

Irish Team Biographies



European Indoor Championships



**Birmingham 2007
March 02-04th**

Irish Team

Women

Anna Boyle	Ballymena& Antrim	60m
Mary Cullen	North Sligo	3000m
Deirdre Ryan	Camelot	High Jump

Men

Paul Hession	Athenry A.C	60m
David Gillick	Dundrum South Dublin	400m
Thomas Chamney	Crusaders A.C	800m
David Mc Carthy	Le Cheile A.C	800m
James Nolan	UCD	1500m
Liam Reale	Limerick A.C	1500m
Gareth Turnbull	St.Malachy's	1500m
Mark Carroll	Leevale A.C	3000m
Mark Christie	Mullingar Harriers	3000m
Alistair Cragg	Clonliffe Harriers	3000m

Team Management

Team Manager	Patsy McGonagle
Team Coach	Stephen Maguire
Team Coach	Paddy Fay
Team Physio	Nessa Smith
Team Massage	Ciaran Fitzpatrick
Team Doctor	Dr. Bill Cuddihy

Irish Indoor Record Holders

Event	Name	Time/Mark	Date
60m	Paul Hession	6.63	18/02/07
200m	Paul Brizzell	20.75	02/02/03
400m	David Gillick	45.91	06/02/07
800m	Daniel Caulfield	1.47.2	10/02/01
1500m	Marcus O'Sullivan	3:35.4	13/02/88
3000m	Alistair Cragg	7:38.6	14/02/04
5000m	Alistair Cragg	13:28.9	14/03/03
60m H	Peter Coghlan	7.57	26/02/99
High Jump	Brendan Reilly	2.28	05/03/00
	Adrian O'Dwyer	2.28	24/02/04
Pole Vault	John Hallissey	5.02	19/01/97
Long Jump	Ciaran McDonagh	8.00	14/01/06
Triple Jump	Colm Cronin	16.27	10/03/78
Shot	Paul Quirke	18.07	01/02/91
3000m W	Robert Heffernan	11.10.02	02/02/02
5000m W	Robert Heffernan	18.53.09	17/02/02

Event	Name	Time/Mark	Date
60m	Anna Boyle	7.32	19/02/06
200m	Ciara Sheehy	23.17	02/03/03
400m	Karen Shinkins	51.58	09/02/02
800m	Aisling Molloy	02:02.9	17/02/90
1500m	Sinead Delahunty	04:11.1	08/01/00
2000m	Monica Joyce	05:56.3	18/01/85
3000m	Sonia O'Sullivan	08:44.4	08/03/97
5000m	Sonia O'Sullivan	15:17.3	10/03/01
3000m W	Gillian O'Sullivan	11:35.3	15/02/03
60m H	Derval O'Rourke	7.84	11/03/06
High Jump	Deirdre Ryan	1.90	23/01/05
Pole Vault	Erin Kinnear	3.87	27/01/07
Long Jump	Kelly Proper	6.19	19/02/06
Triple Jump	Taneisha Scanlon	13.28	12/02/05
Shot	Marita Walton	17.06	26/02/82

Irish Indoor Medalists European Indoor Championships

2005 – Gold	Mens 3000m	Alistair Cragg	7.46.32
2005 – Gold	Mens 400m	David Gillick	46.30
2002 – Bronze	Womens 400m	Karen Shinkins	52.17
2000 – Gold	Mens 300m	Mark Carroll	7.49.24
2000 – Silver	Mens 1500m	James Nolan	3.41.59
1985 – Silver	Mens 1500m	Marcus O’Sullivan	3.39.75
1980 – Bronze	Womens 1500m	Mary Purcell	4.14.2
1980 – Silver	Mens 1500m	Ray Flynn	3.38.5
1979 – Gold	Mens 1500m	Eamonn Coughlan	3.41.8
1970 – Silver	Mens 1500m	Frank Murphy	3.49.0
1969 – Bronze	Mens 800m	Noel Carroll	1.47.6
1968 – Gold	Mens 800m	Noel Carroll	1.56.66
1967 – Gold	Mens 800m	Noel Carroll	1.49.6
1966 – Gold	Mens 800m	Noel Carroll	1.49.7
1966 – Bronze	Womens 400m	Maeve Kyle	57.3

