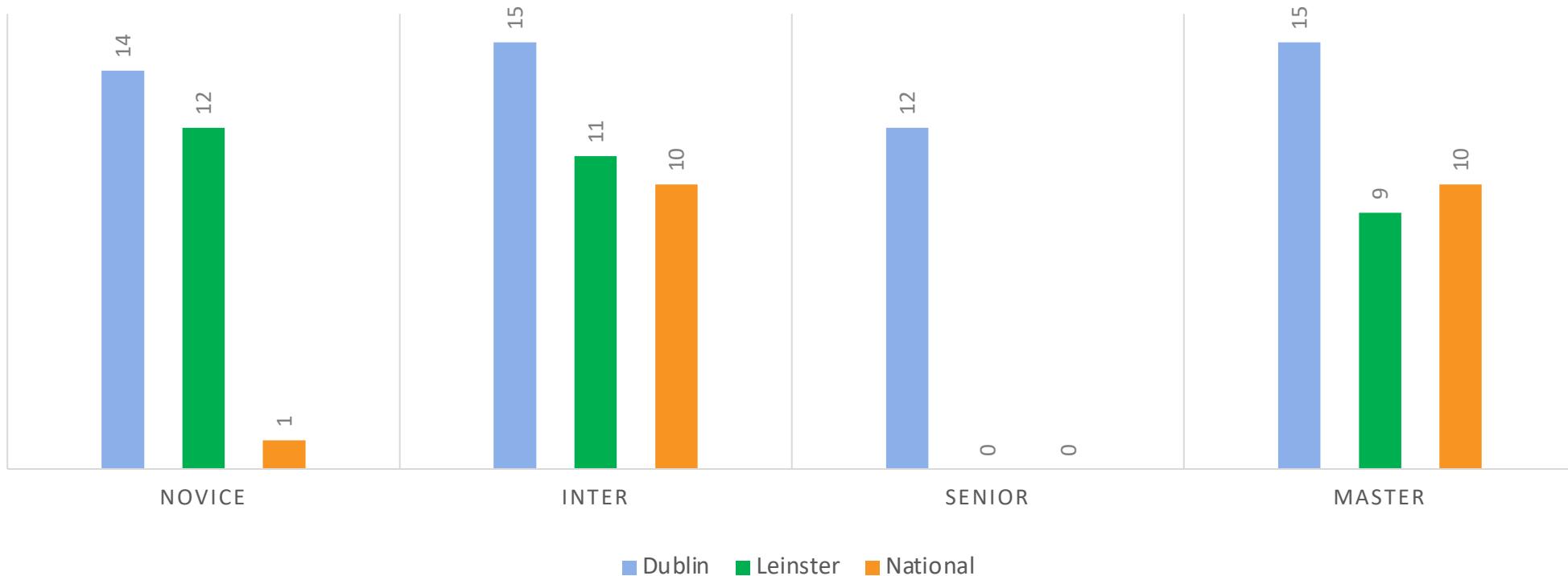
November

December

January

February

# CROSS COUNTRY PARTICIPATION



# WOMEN TEAM POSITIONS

	Novice	Intermediate	Senior
	5th	2	5th
	12 <sup>th</sup>	2	DNE
	DNE	6 <sup>th</sup>	DNE

# MEN TEAM POSITIONS

	Novice	Intermediate	Senior	Masters (M35)	Masters (M50)
	5 <sup>th</sup>	4 <sup>th</sup>	5 <sup>th</sup>	15 <sup>th</sup>	6 <sup>th</sup>
	12 <sup>th</sup>	4 <sup>th</sup>	DNE	6 <sup>th</sup>	4 <sup>th</sup>
	DNE	5 <sup>th</sup>	DNE	12 <sup>th</sup>	DNE

# INDIVIDUAL MASTER MEDALS



- 1 Tom O'Connor M60  
2 Una Reilly F70  
3 Arnaud Benjacar M50



- 1 Peter Arthur M35  
2 Tom O'Connor M60  
3 Pat Collins M70  
1 Peter Arthur M35 County  
1 Arnaud Benjacar M50 County



- 1 Pat Collins M75  
3 Una Reilly F70  
3 Peter Arthur M35



- 2 Tom O'Connor M60 (Team)

# World Masters Athletics Silver Medal for Tom O'Connor

## Monday, 27 March, 2023

Torun, Poland.

Congratulations to club member Tom O'Connor who helped the Irish team secure silver in the M60 8000m XC event at the World Masters in Poland.



# Silver Medals for LVAC Women at the Dublin Intermediate XC

## Sunday, 11 December, 2022

Tymon Park, Dublin

🥈 Congratulations to our Women's team on their fantastic silver place finish in the Dublin Intermediate Championship. As seen from this [clip \(courtesy of MyRun Results\)](#) this was another battling performance by our athletes, led home by Ciara in 6th, Siobhán in 9th and Brigid in 10th.

Well done also to our Men who narrowly missed out on bronze medals. They finished fourth just one point off third place.

Fantastic running by all our athletes in very challenging conditions!



# Gold for Tom O'Connor at the Dublin Masters XC

## Sunday, 8 January, 2023

Raheny, Dublin

Congratulations to our master athletes who were competing at the Dublin Masters Championships. Our M35 team finished 15th and M50 team finished 6th. Well done all!

A special congratulations to our medalists: 1<sup>st</sup> Tom O Connor M60 2<sup>nd</sup> Una Reilly F70 3<sup>rd</sup> Arnaud Benjacar M50

A great day of racing as always. Thank you to Raheny Shamrocks AC for hosting and all our supporters for coming along. Special mention to Steve Coughlan for putting up the tent.



## Silver Medals for LVAC Women at the Leinster Intermediate XC

### Sunday, 15 January, 2023

Avondale House, Co. Wicklow

#### ② Leinster Intermediate Silver ②

② A fantastic team effort by our women to take silver in the Leinster Intermediate XC Championships. This silver medal sees the team improve on their bronze place finish from last year and back up their Dublin intermediate silver medal from a few weeks ago. It just shows that all those Winter miles really do pay off!

It was great to see 7 of our women making the trip to Wicklow. Looking forward to the next race!

Our men's team finished 6th and was led home by Geoffrey who finished in 11th.





15th January 2022 - Leinster Inter  
Bronze medalists!

15th January 2023 - Leinster Inter  
Silver medalists!

15:38



Pat Collins

Super, Super running By all Liffey Valley, Great medal scoring, great coaching achievement.. Brilliant support all round, and well to Steve, for organising Tent and Some great Pics.. 

16:05



Jim Monaghan

Well done from Hawaii

19:36

## Silver Medals for LVAC Women at the Leinster Intermediate XC Sunday, 15 January, 2023

Avondale House, Co. Wicklow

### ② Leinster Intermediate Silver ②

② A fantastic team effort by our women to take silver in the Leinster Intermediate XC Championships. This silver medal sees the team improve on their bronze place finish from last year and back up their Dublin intermediate silver medal from a few weeks ago. It just shows that all those Winter miles really do pay off!

It was great to see 7 of our women making the trip to Wicklow. Looking forward to the next race!

