

CRUSADERS

ATHLETIC CLUB

1942 - 2022



Anniversary

4
5
6
7
8

President's Welcome

Crusaders AC celebrates its 80th anniversary this year and as a club we continue to grow and go from strength to strength. Our membership numbers have recovered strongly after dipping as a result of Covid-19 restrictions and now stands at nearly 700, making us one of Ireland's largest athletic clubs.

The Club has much to celebrate this year but is especially significant as the year we had our gold medal Olympian Ronnie Delany officially open our new clubhouse in Irishtown. It was a tremendous day for our club and the result of many years of hard work and careful planning. Michael McGovern, our current Club Treasurer and who was a major driving force behind the project, outlines the background to the project, the build process and our future plans within this booklet. I would like to thank and pay tribute to all who have helped with the project over recent years and I'm delighted we have such a fine facility for our members to enjoy for many years to come.



This booklet is jam packed. It chronicles the highlights of the careers of our Olympians and National Champions, outlines activities in various areas across the club such as marathon running and track & field and also contains some interviews with our current members so you can get to know them a bit better and understand their motivation for taking up running and choosing Crusaders. There have been many notable and outstanding performances over the years but we should not forget every Crusader who represented the club over the years and who can look back on their own personal best performances with justifiable pride. I am delighted that Crusaders has played at least some small part in those achievements.

I'd like to thank everyone involved in pulling this booklet together and I hope you enjoy it.

Finally, I would like to sincerely thank all our members, both past and present, for making the club what it is today, and for your ongoing support. Our club is in good standing and have no doubt we will have many more successes to celebrate in the future.

William Owens

President



Crusaders Past Club Presidents and Secretaries

1991 – Present Day

Year	President	Secretary
1991	Ron Kirkham	Peter Hanlon
1992	Ron Kirkham	Jennifer Carey
1993	Ron Kirkham	Jennifer Carey
1994	Jennifer Carey	
1995	Jennifer Carey	
1996	Jennifer Carey	
1997	Jim O'Neill	Bill Houlahan??
1998	Jim O'Neill	
1999	Jim O'Neill	
2000	Jim O'Neill	
2001	Phil Conway	
2002	Phil Conway	Colin Kirkham
2003	Phil Conway	Emma Sokell
2004	Phil Conway	Emma Sokell
2005	Jim O'Neill	Emma Sokell
2006	Jim O'Neill	Colin Kirkham
2007	Jim O'Neill	Colin Kirkham
2008	Larry Ryder	Colin Kirkham
2009	Larry Ryder	Colin Kirkham
2010	Larry Ryder	Jim O'Neill
2011	John O'Connor	
2012	John O'Connor	
2013	Michael McGovern	
2014	Dee Ní Chearbhaill	
2015	Dee Ní Chearbhaill	Philip Matthews
2016	Dee Ní Chearbhaill	Philip Matthews
2017	Niall O'Connell	
2018	Will Owens	Susan Walsh
2019	Will Owens	Susan Walsh
2020	Will Owens	Olwyn Dunne
2021	Will Owens	Olwyn Dunne



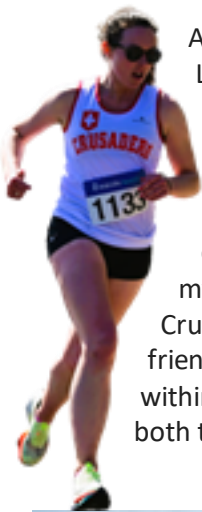
Notes from our Captains

Women's Captain – Rebecca Fleming



I joined Crusaders AC in December 2014 and I have been Ladies Captain since December 2019. When I first joined Crusaders, I was amazed at the number of girls racing for the club in cross country (XC) and I was keen to get involved, albeit totally petrified, as I had never run cross country before. The team element of running cross country was not something I had previously experienced and now I couldn't imagine a XC season without lacing up the spikes and racing on the team.

There are several opportunities over the cross country season which see our female members represent the club. For our newer members, there is the fantastic Women's Meet and Train league, which I thoroughly enjoyed during my first year as a Crusader. Then, for the more experienced athletes, there is also Novice, Intermediate and Senior Cross Country Championships. Our female team has had great success across all of these races over many years, with individual and team podium finishes in several XC races. And I know that this success is only going to continue!



Aside from cross country, there is a team element to the road races, including Dublin, Leinster and National Championships across the various distances, and also the ever-enjoyable National Road Relays in Raheny. I do recommend trying out a track season, for anyone who is curious about the shorter distances. Again, we have seen our girls achieve podium finishes in various track races over the course of many years. Of course, before racing we need to train, and I thoroughly enjoy every Tuesday evening on the track at Irishtown, Saturday mornings in the Phoenix Park and meeting up with my club mates for mid-week easy runs and long runs on a Sunday. Being a member of Crusaders means I rarely run solo and I am so grateful for this and for all the wonderful friends I have made throughout the years in Crusaders. We have an incredible group of girls within the club, a group that train together, support one another and push one another in both training and races. Cru 4 Life!



*Crusaders men's and women's teams at the Dublin Novice Cross Country Championships
– Our biggest turnout at Dublin Novice ever, Tymon Park 2021*

Men's Captain – Ciarán Diviney



For the love of XC

I joined crusaders in 2012, so almost 10 years later as I look back over my time in the club, some of my best memories are competing with the club in team competitions. My first team competition was the Dublin Novice cross country in the phoenix park, and I remember being both nervous and incredibly proud lining up at the start. I finished well down the course that day, but the experience sowed a seed that made me embrace team competition and I haven't missed a season since.

As runners we are often solitary figures - obsessed with our own personal bests and finishing times. But cross country changes all that. It's no longer about finishing times as the courses and conditions change from race to race. No two courses are alike and as the winter bites, the conditions change from the immaculate hard ground that greets the Dublin Novice, to quagmires that more closely resemble the ploughing championship rather than the national one.

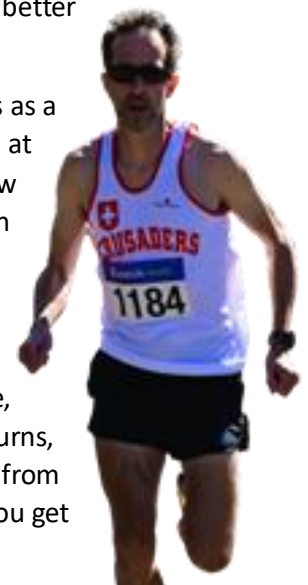
Cross country is described as the purest form of running. There are no super shoes. You are going to get dirty. Rain and mud are very real parts of the events, and can hugely effect the outcome of the races. But the best thing about cross country is that you are running as part of a team, where every place counts.

In cross country, the team result is decided by the first four runners from the club across the line. Their positions are added together to give the team score, and the lowest team score wins. It's easy to think that the outcome depends only on the first four, but the beauty of cross country is that the other members on the team influence the outcome. If our non-scoring runners finish ahead of a scoring runner from another team, then the other's team score will be higher due to that lost place. In a close competition or a large race, the finish positions of the club runner who are the fifth, sixth, seventh and so on can be a huge impact.

Throughout my time running with Crusaders, I've been the top finisher and the one bringing up the rear. Having experienced both ends of the spectrum, it has taught me humility and that every runner can influence the outcome and make an impact. The team is stronger for everyone who toes the line, and the sense of camaraderie and achievement that it instils will make you both a better runner and a person.

And then there's always the war stories afterwards, the shared memories that bind us as a club together. The mud of cow park. The hill in Waterford. Coach McGovern shouting at you to take the person in front. The singsong on the bus back from Dungarvan. The snow and swamp of Clarinbridge. Susan shouting every place counts. The pizza and beers in Topolis recollecting that day's race.

There's no doubt that cross country is hard on the body, but that's why it makes you a better runner. It not only builds your physical strength, but your mental strength too. It teaches you how much pain your body can tolerate. It's very different to a road race, and that makes it truly exciting and unique. From jumping puddles, muddy twists and turns, and the variety in elevation and terrain, cross country running is a welcome refreshment from road running. I'd encourage everyone to give it a go for the winter. And the next time you get back on the roads, the crossover gains will have you chasing and setting new PBs



Junior Cru

By Jim O'Neill

Crusaders have always had junior members, almost from the start. In the 1950's you had to be fifteen to join. In the 1960's, after the ladies' section was restarted, it was reduced to twelve, and currently you have to be eight years old in the year to join. In the early dates there was no separate training for juniors - they all trained with the seniors. It was not until the late 1970's that separate training was introduced for juveniles/juniors.

Over the years, the junior section has had varying numbers of members. In the 1980's and 90's numbers were around fifty. Since Irishtown stadium reopened in 2003, numbers have continued to grow and we currently have over 220 junior members and 25 volunteer coaches - one of whom Phil Conway competed for Ireland in the Shot put at the Olympics, and another, Aidan Woods was Ireland team physio at the Olympics.

There have been many successes for junior members over the years, winning many medals at Dublin and National Track and Field and Cross Country competitions, and in recent years also at indoor championships.

Many of our junior members have progressed to senior ranks and have won multiple National Senior titles and Irish vests, and some have gone on to be selected for the Olympics. Some notable names that have come through the Crusaders juvenile ranks are Matthew Behan, Eugene O'Neill, Caroline O'Shea, Thomas Chamney, Peter Coughlan, Colin Quirke, Carlos O'Connell and Derek McClean.

In the junior section there is a big emphasis on having fun, as well as an opportunity to try numerous events, including sprints, hurdles, middle distance, jumps and throws.

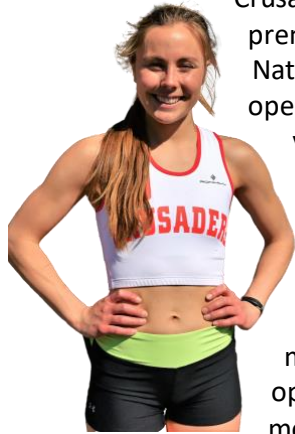


Track & Field at Crusaders

by Gary Park



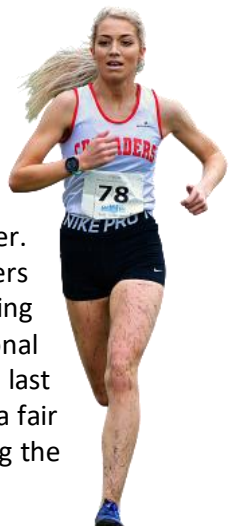
Crusaders has a strong and storied history in athletics and would be considered one of the premier track and field clubs in Ireland. Every year Crusaders athletes turn out in events such as National indoor and outdoor championships, regional, masters and schools' championships, open and Dublin graded events, the latter seeing a resurgence lately with Crusaders singlets visible across all the grades, often an athlete's first introduction to track and field.



In the marquee event of the year, the National outdoor track and field championships, Crusaders have won 217 titles over the years. National titles have been won in events from 100m to 3000m steeplechase on the track and across all jumps and throws in the field. Since the club was formed in 1942, a total of 109 gold medals were captured on the men's side in this competition. However, the national track and field championship was not open to women until 1965. In that edition, Crusaders women won six of the thirteen gold medals on offer. In the years since they have increased the total to 108 national titles, won in the outdoor championships. The first title for Crusaders was in 1947, over 800m by Patrick Hickey, an event Crusaders athletes have won a further 27 times. While the latest title was won over 110m hurdles by Matthew Behan this summer. The 110m hurdles has been an historically successful event for Crusaders. Theo Ryan won the first hurdles title for the club in 1947, and 24 titles have been won in all, including twelve-year streak from 1998 until 2009. Currently, it is a strong event in the club with Crusaders coming 1st and 2nd over 60m hurdles in the National Indoor Championships, with Matthew Behan taking gold and Valantinos Goularas taking silver. Adding to Crusaders current hurdles prowess, Sean Owens competed internationally in underage competition, over hurdles 100m hurdles this summer.

Crusaders' Olympic history is long and proud, and dates back to as far as 1948 when four of the Club's athletes represented Ireland at the Games in London. In total, 15 individuals have represented Ireland at the Olympic Games, one of the largest numbers for any club. Additionally, the great Crusaders Clubman, Louis Vandendries, was twice Olympic Team Manager: in Rome in 1960, and in Tokyo in 1964. The Club's most famous Olympian, Ronnie Delany, is the last Irish person to win an Olympic gold medal in athletics, when he was victorious over 1500m in the 1956 Melbourne Olympics. This is not the only 1500m medal won by Crusaders in major track and field championships. Ronnie went on to claim bronze over 1500m in the European Championships in 1958, and Mary Purcell won bronze in the European Indoor Championships in 1980. Another accolade for Crusaders was when Caroline O'Shea became the first Irish woman to make an Olympic final, when she qualified for the 800m final in Los Angeles in 1984.

Track and field is not only about individual performance. Down through the years, Crusaders athletes have banded together to form teams in events across the country and further afield, including Crusaders' own events: the Louis Vandendries and GV Ryan cups. Currently, only two team events are in existence in Ireland; the National track and field league, held outdoors over the summer, and introduced in 2014, an indoor track and field league held over the winter. Crusaders have a strong history in both. The outdoor league was first held in 1974, and Crusaders women won the first five editions and again in 1983. The men's team has also had success, winning their first title in 1978 and a further five titles between 1997 and 2005, then lifting the national trophy again in 2013. Both women's and men's teams have turned out for the league over the last few years, bringing exponents of all the track and field disciplines together, and not without a fair amount of success too. This year the men's team finished second in the indoor league, showing the future is indeed bright for Crusaders.