Irish Timetable

Friday 2nd March

11:15 – Mens 3000m Round 1 – Alistair Cragg, Mark Carroll, Mark Christie

11:45 – Mens 400m Round 1- David Gillick

16:20 – Womens High Jump Qualifying – Deirdre Ryan

16.55 - Mens 800m Round 1 David Mc Carthy, Thomas Chamney

18:05 – Mens 400m Semi Final – *David Gillick*

Saturday 3rd March

9:30 – Womens 60m Round 1 – Anna Boyle

10:00 – Mens 60m Round 1 – Paul Hession

13:15 – Womens High Jump Final - *Deirdre Ryan*

13:30 – Womens 3000m Round 1 – Mary Cullen

14:20 – Mens 1500m Round 1 – James Nolan, Gareth Turnbull, Liam Reale

14:40 – Mens 800m Semi-Final – David McCarthy, Thomas Chamney

15:00 – Womens 60m Semi-Final – *Anna Boyle*

15:20 – Mens 60m Semi-Final – *Paul Hession*

15:40 – Mens 3000m Final - *Alistair Cragg, Mark Carroll, Mark Christie*

16:00 – Mens 400m Final – *David Gillick*

Sunday 4th March

14:55 – Mens 800m Final – *David McCarthy, Thomas Chamney*

15:50 – Mens 1500m Final - *James Nolan, Gareth Turnbull, Liam Reale*

16:05 – Womens 60m Final – *Anna Boyle*

16:45 – Mens 60m Final – *Paul Hession*

*Potential competitors in italics

Athlete: Deirdre Ryan

Event: High Jump



Date of Birth 01-06-82

Club Camelot

Coach Wim Vandevin
Technical Sean Cahill

Place of Birth Dublin

Ht. 1.83m

Current Status Deirdre is currently working part time in a Dublin company called Uni Credito

Career Highlights European Championship final 2006

PB's

High Jump	1.92m	2006 NR
High Jump i	1.90m	2005 NR

Indoor Performances

High Jump	1.88	2007
High Jump	1.90	2005
High Jump	1.80	2004
High Jump	1.84	2002

Progression

2007	1.88 SB
2006	1.92 NR
2005	1.90m (i)
2004	1.87m
2002	1.86m / 1-85m (i)
2001	1.85m
2000	1.70m
1999	1.75m

Major Championship Record

2006	1.92m	AAA	Manchester	15 th Jul
2006	1.92	EC	Gothenburg	Aug
2005		EIC	Madrid	
2002	1.84m	EIC	Vienna	1 st Mar
2001	1.78m	EJ	Grosseto	20 th Jul
2001	1.81m	WUG	Beijing	Aug

2007 Form

High Jump

1.88SB	18 th Feb	Belfast
1.88SB	4 th Feb	Gent
1.84	31 st Jan	Cottbus
1.85	27 th Jan	Bruxelles

Deirdre will be hoping to reproduce the form that saw her make the final in Gothenburg. She has jumped 1.88 so far this season.

Athlete: Mary Cullen

Event: 3000m



Date of Birth 17-8-1982

Club North Sligo A/C

Coach Ray Treacy

Place of Birth Sligo

Current Status Mary has just completed her final year exams to complete her degree in social science in Providence College

Career Highlights Gold NCAA championships 5,000m 2006
11th European Cross Country 2005

PB's

1500m	4.16.34
3000m	9.00.61
3000m	8.53.81i
5000m	15.22.35
10,000m	32.39.59

Indoor Performances

One Mile	4.32.29	2007
3000m	8.53.81PB	2007
5000m	15.22.35PB	2007

Progression

	1500m	5000m	10,000m
2007		15.22.35i	
2006		15.41.43	32.39.59
2005	4.16.34	15.49.69	32.57.61
2003		15.56.96	
2002		16.44.73	