Our men's team finished 6th and was led home by Geoffrey who finished in 11th.

# Gold for Peter Arthur at the Leinster Masters XC

Sunday, 15 January, 2023

Avondale House, Co. Wicklow

🥇 Leinster M35 XC Champion 🥇

Congratulations to Peter Arthur on a superb performance who was a convincing winner of the Leinster Masters XC Championship, leading from gun to tape.

Peter led our M35 team (Ciarán Reilly, Keith Lunders, Matt Blyth) home to a strong 6th place finish in what is always a competitive race.

Gold Medals also Peter and Arnaud who both scored on the Dublin County Teams, while Tom O'Connor claimed an individual silver and Pat Collins finished 3rd in the M70 race, while also making his debut in the M75 category.

🥇 M35 - Peter Arthur 🥈 M60 - Tom O'Connor 🥉 M70 -  
Pat Collins 🥇 County Team M35 - Peter Arthur 🥇 County  
Team M50 - Arnaud Benjacar





Some pics from today, great racing from all, gold silver and bronze 💪💪💪 a Leinster Masters Champion too, well done Peter and all todays racers

## Gold for Peter Arthur at the Leinster Masters XC Sunday, 15 January, 2023

Avondale House, Co. Wicklow

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Congratulations to Peter Arthur on a superb performance who was a convincing winner of the Leinster Masters XC Championship, leading from gun to tape.

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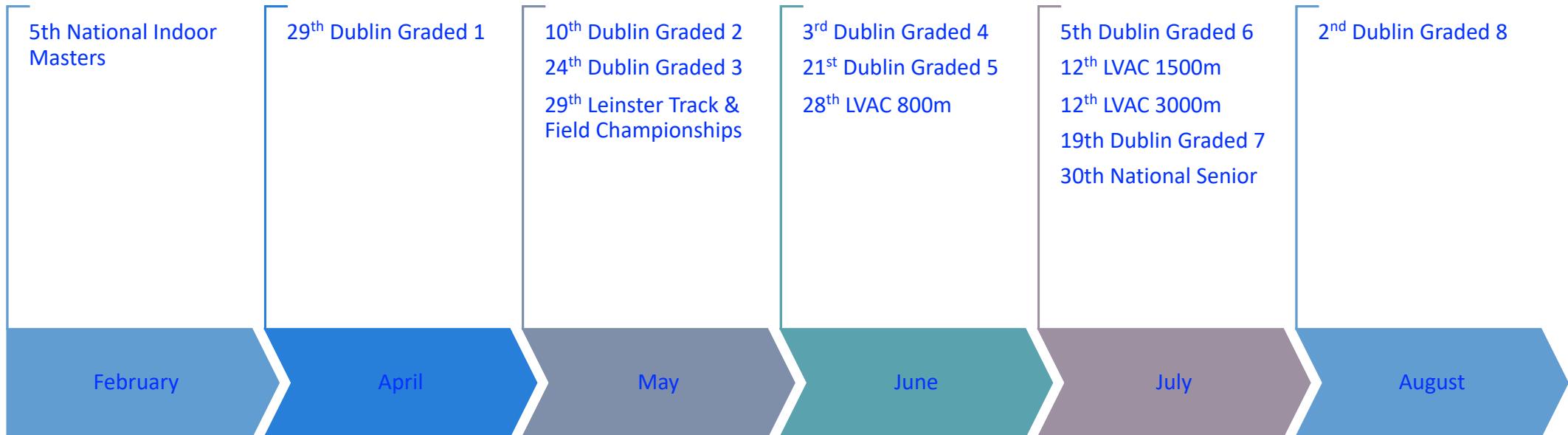
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🥇 M35 - Peter Arthur 🥈 M60 - Tom O'Connor 🥉 M70 -  
Pat Collins 🥇 County Team M35 - Peter Arthur 🥇 County  
Team M50 - Arnaud Benjacar