Marathon Running at Crusaders

by James Cottle

The last 10 years have witnessed a significant resurgence in popularity of marathon running, both at home and abroad, with participation having generally increased exponentially over this time. The club has responded to this renewed, almost insatiable, demand with dedicated coaching being provided to cater for every level from recreational to elite.



Crusaders athletes at the 2019 Dublin Marathon, in which the club had its biggest turnout ever in the race

From small beginnings in 2011 with fewer than 10 runners from the club taking part in the Dublin City Marathon (DCM), incorporating the National Marathon Championships, we were able to field nearly 90 starters in 2019 (nearly a third of the adult membership at the time), with some significant success. The return of the DCM in 2022 will likely see us providing similar numbers. Indeed, we will also see several members running in marathons abroad, both in the Spring and the Autumn, the two principal seasons for marathon running. Club members have travelled abroad together on several occasions in recent years to compete in London, Paris, Seville, Hamburg, Berlin, Amsterdam and Rotterdam, to name but a few. However, the DCM is particularly attractive, as support from club members around the course is second to none and we always look forward to organising club celebrations afterwards!

We have a bit to go to get to the level of our club marathon record holders who are **John Bolger** who won the Dublin marathon in 1990 in a time of **2:17:17** and **Mary Purcell** who, with a time of **2:38:49** was first in the National Marathon Championships when they were held in Limerick in 1982, but we are ever hopeful!

Although there are many training plans out there available to aspiring marathoners, there is in fact little mystery to a successful approach to such preparation.

We would generally advise that no one should really embark on the journey, lasting anywhere from 12 to 20 weeks depending on the plan being followed, without having been running for at least a year and also being able to carry on a conversation over a period of at least 90 minutes.

Once having started marathon training, runners with Crusaders will generally follow a plan of around 16 weeks, involving at least two sessions a week along with the most important weekend long steady run (LSR). Some athletes will be capable of running 3 sessions a week, depending on the time they can make available to run and their general level of experience. The mileage builds up over time.



Gavan Doherty at "Cru Corner" in the 2019 Dublin Marathon

For those training with Crusaders, the objective is to optimise capability, not just to get people round the 42.2km distance. Our approach is to have mixed pace sessions of varying, but generally long, intervals, with much of the training being conducted at half marathon pace, and easy days of running in between of 8-10km. It is important that the easy days and the LSRs are conducted at a comfortable pace in order to let the body recover from the sessions. However, from time to time we do add in a short element of marathon pace into an LSR.



James Cottle at the 2019 Dublin Marathon

It is often said that marathon training needs to be conducted as much as possible on the surface on which the race will be run, in order to get the legs used to the long-distance pounding that will be experienced. The surface

is likely to be tarmac. However, we are so lucky to have availability of the track in Irishtown as, even though in principle it is a faster surface than road, it allows for Tuesday sessions to take advantage of an environment that provides group running (a helpful element to training with the club) and, also, perhaps more importantly, helps runners to hone their pacing skills easily and accurately. Running 20 or so laps of the track at mixed pace in the outer lanes also trains runners to stay in the zone and improve their concentration to maintain a given pace without distraction.



Ger Forde and Brian at the 2017 Dublin Marathon

Much of the session training involves mixing paces through fartlek (meaning "speed play") or progression runs (both short and long). We also do a certain amount of hill repeats on one of the best hills in Dublin for such sessions, the Khyber Pass in the Phoenix Park. Long runs will generally start at around 16k but work their way up to 35k and our runners will benefit from running them in groups. The size of our club helps us to put several runners of similar ability together.



Dee Ní Chearbhaill at the 2018 Dublin Marathon

An important, but often neglected, element of training for a marathon, is the need for runners to introduce classes of S&C and/or Pilates or Yoga to assist in injury prevention. This is something that we as coaches actively encourage. Likewise, those training for a marathon should consider investing in several different types of shoes: for sessions, for the easy to long runs and for racing, again to assist in injury prevention and to provide the feet with a different feel.



Russell Murphy at "Cru Corner" in the 2017 Dublin Marathon

Finally, we try to help runners in working out their paces for the different sessions. However, there really is no substitute for actual racing, which we also actively encourage throughout the training period, particularly those of the longer distances from 10k through to half marathon. Racing helps to provide benchmarks, potential pace re-calibration and confidence.

As anyone who has run a marathon will say, the race itself is only a small part of the overall experience. Moreover, the shared training for such a goal generates camaraderie on the journey and has led to long-term friendships amongst our membership.



Kate Murray at the 2017 Dublin Marathon



Crusaders at the 2018 Dublin Marathon



Crusaders at the 2017 Dublin Marathon



Crusaders at the 2018 Berlin Marathon



Lisa and Máirín Shine supporting the 2017 Dublin Marathon



Cru on Tour – Cru at the half marathon in Malta 2022



Cru on Tour – Our Ladies at the Meet and Train race in Templeogue.

Crusaders at the Virtual Dublin Marathon 2020

- adapted from a report by James Cottle

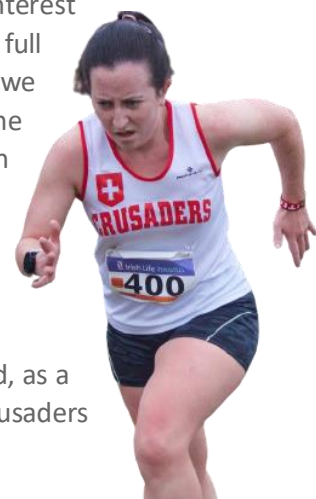


We knew, well in advance of the 2020 Dublin Marathon, that the event would not be happening that year. However, towards the end of the Summer, we heard about the organisers' efforts to stage a virtual marathon in its place, with everyone running it in their own localities, counties or wherever they might find themselves. Susan Walsh then had the bright idea that we could take the opportunity to help those signing up for the virtual marathon by providing a marathon route and getting club-mates to volunteer to provide support on the day. It was thought this could also help with raising much-needed funding for the new clubhouse.

Mindful that, under government guidelines at the time of planning, we couldn't really hold an official event and had to keep within a maximum number of runners if they were running together, we realised that, in order to provide adequate support and to keep it off busy roads, the marathon would have to be in the Phoenix Park. So, a flat 5.275k loop was created, and it was also decided to hold a relay in parallel. As everyone knows, our plans had to be changed just one week before the marathon weekend however, as we were told that we were to have 6 weeks of solitary confinement (from a running point of view) and most of us would find that our limit of 5k would not quite get us to Phoenix Park after all. Moreover, we would not be able to run with anyone who was not in our respective household.

Undaunted, we were determined that the event should go ahead, and when calls for interest went out again, we found the response absolutely brilliant. Not only did we have 17 full distance marathoners take part over the three days of the bank holiday weekend, but we were also able to create 23 teams out of those willing to run parts of the distance. In the end, the maximum time spread between all 23 teams was only about 23 minutes, with some of the teams only seconds apart. Throughout the weekend, the roads and parks around Dublin and elsewhere were filled with runners running the virtual marathon or parts of it. It is said there were more than 5,000 runners who completed the full distance and the same again running half marathons.

The whole event really brightened up an otherwise lonely time for distance runners and, as a bonus, over €3,000 was raised from our virtual marathon event to go towards our new Crusaders clubhouse.



Crusaders Together Apart

Training during the Covid-19 Pandemic

By Susan Walsh

'There's no bad weather only weak athletes' – the great Noel Carroll (Irish International athlete) said when commenting on weather conditions for training in Ireland. So, could a Pandemic stop us training together?? Well it could, if we were placed in lockdown and not allowed meet up.....

Initially, thinking we had a three-week hiatus, I sent out weekly training sessions to motivate folks. This extended to individual time trials, which very soon progressed to virtual 'team relay' time trials, where the times were added for their final result. Collating the results from the individual time trials, I graded everyone – this helped to select teams of similar standard to encourage the competitive flow, and it did.

The distances varied from 800m to 5km, and team members had to communicate with each other to determine the best person for the various distances. Thanks to Whatsapp, we all 'met' our team mates, athletes we may never have spoken to. Comradery abounded, occasionally seconded by cunning team strategists. Up to ninety Crusaders competed in these. Some were very *inventive* with their routes, ensuring downhill running. We even had one athlete, confined to his garden, who measured fifteen laps for his mile – that showed some commitment!

In June 2020 we got a reprieve and were allowed to train on the track, and in parks, with LOTS of rules. These included groups of four only, eventually extending to a maximum of fifteen, maintaining two metre distances etc etc. For the track, I introduced a colour coded scheme with numerous individual starting points. All worked well, as everyone was so eager to get back training. These sessions were carried out on the whistle – which led to many cries of 'are we there yet?!' Back in lockdown by year end, the time trials and relays recommenced. But now Paul Kelly had created a much sought after 'Winners Certificate' – I am certain in years to come that they will be worth a fortune. Not wanting to keep our *fun* to ourselves, and now with a prize to aim for, I was determined that we wouldn't miss out on our National Road Relay Championships. I invited clubs to take part in the various events – all done remotely, no team meet ups. Ten clubs competed, one hundred and seven teams partook, in the six categories: Men/Women – Senior / Master O35 / Master O50. While the podium finishes were spread among many clubs, Crusaders, having acquired a taste for relays, acquitted ourselves very well and had a podium finish in almost all categories.

At the same time, we hosted a few athletic related Q&A's via Zoom. The most memorable for me were our Olympians. I had the absolute pleasure of interviewing Crusader Olympians Caroline O'Shea and then Thomas Chamney. Both were fantastic interviewees and provided insights into the life of World class athletes. Both very generously sharing amazing tales of their athletic adventures.

It was a very strange time, a time we were apart, but together in our shared interest. Getting back to *normality*, I feel that it has brought us closer together as a club – I'm even thinking of resurrecting the whistle.....for old time's sake!!!!



Women's Meet and Train

By Fiona Shine



The Women's Meet and Train League was established over twenty-five years ago, with the aim of providing an introduction to club racing within a fun and friendly atmosphere. It is open to women of all ages and abilities, and no previous running or racing experience is required.

There are four races in the league, each approximately two miles in length. Clubs from the greater Dublin area can enter as many teams as they like, with the teams being graded into divisions based on results from the first round. It has proved hugely popular within Crusaders, with five teams being fielded in the most recent league in 2019/2020. Crusaders also successfully hosted one of the races in Seán Moore Park on 8th December 2020 (pictured above, with course map below). One hundred and thirty-seven women took part, and over forty Crusaders members marshalled the course and provided baked goods for the post-race spread, which has gone down in history as one of the best!

Crusaders has enjoyed plenty of success in the Meet & Train League in recent years, winning prizes across all divisions, both at a team and an individual level. Most recently, in the 2019/2020 league, both our A & B teams finished second in their divisions, while our D team won their division!

While the competitive side of the league is important, a big emphasis is also placed on the social side. The post-race tea & cake in the clubhouse is always a highlight, especially after racing through mud in the depths of Winter!

The Meet & Train league offers a great opportunity to get involved in a friendly and social club competition. It can often serve as a stepping stone to more competitive cross country competitions. I'm really excited that it is starting back this year after a long break due to COVID, and I look forward to seeing lots of Crusaders taking part!





Cru on Tour – Raheny 5 Mile



Pacers – The Cru Pacers at the Dockland 5k Race 2019

Field of Dreams – Irishtown Stadium

History

Founded in 1942, Crusaders were a club without a home, destined it seemed, to be forever renting various premises including Pembroke Rugby club and Merrion cricket club.

In Ringsend, where the present stadium is located, there was a soccer pitch (where Shelbourne FC played in its early years) with a cinder running track around it. Indeed, Athletic Meets took place there in the 1950s. However, when the 90s came both the track and the changing facilities had fallen into disrepair.



Noel Carroll with our own Jim O'Neill on his heels

Catalyst - Crusaders and Noel Carroll

John O' Connor has been part of crusaders for more than 40 years. His children are now part of the Junior Cru and John has re started his coaching role. Noel was one of Irelands best middle-distance athletes. He was also during the 1980s and 1990s a spokesman for Dublin City Council (DCC) and crucially used the local Ringsend Park to train and indeed coach some of Irelands best known athletes at the time. When Noel moved to the Chamber of Commerce, he approached Crusaders and asked whether the Club would consider locating in Irishtown as Noel anticipated that it might be possible to redevelop the site.

John O'Connor, along with local soccer clubs, formed a company called RISE (Ringsend Irishtown Sporting Enterprise). RISE engaged a company to carry out a feasibility study of the site. This led to a successful application for a Sports Capital Grant of £ 500,000 (€ 635,000) to Crusaders on the basis that DCC agreed to provide run and maintain the redevelopment when built. Further funding was provided to DCC and the Docklands Development Authority for the project.

Construction began and was completed in 2004. Due to Crusaders major involvement in the initiation and advice on the project, Crusaders were given the status of caretaker club and are anchor tenants.



Cru members, young and not so young!

The Impact

The impact on Crusaders has been truly astonishing. Prior to 2004 we had approximately 100 members and no juvenile section. And so, like the Field of Dreams, it has been built and boy did they come. Today our membership stands at 616 with 235 Juveniles and 381 adults....an astonishing 600% increase.

And this is not simply confined to athletics. On most week day evenings, the car park is full to bursting and the bike stands overflowing. The place bustles with the track full, the five a side pitches oversubscribed and the gym packed.

For Crusaders though we have truly been transformed. As we now face a bright future, it is important to acknowledge that the work done by members of the club on getting the stadium built is a crucial part of our 80-year-old history.