Major Championship Record

Cross Country 6.5km

2005 20.22 11 ECC

Cross Country 8.03 Km

2006 25.54 2 EC

2007 Form

One Mile	4.32.29i PB	NGB	New York	20 th Jan
3000m	8.53.81i PB	BIG	Boston	27 th Jan
5000m	15.22.35i PB		Boston	10 th Feb

Mary has made a huge breakthrough this indoor season having achieved personal bests in the mile, 3000m and 5000m

Athlete **Anna Boyle**

Event **60m**



Date of Birth 29-03-1983

Club Ballymena & Antrim A/C

Coach Maeve Kyle

Place of Birth Dunloy, Co Antrim

Current Status Anna graduated from the University of Ulster at Jordanstown last year she is currently working part-time in the Odyssey Arena

Career Highlights Anna made the final in the Commonwealth Games in Melbourne in the 100m & 200m. She also made the final in the European U23 100m & 200m finishing 6th in both events in 2005

PB's 60m 7.32 NR
 100m 11.49NIR
 200m 23.75

Indoor Performances

60m	7.32 NR	2006
60m	7.36	2007
100m	11.81	2006
200m	24.16	2005

Progression	100m	200m
2007		
2006	11.49	23.75
2005	11.53	23.78
2004	11.82	24.30w
2003	11.71	
2002	11.97	

Major Championship Record

100m

2006	11.67	6s3	CWG	Melbourne
2006	11.65	4h3	CWG	Melbourne
2005	11.57	5	EU23	Germany
2005	11.75	2s1	WUG	Ismir Turkey
2005	11.77	6	WUG	Ismir Turkey
2003	11.83	4h1	EU23	
2003	12.01	8s1	WUG	

200m

2006	24.03	7s2	CWG	Melbourne
2005	23.78	5	EU23	Germany

4X100m

2005	44.69	3	WUG	Ismir Turkey
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2007 Form

60m	7.42	MASZ	Budapest	26 th Jan
60m	7.36 SB	MASZ	Budapest	26 th Jan
60m	7.37	ELAN	Bratislava	28 th Jan
60m	7.38	NC	Belfast	18 th Feb

Anna is clearly in excellent form this season winning the national title with ease in Belfast. We will be looking forward to a great break through from the Ballymena and Antrim woman

Athlete: Paul Hession

Event: 60m



Date of Birth 27 January 1983

Club Athenry A.C

Coach Stuart Hogg, Scotland

Place of Birth Athenry, Galway

Ht. 186cm

Wt. 75kg

Current Status Paul has taken a year out from his medical studies to focus on his training full time

Career Highlights World University Games 2nd in 2003, 3rd in 2005

PB's

60m	6.63	2007
100m	10.42	2006
200m	20.56	2006

Indoor Performances

60m	6.63	2007
60m	6.81	2005
200m	20.80	2005
200m	21.01	2004

Progression	60m	100m	200m
2007	6.63NR		
2006		10.42	20.56
2005	6.81i	10.46	20.86
2004		10.58	20.61
2003		10.53	20.80
2002		10.64w	21.03

Major Championship Record 200m

2006	20.80	7s2	EC	Gothenburg
2005	21.02	3	WUG	Ismir
2005	21.69	5q1	WC	Helsinki
2005	21.03	3s3	EIC	Madrid
2005	20.40	7h6	WC	Helsinki
2005	20.80	2h4	EIC	Madrid
2004	21.12	3h1	WIC	Budapest
2003	20.88	2h1-22	EJ	
2003	20.86	5-22	EJ	
2003	20.89	2	WUG	
2002	21.28	8h5	EC	
2002	21.03	3h4-19	WJ	
2002	21.22	6s1-19	WJ	

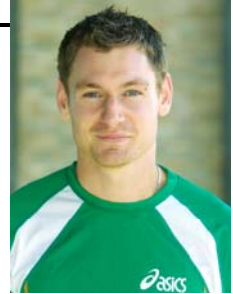
2007 Progression

2007	6.63NR	18th Feb	Belfast
2007	6.66NR	30 th Jan	Wien

2007 Form

Paul is in the form of his life, having smashed the national indoor 60m record this weekend at the National Championships in Belfast.