## TRACK REVIEW

# TRACK RACES



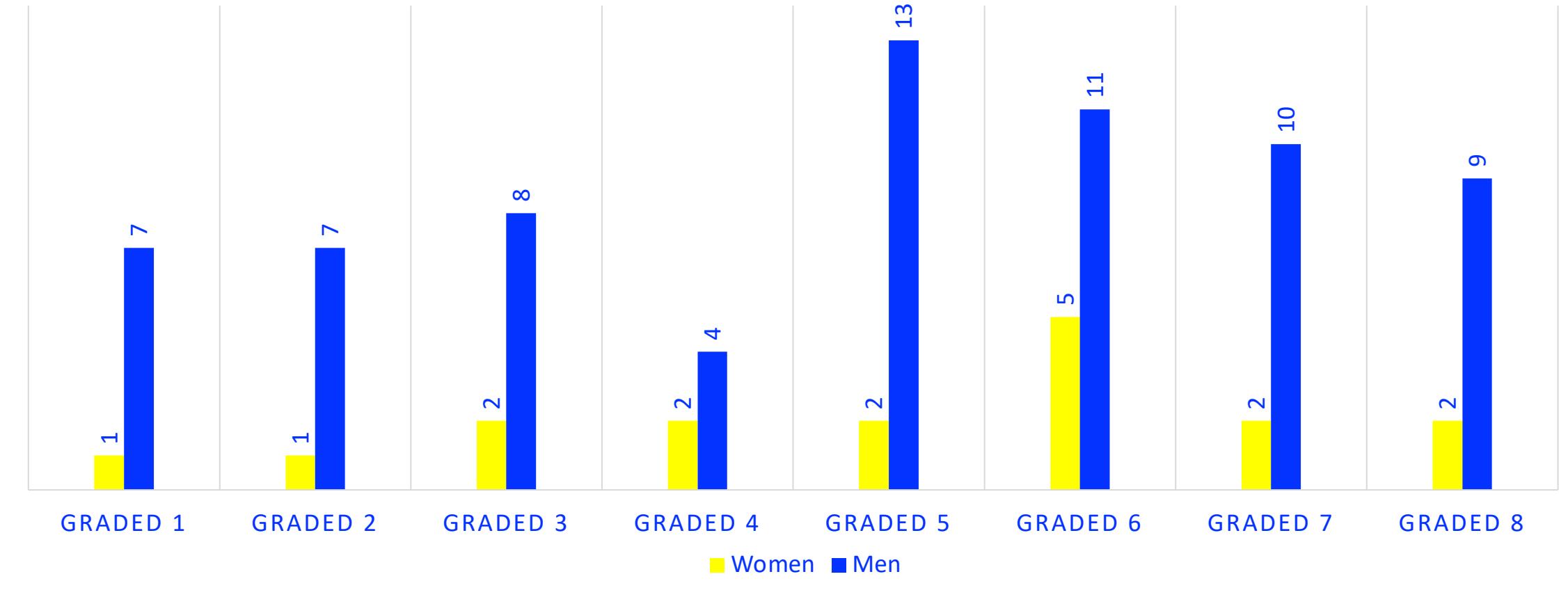
# DUBLIN GRADED TRACK SUMMARY



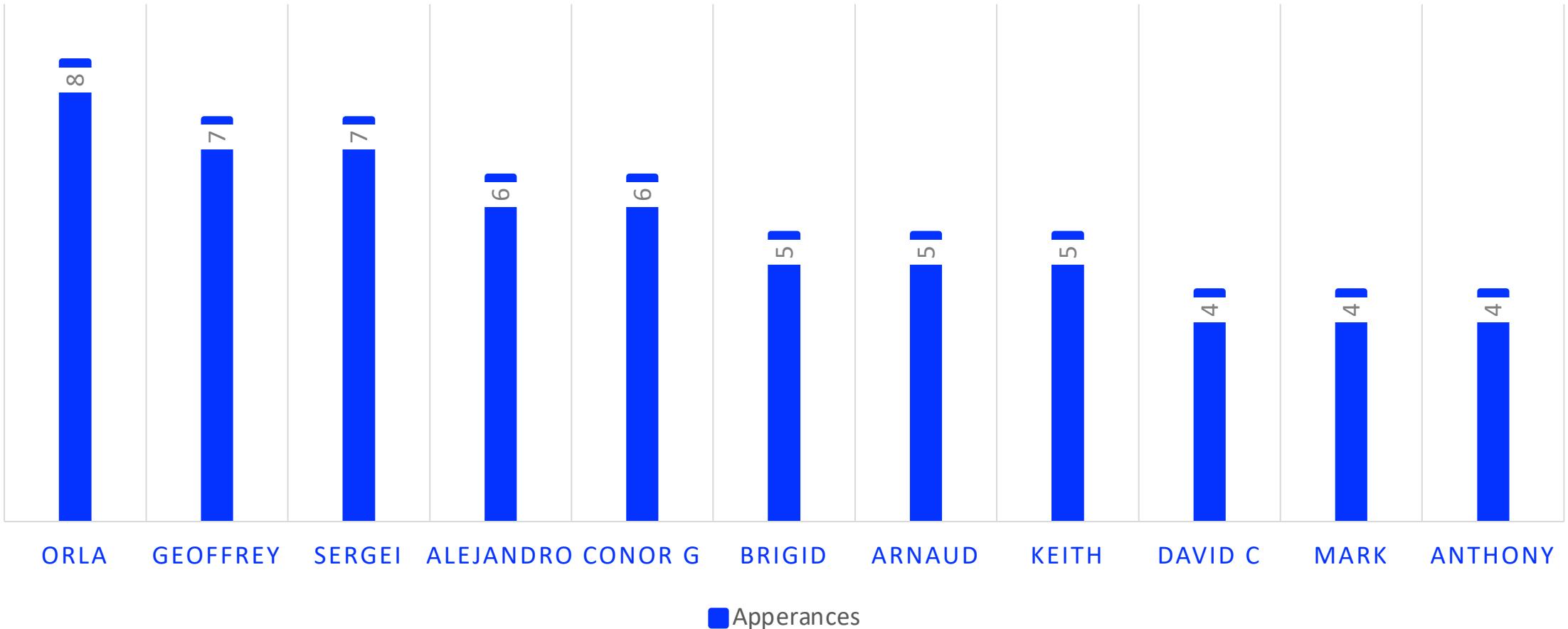
- Participation across 8 meets
  - Women 6
  - Men 20
- Top 3 Finishes from 88 starts
  - 1<sup>st</sup> 6
  - 2<sup>nd</sup> 9
  - 3<sup>rd</sup> 14
- Top 3 Grand Prix Grade Winners:
  - Geoffrey 2<sup>nd</sup> Grade B
  - Sergei 1<sup>st</sup> Grade C
  - Conor 2<sup>nd</sup> Grade C
  - Orla 3<sup>rd</sup> Grade C



# DUBLIN GRADED RACES



# DUBLIN GRADED APPEARANCES



■ Appearances

# Dublin Athletics Graded Meeting 1

Saturday, 29 April, 2023 at 14:00

Place	Name	Category	Time
5	Orla Gordon	Paced Mile 6 Min	6.09.37
5	Sergei Dolgy	800m Men Grade B Heat 1	2.18.32
3	Conor Galvin	800m Men Grade D Heat 2	2.13.30
4	Keith Lunders	800m Men Grade D Heat 2	2.14.23
5	Ciaran Reilly	800m Men Grade D Heat 2	2.14.66
4	Tom Ward	800m Men Grade D Heat 3	2.20.96
2	Oisin Murphy	800m Men Grade D Heat 4	2.18.61
5	Peter Bowe	800m Men Grade D Heat 4	2.24.83



# Dublin Athletics Graded Meeting 2

Wednesday, 10 May, 2023 at 19:00

Place	Name	Category	Time
14	Orla Gordon	1500m Grade D	5.43.98
4	David Carroll	1500m Men Grade C Heat 1	4.20.75
6	Mark Naylor	1500m Men Grade C Heat 1	4.22.15
1	Conor Galvin	1500m Men Grade D Heat 1	4.49.00
2	Keith Lunders	1500m Men Grade D Heat 1	4.49.80
6	Oisin Murphy	1500m Men Grade D Heat 1	5.05.01
8	Peter Bowe	1500m Men Grade D Heat 1	5.10.43
11	Alejandro Cavallo	1500m Men Grade D Heat 1	5.20.64



# Dublin Athletics Graded Meeting 3

Wednesday, 24 May, 2023 at 19:00

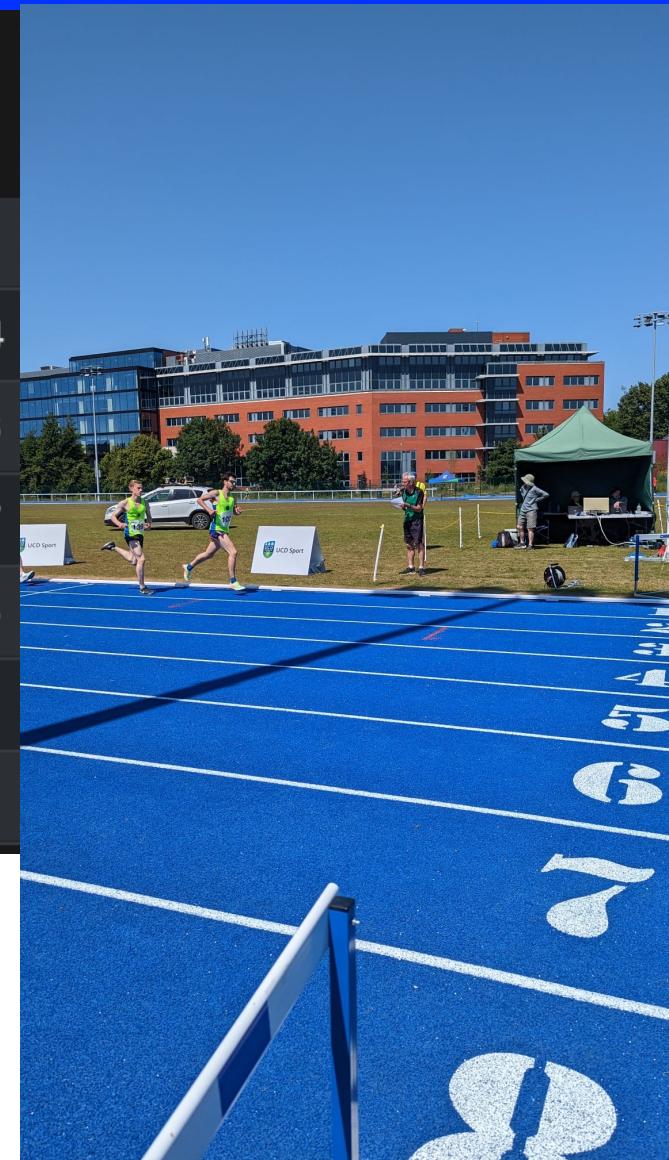
Place	Name	Category	Time
3	Brianna McGhee	800m Women Grade C	2.34.16
6	Brigid Reilly	800m Women Grade D	2.42.64
2	David Carroll	800m Men Grade C Heat 1	2.05.54
4	Mark Naylor	800m Men Grade C Heat 1	2.06.49
5	Geoffrey Alexandre	800m Men Grade C Heat 1	2.11.15
4	Sergei Dolgy	800m Men Grade C Heat 2	2.09.33
5	Conor Galvin	800m Men Grade C Heat 2	2.11.69
2	Tom Ward	800m Men Grade D Heat 1	2.21.24
4	Alejandro Cavallo	800m Men Grade D Heat 1	2.27.25
8	Peter Bowe	800m Men Grade D Heat 2	2.24.32