Cru members at the GV Ryan Track & Field Meet - 2017

Rubbish to Crusaders Clubhouse

By Michael McGovern

THE RUBBISH BIT

What to do with Ireland's mounting and never ending non-recyclable waste?? Well, the idea from a US company called Covanta is to burn that waste and turn it into an energy source. For their Dublin Plant that energy is now fed into Ireland's energy grid generating sufficient electricity for 100,000 homes thus reducing our reliance on carbon sourced fuel (and despotic regimes!!). Sound good?? Yeah ...I reckon so...but there is more...so read on....

In 2017 the new Waste to Energy plant was completed by Covanta in Ringsend. As part of the Planning Permission, Covanta committed an initial €10m to community programs and invited applications for grants from local businesses, clubs and associations

GRANT AND ST PATS CYFC

Crusaders realised that a joint application with another sports club would represent the best chance of success in obtaining a sizable Grant. St Patrick's CYFC were of a similar opinion and so a United approach was adapted by both clubs and we applied for funding for a two-storey building with St Pats on the ground floor and Crusaders on the 1st Floor.

We eventually obtained a €2.05m grant from the Community Gains Committee (whose remit was to assess and award grants). This committee played a HUGE role in recognising the importance of this facility for the benefit of the Community and were so very supportive throughout the very difficult process.

Dublin City Council (DCC)

Irishtown Stadium is built on DCC land. DCC management kindly agreed and facilitated the building of the Clubhouse on their land via a long-term lease. Throughout the construction the project was robustly and willingly supported by DCC and staff.

AN OBSTACLE COURSE

And so building work started in 2019..... although we did get off to a very shaky start when a local group picketed the site entrance objecting to construction traffic.

Whilst this obstacle was overcome, little did we know of what lay ahead. When the foundations were dug, we discovered that the site lay on reclaimed land which unfortunately contained contaminated soil. This soil had to be sent to Holland to be cleaned and already our budget was being stretched!!

Construction started in earnest in 2019 and coming into 2020 with the project due to finish in the summer we said that surely nothing else unexpected could happen!!

NEWS ALERT....

Jan 2020Many people in China are being hospitalised with a mystery illness.

Feb 2020....This illness is identified as Sars Covid 2 or Covid 19

March 2020With the disease spreading throughout the World, Ireland, along with many countries, go into Lockdown. All construction work is stopped.



Michael McGovern January 2020 (covid lying in wait)

COVID CONSEQUENCES

Lockdowns easingLockdowns reinstated ...Construction starting.....Construction locked down again....this was the story throughout 2020

A concerning consequence, with industry stifled worldwide, was increased building material costs.

In addition, we also faced Covid costs claims from the Builder.

Crusaders were in the lucky position to invest all our assets of some €600,000 into the project. Even with this we still faced a shortfall of over € 100,000. Luckily the Irish Government offered funds towards sports clubs who faced financial difficulties due to the Lockdowns. Crusaders applied for and received a grant of €85,000 from Athletics Ireland/Sport Ireland. This was very welcome as it meant that we did not have to borrow funds to cover the shortfall BUT our financial cupboard was bare.

However, in 2021 the Club house was finally completed and handed over. PHEW!!



Clubhouse interior - August 2020 - Nearly there!

OPENING AND OLYMPIANS

With the club house up and running it was surely time to have an official opening. There was only one candidate to do this honourCrusaders very own Olympic Champion Ronnie Delany. But wait...we have had many Olympians...and so the idea formed of having an Olympic Wall. A search for photos began.... some successful...some not so successful.This led to the idea of a sizable poster designed by our own Paul Francis. This poster features 6 pictures of Crusader Olympians and all Olympians are acknowledged on the poster.

July 19th 2022 was the evening chosen and what a night was had. Here is the report from that night.



Left to right: Thomas Chamney (800m Beijing 2008), Derek McClean (800m Tokyo 1964), Caroline O'Shea (800m Los Angeles 1984), Ronnie Delany (1500m and 800m, Melbourne 1956 and Rome 1960), Philip Conway (Shot Put Munich 1972).

Crusaders AC Clubhouse Opening Tuesday 19th July 2022

In the long 80-year history of Crusaders AC surely there was hardly a better occasion? Gathering at the stadium to officially open the Clubhouse were many Crusaders past and present along with distinguished guests, many who played a crucial role in getting this project completed.

To do the official ribbon cutting was our most famous member Ronnie Delany the 1500m, Olympic Champion Melbourne 1956. It was truly wonderful to see young and old literally queuing to get a photo with Ronnie. All saying how gracious he was with one and all. In his speech he referenced a number of times the family sense and friendly nature of the club he has always experienced.

We also took the opportunity to unveil our Olympic Wall. This displays the photo of six of our Olympians. We were delighted that five of them were able to attend in person and they posed in front of the Olympic wall to warm applause.

Our guests and members then repaired to the outdoor setting beside the track (due to Covid concerns surrounding indoor gatherings). On a beautiful warm and balmy evening, we enjoyed light refreshments, speeches, many photo opportunities and all amidst much catching up with friends new and old. OH how I wish there were more days like this!!



Clubhouse Opening Night: Two of our Olympians Ronnie Delany and Derek McLean with the Junior Cru



Guests and Crusaders members, past and present



*We were officially open: Ronnie cutting the tape
And so the opening evening closes....*



Ronnie with Susan Walsh

THE FUTURE

The indoor facility is key to increasing our offering to the community and thus growing our membership.

Besides drills, sprint block starts, gym work outs we have also held strength and conditioning classes, CPR training and various talks on relevant subjects along with post training teas , coffees and chats.

All these elements are essential in adding to our skill sets and also in increasing and maintaining our membership for young and old.

The future is bright indeed.

CRU FOR LIFE

Behind the Scenes

Some behind the scenes moments from Different Races.



The Girls explain to the Guys that it's worse than it looks out there! How many Cru does it take to fold down a tent ... at least 8 apparently?

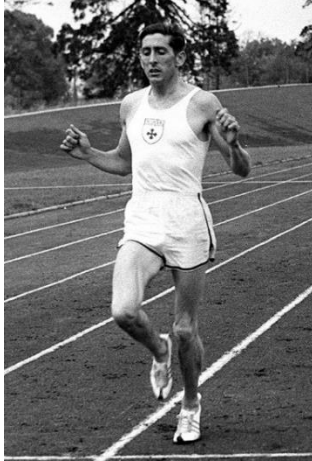


Some Cru jump for joy at a photoshoot for the Docklands 5k race. The gals get ready for the road relays



Enjoying the XC races Striking poses before the graded Relaxing at the Track and Field League

The Greatest



Our club history is inextricably linked to Ireland's greatest ever athlete Ronnie Delany. It was marvellous to see him at our recent clubhouse opening in July, and to see young and old lining up to greet him and grab a photo some 66 years since he won Olympic Gold in Melbourne 1956.

So, let's recount what happened in 1956, with the help of Dave Guiney's article from the 50th Crusader History booklet.

June 1956, some months prior to the Olympics which were held in November, Ronnie beat Gunnar Nielson, Denmark in a mile race running a time of 3.59 and became the youngest man to run a sub 4 minute. That was the type of form that marked him out as a world class athlete. Ronnie was selected to compete at the Olympics.

There he was drawn in the second heat of the 1500m and qualified for the Final by running effortlessly for third place in a time of 3.47.7

The Final, in what was the greatest field of 1,500 the world had known up to then, consisted of Lincoln and John Landy (Australia), Halberg and Scott (New Zealand), Wood, Boyd and Hewson (UK), Nielson (Denmark), Richtzenhain (Germany), Tabori (Hungary), Jungwirth (Czechoslovakia) and of course Ronnie.

And so, to the race. 400m was reached in a time of 58.4 seconds with Halberg in the lead with Ronnie way back in 2nd last place. With 2 laps to go Lincoln was in front and running strongly and at the end of the field was John Landy (regarded as the pre-race favourite) with Ronnie just two places ahead of him.

As the runners approached the last lap the tension built as the field bunched together as everyone waited for a decisive move. The tension even got to the officials as they forgot to ring the last lap bell. Hewson and Lincoln were in the lead, Landy now in the middle of the bunch and Ronnie back at the end in 10th.

Out of the curve Lincoln lost momentum with UK's Hewson now moving into the lead. Ronnie and John Landy had also moved up the field. Hewson's team mate Boyd moved into 2nd place. Then John Landy looked like he was going for broke, but at that moment Ronnie took off. With 200m to go Ronnie was in 4th place. As they came into the final bend, Ronnie moved into second behind Hewson. The Englishman tried to keep the lead but Ronnie surged past him and arms outstretched in triumph burst through the finishing tape for a historic win. Ronnie had not only beaten some of the world's finest runners in one of the most exciting races of that Olympics he had also set a new Olympic record of 3.41.2.

What a win, what an athlete and what a Crusader!

Crusaders Club History

1942: Club formed by T. Rooney, B. Slevin, H. Begley, H. Thornton, G. Ryan and C. Callon at Monkstown Park School as a way of keeping fit for rugby during the closed season.

First Captain - Mike Duffy. Initial membership was only eight!

1944: Brendan Hennessey joined and later became coach to Ronnie Delany and Honorary Life President of Bord Luthchleas na hEireann (BLE).

The club moved to Serpentine Avenue and Luke Duffy became our first title winner when he won the Leinster 1/2 mile.

1945: Membership doubled to 30.

1946: Con Sheehan won our first international vest. Mr. G.V. Ryan passed on.



Club Photograph - 1959

1947: We hosted and beat our first overseas visitors, the Racing Club de Paris whose team included a European champion. Attempt at formation of ladies' section unsuccessful.

1948: At AAU Senior Championships we won seven of 15 titles. Three of our athletes represented Ireland in the London Olympics - Dan Coyle (Hammer), Cormac O'Cléirigh and Reggie Myles (4 x 400m relay). Jack Gregory represented Great Britain in the 100m and 200m, and won a silver medal in the 4 x 100m relay. In September Mr. Louis Vandendries arrived. He was to become one of our greatest organizers and managed Irish teams at the 1960 and 1964 Olympics, and the 1954 and 1962 European Championships.

1949: Long serving medical officer Dr. John Fleetwood came aboard.

1950: Current red and white singlet made its first appearance. Membership now at 70.

1951: Mr. Theo Ryan elected President - his first committee position. Theo joined the club in 1947. He organized a meet at Lansdowne Road with Germany and over 2000 spectators attended.

Ladies' section disbanded as "unworkable".



Capt. Theo Ryan

1952: Ron Delany joined and won the All Ireland and AAU Youth's 880 yards. Joe Delany also had a good year, retaining his AAU and All Ireland Long Jump title, with a best of 22ft 10 ¾ inches.

1953: Crusaders International held at College Park. Start of our domination of Grade "C" championship for Verney Shield - held continuously until 1964.

1954: Inaugural meeting for G.V. Ryan held it at College Park and we won the trophy.

1955: Retained G.V. Ryan Trophy. Inaugural 5 mile road race held. First winner of Crusaders medal Tony O'Donoghue, who finished 24th. Jim Mc Donnell inaugural winner of Cormac O'Cléirigh trophy (highest point scorer in graded meeting).

1956: Ron Delany brought home the club's only Olympic gold medal from Melbourne in the 1500m, with a new Olympic record of 3:41.20.

Maeve Kyle became Ireland's first female Olympic track and field athlete (100m and 200m). The Irish athlete had to raise £200 to cover the cost of the trip to Melbourne, where a 28-year-old Kyle came up against Betty Cuthbert, who went on to become the undoubted star of the Games by walking away with three gold medals in the 100m, 200m and 4x100m relay. Maeve Kyle went on to represent Ireland in two more Olympic Games, Rome in 60' and Tokyo in 64'. There was an attempt to have AAU form a 32-county association.

1957: Clean sweep of high jump medals at AAU championship - J.P Eliot, Br. Kelly, and K. Borneman. All 3 pennants were also won by the club and K.Borneman won the title for most points.

1958: Ron Delany finished 3rd to Herb Elliott in a world record for the mile, 3:54.5. Our first cross country medal won by finishing second to Donore in AAU Youth Championships.

Ron Delany

1959: First CC scalp by beating Donore in a 6-mile race in Phoenix Park. D. McCleane and M. Doyle tied for 1st.

A 4x 110 yards record was set in a time of 43.8 seconds.



Club Photograph - 1961

1960: Club won 18 medal places in AAU Championship T & F. Death in London of Paddy O'Dwyer. At the Rome Olympics, Crusaders member Louis Vandendries was the team manager (also manager for 1954 and 1962 European Championships). Ron Delany and Maeve Kyle were selected for the Olympic team. Derek McCleane was unlucky not to be selected.

1961: Balbriggan to Dublin 20 mile race won by M Doyle. D White captained an Irish team to the Maccabi games in Israel. Irish 4 x 400 relay record set by R. Delany, L. Ryder, D. McCleane and J Linnane in 3:18.2, beating our own record. M Doyle obtained the Club's only marathon championship gold. Inaugural Paddy O'Dwyer saw a tie between M. Doyle and B. Fitzpatrick with Philip Doyle the inaugural handicap winner.

1962: Ladies section re-constituted. 41 members joined and H. Sinnott and P. Hogan became the first secretary and captain respectively.

Our first competitive encounter was courtesy of Maeve Kyle at Ballymena. We obtained our first individual C.C. gold thanks to Brian Fitzpatrick winning the novice championship.