Coming into the indoor season Paul was looking forward to a good season, to focus on his start and technique, however lying joint 9th on the Euro Ranking lists means Paul is with a clear shot of making the final at the European Indoor Championships.

Athlete: David Gillick**Event: 400m**

Date of Birth	09-07-83		
Club	Dundrum South Dublin		
Coach	Nick Dakin		
Place of Birth	Dublin		
Ht.	1.89m		
Wt.	83kg		
Current Status	Graduate student at Loughborough University, studying a Msc in Sport Management		
Career Highlights	Gold in the European Indoor Championships, Madrid 2005 Bronze in World Indoor Championships Relay 2004		
PB's	400m	45.91i	2007
	400m	45.67	2006
	200m	21.21	2005
Indoor Performances	400m	45.91	2007
	400m	46.17	2005
	200m	21.36	2006
	200m	21.74	2004

Progression

	400m	200m
2007	45.91i NR	
2006	45.67	
2005	45.93	21.21
2004	46.29	22.00
2003	46.80	21.84

Major Championship Record

400 m

2006	46.16	7s2	EC	Gothenburg
2006	47.61	5h1	WIC	Moscow
2005	46.03	4s1	EU23	Germany
2005	46.30	1st	European Indoors	Madrid
2005	46.17	1h1	European Indoors	Madrid
2003	47.67	8h2-22	EU23	Bydgoszcz
2004	Relay	3	WIC	Budapest

2007 Progression

2007	45.91NR	1	6 th Feb	Dusseldorf
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2007 Form

David moved to Loughborough in October to train under Coach Nick Dakin. David is currently top of the European Ranking Lists with his performance in Dusseldorf earlier in the season of 45.91NR, and will certainly be in with a shot of retaining his European Indoor Title.

Athlete: Thomas Chamney

Event: 800m



Date of Birth 16th April 1984

Club Crusaders

Coach Sean Mc Manus

Place of Birth Dublin

Ht. 190cm

Wt. 78kg

Current Status Thomas is a scholarship athlete in his final year at the University of Notre Dame in the USA

Career Highlights 5th 800m European U23 Championships 2005
Final indoor (6th) & outdoor (6th) NCAA Championships in 2006

PB's

800m	1.46.82	2006
1000mi	2.24.86	2005

Indoor Performances

800m	1.47.82	2007
800m	1.48.50	2006
1000m	2.24.86	2005
One Mile	4.02.63	2007

Progression

	800m	1000m	One Mile
2007	1.47.82i		4.02.82i
2006	1.46.82		
2005	1.48.84	2.24.86	
2004	1.49.53		
2003	1.49.55		
2002	1.51.40		

Major Championship Record

800m

2003	1.52.61	6h1-19	EJ
2003	1.52.30	8s1-19	EJ
2005	1.49.27	4h3-22	EU23
2005	1.51.82	5-22	EU23
2006	1.50.12		EC

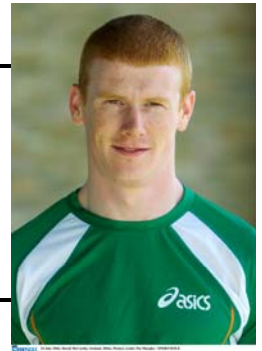
2007 Form

800m	1.47.82 PB	3 rd Feb	Notre Dame
One Mile	4.02.63	26 th Jan	Notre Dame

Thomas is currently lying 10th on the European Ranking List having smashed his indoor personal best earlier in the season. He is clearly in outstanding form and a good championship performer Thomas is looking forward to in Birmingham.