# Dublin Athletics Graded Meeting 4

Saturday, 3 June, 2023 at 14:45

Place	Name	Category	Time
7	Orla Gordon	1500m Women Grade D	5.44.04
8	Brigid Reilly	1500m Women Grade D	5.48.73
3	Geoffrey Alexandre	1500m Men Grade C	4.23.37
5	Sergei Dolgy	1500m Men Grade C	4.24.75
5	Arnaud Benjacar	1500m Men Grade D Heat 2	4.39.13
7	Keith Lunders	1500m Men Grade D Heat 2	4.44.12



## Dublin Athletics Graded Meeting 5

Wednesday, 21 June, 2023 at 19:00

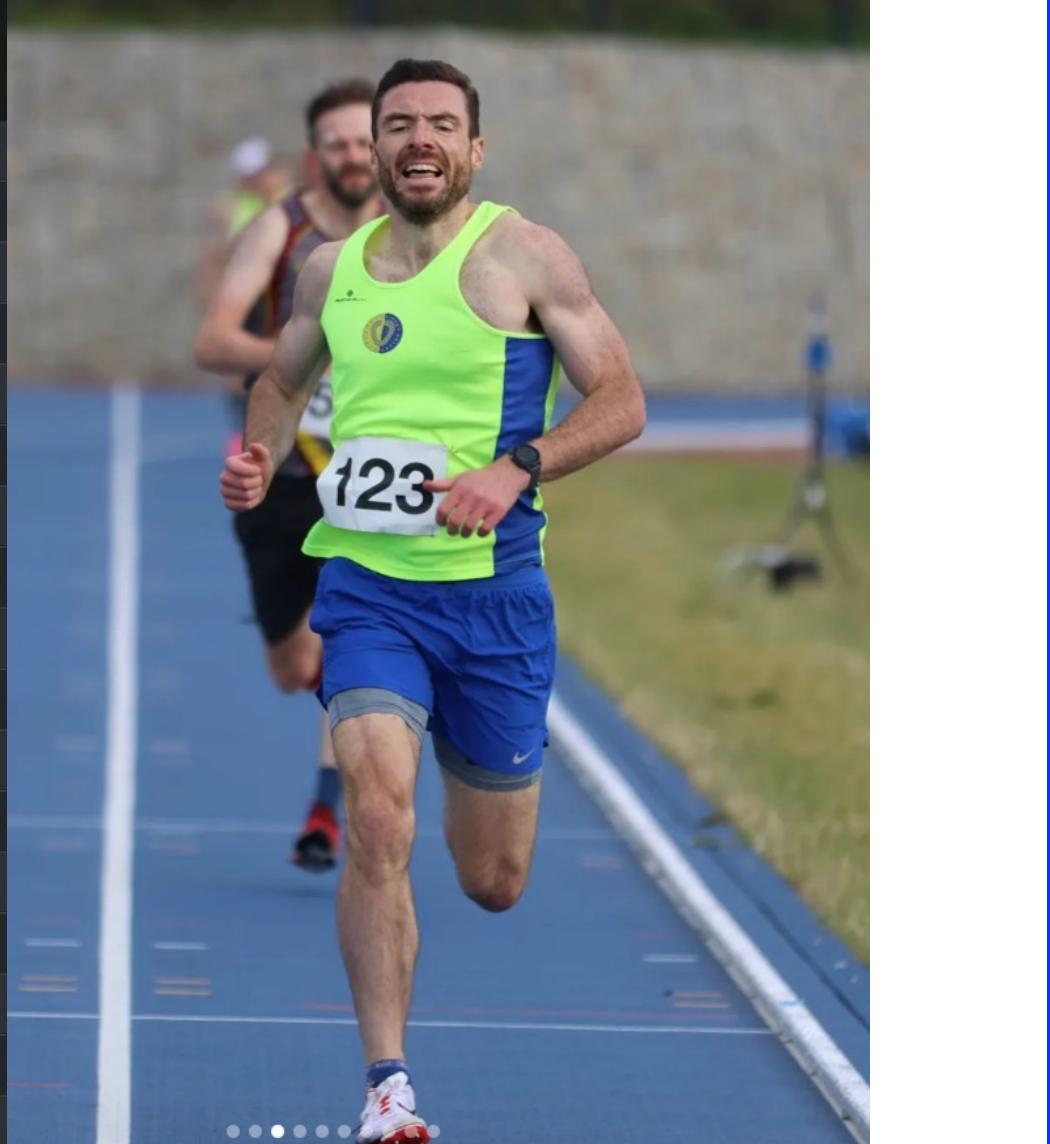
Place	Name	Category	Time
3	Mollie O'Donnell	800m Women Grade C	2.31.65
4	Orla Gordon	800m Women Grade D Heat 1	2.47.28
5	David Carroll	800m Men Grade B Heat 1	2.04.09
1	Mark Naylor	800m Men Grade C Heat 1	2.04.51
6	Conor Galvin	800m Men Grade C Heat 2	2.12.91
2	Patrick Fox	800m Men Grade D Heat 1	2.23.00
3	Anthony McMahon	800m Men Grade D Heat 1	2.25.57
6	Alejandro Cavallo	800m Men Grade D Heat 1	2.28.42
7	Bernard O'Sullivan	800m Men Grade D Heat 1	2.28.89
7	Arnaud Benjacar	800m Men Grade D Heat 2	2.13.95
9	Keith Lunders	800m Men Grade D Heat 2	2.19.21
2	Geoffrey Alexandre	5000m Men Grade B	16.13.34
1	Pierce Geoghegan	5000m Men Grade C	16.09.67
3	Sergei Dolgy	5000m Men Grade C	16.44.23
4	Paul Balfe	5000m Men Grade D	18.53.73