Junior Cross Country – Santry - 1962

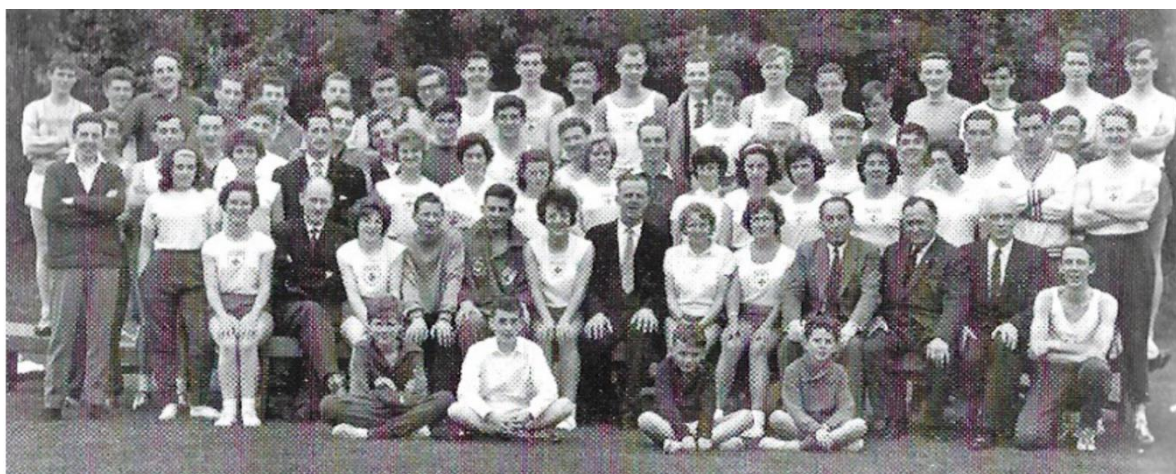
1963: Took our first C.C. mile title which Victor Maniak won on a brief sojourn from Poland - he also helped us to another G.V. Ryan victory. Ladies section in full stride and cleaned up in many top events.

1964: Derek McLean (800m) and Meave Kyle (400m) represent Ireland at the Tokyo Olympics. Louis Vandendries is the Olympic team manager.

Paud Lavelle becomes first member to obtain an international cross country vest.

1965: Finally secured Senior AAU cross country title. Four ladies' clubs are now in existence and the first Track & Field championship was held. Jackie Spence became our first ever Ladies champion and we added a further four titles. First time Christmas Relays held.

1966: Inaugural Women's All Ireland T. & E Championships and Louis Vandendries Trophy.



Club Photograph – 1963

1967: Formation of BLE following dissolution of AAU and NACA. Members of the club had for years worked behind the scenes to resolve the split. Paddy McGovern became a member of the original executive. Won 5 places at inaugural BLE trials - P. Conway threw a shot 17ft further than the nearest rival. 25th Anniversary party held at South County Hotel on 21st April.



Jim O'Neill leads the field at the Dublin 880 yards Championship in Santry, 1967.

1968: New club tracksuit launched. Move to find new premises.

1969: General decline in athletics in Ireland caused our membership to drop to its lowest since 1958. Sunday training with Denis Phelan commenced.

1970: We collected 18 medals at the National Championships - more than any other club. Louis Jordan broke Bob Tisdall's Irish Decathlon record.

1971: Total membership now 273. International against Spain saw Vinnie Becker, Phil Conway and Chris Farrell represent Ireland. Committee of parents formed to look after juveniles. We won 14 gold medals at National Juveniles. Two members elected to national office: Jim Moran as president and Paddy McGovern as treasurer.

1972: Philip Conway gained selection for the Munich Olympics with a shot put of over 60ft (the first Irishman to exceed this distance). Mary Purcell also qualified for the Olympics in the 800m and 1500m.

The club's 30th Anniversary saw presentations to our two hardest and most dedicated members - Brendan Hennessey and Louis Vandendries.



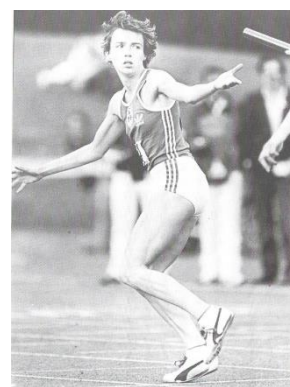
Brendan Hennessey

1973: Crusaders Road Race extended to include ladies. We won first BLE 4 x 100m relay - Jackie Spence, Lucy Moore, Sheila Flatman and Aideen Morrison. Aideen Morrison's 400m time of 54.1 set a national record for the second time that year. The year was marred by the death of Brendan Hennessey whose memory and ideals have stood the test of time.

1974: Caroline O'Shea joins. New National League formed, which ladies won and men finished 5th due to poor track performances. Phil Conway presented with the first Brendan Hennessey "Crusader of the Year" trophy. The first Hammerama organised. Gay Hogan shattered the Irish shot record with a put of 41 11 8 ½ inches.

1975: The inaugural Brendan Hennessey team trophies were won by the ladies of Donore and Guinness: We were the outstanding club in the Inter Club (graded meets).

1976: Christine Malone was selected for the Irish cross country team while Caroline O'Shea was picked for the Irish school's team. Caroline also established a national junior record for 400m with a time of 55.0 seconds. Richard Gibson and Colin Ball competed with bravery at Junior AAAs. Mary Purcell again gained Olympic selection and ran the 800m.



Caroline O'Shea - Anchor for the InterClub team in the Sunday Cup



Club Photograph - 1975

1977: It was agreed to award points in the G.V. Ryan and Louis Vandendries Competitions in accordance with IAAF rulings. Crusaders won National 'B' Road Race with the team consisting of Kieran O'Dwyer, John Bolger, Brian Tansey, Tony Smyth, Richard O'Mahoney and Joe Roe.

1978: Caroline O'Shea broke her own national junior record in a time of 53.9 seconds.

Mary Purcell ran 4.17 for 1500m and Mary Appleby set a 400m record of 59.5 seconds. New track-suits, singlets and shorts came into being.

Tom Phelan received praise from the press for his marvellous 100m win in Omega and Tissot Competition. Crusaders won both these trophies.

Mary Purcell and Mary Appleby went to the European Championships.

1979: Marita Walton became the first Irish woman receive a scholarship to the U.S.A. Mary Purcell was 6th in the World Cross Country Championships and was 3rd in the European Indoor 1500m. Crusaders travelled to Lisbon and had a successful trip, even if we didn't win!! In Belfast we finished 2nd to Annadale in a triangular meeting with NIAAA. Our first intermediate boy's gold medal for many years was won by Philip Montford with 6.47 in the long jump.

1980: Mary Appleby was a brilliant 4th in the world and she set an Irish 400m hurdles record. Our junior men, and our ladies sent successful teams to Paris. Bill Whiston, a driving force behind our men's section emigrated to the U.S.A. Mary Butler became the 2nd Irish woman to complete an official marathon.



Crusaders AC team at Lisbon – European Clubs 1979

1981: Michele Walsh joined Crusaders. A coaching committee was set up to look at improving our facilities and helping put Crusaders back as a driving force. On an unhappy note - our ladies failed to make the Tissot final for the first time.

1982: The G.V. Ryan and Louis Vandendries was cut back from Saturday/Sunday to just one day, Sunday. It had originally been held on Friday night/Saturday. We celebrated our 40th Anniversary with a dinner in the Montrose Hotel - 89 people attended. Aideen Morrison set five PBS in the 800m and got to travel to Taiwan at the end of the season. Mary Purcell 1st in the National Marathon. Tom Fennell passed on.

1983: Ladies section celebrated 21 years and a surprise 80th birthday was held for Louis Vandendries. Ladies also regained the AIB League trophy.



CRUSADERS LADIES TEAM 1983

1984: Eddie Hanratty and Mary Friel were picked for the Irish team in the World Cross Country Championship in the USA. Caroline O'Shea became the first Irish woman to reach an Olympic track final in the 800m in Los Angeles. She had the goodwill and support of the whole Irish nation and kept many people glued to their TV sets. Conor McCullough also travelled to the U.S.A. and performed admirably. The club's traditional road race was replaced by an open race to raise funds. The Turkey Trot was born!

1985: Following the sad death of Eoin Finlay in early 1984, his parents donated a sum to Crusaders which has been used each year beginning with this year to provide a prize in a club sealed handicap road race. The men were relegated for the first time to the 'B' division of the National League. Merger talks were floated for the first time.

1986: An EGM was called early in the year to consider a possible merger with South Dublin and Dundrum. This proposal caused much hard feeling in the cold and was eventually defeated. Dundrum and South Dublin went ahead with the merger. Carl O'Connell qualified for the European Games in Stuttgart. This was also the year when the G. Ryan/ L. Vandendries Trophies were almost abandoned due to torrential rain. Crusaders men were promoted back to the A division of the National League.



Club Photograph - 1989

1987: Louis Vandendries, who at 84 years of age was current treasurer, died peacefully on May 31st. loss is still felt. Our ladies qualified for the league final - Louis would have been impressed! The first Bloomsday race was held starting on Sandymount Strand and was a great success.

1988: Michele Carroll travelled to the World Championships in Rome as part of the 4 x 400 relay team.

1989: We bowed to the soccer fever sweeping country this year and transferred the G. V. Ryan, Vandendries from Sunday to Saturday. Unfortunately, this didn't help Jack Charlton's lads win the competition that mattered. This was one the best organised competitions ever and results and subsequent good press coverage were due to Michael Byrne and Jim Mulherin.



Louis Vandendries

1990: Gary O'Sullivan won silver in National Senior and Juniors pole vault and then travelled to Sittard on the junior international team. The men's team pulled very strongly to finish 5th in the Nation League - augurs well for the future. Carlos O'Connell continued his forward march by finally breaking the long standing Irish long jump record.

1991: We were represented at World Indo Championships in an official capacity by Peter Hanlon (photo-finish). Michele Carroll set a record when she won her 22th & 23rd national titles.

1992: Paul Quirke represented at the Barcelona Olympics in the Shot Put.



Crusaders AC – National Track & Field League Winners – 1997

2000: Peter Coghlan represented Ireland at the Sydney Olympics in the 110m hurdles.

2007: Orla Drumm represents Ireland at the World University Games (was with UCC AC at the time).

2008: Thomas Chamney competed at the Beijing Olympics in the 800m.



Thomas Chamney

2012: Orla Drumm competed at the European Athletics Championships (was with UCC AC at the time).

2015: Caroline Crowley wins team bronze at the European Cross Country Championships in Hyeres, France.

2015: First running of the Crusaders Docklands 5km Race, the club's annual road race.

2019: Work on the new clubhouse at Irishtown Stadium begins.

2020: Club moves to online training sessions, virtual time trials and races, and weekly online table quizzes during the Covid-19 pandemic.

2022: Clubhouse is finished and officially opened.



Caroline Crowley



Signing the lease for the new clubhouse - 2018



Cru on Tour – The Ladies at the the Dublin Masters Cross Country Championships at St Annes Park 2022

Road Relays



The Road Relay Championships are held every year normally in April in Rahney. It is a thrilling spectacle to see, it's a fast and exciting competition incorporating two 1 mile legs and one 2 mile leg. A team of three runners take a leg of the race each with both skill and tactics coming into play.



For spectators the best place to be is Wades Avenue where the start, finish and handover areas are located. The Handover area is where the teams tag in their next runner and watching this action right in front of you can be very exhilarating. Crusaders enters several teams each year for the event and plenty of cru also come out to support on the day.





The BHAA is an athletic organisation whose aim is to facilitate work colleagues to run together in a series of races, but you can run as an individual or work team. They organise around 10 races a year some are on Roads, some Cross Country and some are trail races. They have a good mixture of standards and are friendly events. You can pay for each race separately or get a BHAA membership and get a discount on each race you enter. Is a good way to try out different types of races in a fun, friendly environment. A lot of people start with BHAA races before they start competing in bigger events. Why not take a look at what they do at www.bhaa.ie

Dublin Graded Meets are Track and Field meets that take place every summer. There are eight meets altogether that are held at locations around Dublin every second week on a Wednesday evening and some times Saturdays.

The distances vary from 100 meters to 1500 meters with the odd 3K and 5K on the track.

The Graded meets are a great way to try out some track running as the standard is mixed and it has plenty of novice track runners getting involved in the events.

Regardless of age, experience and ability, the graded series are excellent events to get a taste of official track and field events. You enter each event online and entry for an event is put up a week in advance. If you have a desire to try some track races check out their site for more information - graded.dublinathletics.com

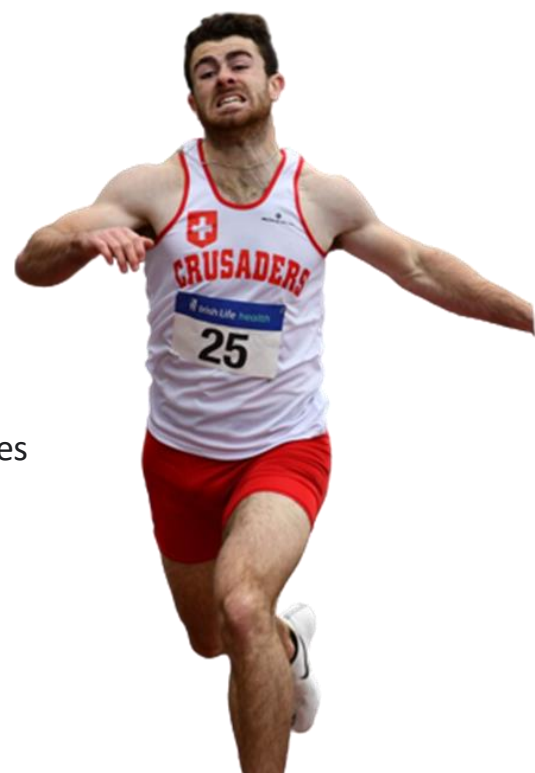


Dublin Novice Cross Country Championship is a cross country event that is suitable for Novice and for experienced runners. Normally held now in Tymon Park in October, clubs from all around Dublin enter teams into what is arguably the largest Novice cross country race in Dublin. Crusaders normally has some very large teams entered into the race with as many as 40 members taking part.