Athlete: David McCarthy

Event: 800m



Date of Birth 16-07-1983

Club Le Cheile AC

Coach Drew & Hayley Harrison

Place of Birth Cellbridge, Co. Kildare

Ht. 1.94m

Wt. 79kg

Current Status Currently studying a PHD in exercise science in the University of Limerick.

Career Highlights Final of the 400m World Indoor Championships 2003
Bronze medal relay WIC Budapest 2004

PB's 400m 46.05
400mi 46.61i

Indoor Performances

400m	46.68	2006
400m	47.80	2007
800m	1.49.53	2007

Progression

	400m	800m
2007	47.80i	1.49.53i
2006	47.23	
2005	46.92	
2004	46.41	
2003	46.05	
2002	46.66i	
2001	47.51	

Major Championship Record**400 m**

2006	46.68	2h5	WIC	Moskva	10 Mar
2006	47.11	6S2	WIC	Moskva	10 Mar
2005	47.36	4h2	EIC	Madrid	March
2004	47.34	5s1	WIC	Budapest	March
2003	46.61	5	WIC	Birmingham	16 Mar
2003	46.05	2h1	EU23	Bydgoszcz	18 Jul
2003	46.26	6	EU23	Bydgoszcz	19 Jul
2002	46.86	5s1	EIC	Wien	2 Mar
2002	47.10	7	WJ	Kingston	18 Jul
2002	47.30	7h1	EC	München	6 Aug
2001	47.51	3h2	EJ	Grosseto	19 Jul

4X400m Relay

2002	3.03.73	4h1	EC	München	
2004	relay	1st	WIC	Budapest	March

2007 Form

400m	48.65i	Glasgow	20 th Jan
400m	48.21i	Glasgow	20 th Jan
400m	47.80i	Wien	30 th Jan
800m	1.51.05i	Sheffield	10 th Feb
800m	1.49.53i PB	Sheffield	11 th Feb
800m	1.51.70	Belfast	18 th Feb

David moved up from 400m to 800m this season and has made the transition very well. He opened up with 1.51.05 earlier in the season and continued to improve on this his personal best which stands at 1.49.53 at present. He will be looking for a good performance in Birmingham.

Athlete: James Nolan

Event: 1500m



Date of Birth 27-01-1977

Club UCD

Place of Birth Tullamore Co. Offaly

Ht. 1.83m

Wt. 71kg

Current Status Currently studying a degree in Sports Management at UCD.

Career Highlights 6th World Indoor Championships 2006
Finalist Olympic Games 2004
2nd EIC 1500m 2000
2nd EU 23 Champs 1999

PB's

800m	1.46.05	1999
1500m	3.35.69	2003
3000m	7.52.84i	2006
1000m	2.21.12	2007

Indoor Performances

800m	1.51.98	2005
1000m	2.21.12	2007
1500m	3.41.03	2007
One Mile	3.58.85	2007
3000m	7.52.84	2006

Progression

	800m	1500m
2007		3.41.03 PB
2006	1.47.51	3.37.89
2006	1.49.15	3.37.96
2005	1.51.98	3.37.78
2004	1.48.84	3.37.85
2003	1.47.50	3.35.69
2002	1.48.86	3.38.69 i
2001	1.48.40	3.36.50
2000	1.46.83	3.36.30
1999	1.46.05	3.40.2
1998	1.46.64	3.44.83
1997	1.47.06	3.46.0
1996	1.47.55	
1995	1.48.43	
1994	1.53.50	3.51.89

Major Championship Record

800 m

1999	1:47.77	5	WIC	Maebashi	7 Mar
1999	1:46.94	2	EU23	Göteborg	1 Aug
1999	1:46.38	4h3	WC	Sevilla	26 Aug
1999	1:47.07	7s1	WC	Sevilla	27 Aug
1998	1:47.81	4	EIC	Valencia	1 Mar
1996	1:47.55	4s1	WJ	Sydney	22 Aug