## Dublin Athletics Graded Meeting 6

Wednesday, 5 July, 2023 at 19:00

Place	Name	Category	Time
5	Siobhan Nugent	800m Women Grade D	2.48.50
6	Orla Gordon	800m Women Grade D	2.50.49
5	Jen Preston	3000m Women Grade B	11.30.82
3	Brigid Reilly	3000m Women Grade C	11.58.96
4	Orla Gordon	3000m Women Grade C	12.24.28
7	Conor Galvin	800m Men Grade C	2.14.25
1	Keith Lunders	800m Men Grade D Heat 1	2.18.09
3	Oisin Murphy	800m Men Grade D Heat 1	2.22.44
4	Alejandro Cavallo	800m Men Grade D Heat 1	2.29.16
5	Anthony McMahon	800m Men Grade D Heat 1	2.31.03
3	Conor O'Loughlin	800m Men Grade D Heat 2	2.12.10
2	Geoffrey Alexandre	3000m Men Grade B	9.25.98
3	Arnaud Benjacar	3000m Men Grade C	9.43.37
3	Patrick Fox	3000m Men Grade D	10.19.75
7	Paul Balfe	3000m Men Grade D	10.54.69
9	Matt Blyth	3000m Men Grade D	11.28.62



## Dublin Athletics Graded Meeting 7

Wednesday, 19 July, 2023 at 19:00

Place	Name	Category	Time
5	Brigid Reilly	1500m Women Grade D	5.29.34
8	Orla Gordon	1500m Women Grade D	5.38.89
3	David Carroll	1500m Men Grade C	4.15.95
4	Geoffrey Alexandre	1500m Men Grade C	4.16.13
4	Sergei Dolgy	1500m Men Grade C	4.23.39
7	Conor Galvin	1500m Men Grade C	4.28.07
4	Patrick Fox	1500m Men Grade D Heat 1	4.47.63
6	Sean O'Meallaigh	1500m Men Grade D Heat 1	4.52.63
7	Anthony McMahon	1500m Men Grade D Heat 1	4.55.71
9	Paul Balfe	1500m Men Grade D Heat 1	4.59.80
3	Alejandro Cavallo	1500m Men Grade D Heat 1	5.05.70
5	Arnaud Benjacar	1500m Men Grade D Heat 2	4.29.88



## Dublin Athletics Graded Meeting 8

Wednesday, 2 August, 2023 at 19:00

Place	Name	Category	Time
3	Brigid Reilly	Mile Women Grade D	5.57.38
8	Orla Gordon	Mile Women Grade D	6.11.44
2	Geoffrey Alexandre	3000m Men Grade B	9.20.82
1	Sergei Dolgy	3000m Men Grade C	9.42.33
5	Alejandro Cavallo	3000m Men Grade D	11.08.34
6	Mark Naylor	Mile Men Grade B	4.47.02
6	Arnaud Benjacar	Mile Men Grade C	4.51.29
1	Conor O'Loughlin	Mile Men Grade D Heat 1	5.05.60
2	Sean O'Meallaigh	Mile Men Grade D Heat 1	5.22.10
6	Matt Blyth	Mile Men Grade D Heat 1	5.42.10
4	Anthony McMahon	Mile Men Grade D Heat 2	5.14.60



# Medals for LVAC at National Indoor Masters Championships 2023

## Sunday, 5 February, 2023

Athlone, Co. Westmeath

Well done to Arnaud Benjacar and Tom O'Connor who claimed medals at the 1500m & 3000m championships.

2 M60 3000m Tom O'Connor 11.12.14 3 M50 1500m  
Arnaud Benjacar 4.25.69 3 M50 3000m Arnaud Benjacar  
9.53.57



# Silver for Orla Gordon at the Leinster Track and Field Championships

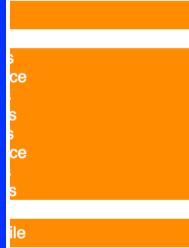
Sunday, 28 May, 2023

SETU, Co. Carlow.

Congratulations to Orla Gordon on her silver medal over 3000m and to Ciarán Reilly who won bronze over 800m at the Leinster Master Championships in Carlow today.

Fantastic racing in very warm conditions. 





SERED BY  
tronics

### 123.ie National Senior Championships

#### Senior Men 5000m C

NR: 13:01.40 - Brian Fay (2023); CR: 13:21.93 - John Treacy (1980)

Scheduled: 17:15 Official: 17:37

Heat 1

Heat 1 (status: Official)

Scheduled: 17:15 Official: 17:37

Place	Order	Bib #	Name	Category	Club	Res
1	7	1458	Damien MADIGAN	SEN M	North Cork A.C.	15:35.92
2	2	1467	John COLLINS	SEN M	Cork Track Club	15:37.74
3	8	1463	Paul CARTY	SEN M	CNDR Track A.C.	15:44.43
4	10	1449	Declan GUINA	SEN M	West Limerick A.C.	15:53.81
5	6	1460	Geoffrey ALEXANDRE	SEN M	Liffey Valley A.C.	15:54.43
6	11	1465	Andrew NEVIN	SEN M	Mullingar Harriers A.C.	15:54.50
7	14	1461	Mark CORNETT	SEN M	North Belfast Harriers	15:58.96
8	16	1475	Donnchadh MAC AODHA	SEN M	North East Runners A.C.	16:03.00
9	4	1451	Sean HEASLIP OWENS	SEN M	Clonliffe Harriers A.C.	16:07.60
10	1	1453	Barry MOONEY	SEN M	Tullamore Harriers A.C.	16:31.77
11	9	1469	Daniel O'BRIEN	SEN M	Lusk A.C.	16:35.93
12	3	1448	Ciaran GOSS	SEN M	Roadrunners A.C.	16:38.59
13	15	1456	Sergey DOLGY	SEN M	Liffey Valley A.C.	16:40.20
14	5	1450	Anthony O'ROURKE	SEN M	Brothers Pears A.C.	16:42.08
15	13	1478	Vengatramanakarthikeyan MEIAZHAGAN	SEN M	Raheny Shamrock A.C.	16:48.25
16	12	1454	Alex O'BRIEN	SEN M	Lucan Harriers A.C.	16:51.86



Jim Davis



Two happy men great runs from the guys PB for Geoffrey Sergei just short of his PB great days work Onwards and Upwards

17:47



20



## ROAD RACES

# ROAD SUMMARY

- 49 Athletes took part across 10 championship races
- Championship Races
  - National 6
  - Leinster 1
  - Dublin 3
- Team Medals 1 2
- Individual Medals 3 1 1 2 3 3 3 1 3 1 2
- 10+ Other Club Races participated in