Road Races that usually see a large club turnout are – Rahney 5 mile (January) / Terenure 5 Mile (March) / Dunboyne 10K (March) / Tallaght 5K (Summer) / Streets of Galway (August) / Rathfarnham 5K (September) / Jingle Bells 5K (December)

Crusaders Olympians

1948	Cormac O'Clérigh Reggie Myles Dan Coyle Jack Gregory (GB)	4x400m sub 4x 400m Hammer 100, 200, 4x100m
1956	Ronnie Delany Maeve Kyle	1500m 100, 200m
1960	Ronnie Delany Maeve Kyle	800m 100, 200m
1964	Maeve Kyle Derek McCleane Victor Maniak (Poland) Louis Vandendries	400, 800m 800m 100, 4x100m Team Manager
1972	Mary Treacy Phil Conway Mary Purcell	800, 1500m Shot Put 800, 1500m
1976	Mary Purcell	1500m
1980	Mary Purcell	800m
1984	Caroline O'Shea Patricia Walsh Conor McCullough	800m Discus Hammer
1988	Conor McCullough Carlos O'Connell	Hammer Decathlon
1992	Paul Quirke	Shot Put
2000	Peter Coghlan	110 m hurdles
2008	Thomas Chamney *Slaven Dizdarevic (Slovakia) <small>*Former Crusaders athlete</small>	800m Decathlon





Cru on Tour –Kilcock 5k 2022



Cru Support – The Ladies cheer on Olwyn Dunne at the 2022 Road Relays

Crusaders International Vests

1947 Cormac O'Cleirigh Scotland v Ireland v England T&F Edinburgh 7-Jul-47 1
1947 JA "Jack" Gregory Scotland v Ireland v England T&F Edinburgh 7-Jul-47 2
1948 Dan Coyle England v Ireland v Scotland T&F Manchester 18-Jul-48 2
1948 JA "Jack" Gregory England v Ireland v Scotland T&F Manchester 18-Jul-48 2
1948 Reggie Myles England v Ireland v Scotland T&F Manchester 18-Jul-48 2
1948 Dan Coyle XIV Olympic Games London 30-Jul-48 2
1948 Reggie Myles XIV Olympic Games London 30-Jul-48 2
1948 Cormac O'Cleirigh xiv Olympic games London
1948 JA "Jack" Gregory Olympic games
1949 Michael Byrne Ireland v England v Scotland T&F Belfast 14-Aug-49 2
1950 JF "Joe" Delaney England v Ireland v Scotland T&F White City 8-Aug-50 1
1950 TM "Theo" Ryan England v Ireland v Scotland T&F White City 8-Aug-50 1
1951 Fionnbar Callanan England & Wales v Ireland v Scotland Dunoon 27-Jul-51 1
1951 N Flanagan England & Wales v Ireland v Scotland Dunoon 27-Jul-51 1
1951 R Plant England & Wales v Ireland v Scotland Dunoon 27-Jul-51 1
1951 Joseph F "Joe" Delany England & Wales v Ireland v Scotland Dunoon 27-Jul-51 2
1952 Joseph F "Joe" Delany England & Wales v Ireland v Scotland T&F White City 5-Jul-52 2
1952 Noel Flanagan England & Wales v Ireland v Scotland T&F White City 5-Jul-52 1
1954 Michael Byrne England & Wales v Ireland & Scotland T&F White City 17-Jul-54 2
1954 Ronnie Delany England & Wales v Ireland & Scotland T&F White City 17-Jul-54 6
1954 Ronnie Delany European Championships Bern 25-Aug-54 6
1956 Ronnie Delany XVI Olympic Games Melbourne 23-Nov-56 6
1956 Maeve Kyle XVI Olympic Games Melbourne 23-Nov-56 10
1957 Bert Healion Ireland v Scotland T&F College Park 21-Sep-57 3
1957 JB "John" Lawson Ireland v Scotland T&F College Park 21-Sep-57 1
1958 Ronnie Delany European Championships Stockholm 22-Aug-58 6
1959 Derek McClean Scotland v Ireland T&F Edinburgh 22-Aug-59 11
1959 John Lawson Scotland v Ireland T&F Edinburgh 22-Aug-59 5
1959 Karl Bornemann Scotland v Ireland T&F Edinburgh 22-Aug-59 2
1960 Ronnie Delany XVII Olympic Games Rome 31-Aug-60 6
1960 Maeve Kyle XVII Olympic Games Rome 31-Aug-60 10
1961 Jimmy Linnane Wales v Ireland v Scotland T&F Cardiff 29-Jul-61 5
1961 Karl Bornemann Wales v Ireland v Scotland T&F Cardiff 29-Jul-61 2
1961 Ronnie Delany Wales v Ireland v Scotland T&F Cardiff 29-Jul-61 6
1962 Derek McClean Ireland v Scotland T&F Belfast 30-Jun-62 11
1962 Fred Middleton Ireland v Scotland T&F Belfast 30-Jun-62 1
1962 John Lawson Ireland v Scotland T&F Belfast 30-Jun-62 5
1962 Paul Healion Ireland v Scotland T&F Belfast 30-Jun-62 4
1962 Val McGann Ireland v Scotland T&F Belfast 30-Jun-62 4
1962 Maeve Kyle European Championships Belgrade 12-Sep-62 10
1962 Derek McClean European Championships Belgrade 13-Sep-62 11
1963 Derek McClean Ireland v Belgium T&F Santry 15-Aug-63 1
1963 Jimmy Linnane Ireland v Belgium T&F Santry 15-Aug-63 5
1963 Kevin Byrne Ireland v Belgium T&F Santry 15-Aug-63 1
1963 Larry Ryder Ireland v Belgium T&F Santry 15-Aug-63 1
1963 Jackie Spence Ireland v Belgium T&F Santry 15-Aug-63 4
1964 Derek McClean England & Wales v Ireland Crystal Palace 1-Aug-64 11
1964 E Thornton England & Wales v Ireland Crystal Palace 1-Aug-64 1
1964 DS Kennedy England & Wales v Ireland Crystal Palace 1-Aug-64 1
1964 Jimmy Linnane England & Wales v Ireland Crystal Palace 1-Aug-64 5
1964 John Lawson England & Wales v Ireland Crystal Palace 1-Aug-64 5
1964 Louis Jordan England & Wales v Ireland Crystal Palace 1-Aug-64 5
1964 Val McGann England & Wales v Ireland Crystal Palace 1-Aug-64 4
1964 Derek McClean Scotland v Ireland T&F Ayr 8-Aug-64 11
1964 Eddie Thornton Scotland v Ireland T&F Ayr 8-Aug-64 2
1964 Jimmy Linnane Scotland v Ireland T&F Ayr 8-Aug-64 5
1964 John Lawson Scotland v Ireland T&F Ayr 8-Aug-64 5
1964 Val McGann Scotland v Ireland T&F Ayr 8-Aug-64 4

CRUSADERS



ATHLETIC CLUB

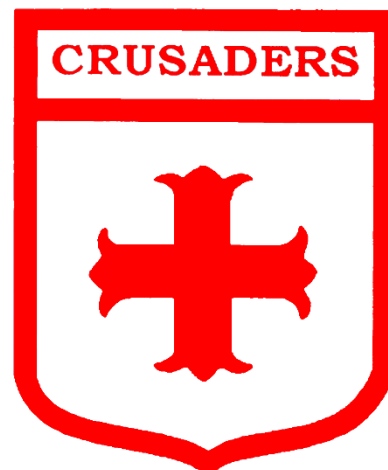
1964 Gay Porter Scotland v Ireland T&F Ayr 8-Aug-64 1
1964 Hazel Tennyson Scotland v Ireland T&F Ayr 8-Aug-64 1
1964 Jackie Spence Scotland v Ireland T&F Ayr 8-Aug-64 4
1964 Peggy Hogan Scotland v Ireland T&F Ayr 8-Aug-64 3
1964 Derek McCleane Belgium v Ireland v Scotland T&F Brussels 5-Sep-64 11
1964 Eddie Thornton Belgium v Ireland v Scotland T&F Brussels 5-Sep-64 2
1964 Jimmy Linnane Belgium v Ireland v Scotland T&F Brussels 5-Sep-64 5
1964 Jackie Spence Belgium v Ireland v Scotland T&F Brussels 5-Sep-64 4
1964 Peggy Hogan Belgium v Ireland v Scotland T&F Brussels 5-Sep-64 3
1964 Derek McCleane XVIII Olympic Games Tokyo 14-Oct-64 11
1964 Maeve Kyle XVIII Olympic Games Tokyo 14-Oct-64 1
1965 David White Ireland v England T&F Dublin 21-Jul-65 1
1965 Derek McCleane Ireland v England T&F Dublin 21-Jul-65 11
1965 John Lawson Ireland v England T&F Dublin 21-Jul-65 5
1965 Paul Healion Ireland v England T&F Dublin 21-Jul-65 4
1965 Peggy Hogan Ireland v England T&F Dublin 21-Jul-65 3
1966 Derek McCleane England & Wales v Ireland Liverpool 29-Jun-66 11
1966 J Kinahan England & Wales v Ireland Liverpool 29-Jun-66 1
1966 Paul Healion England & Wales v Ireland Liverpool 29-Jun-66 4
1966 Val McGann England & Wales v Ireland Liverpool 29-Jun-66 4
1966 Derek McCleane European Championships Budapest 2-Sep-66 11
1967 Peggy Mullins International Cross Country Barry 18-Mar-67 2 (Hogan)
1967 Paul Healion Europa Cup Santry 24-Jun-67 4
1967 Phil Conway Europa Cup Santry 24-Jun-67 11
1968 Ursula Kennedy International Cross Country Blackburn 23-Mar-68 2
1969 Peggy Mullins International Cross Country Clydebank 22-Mar-69 2
1969 Ursula Kennedy International Cross Country Clydebank 22-Mar-69 2
1969 A Shaw Ireland v Switzerland T&F Santry 10-Jun-69 1
1969 Jimmy Jordon Ireland v Switzerland T&F Santry 10-Jun-69 1
1969 Jimmy O'Neill Ireland v Switzerland T&F Santry 10-Jun-69
1969 David Martin Ireland v Switzerland T&F Santry 10-Jun-69 2
1969 Sean Hogan Ireland v Switzerland T&F Santry 10-Jun-69 2
1969 Vinnie Becker Ireland v Switzerland T&F Santry 10-Jun-69 8
1969 Louis Jordan Ireland v Spain Santry 11-Aug-69 5
1969 Phil Conway Ireland v Spain Santry 11-Aug-69 11
1969 Sean Hogan Ireland v Spain Santry 11-Aug-69 2
1969 Vinnie Becker Ireland v Spain Santry 11-Aug-69 8
1969 David Martin Ireland v Spain Santry 11-Aug-69 2
1969 Chris Farrell Ireland v Spain Santry 11-Aug-69 6
1970 Phil Conway Europa Cup Reykjavik 7-May-70 11
1970 Vinnie Becker Europa Cup Reykjavik 7-May-70 8
1970 Louis Jordan Europa Cup Reykjavik 7-Jun-70 5
1971 Phil Conway Spain v Ireland Gijon 19-Jul-71 1
1971 Vinnie Becker Spain v Ireland Gijon 19-Jul-71 8
1971 Chris Farrell Spain v Ireland Gijon 19-Jul-71 6
1971 Marjorie Adams Spain v Ireland v Netherlands Gijon 19-Jul-71 1
1971 Greg Battersby Ireland v Iceland Santry & Belfield 24-Aug-71 1
1971 Jimmy O'Neill Ireland v Iceland Santry & Belfield 24-Aug-71 2
1971 Vinny Becker Ireland v Iceland Santry & Belfield 24-Aug-71 2
1972 Vinny Becker German Regions v Ireland Herne & Darmstadt 11-May-72 2
1972 Vinnie Becker Switzerland v Ireland Basle 8-Jul-72 8
1972 Chris Farrell Switzerland v Ireland Basle 8-Jul-72 6
1972 Vinnie Becker Netherlands v Ireland Drachten 12-Jul-72 8
1972 Chris Farrell Netherlands v Ireland Drachten 12-Jul-72 6
1972 Majorie Adams Netherlands v Ireland Drachten 12-Jul-72 2
1972 Phil Conway Ireland v West Germany v Denmark Santry 6-Aug-72 11
1972 Chris Farrell Ireland v West Germany v Denmark Santry 6-Aug-72 6
1972 Vinnie Becker Ireland v West Germany v Denmark Santry 6-Aug-72 8
1972 Phil Conway XX Olympic Games Munich 31-Aug-72 11
1972 Mary Tracey-Purcell XX Olympic Games Munich 31-Aug-72 1
1973 Aideen Morrison Europa Cup Lyngby 30-Jun-73 7
1973 Jackie Spence Europa Cup Lyngby 30-Jun-73 4
1973 Mary Purcell Europa Cup Lyngby 30-Jun-73 17