1500 m

2006	3:43.98	6	WIC	Moscow	
2006	3:49.94	14s1	EC	Gothenburg	
2005	3:42.53	11h3	WC	Helsinki	
2004	3:47.27	9h1	WIC	Budapest	
2004	3:42.62	8h1	OG	Athens	
2004	3:41.14	10s1	OG	Athens	
2003	3:40.85	5h2	WIC	Birmingham	14 Mar
2003	3:44.67	6	WIC	Birmingham	15 Mar
2002	3:50.84	6	EIC	Wien	2 Mar
2001	3:42.84	10h1	WC	Edmonton	9 Aug
2000	3:41.59	2	EIC	Gent	26 Feb
2000	3:40.50	9h1	OG	Sydney	25 Sep

2007 Form

1000m	2.21.12	9	11 Feb	Karlsruhe
1500m	3.41.03SB	5	3 Feb	Stuttgart
One Mile	3.58.81	4	27 Jan	Boston
1500m	3.42.11	6r2	20 Feb	Stockholm

James is currently ranked 7th on the European Ranking List for 2007. He is in excellent form having run an impressive season opener in Boston breaking the 4 minute barrier with ease and following up with 3.41.03 in Stuttgart. A slight hamstring injury hampered his national championship performance. We hope he will be fully recovered and can reproduce the form that saw him 6th in the World Indoor Championships last year

Athlete: Liam Reale

Event: 1500m



Date of Birth 16th March 1983

Club Limerick A.C

Coach Ray Treacy

Place of Birth Limerick

Ht. 186cm

Wt. 79kg

Current Status Liam graduated in 2005 from Providence College where he spent 4 years on a scholarship.

Career Highlights 8th European Chamopionships 2006
4th European Junior Championships 2001

PB's

800m	1.48.40	2004
1500m	3.38.65	2006
2000m steeple	5.50.41	1999

Indoor Performances

800m	1.49.81	2004
1500m	4.02.14	2007
3000m	8.18.64	2006

Progression:	800m	1500m
2007		3.43.92
2006	1.49.39	3.38.65
2005	1.50.37	3.46.16
2004	1.48.40	3.42.33
2003		3.46.77
2002		3.45.30
2001		3.48.93

Major Championship Record:

1500m

2001	3.48.93	4-19	EJ
2002	3.50.52	9h2-19	WJ
2005	3.51.10	10h1-22	EU 23
2006	3.41.97		EC

2000m SC

1999	5.50.41	4-17	WY
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3000m

2000	9.24.28	12h2-19	WJ
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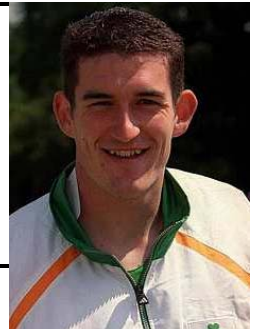
2007 Form

1500m	3.43.92 PB	30 th Jan	Wien
	3.51.80	3 rd Feb	Celtic Cup Scotland
800m	1.51.19	1 st 18 th Feb	Belfast

Liam's performance over 800m in the National Championships in Belfast has shown that he is in excellent form. He ran an indoor personal best in his first race of the season in Vienna. Having made the final in the European Outdoor Championships last season Liam will be hoping for nothing less than a final this time round.