# ROAD RACES



# 5K ROAD RACES

Date	Race Name	Athlete	Time
03-Dec	Jingle Bells 5k Race	Peter Arthur	14.47
03-Dec	Jingle Bells 5k Race	Geoffrey Alexandre	16.03
03-Dec	Jingle Bells 5k Race	Pierce Geoghegan	16.52
03-Dec	Jingle Bells 5k Race	Conor Galvin	17.15
03-Dec	Jingle Bells 5k Race	Keith Lunders	17.55
03-Dec	Jingle Bells 5k Race	Kevin McDonnell	18.20
03-Dec	Jingle Bells 5k Race	Matt Blyth	18.25
03-Dec	Jingle Bells 5k Race	Peter Bowe	18.57
03-Dec	Jingle Bells 5k Race	Paulius Zeimys	19.18
20-May	National Road 5k	Pat Collins	23.31
20-May	National Road 5k	Jen Preston	18.50
20-May	National Road 5k	Elle O'Driscoll	18.56
20-May	National Road 5k	Mollie O'Donnell	19.36
20-May	National Road 5k	Orla Gordon	20.28
20-May	National Road 5k	Brigid Reilly	20.43

Date	Race Name	Athlete	Time
20-May	National Road 5k	Rebecca McLoughlin	22.01
20-May	National Road 5k	Palina Piankova	22.17
20-May	National Road 5k	Aoife Brady	23.26
20-May	National Road 5k	Ruth Murphy	24.09
20-May	National Road 5k	Heather Browning	26.22
20-May	National Road 5k	Melissa Thompson	26.23
20-May	National Road 5k	Geoffrey Alexandre	15.58
20-May	National Road 5k	Mark Naylor	16.00
20-May	National Road 5k	Sergei Dolgy	16.14
20-May	National Road 5k	David Carroll	16.15
29-Jul	Berlin 5km Race	Mark Naylor	15.59
09-Sep	Dijon 5k	Geoffrey Alexandre	16.42
09-Sep	Dijon 5k	Sergei Dolgy	17.26
09-Sep	Dijon 5k	Paul Balfe	18.53
09-Sep	Dijon 5k	David Mitchell	20.17

# HALF MARATHON

Date	Race Name	Athlete	Time
02-Apr	Berlin Half Marathon	Siobhán Nugent	1.43.51
26-Aug	National Half Marathon	Pierce Geoghegan	1.11.49
26-Aug	National Half Marathon	Ciara Broderick Farrell	1.29.30
26-Aug	National Half Marathon	John Touhy	1.31.06
09-Sep	Ratoath Half Marathon	Patrick Fox	1.24.27
09-Sep	Ratoath Half Marathon	Tom O'Connor	1.29.23
23-Sep	Dublin Half Marathon	Brigid Reilly	1.31.14
23-Sep	Dublin Half Marathon	Oisín Murphy	1.25.42
23-Sep	Dublin Half Marathon	David Van Buren	1.25.58
23-Sep	Dublin Half Marathon	David Mitchell	1.33.24
23-Sep	Dublin Half Marathon	Siobhán Nugent	1.41.44
01-Oct	European Masters Half Marathon	Tom O'Connor	1.28.57

# 10K ROAD RACES

Date	Race Name	Athlete	Time
13-Nov	Livorno 10k Run	Mark Naylor	34.17
30-Apr	10 KM DE LA GARDE	Arnaud Benjacar	37.16
30-Apr	West of Ireland Women's Mini Marathon	Rebecca McLoughlin	46.57
03-Jun	Cork Marathon 10k	David Carroll	34.52
03-Jun	Cork Marathon 10k	Jen Preston	39.39
03-Jun	Cork Marathon 10k	Conor Galvin	38.33
16-Jul	Fingal 10k	Keith Lunders	38.22
16-Jul	Fingal 10k	Oisín Murphy	40.13
16-Jul	Fingal 10k	Alejandro Cavallo	41.28

# MARATHON

Date	Race Name	Athlete	Time
30-Oct	Dublin Marathon	Elle O'Driscoll	3.16.59
30-Oct	Dublin Marathon	Brigid Reilly	3.28.04
30-Oct	Dublin Marathon	Michelle Skeath	4.28.56
30-Oct	Dublin Marathon	Sergei Dolgy	2.49.49
30-Oct	Dublin Marathon	Simon Monds	2.54.57
30-Oct	Dublin Marathon	John Touhy	3.09.00
30-Oct	Dublin Marathon	David Van Buren	3.11.49
30-Oct	Dublin Marathon	Glen Forde	3.31.21
30-Oct	Dublin Marathon	Philip Williams	3.31.21
02-Apr	Paris Marathon	Elle O'Driscoll	3.04.55
02-Apr	Paris Marathon	Shauna Dunne	3.38.38
16-Apr	Rotterdam Marathon	Geoffrey Alexandre	2.50.45
16-Apr	Rotterdam Marathon	Kevin O'Connell	3.26.19
30-Apr	Great Limerick Run	Conor O'Loughlin	3.02.19
03-Jun	Cork Marathon	Simon Monds	2.55.14
03-Jun	Cork Marathon	Ciara Broderick Farrell	3.08.41
03-Jun	Cork Marathon	Mollie O'Donnell	3.16.15
03-Jun	Cork Marathon	David Mitchell	3.38.43

## Clonliffe Harriers 2 Mile Road Race Sunday, 27 November, 2022 at 10:00

Place	Name	Category	Time	Note
8	Mark Naylor	M	10.07	
11	Sergei Dolgy	M	10.15	
19	Conor Galvin	M	10.44	
30	Brendan Beere	M	11.24	
41	Patrick Fox	M	12.05	
47	Alejandro	M	12.26	



## Leinster Novice Road Championships

Saturday, 29 April, 2023 at 13:00

Place	Name	Category	Time	Note
21	Siobhán Nugent	FS - 3rd County Team (Dublin)	12.32	3



Perri Williams ©



National Road Relays  
Raheny  
23rd of April 2023

123.ie

### LIFFEY VALLEY A.C. A

17	Runner	Name	Leg time (Gross)	Total time (Gross)	Total time
	1	Jen PRESTON	05:54	05:54	
	2	Elle O'DRISCOLL	11:57	17:50	
	3	Shauna DUNNE	06:05	23:54	

16	Runner	Name	Leg time (Gross)	Total time (Gross)	Total time
	1	Mark NAYLOR	10:20	10:20	43.19
	2	Sergey DOLGY	05:12	15:32	
	3	Peter BOWE	16:40	32:11:00	
	4	Conor GALVIN	11:09	43:19:00	

### LIFFEY VALLEY A.C. M35+

17	Runner	Name	Leg time (Gross)	Total time (Gross)	Total time
	1	Pierce GEOGHEGAN	04:58	4.58	21.24
	2	Arnaud BENJACAR	10:43	15.40	
3	Paul BALFE	05:44	21.24		