1973 Rosemary Murphy Europa Cup Lyngby 30-Jun-73 1
1974 Phil Conway Ireland v Portugal T&F Belfield 23-Jul-74 11
1974 Vinnie Becker Ireland v Portugal T&F Belfield 23-Jul-74 8
1974 Chris Berkeley Iceland v Ireland T&F Reykjavik 5-Aug-74 10
1974 Tom Phelan Ireland v Portugal T&F Belfield 23-Jul-74 3
1974 Brendan Curtin Ireland v Portugal T&F Belfield 23-Jul-74 7
1974 Phil Conway Iceland v Ireland T&F Reykjavik 5-Aug-74 11
1974 Brendan Curtin Iceland v Ireland T&F Reykjavik 5-Aug-74 7
1974 Tom Phelan Iceland v Ireland T&F Reykjavik 5-Aug-74 3
1974 Bill Whiston Iceland v Ireland T&F Reykjavik 5-Aug-74 1
1974 Brendan Curtin Ireland v Portugal T&F Belfield 23-Jul-74 7
1974 Aideen Morrison Portugal v Ireland T&F Lisbon 11-Aug-74 7
1974 Gay Hogan Portugal v Ireland T&F Lisbon 11-Aug-74 2
1974 Majorie Adams Portugal v Ireland T&F Lisbon 11-Aug-74 2
1974 Maria Dunne Portugal v Ireland T&F Lisbon 11-Aug-74 1
1974 Mary Purcell Portugal v Ireland T&F Lisbon 11-Aug-74 17
1974 Ruth Algar Portugal v Ireland T&F Lisbon 11-Aug-74 3
1974 Sheeagh Flatman Portugal v Ireland T&F Lisbon 11-Aug-74 2 ??
1974 Mary Appleby Portugal v Ireland T&F Lisbon 11-Aug-74 16
1974 Mary Purcell European Championships Rome 2-Sep-74 17
1975 Mary Appleby Home Countries CC International Coatbridge 18-Jan-75 16
1975 Gay Hogan Europa Cup Osijek 14-Jun-75 2
1975 Mary Appleby Europa Cup Osijek 14-Jun-75 16
1975 Mary Purcell Europa Cup Osijek 14-Jun-75 17
1975 Ruth Algar Europa Cup Osijek 14-Jun-75 3
1975 Sheeagh Flatman Europa Cup Osijek 14-Jun-75 2
1975 Chris Berkeley Wales v Ireland v Luxembourg Cwmbran 19-Jul-75 10
1975 Phil Conway Wales v Ireland v Luxembourg Cwmbran 19-Jul-75 11
1976 Mary Appleby Home Countries CC International Rawtenstall 10-Jan-76 16
1976 Mary Purcell Home Countries CC International Rawtenstall 10-Jan-76 17
1976 Mary Purcell IAAF World Cross Country Chepstow 28-Feb-76 17
1976 Chris Berkeley Ireland v Wales v Luxembourg T&F Belfield 30-May-76 10
1976 J Fortune Ireland v Wales v Luxembourg T&F Belfield 30-May-76 2 ??
1976 Tom Phelan Ireland v Wales v Luxembourg T&F Belfield 30-May-76 3
1976 Phil Conway Ireland v Wales v Luxembourg T&F Belfield 30-May-76 11
1976 Caroline O'Shea Wales v Ireland v Spain v Greece Cardiff 17-Jul-76 15
1976 Marita Walton Wales v Ireland v Spain v Greece Cardiff 17-Jul-76 22
1976 Mary Appleby Wales v Ireland v Spain v Greece Cardiff 17-Jul-76 16
1976 Mary Purcell XXI Olympic Games Montreal 23-Jul-76 17
1977 Mary Purcell IAAF World Cross Country Dusseldorf 20-Mar-77 17
1977 Eugene Diviney Ireland v Greece T&F Limerick 2-Jun-77 7
1977 Caroline O'Shea Europa Cup Belfield 17-Jul-77 15
1977 Marita Walton Europa Cup Belfield 17-Jul-77 22
1977 Mary Appleby Europa Cup Belfield 17-Jul-77 16
1977 Michelle Walsh Europa Cup Belfield 17-Jul-77 5 (not a Crusaders member until 1982)
1977 Ruth Algar Europa Cup Belfield 17-Jul-77 3
1977 Chris Berkeley Luxembourg v Ireland v Wales T&F Luxembourg 7-Aug-77 10
1978 Caroline O'Shea Westlands Cup Sittard Sittard 18-Jun-78 15
1978 Marita Walton Westlands Cup Sittard Sittard 18-Jun-78 22
1978 Mary Appleby Westlands Cup Sittard Sittard 18-Jun-78 16
1978 Mary Purcell Westlands Cup Sittard Sittard 18-Jun-78 17
1978 Michelle Walsh Westlands Cup Sittard Sittard 18-Jun-78 5 (not a Crusaders member until 1982)
1978 Chris Berkeley Wales v Ireland v Netherlands T&F Cwmbran 8-Jul-78 10
1978 Johnny Fortune Wales v Ireland v Netherlands T&F Cwmbran 8-Jul-78
1978 Eugene Diviney Wales v Ireland v Netherlands T&F Cwmbran 8-Jul-78 7
1978 Phil Conway Wales v Ireland v Netherlands T&F Cwmbran 8-Jul-78 11
1978 Mary Purcell European Championships Prague 29-Aug-78 17
1978 Michelle Carroll European Championships Prague 29-Aug-78 9
1978 Mary Appleby European Championships Prague 31-Aug-78 16
1979 Mary Appleby Home Countries CC International Glasgow 13-Jan-79 16
1979 Mary Purcell Home Countries CC International Glasgow 13-Jan-79 17
1979 Mary Purcell IAAF World Cross Country Limerick 25-Mar-79 17
1979 Chris Berkeley Europa Cup Luxembourg 16-Jun-79 10



1979 Eugene Diviney Europa Cup Geneva 30-Jun-79 7
1979 Chris Berkeley Europa Cup Geneva 1-Jul-79 10
1979 Aideen Morrison Europa Cup Sittard 1-Jul-79 7
1979 Mary Appleby Europa Cup Sittard 1-Jul-79 16
1979 Michelle Walsh Europa Cup Sittard 1-Jul-79 5 (not a Crusaders member until 1982)
1979 Chris Berkeley Ireland v Denmark v Scotland Tullamore 8-Jul-79 1
1979 Peter Ruffli Ireland v Denmark v Scotland Tullamore 8-Jul-79 4
1979 Aideen Morrison Ireland v Denmark v Scotland Tullamore 8-Jul-79 7
1979 Caroline O'Shea Ireland v Denmark v Scotland Tullamore 8-Jul-79 15
1979 Marita Walton Ireland v Denmark v Scotland Tullamore 8-Jul-79 22
1979 Mary Appleby Ireland v Denmark v Scotland Tullamore 8-Jul-79 16
1979 Mary Purcell Ireland v Denmark v Scotland Tullamore 8-Jul-79 17
1979 Michelle Walsh Ireland v Denmark v Scotland Tullamore 8-Jul-79 5 (not a Crusaders member until 1982)
1979 Caroline O'Shea Ireland v Israel T&F Belfield 25-Jul-79 15
1979 Marita Walton Ireland v Israel T&F Belfield 25-Jul-79 22
1979 Mary Appleby Ireland v Israel T&F Belfield 25-Jul-79 16
1979 Michelle Walsh Ireland v Israel T&F Belfield 25-Jul-79 5 (not a Crusaders member until 1982)
1979 Chris Berkeley Ireland v Netherlands v Wales T&F Belfield 19-Aug-79 10
1979 Eugene Diviney Ireland v Netherlands v Wales T&F Belfield 19-Aug-79 7
1979 Peter Ruffli Ireland v Netherlands v Wales T&F Belfield 19-Aug-79 4
1980 Michelle Carroll European Indoor Championships Sindelfingen 1-Mar-80 9
1980 Mary Appleby European Indoor Championships Sindelfingen 2-Mar-80 16
1980 Mary Purcell European Indoor Championships Sindelfingen 2-Mar-80 17
1980 Mary Purcell IAAF World Cross Country Paris 9-Mar-80 17
1980 Marita Walton Westathletic Games Winterthur 15-Jun-80 22
1980 Mary Appleby Westathletic Games Winterthur 15-Jun-80 16
1980 Mary Purcell Westathletic Games Winterthur 15-Jun-80 17
1980 Michele Walsh Westathletic Games Winterthur 15-Jun-80 5
1980 Bob Millar Denmark v Ireland v Scotland T&F Copenhagen 29-Jun-80 5
1980 Peter Ruffli Denmark v Ireland v Scotland T&F Copenhagen 29-Jun-80 4
1980 Eugene Diviney Denmark v Ireland v Scotland T&F Copenhagen 29-Jun-80 7
1980 Maria Hetherington Denmark v Ireland v Scotland T&F Copenhagen 29-Jun-80 5 (as DCH - now Crusaders coach)
1980 Marita Walton Denmark v Ireland v Scotland T&F Copenhagen 29-Jun-80 22
1980 Mary Appleby Denmark v Ireland v Scotland T&F Copenhagen 29-Jun-80 16
1980 Mary Purcell Denmark v Ireland v Scotland T&F Copenhagen 29-Jun-80 17
1980 Michelle Carroll Denmark v Ireland v Scotland T&F Copenhagen 29-Jun-80 9
1980 Bob Millar Netherlands v Ireland v Wales T&F Sittard 16-Aug-80 5
1980 Peter Ruffli Netherlands v Ireland v Wales T&F Sittard 16-Aug-80 4
1981 Marita Walton Yugoslavia v Ireland v Greece T&F Skopje 14-Jun-81 22
1981 Mary Barnwell Yugoslavia v Ireland v Greece T&F Skopje 14-Jun-81 5
1981 Caroline O'Shea Europa Cup Frankfurt 5-Jul-81 15
1981 Marita Walton Europa Cup Frankfurt 5-Jul-81 22
1981 Mary Appleby Europa Cup Frankfurt 5-Jul-81 16
1981 Michelle Walsh Europa Cup Frankfurt 5-Jul-81 5 (not a Crusaders member until 1982)
1981 Brendan Curtin European Cup Combined Events Zug 12-Jul-81 7
1981 Bob Millar Scotland v Ireland v Denmark T&F Edinburgh 1-Aug-81 5
1981 Brian Jennings Scotland v Ireland v Denmark T&F Edinburgh 1-Aug-81 2 (left the club)
1981 Maria Hetherington Scotland v Ireland v Denmark T&F Edinburgh 1-Aug-81 5 (as DCH - now Crusaders coach)
1981 Marita Walton Scotland v Ireland v Denmark T&F Edinburgh 1-Aug-81 22
1981 Mary Barnwell Scotland v Ireland v Denmark T&F Edinburgh 1-Aug-81 5
1982 Aideen Morrison Greece v Ireland T&F Athens 27-Jun-82 7
1982 Caroline O'Shea Greece v Ireland T&F Athens 27-Jun-82 15
1982 Maria Hetherington Greece v Ireland T&F Athens 27-Jun-82 5 (as DCH - now Crusaders coach)
1982 Mary Barnwell Greece v Ireland T&F Athens 27-Jun-82 5
1982 Carlos O'Connell Westathletic Games Santry 5-Jul-82 9
1982 Paul Quirke Westathletic Games Santry 5-Jul-82 6
1982 Aideen Morrison Westathletic Games Santry 5-Jul-82 7
1982 Maria Hetherington Westathletic Games Santry 5-Jul-82 5 (as DCH - now Crusaders coach)
1982 Marita Walton Westathletic Games Santry 5-Jul-82 22
1982 Mary Barnwell Westathletic Games Santry 5-Jul-82 5
1982 Michele Walsh Westathletic Games Santry 5-Jul-82 5
1982 Aideen Morrissey Wales v Ireland T&F Cwymbran 11-Aug-82 1
1982 Caroline O'Shea Wales v Ireland T&F Cwymbran 11-Aug-82 15