Athlete: Gareth Turnbull

Event: 1500m



Date of Birth 14-05-1979

Club St. Malachy's A.C

Coach John Morrin

Place of Birth Belfast, Ireland

Ht. 1.88

Wt. 79kg

Current Status Gareth is currently living in Loughborough

Career Highlights Semi-Final World Championships 2003 Paris

PB's

800m	1.47.96
1500m	3.36.60
3000m	7.57.90

Indoor Performances

One Mile	3.58.88	2007
3000m	7.57.90	2002
1500m	3.42.97	2000

Progression

	800m	1500m
2007		3.42.97i
2006		3.46.88
2005		3.44.37
2004	1.50.2	3.39.84
2003	1.48.8	3.36.60

Major Championship Record

1500 m

1997	3.48.16	EJ
2003	3.41.84	WC

Cross Country

2005	28.56	EC
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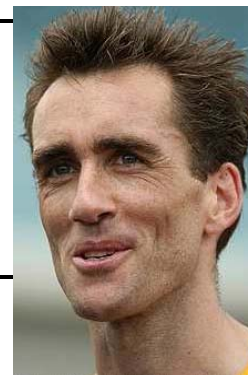
2007 Form

800m	1.51.47PB	NC	Belfast	18 th Feb
1500m	3.44.28SB	NC	Belfast	18 th Feb
One Mile	3.58.88PB		New York	03 rd Feb

Gareth has made a fantastic return to form this season. He will be looking for a final position in Birmingham having set a new personal best indoor for the mile earlier in the season in New York and having impressed at the national championships in both the 800m and the 1500m.

Athlete: Mark Carroll

Event: 3,000m



Date of Birth 15-01-72

Club Leevale & Adidas

Coach Jimmy Harvey,

Previous Coach Der Donovan and Br John Dooley

Place of Birth Cork

Ht 1.77

Wt 66kg

Current Status Currently living in Providence Rhode Island with his wife, American athlete Amy Rudolf whom he married in 2005.

Career Highlights

One of the outstanding Irish athletes of all time, Mark has had a successful career to date which he began with winning the European Junior Championships in 1991. Marks Senior European Championship record is equally impressive, finishing 3rd in the 5000m in 1998 and 6th in Munich in 2002. He also took gold in the indoors 3000m in Gent.

PB's

800m	1.48.93	2001
1000m	2.20.63i	1994
1500m	3.34.31	2000
Mile	3.50.62	2000
3000m	7.30.36	1999
5000m	13.03.93	1998

10,000m	27.46.82	2000
Marathon	2.10.54	2002
1/2 Marathon	62.36	2005
4.748 miles	22.25	2005
10km	29.07	2006

Indoor Performances

800m	1.48.93	2001
800m	1.48.21	2000
1000m	2.20.63	1994
1500m	3.40.42	2001
One Mile	4.01.46	2005
3000m	7.52.07	2007

Progression

	One mile	3000m	5000m	10000m
2006		8.05.17	14.06.30	29.19
2005	4.01.46 M i	7.46.60i		
2004		7.48.03	13.18.75	28.07.33
2003	3.45.90		13.42.87	
2002		8.04.28	13.43.68	
2001	3.35.09	7.33.52	13.08.32	
2000	3.34.31	7.41.03	13.09.64	27.46.82
1999	3.35.00	7.30.36	13.31.31	
1998	3.38.12	7.33.84	13.03.93	
1997	3.37.50	7.47.07i	13.14.08	
1996	3.38.31	7.44.77i		
1995	3.36.52	7.50.05	13.13.94	
1994	3.56.44 M i	7.51.35i		
1993	3.39.67	8.03.0		
1992	4.00.81 M i	8.01.02i		
1991	3.43.36		14.09.52	

Major Championship Record

3000 m

2005	7.55.18	4h2	EIC		
2005	7.57.56	9	EIC		
2001	7:53.64	7h2	WIC	Lisboa	9 Mar
2001	7:46.79	7	WIC	Lisboa	11 Mar

2000	7:54.86	2h2	EIC	Gent	25 Feb
2000	7:49.24	1	EIC	Gent	27 Feb

5000 m

2004	13.46.81	15h2	OG	Athens	
2002	13:42.87	6	EC	München	11 Aug
2001	13:37.27	10h1	WC	Edmonton	6 Aug
2000	13:30.60	7h2	OG	Sydney	27 Sep
1999	13:34.98	9h2	WC	Sevilla	25 Aug
1999	13:52.23	14	WC	Sevilla	28 Aug
1998	13:38.15	3	EC	Budapest	22 Aug
1997	13.57.88	14h2	WC	Athens	8 Aug
1995	13.46.80	12	WC	Goteborg	13 Aug
1991	14.19.88	1	EJ	Thessaloniki	15 Aug

2007 Form

3000m	7.52.07SB	Fayetteville	9 th Feb
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Mark made the final in the European Championships in 2005 and is well capable of that this a time round.