**National 5k Road Race**  
**Saturday, 20 May, 2023 at 09:30**

Place	Name	Category	Time	Note
362	Pat Collins	M75	23.31	🥇 M75
22	Jen Preston	FS	18.50.00	
27	Elle O'Driscoll	FS	18.56	
42	Mollie O'Donnell	FS	19.36	
65	Orla Gordon	F35	20.28	8th in category
69	Brigid Reilly	F35	20.43	10th in category
98	Rebecca McLoughlin	FS	22.01	
102	Palina Piankova	FS	22.17	
128	Aoife Brady	F35	23.26	13th in category
148	Ruth Murphy	FS	24.09	
193	Heather Browning	FS	26.22	
194	Melissa Thompson	FS	26.23	
23	Geoffrey Alexandre	MS	15.58	
25	Mark Naylor	MS	16.0	
31	Sergei Dolgy	MS	16.14	
32	David Carroll	MS	16.15	
53	Ciaran Reilly	M45	16.57	9th in category
63	Conor Galvin	MS	17.11	
90	Patrick Fox	MS	18.04	
93	Keith Lunders	M35	18.15	10th in category
104	Peter Bowe	M40	18.30.00	12th in category
115	Tom Ward	M40	18.45	17th in category
125	Tom O'Connor	M60	18.52	6th in category
154	Bernard O'Sullivan	M40	19.26	19th in category
164	Paul Balfe	M50	19.36	15th in category
167	Alejandro Cavallo	M35	19.34	14th in category
174	Oisin Murphy	MS	19.41	
213	John Costigan	M55	20.38	18th in category
315	Malcolm Prince	M50	23.32	22nd in category



# LVAC Men Win All Ireland 5 Mile Road Championships.

Sunday, 11 June, 2023

Phoenix Park, Dublin

Congratulations to our Senior Men who are All Ireland Winners for the 1st time. Lead home by 🥇 Geoffrey Alexandre (26.36) in 9th, 🥇 Mark Naylor (26.37) in 10th, 🥇 Pierce Geoghegan (26.59) in 12th and 🥈 Sergey Dolgy (23.79) in 18th for a combined team time of 01.47.49 which was 3 mins ahead of Crusaders AC in 2nd and Donore Harriers AC a further 3 mins behind in 3rd. Our top 4 athletes were ably supported by another 6 squad members, with 5 setting their own personal bests on a very warm and humid morning.

Congratulations also to individual medal winners with 🥇 Pat Collins winning the All Ireland M75 title.

Great performances also from 🥈 Brigid Reilly and 🥉 Orla Gordon claiming silver and bronze in the F35 category and leading our Senior Team into 11th place.

🥉 Pierce Geoghegan also took another medal in the M35 category when finishing 3rd to claim bronze.

It was another ideal day for racing in the Phoenix Park today with 20 Liffey Valley AC athletes out in force. A fantastic day for our club with tremendous support around the course from fellow athletes and coaches cheering on all our athletes to deliver such strong performances over the 5 mile distance.



# National 10 Mile Road Championships - Individual Gold and Team Silver Medals for LVAC

## Sunday, 23 July, 2023

Phoenix Park, Dublin

Congratulations to our Senior Men who finished second Senior Team at the National 10 Mile Road Championships held in the Phoenix Park on a soggy wet July morning. Lead home by 🥈 Pierce Geoghegan (54.01 new PB) in 15th place, 🥈 Geoffrey Alexandre (56.40 new PB) in 26th, and 🥉 Sergey Dolgy (57.18) in 31st for a combined team time of 02.47.59 which was 5.26 mins behind the winning club Donore Harriers AC and 46 seconds ahead of Leevale AC.

Our Womens +35 Team put in a superb performance to finish 5th Team.

Congratulations also to 🥇 Pat Collins winning the All Ireland M75 title to add the his 5 Mile title.

Hardly an ideal day for racing in the Phoenix Park with 10 Liffey Valley AC athletes braving the conditions, a few words from Orla Gordon for the amazing support provided by LVAC Teammates around the course.

"Thanks everyone for the unreal support today! I lost track of all the cheers I got along the way. The LV train was the envy of all the other clubs, pushed us all the way!"





## Pat Collins wins All Ireland M75 5k Road Championships Saturday, 20 May, 2023

Phoenix Park, Dublin

Congratulations to Pat Collins in winning his first (of many to come) national titles in the M75 category.

🥇 M75 Pat Collins



## Pat Collins All Ireland Masters 75 Champion at the National 5 Mile Championships. Sunday, 11 June, 2023

Phoenix Park, Dublin

Congratulations to 🏆 Pat Collins winning the All Ireland M75 title, continuing Liffey Valley's strong record in Masters Athletics racing.

# Fingal 10k Road Race

Sunday, 16 July, 2023 at 09:30

Place	Name	Category	Time	Note
91	Keith Lunders	M35	38.22	23rd in category
201	Oisin Murphy	MS	40.13	41st in category (Personal Best)
243	Alejandro Cavallo	M35	41.28	51st in category (Personal Best)



## National Half Marathon 2023

Saturday, 26 August, 2023 at 09:00

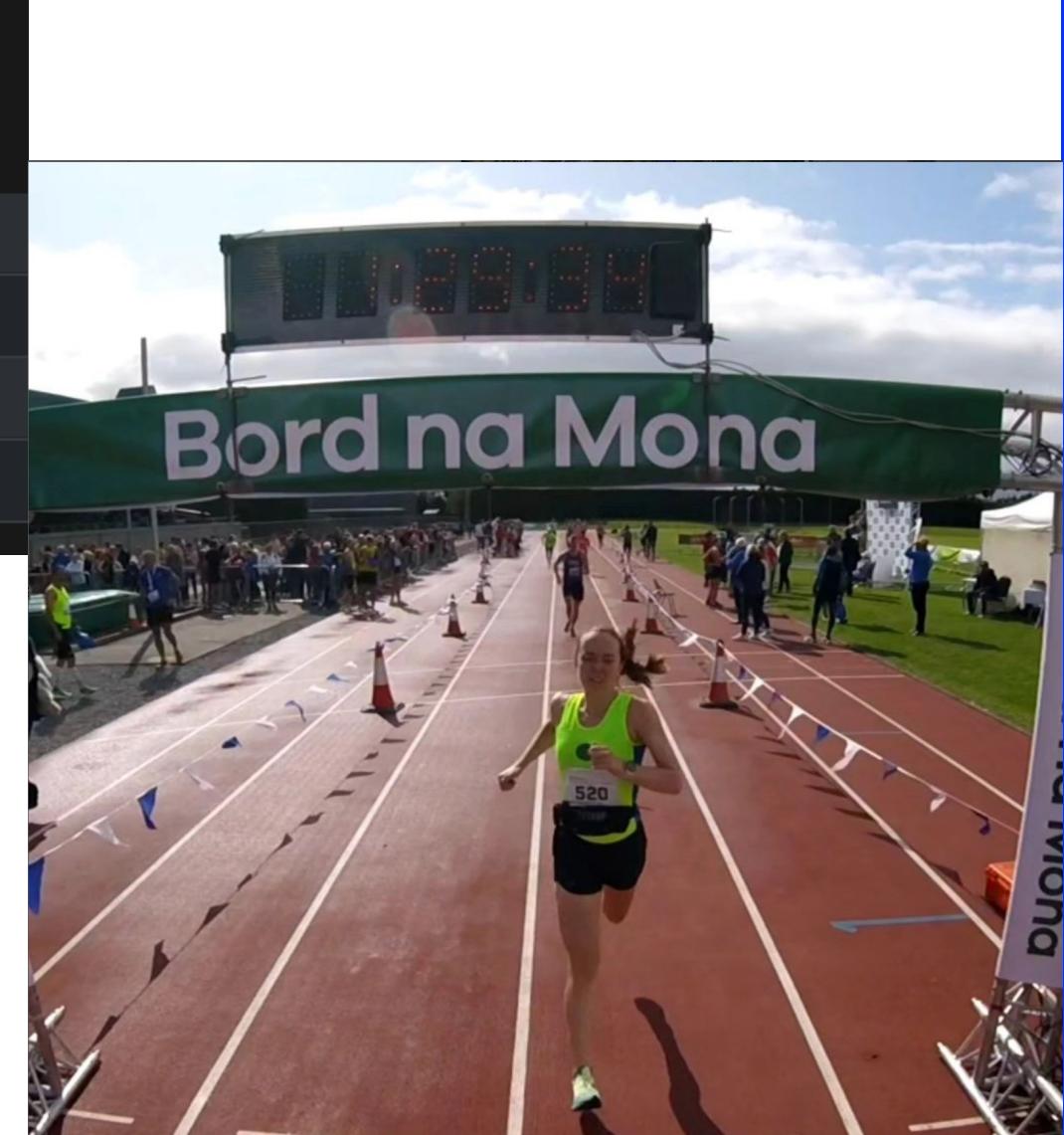
Place	Name	Time	Note
13	Pierce Geoghegan	1.11.49	M35 5th + Personal Best
279	Ciara Broderick Farrell	1.29.30	FS 7th + Personal Best
310	John Touhy	1.31.06	M40 45th