1982 Maria Hetherington Wales v Ireland T&F Cwymbran 11-Aug-82 5 (as DCH - now Crusaders coach)
1983 Brendan Curtin Home Countries CE International Tullamore 6-Aug-83 7
1983 Paul Quirke Europa Cup Santry 20-Aug-83 6
1983 Aideen Morrison Europa Cup Santry 20-Aug-83 7
1983 Caroline O'Shea Europa Cup Santry 20-Aug-83 15
1983 Marita Walton Europa Cup Santry 20-Aug-83 22
1983 Mary Barnwell Europa Cup Santry 20-Aug-83 5
1983 Brendan Curtin European Cup Combined Events Graz 11-Sep-83 7
1984 Mary Friel Home Countries CC International Irvine 14-Jan-84 6 (left the club later)
1984 Paul Quirke Westathletic Cup Lisbon 18-Jun-84 6
1984 Caroline O'Shea Westathletic Cup Lisbon 18-Jun-84 15
1984 Marita Walton Westathletic Cup Lisbon 18-Jun-84 22
1984 Carlos O'Connell Home Countries CE International Tullamore 24-Jun-84 9
1984 Caroline O'Shea Ireland v England v Belgium T&F Santry 14-Jul-84 15
1984 Marita Walton Ireland v England v Belgium T&F Santry 14-Jul-84 22
1984 Michelle Walsh Ireland v England v Belgium T&F Santry 14-Jul-84 5
1984 Conor McCullough (d.o.b.22.03.61) XXIII Olympic Games Los Angeles 3-Aug-84 4
1984 Caroline O'Shea XXIII Olympic Games Los Angeles 3-Aug-84 15
1985 Mary Friel Home Countries CC International Bexley 12-Jan-85 6
1985 Carlos O'Connell Home Countries CE International Grangemouth 4-Aug-85 9
1985 Paul Quirke Europa Cup Reykjavik 10-Aug-85 6
1985 Marita Walton Europa Cup Reykjavik 10-Aug-85 22
1985 Michelle Walsh Europa Cup Reykjavik 10-Aug-85 5
1985 Brendan Curtin European Cup Combined Events Hvidovre 8-Sep-85 7
1985 Carlos O'Connell European Cup Combined Events Hvidovre 8-Sep-85 9
1985 Lucy Moore European Cup Combined Events Hvidovre 8-Sep-85 2 (left the club later)
1985 Marita Walton Norway v Ireland v Scotland T&F Flora 8-Sep-85 22
1986 Marita Walton Catalonia v Ireland v Scotland Lloret de Mar 9-Jun-86 22
1986 Marita Walton Westathletic Games Barcelona 15-Jun-86 22
1986 Carlos O'Connell European Championships Stuttgart 27-Aug-86 9
1987 Carlos O'Connell European Cup Combined Events Madrid 5-Jul-87 9
1987 Marita Walton Scotland v Ireland v Wales Edinburgh 19-Jul-87 22
1987 Michele Carroll Scotland v Ireland v Wales Edinburgh 19-Jul-87 2
1988 Marita Walton Westathletic Games Brussels 19-Jun-88 22
1988 Marita Walton Scotland v Ireland v Iceland T&F Grangemouth 9-Jul-88 22
1988 Carlos O'Connell XXIV Olympic Games Seoul 23-Sep-88 9
1988 Conor McCullough (d.o.b.22.03.61) XXIV Olympic Games Seoul 23-Sep-88 4
1989 Carlos O'Connell European Cup Combined Events Vienna 6-Jul-89 9
1989 Kerry Kirkham Scotland v Ireland v N Ireland East Kilbride 30-Jul-89 1
1989 Marita Walton Scotland v Ireland v N Ireland East Kilbride 30-Jul-89 22
1989 Conor McCullough (d.o.b.22.03.61) Europa Cup Santry 6-Aug-89 4
1991 Carlos O'Connell European Cup Combined Events Stoke-on-Trent 7-Jul-91 9
1992 Michelle Carroll European Indoor Championships Genoa 29-Feb-92 9
1992 Conor McCullough (d.o.b.22.03.61) Westathletic Cup Brussels 15-Jun-92 4
1992 Michele Carroll Westathletic Cup Brussels 15-Jun-92 2
1992 Michelle Carroll Ireland v Russia v Southern Counties T&F Cork 2-Jul-92 9
1992 Paul Quirke XXV Olympic Games Barcelona 31-Jul-92 6
1993 Paul Quirke IAAF World Championships Stuttgart 13-Aug-93 6
1994 Antoine Burke Ireland v Russia v England T&F Cork 25-Jun-94 12
1995 Michelle Carroll Europa Cup Tallinn 10-Jun-95 9
1995 Michelle Carroll Ireland v South of England T&F Kilkenny 2-Sep-95 9
1996 Antoine Burke European Indoor Championships Stockholm 9-Mar-96 12
1996 Antoine Burke Wales v Ireland v Croatia T&F Cardiff 26-May-96 12
1997 Peter Coghlan Europa Cup Dublin 8-Jun-97 17
1997 Peter Coghlan IAAF World Championships Athens 1-Aug-97 17
1998 Antoine Burke European Indoor Championships Valencia 28-Feb-98 12
1998 Antoine Burke Europa Cup Kaunas 6-Jun-98 12
1998 Peter Coghlan European Championships Budapest 21-Aug-98 17
1999 Peter Coghlan IAAF World Indoor Championships Maebashi 5-Mar-99 17
1999 Eugene O'Neill Europa Cup Lahti 6-Jun-99
1999 Peter Coghlan Europa Cup Lahti 6-Jun-99 17
1999 Peter Coghlan IAAF World Championships Seville 20-Aug-99 17
2000 Antoine Burke Europa Cup Kaunas 8-Jul-00 12



2000 Peter Coghlan XXVII Olympic Games Sydney 22-Sep-00 17
 2001 Antoine Burke Wales v Ireland v England v NI Indoor T&F Cardiff 11-Feb-01 12
 2001 Peter Coghlan IAAF World Indoor Championships Lisbon 9-Mar-01 17
 2001 Antoine Burke Europa Cup Vaasa 23-Jun-01 12
 2001 Peter Coghlan Europa Cup Vaasa 24-Jun-01 17
 2001 Peter Coghlan IAAF World Championships Edmonton 3-Aug-01 17
 2002 Peter Coghlan European Indoor Championships Vienna 1-Mar-02 17
 2002 Peter Coghlan Europa Cup Tallinn 23-Jun-02 17
 2002 Peter Coghlan European Championships Munich 9-Aug-02 17
 2002 Antoine Burke European Championships Munich 10-Aug-02 12
 2003 Antoine Burke Europa Cup Aarhus 22-Jun-03 12
 2003 Eugene O'Neill Europa Cup Aarhus 22-Jun-03 3
 2003 Peter Coghlan Europa Cup Aarhus 22-Jun-03 17
 2003 Peter Coghlan IAAF World Championships Paris 23-Aug-03 17
 2004 Eugene O'Neill Europa Cup Reykjavik 20-Jun-04 3
 2005 Peter Coghlan European Indoor Championships Madrid 5-Mar-05 17
 2005 Antoine Burke Europa Cup Leiria 18-Jun-05 12
 2005 Thomas Chamney Europa Cup Leiria 19-Jun-05 9
 2005 Peter Coghlan IAAF World Championships Helsinki 6-Aug-05 17
 2006 Antoine Burke Europa Cup Banska Bystrica 17-Jun-06 12
 2006 Thomas Chamney Europa Cup Banska Bystrica 17-Jun-06 9
 2006 Ian McDonald Europa Cup Banska Bystrica 18-Jun-06 5
 2006 Brian Murphy Europa Cup Banska Bystrica 18-Jun-06 14
 2006 Thomas Chamney European Championships Goteborg 10-Aug-06 9
 2006 Brian Murphy Scotland v Ireland v Wales T&F Grangemouth 17-Aug-06 14
 2007 Ian McDonald Wales v Ireland v Scotland Indoor T&F Cardiff 3-Feb-07 5
 2007 Gordon Kennedy Europa Cup Vaasa 23-Jun-07 8 ??
 2007 Brian Murphy Europa Cup Vaasa 24-Jun-07 14
 2007 Ian McDonald Europa Cup Vaasa 24-Jun-07 5
 2008 Ian McDonald Europa Cup Tallinn 22-Jun-08 5
 2008 Thomas Chamney XXIX Olympic Games Beijing 15-Aug-08 9
 2009 Colin Quirke European Team Championships Banska Bystrica 20-Jun-09 6
 2009 Thomas Chamney European Team Championships Banska Bystrica 20-Jun-09 9
 2009 Brian Murphy European Team Championships Banska Bystrica 21-Jun-09 14
 2009 Ian McDonald European Team Championships Banska Bystrica 21-Jun-09 5
 2009 Thomas Chamney IAAF World Championships Berlin 15-Aug-09 9
 2010 Brian Murphy IAAF World Indoor Championships Doha 12-Mar-10 14
 2010 Brian Murphy European Team Championships Budapest 19-Jun-10 14
 2010 Thomas Chamney European Team Championships Budapest 19-Jun-10 9
 2010 Thomas Chamney European Championships Barcelona 28-Jul-10 9
 2010 Steven Colvert European Championships Barcelona 29-Jul-10 5
 2010 Brian Murphy European Championships Barcelona 31-Jul-10 14
 2011 Steven Colvert European Team Championships Izmir 18-Jun-11 5
 2011 Brian Murphy European Team Championships Izmir 19-Jun-11 14
 2011 Colin Quirke European Team Championships Izmir 19-Jun-11 6
 2012 Brian Murphy European Championships Helsinki 27-Jun-12 14
 2012 Jason Harvey European Championships Helsinki 27-Jun-12 4
 2012 Steven Colvert European Championships Helsinki 29-Jun-12 5
 2013 Colin Quirke European Team Championships Santry 22-Jun-13 6
 2013 Jason Harvey European Team Championships Santry 22-Jun-13 4
 2014 Brian Murphy European Team Championships Tallinn 22-Jun-14 14
 2014 Brian Murphy European Championships Zurich 18-Aug-14 14
 2014 Jason Harvey European Championships Zurich 18-Aug-14 4
 2015 Brian Murphy IAAF World Relays Bahamas 3-May-15 14
 2015 Colin Quirke European Team Championships Iráklío 19-Jun-15 6
 2015 Brian Murphy IAAF World Championships Beijing 22-Aug-15 14
 2015 Caroline Crowley European Cross Country Hyeres 13-Dec-15 1
 2017 Colin Quirke European Team Championships Vaasa 25-Jun-17 6
 2019 Andrew Mellon European Team Championships 1st League Sandnes 10-Aug-19 2
 2019 Colin Quirke European Team Championships 1st League Sandnes 10-Aug-19 6
 2022 Niamh Allen Celtic Senior Cross Country International Belfast 22-Jan-22 12

CRUSADERS

ATHLETIC CLUB



Social Corner



Through out the years Crusaders has enjoyed many social events. From Our Annual Dinner to table quizzes there is something for everyone at the club. The socials are fun, friendly and a great way to meet your fellow runners of the track.



Meet the Cru

Once a month, in the Crusaders newsletter, a different club member is interviewed as part of our "Meet the Cru" series. The club members involved vary, from athletes to coaches, from beginner runners to national medal winners, from younger athletes to masters runners, and everything in between. It offers a great overview of club life at Crusaders AC, so here we present a snapshot of Crusaders membership in our club's 80th year.

Mary Horgan

Q: When did you join Crusaders AC?

I joined Crusaders AC during the Summer of 2010. I had just moved into town and wanted to join a club of some sort near me. I literally googled 'sports clubs near me' one Tuesday and saw that new members were welcome on Tuesday evenings so I turned up to give it a go that evening and I loved it ever since! Mike and Susan were so welcoming and I felt like part of the Cru from day 1.



Q: What made you decide to take up running?

I always loved running and all sports as a child growing up. I played gaelic football for Kilmacud Crokes throughout secondary school and then played soccer in Royal College of Surgeons where I studied physiotherapy. I went through a phase of spraining my thumbs while working as a physio and realised that the football was not sustainable if I wanted to continue to work as a physio so that was when I decided to choose a different sports where my hands were safe!

Q: Other interests apart from running?

I love kitesurfing, music.. playing the violin and the piano.. and travelling.

Q: If you could do any race in the world, which would it be?

Some sort of high altitude ultra-marathon in the snow when I've packed in the 800s.. if anyone knows of any please let me know ;)

Q: What is your typical weekly training plan?

Monday- 30 Mins
easy run + Gym
Tuesday- Track
Session
Wednesday – Rest
Thursday- Tempo
Session
Friday- 30 mins easy+
Gym
Saturday- Track
Session
Sunday – Long slow
run



Q: You're due your second child later this year. What changes, if any, have you made to your running while pregnant?

Listening to my body during runs and taking rest days if necessary; changing my mindset from running to get faster for a race, to running to stay healthy and happy. Accepting that I will be starting to get slower over time and trying to embrace the journey ahead and 'going with the flow' which can be hard for us athletes who are used to being in control of pace/reps and progress being linear.

Q: Number one tip for your fellow runners?

Never neglect your strengthening- thanks to Paul and Fiona Opperman who have engrained this into me!

Or the long slow runs and not pushing the pace during tempo runs too much (for the middle distance athletes out there)- this was a huge lesson for me to learn since joining my coach James Nolan.

Niamh Corby

A club stalwart and a team player in the truest sense of the word, Niamh has been with Crusaders for almost ten years. In that time, she has been a regular on our cross country and road racing teams and has won several medals, including team bronze and individual silver at the Dublin Masters XC Championships in 2022. Here she gives us a fascinating insight into her training routine and into the early morning starts that allow her to fit her running in around the rest of her life!



Q: When did you join Crusaders AC?

I joined in January 2012. I had been running on my own for quite a while but was finding it hard to go out alone on Winter evenings so thought that joining a club was the way to go.

Q: What made you decide to take up running?

I loved running when I was a child. I ran in the Community Games in Mosney and also represented Cork on various relay teams. I also ran in a number of cross country events but I gave up shortly after entering secondary school as other sports took over. When I moved to Dublin for my first job after college, I was keen to increase my fitness so started jogging again with a friend of mine.

Q: What has been your proudest running moment?

Finishing the marathon while being 3 months pregnant and winning the silver medal in my age category for Dublin in that race (the competition must have been weak but as Mike says you can only beat those that turn up!)

Q: What are your other interests apart from running?

I've taken up tennis recently and have started mountain biking too. I love to kite surf as well but haven't gotten out much lately. On the more sedate side of things I like to read and play the piano.

Q: What is your typical weekly training plan?

I run 5 times a week. I do a long run (90 minutes - 2 hours) once a week, I do one interval session, one tempo and 2 easy 8/10K runs

Q: Favourite training session?

The tempos - great to get the heart and lungs going but not enough to double you over!

Q: With a busy job and a young family, how do you fit your running into your daily routine?

When I started running with Crusaders Mike and Susan told me that there were training sessions at 10am on Saturday mornings and I couldn't believe anyone would ever be up that early at the weekend. However now that I've young children all that has changed and early mornings are the norm. I do my tempos and easy runs at 6am, my long runs on a Saturday at 6.30/7.00am (a lie in!) and my intervals at lunchtime. If you had told me that I would be doing this a few years ago I wouldn't have believed you!



Niamh, Catherine Thornton, Ilona McElroy and Kim Hickey – Bronze O35 team at Dublin Masters XC January 2022

Darran Lovely

The Art O'Neill Challenge comprises a 60km route that retraces a historic escape from Dublin Castle to Glenmalure, that happened on January 6th, 1592. It is not for the faint hearted, but in January 2022 we had six Crusaders members taking part. Crusaders member Darran Lovely was one of them, and we were delighted to talk to him about this fascinating challenge and lots more.