Athlete: Mark Christie

Event: 3000m



Date of Birth: 12 January 1985

Club: Mullingar Harriers

Coach: David Burke

Place of Birth: Westmeath

Wt. 61kg

Current Status: Mark is currently completing a Masters of Finance in Capital Markets in DCU

Career Highlights: 4th European Junior Cross Country Championships 2004
Final European U23 Championships 2005

PB's	800m	1.52.60
	1500m	3.41.91
	One Mile	3.58.99
	3000m	7.58.12
	5000m	14.29.6h
	3000m S/T	8.50.75

Indoor Performances

3000m	7.58.12	2007
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Progression	1500m	3000m
2007		7.58.12
2006	3.42.06	-
2005	3.41.91	8.10.48
2004	3.46.08	8.04.48
2003	3.49.10	-

Major Championship Record:

1500m

2005	3.46.23	5h2-22	EJ
2005	3.47.30	3h2	WUG

3000m

2001	8.35.00	10h 1-17	WY
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5000m

2004	15.03.41	21-19	WJ
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Cross Country 8km

2004	26.42	43-19	WC
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2007 Form

3000m	8.06.88	NC	Sheffield	11 th Feb
3000m	7.58.12PB	NC	Belfast	17 th Feb

Mark bounced back from his cross country season to make a huge breakthrough to break the 8:00 barrier for 3000m in a solo run at the National Indoors in the Odyssey .

Athlete: Alistair Cragg

Event: 3000m



Date of Birth 13.06.1980

Club Clonliffe Harriers

Coach John McDonnell

Previous Coach Raymond Cragg (Father)

Place of Birth South Africa

Ht. 1.80m
Wt. 64kg

Current Status Alistair is based at the University of Arkansas, Fayetteville where he graduated from in 2005.

Career Highlights 12th Olympic Final 2004
Gold European Indoor's 2005
4th World Indoor's 2006

PB's

1500m	3.39.24	2003
3000m	7.38.59	2004 (NIR)
5000m	13.08.97	2006
10,000m	28.20.29	2003

Indoor Performances

	One Mile	3.55.04	2006		
	3000m	7.43.30	2007		
	5000m	13.39.63	2004		
Progression	1500m	3000m	5000m	10k	
2007		7.43.30			
2006	3.40.71	7.46.43i	13.08.97		
2005		7.39.89			
2004	3.40.18	7.38.96	13.12.74	28.46.64	
2003	3.39.24		13.25.59	28.20.29	
2002	3.42.10		13.22.07	29.33.77	
2000			13.49.25		
1999	3.46.72	8.17.07	14.25.04		
1998	3.48.85	8.17.9	14.27.82		
1997	3.53.38				

Major Championship Record

Cross Country 4.0 km

2004 11:58 16 WC Bruxelles 20 Mar

5000m

2006 13.503H1 EC
 2004 13.23.01 7h1 OG Athens
 2004 13.43.06 12 OG Athens

3000m

2006 7.53.74i 4h1 WIC Moscow
 2006 7.46.43i 4 WIC Moscow
 2005 7.54.91i 1h1 EIC Madrid
 2005 7.46.32i 1 EIC Madrid

2007 Form

3000m	7.43.30 SB	9 th Feb	Fayetteville
	7.52.68	27 th Jan	Boston

The reigning indoor champion will be looking to retain his title, and his recent 7.43.30 at home in Arkansas shows he is coming back to the form which saw him take the title last time round. Currently sitting 2nd on the European Ranking List.