liffeyvalleyac 🌟 Leinster Half Marathon Championships 💙

Well done to our athletes on their recent medals on the roads. Ciara Broderick Farrell was a member of the Dublin senior women team that placed 1st, and Pierce Geoghegan was a member of the Dublin senior men team that placed 2nd in the Leinster Half Marathon, run in conjunction with the Tullamore Half in August.

Congratulations Ciara and Pierce! 🏆 1 🏆 2



## Ratoath Half Marathon 2023

Saturday, 9 September, 2023 at 09:30

Place	Name	Time	Note
76	Patrick Fox	1.24.27	MS
3	Tom O'Connor	1.29.23	M60



# La Course du Bien Public 5km Race

Saturday, 9 September, 2023 at 12:30

Place	Name	Time	Note
2	Geoffrey Alexandre	16m 42s	MS
5	Sergei Dolgy	17m 26s	MS
14	Paul Balfe	18m 53s	M50
30	David Mitchell	20m 17s	M40



## 2023 Irish Life Dublin Half Marathon

Saturday, 23 September, 2023 at 09:00

Place	Name	Category	Time	Note
5	Brigid Reilly	F35 - 3rd place	1.31.14	
52	Oisín Murphy	MS	1.25.42	
0	David Van Buren	MS	1.25.58	
129	David Mitchell	M40	1.33.24	
0	Siobhán Nugent	FS	1.41.44	





**liffevalleyac** Congratulations to Tom O'Connor who was part of the Irish team who won bronze in the half marathon at the European Masters Championships recently in Italy. Well done also to his teammates Philip'O Doherty (Clonliffe Harriers) and Paul Moran (Rathfarnham ).

🌟@clonliffeharriersac

#europeanchampionship #masters #racing  
#halfmarathon #running #teamireland  
#athletics





## CLUB CHAMPIONSHIPS

# TO OUR RACE DAY VOLUNTEERS



- Measuring the Course
- Marking the Course
- Transporting the Tent
- Putting up the Tent
- Taking Times
- Recording Times
- Publicizing Races
- Working out race handicaps
- Taking Photos / Videos
- Posting Photos / Videos
- Making the  
Tea/Coffee/Sandwiches/Cakes
- ...the list goes on...

🙏 THANK YOU 🙏

# CLUB CHAMPIONSHIPS

	Cross Country February 19 <sup>th</sup> 2023	800m Track June 28 <sup>th</sup> 2023	1500m / 3000m Track July 12 <sup>th</sup> 2023	5k / 10k Road September 17 <sup>th</sup> 2023
Women	 Mollie O'Donnell  Rebecca McLaughlin  Brigid Reilly	 Mollie O'Donnell  Jen Preston  Brigid Reilly	 Mollie O'Donnell  Brigid Reilly  Orla Gordon	 Brianna McGhee  Brigid Reilly  Siobhán Nugent
Men	 David Carroll  Geoffrey Alexandre  Sergei Dolgy	 David Carroll  Sergei Dolgy  Geoffrey Alexandre	 Geoffrey Alexandre  Pierce Geoghegan  Mark Naylor	 Pierce Geoghegan  Geoffrey Alexandre  Sergei Dolgy



# CLUB TROPHIES

Avondale Cup

- 1 Patrick Fox
- 2 Hilary McDonnell
- 3 Seán O'Meallaigh



Winter League

- 1 David Carroll
- 2 Patrick Fox
- 3 Arnaud Benjacar



George Harrison Cup

- 1 Siobhán Nugent & Heather Browning
- 2 Rebecca McLoughlin
- 3 Annie Gittens



Myles Cullen Cup

- 1 Conal Fagan
- 2 Cormac Long
- 3 Sergie Dolgy



# RACE RESULTS & REPORTS:

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511 posts 1,186 followers 1,145 following

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Sports club  
Athletics Club based in Islandbridge, D8 (D08HX92) since 1974  
Welcoming runners who want to train and improve to compete on track, XC and road  
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POSTS REELS TAGGED

**TOM BRENNAN 5K RACE**  
01.01.2024  
ENTER NOW!!

<https://liffeyvalleyac.com/races/>

Liffey Valley Athletic Club

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**Upcoming Races**

- Leinster Novice Cross Country Championships  
Saturday, 21 October, 2023 at 13:00
- Leinster Senior Cross Country Championships  
Saturday, 4 November, 2023 at 13:00
- Dublin Senior Cross Country Championships  
Sunday, 5 November, 2023 at 13:00
- National Senior Cross County Championships  
Sunday, 19 November, 2023 at 12:00
- Dublin Intermediate Cross Country Championships  
Sunday, 26 November, 2023 at 13:00
- National Novice Cross County Championships  
Sunday, 3 December, 2023 at 12:00
- LVAC Cake Race  
Sunday, 10 December, 2023 at 11:00

**Previous Races**

**2023**

- Dublin Novice Cross Country Championships  
Sunday, 8 October at 13:00
- Star of the Sea AC 33rd Annual Cross Country  
Sunday, 24 September at 13:30
- 2023 Irish Life Dublin Half Marathon  
Saturday, 23 September at 09:00
- LVAC 10k Road Championship (Myles Cullen Trophy)  
Sunday, 17 September at 11:30
- LVAC 5k Road Championship (George Harrison Trophy)  
Sunday, 17 September at 11:30
- La Course du Bien Public 5km Race  
Saturday, 9 September at 12:30
- Ratoath Half Marathon 2023  
Saturday, 9 September at 09:30