Q: When did you join Crusaders AC?
January 2018, when I moved back to Dublin from Paris. I met Don and Susan at a VHI open day at the Fairview Park Run, came down to the track the following Tuesday and that sealed the deal.

Q: What made you decide to take up running?

I actually started running properly in the summer of 2006 when I saw an ad for the inaugural Achill Half Marathon in the local shop on the island. I had just finished college and was having one last summer in Ireland before moving away, so took up the challenge. Loved the feeling of running a "home-town" race with support of family and friends out on the course, and have been running ever since.

Q: Have you previously been involved in any other sport?

Growing up I played for local hurling and soccer teams, and then played a lot of GAA and soccer again when I lived in France.

Nowadays I split the year up and do cycling, mountaineering and water sports during the warmer months and then running and yoga in the colder months...and I try to swim year round.

Q: Tell us about the Art O'Neill Challenge. What made you decide to take part?

A very good friend of mine, and Ex Cru runner, David Timoney, has done the AON 4 or 5 times and he convinced myself and a few other friends to do it as a team back in 2019.

We would have already done a lot of hiking in the Wicklow mountains at the weekends so the idea of challenging myself to hike over a long course appealed to me, especially at night time.

Q: What were the best and worst parts of the challenge?

The best is definitely the camaraderie of competing as a group of friends (there were 6 Cru members competing this year...Barry, Gerry, Dave, Conor and Leeán) against the elements and harsh terrain, and navigating your way together through the night. The organisation of Dublin Wicklow Mountain Rescue Team (DWMRT) is excellent and the camps they set up (with blazing fires and hot food) along the way are a real morale booster.

I can't say there is a worst part, but it is definitely challenging to navigate over the moors around Mullaghcleevaun and Three Lakes.

Q: What did you carry with you or bring in your bag for the challenge?

There is a mandatory kit, and this is outlined on the AON website and is checked by the DWMRT before the race begins at Dublin Castle.

The kit is to help you navigate, so includes; compass, map, headtorch etc, but also to protect you from exposure if you get lost or stranded so you also carry: emergency shelter, foil blanket, First Aid essentials, GPS tracker etc.

Q: What happens at the checkpoints along the way?

This is a chance for you to "check in" with the DWMRT team so that they know you are alive and well, which is quite important for both you and them! :)

However it is also a great chance for you to get hot food and fluids on board, and also access some of your technical kit, especially at check point 1 as you transition from the on road running section to the off road hiking/running section (so many put on extra layers and change footwear etc). The check points also act as a geographical target every 15k or so, so that you stay on track as best as possible.

Q: How did you find navigating the route?

Navigation is challenging as it is done in the middle of the night, often in wintry conditions and with very limited visibility.

However I did some reece hikes with the lads in advance and we plotted our route and jotted down the GPS bearings and distances. This is of huge benefit on the night as you can then trust the science (ie the compass readings) to guide you through the darkness and not have to stop every few minutes and try and plot your path via landmarks (as they aren't visible). So using the markings on a map, the compass bearings for direction and your GPS watch for distance is a good tri-navigational strategy. For those with a more high end GPS watch you can upload the GPS coordinates and your mini map on screen will guide you,

which is how many of the Ultra runners would navigate to save time (Vs referencing compass and map)..

Q: Would you do the challenge again?!

Yes!!

However with only 200 places and over 1000 applicants each year, the first major challenge is just getting a place! DWMRT have it set up as a lottery system, so you just have to cross your fingers and hope for the luck of the draw.

I'd also like to do the Ultra version next year, where you aim to run the full distance, including the mountain section. We did the Hybrid this year, where you run the first 30k (road section) and then hike the next 30k (across the mountains).

Q: Favourite training session?

Definitely the Tuesday session as there is a brilliant energy down at the track. I find it great motivation also to be around better runners, as it always pushes me on with my speed.

To be fair the Saturday session in the summer time on a nice sunny morning in the Phoenix Park is hard to beat as well.



Names in photo?

Maria Hetherington



When we watch athletes performing in an event, it is often easy to forget about the team of people working hard behind the scenes to get them there. Here, we are delighted to put Crusaders sprint coach, Maria Hetherington front and centre, to tell us a bit about her own athletics career, and about her life as an athletics coach. Maria's athletes in Crusaders have achieved considerable success to date, including a recent gold and silver in the men's hurdles at the National Indoor Championships. Maria herself is also a highly accomplished athlete, once holding the Irish record for the 100m hurdles, a record that was broken only by Derval O'Rourke! In addition, Maria was the first female pilot to fly with Aer Lingus.

Q: Tell us a little bit about how you started in athletics.

I got involved when I was 15yrs old with a pal from school who was interested in cross country so we both joined Brothers Pearse. I didn't like x-country so I switched to multi events instead. I then joined DCH and eventually settled on 100m hurdles as multis were too time consuming.

Q: What is/was your favourite athletics event?

Hurdles, short and long sprints and multis

Q: At the peak of your athletics career, what did a typical training week look like?

I trained 6 days a week 3-4days track and 3 days S&C.

Q: You have previously held the Irish record for the 100m hurdles. Can you tell us about that race?

It was at an international meet in Edinburgh. I had broken the record a few weeks earlier in Dublin and the broke it again in Edinburgh Aug '82 coming 3rd in that race.

Q: What are some of your other proudest moments in athletics to date?

I also have a number of National medals in sprints and Pentathlon and Heptathlon.



Q: Can you outline a typical training week for your athletes?

A: We train indoors on Monday (in our wonderful new facility) covering sprint technique and S&C. Tuesday, as time on the track is limited we do some speed endurance. Wednesday is a rest day. Thursday: speed and tech work. Friday, S&C and tempo. Saturday, tech and long speed endurance. Sunday, rest.

Q: Number one tip for your fellow Crusaders members?

Enjoy your sport, make it part of your life and don't take it too seriously!

Aaron Cashman

Crusaders has a dedicated middle distance track training group, and we caught up with one of its members, Aaron Cashman. Having only recently joined the club, Aaron has enthusiastically thrown himself into all aspects of club life.



Q: When did you join Crusaders AC?

I joined the Crusaders in September 2021 so I'm very much a newbie still. I emailed the club asking about membership and that I had intentions to maybe run a marathon. Michael McGovern got in contact and explained the different distances that people race in (He advised not to run a marathon as my first race as I was new to running). It was a great decision to join the club and I have enjoyed every minute so far.

Q: What made you decide to take up running?

I decided to take up running during the pandemic. It was around the time everything shut down including all sports clubs. My friends were doing virtual 5km runs for charity and I decided to give one a go. I really enjoyed it and I did a couple more 5km

runs by myself. Shortly after that I bought a pair of running shoes and began running the roads around my house. I had no real goal, I just went out running maybe 4 times per week. Without doubt getting structure into my training with the Crusaders has really improved my running.

Q: What is your typical weekly training plan?

Monday is a rest day.

Tuesday is a speed track session aimed at 800m/1500m distances. For example 3 sets of 4x400m and 4x200m strides at the end.

Wednesday is a rest day.

Thursday is something like 2 sets of (4 mins easy, 4 mins medium and 2 mins fast) then 4 x 50m sprints at the end.

Friday is a slow 10km recovery run.

Saturday is the Phoenix Park session. Usually 3 sets of 1k at 5km pace and a 200m jog rec. Then finish with 4 x 300m sprints with 1 min static.

Sunday is a slow long run usually 15km



Tanja Narancic



Originally from Serbia, Tanja joined Crusaders in 2019.

Q: When did you join Crusaders?

My first day in Irishtown was 30th July 2019, 3k time trial. I was ten months postpartum and super sluggish, it was lashing rain, but I somehow caught the bug.

Q: What made you decide to take up running?

I started running in Spring 2016. I was spending a lot of time in the gym, doing various classes, spinning, yoga, pilates, body pump, you name it, I was in that class. Long hours at work and working out indoors made me crave some outdoor activity. So I just got up early one lovely spring morning, did 5ish k run, and felt amazing. I started with two runs a week, added a third run, slowly extended distance, and by autumn I was completely hooked.

Q: Proudest running moment?

I guess that would be our completely unexpected first place in the Silver division in Meet and Train 2019/2020. That was my first XC experience. I was on team D, had no idea what I was doing, but got a great advice to pick a vest and chase it, and it was all super fun. We were in third place going into the final race in Abbotstown, and we

were pretty pumped to keep that position. But we all ran so well, that we ended up pipping the two teams ahead of us, and got a trophy on Woman's Day 2020, what turned out to be my last pre-Corona outing with Cru.

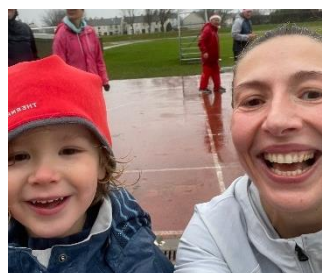
A very close second would be, at the moment my only track race so far, last June. Again, I was in (lucky) grade D, and



starting the 1500 m race I had two goals: to cross the finish line, and to move into the lane 1 after the start. Just a couple of weeks before that race we had a mile TT in Irishtown, and I kept running in lane 2, until Susan's voice *advised* me to move into lane 1. So there I was at Dublin graded, happily running in lane 1, until I heard the bell and that the person behind me was just a second away. In attempt to run away from the person behind I nearly caught the leader at the finish line. I did win a compliment from Susan that I was ballsy :)

Q: Typical weekly training plan?

Easy runs on Monday, Wednesday and Friday, Tuesday track session, long(ish) run on Thursday, and Phoenix park session, or a parkrun on Saturday.



Paula Bradshaw



Paula joined the club just over three years ago and, since then, has become a real asset to Crusaders. Not only has she already completed a marathon, but she also helps out with the Junior Cru training sessions, leads Fit 4 Life group runs, and was a mentor on the club's most recent "Couch to 5km" programme. With her bubbly nature and endless enthusiasm, Paula has helped many Cru members to achieve their goals, and here she tells us how rewarding that experience can be.

Q: When did you join Crusaders AC?

My oldest son joined in Junior Crusaders in September 2017 when he was 8 years old. I started helping Jimmy and the team of coaches. After couple of years of watching Seniors from outside the fences, I decided to give it a try - that was in March 2019. Now my three children are in Junior Cru and I am in Senior Cru - we are just trying to get the hubbie to join now!

Q: What made you decide to take up running?

I always like to keep fit and to feel good and healthy. I would have done a lot of fitness classes in the past and really enjoyed them. Then, one sunny evening, I decided to start running. I would run up and down Sandymount

Beach and around and around Sean Moore Park. I fell in love with the simplicity of throwing on a pair of running shoes and going out at any time. I started to register for some races and I was hooked.

I never had a watch or any super shoes and didn't know an interval session from a LSR. What I had was a buggy and two kids on scooters but I knew I just loved running. I suppose running fast after a 2 year old on a scooter can be classed as a tempo session, can it?

Q: What is your favourite race distance?

I love 8k distance but I recently done the Frank Duffy 10 mile and I think it might be my new favourite distance.

Q: What has been your proudest running moment?

I have a few proud moments in running but my proudest has to be Dublin City Marathon in 2019.

When I joined Crusaders I didn't have the intention of running a marathon - it was to gain running experience. But by May 2019 everyone was getting excited about training for Dublin City Marathon and I decided to join the training. I was lucky enough that a friend who I met in Crusaders was able to get me an entry. After a couple of bumps in the road I got to the end of the training plan and I can never explain the feeling of running down Mount Street with a few hundred metres to go and seeing the kids and my family and friends.

Q: What are your other interests apart

from running?

I love spending as much time as I can with my 3 children. I learn so much from them. I also love spending time with friends and family and going for brunch.

Q: If you could do any race in the world, which would it be?

I think I would like to run London Marathon.

Q: We hear that you're training for the marathon at the moment. What is your typical weekly training plan?

Monday Rest. Tuesday a mixed pace track session, Wednesday easy run, Thursday progression run, Friday recovery run or rest depending on how I am feeling, Saturday easy run and Sunday Long run – currently up to 32km. I also include mobility, strength and conditioning and stretching into the week on Monday, Wednesday and Friday.

Q: Favourite training session?

Any session that's on the track because I get to train with so many amazing and inspiring runners.

Q: What did you enjoy most about your recent involvement with the club's "Couch to 5km" programme?

It was a great programme inspired by Paul Kelly and Fit 4 Life coach Don. I absolutely love when someone new comes to running and finds the love in running that I found. You also learn a lot about yourself when you start out running and realise you can keep going. I love seeing this in people. It can be

very hard to start from the beginning and to see a group get to the end of a training plan and put their trust into coaches and complete their 5km is magical.

Q: You also often help out with the Junior Cru. Tell us about those training sessions!

Saturday morning Junior Cru have a great group Coaches who volunteer week in week out in all weathers. Depending on what they are training for, Cross Country, Indoors, Outdoors the sessions can vary. The children can join when they are 8 years old and there is a lot of focus on fun while they are training. I often have to join some of the teams and race against the kids on an obstacle course and I always lose. They do have amazingly fast 8 year olds.

There is something in the junior athletes and their coaches which keeps bringing you back every week. I am helping out about 5 years and I now I am seeing the athletes who started when they were 8, now go on and win medals and its fantastic.

Q: Number one tip for your fellow runners?

If you are training for a marathon, train with people. There is something very special getting on the start line of the marathon with the people who you have trained with week in week out and the feeling when you come in the finish line and all meet up later.



CRUSADERS



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