



**ATHLETICS
IRELAND**

Media Guide

World Athletics Championships 2007



Contents

World Championship Qualification Standards

National Records

Irish Team Men

Irish Team Women

Irish Records

Team Management Biographies

Athlete Biographies



World Championship Qualification Standards Osaka, Japan 2007

Men A	Men B	Event	Women A	Women B
10.21	10.28	100m	11.30	11.40
20.59	20.75	200m	23.10	23.30
45.55	45.95	400m	51.50	52.30
1.45.40	1.46.60	800m	2.00.00	2.01.30
3.36.60	3.39.00	1500m	4.06.50	4.10.00
13.21.50	13.28.00	5000m	15.08.70	15.24.00
27.49.00	28.06.00	10000m	31.40.00	32.00.00
2.11.00*	2.12.30*	Marathon	2.28.00*	2.30.00*
8.24.60	8.32.00	3000m SC	9.48.00	9.58.00
13.55	13.62	110 H/100 H	12.96	13.11
49.20	49.80	400m H	55.60	56.50
2.30m	2.27m	High Jump	1.95m	1.92m
5.70m	5.60m	Pole Vault	4.45m	4.30m
8.20m	8.05m	Long Jump	6.70m	6.60m
17.10m	16.10m	Triple Jump	14.20m	14.00m
20.30m	19.70m	Shot Putt	18.30m	17.30m
64.50m	62.50m	Discus	61.00m	59.00m
78.50m	74.00m	Hammer	69.50m	67.00m
81.00m	77.80m	Javelin	61.00m	59.00m
8000pts	7700pts	Decathlon	6000pts	5800pts
1.23.00	1.24.30	20K Walk	1.33.30	1.38.00
3.57.00*	4.03.00*	50K Walk		
39.00		4X100 Relay	43.90	
3.03.30		4x400 Relay	3.31.00	

Mens National Senior Outdoor Records

Event	Time	Wind	Name	D.O.B	Venue	Date
100m	10.18	+1.9	Paul Hession	27.01.83	Vaala	23.06.07
200m	20.30	+1.2	Paul Hession	27.01.83	Dublin	21.07.07
400m	45.23		David Gillick	09.07.83	Geneva	09.06.07
800m	1:44.82		David Matthews	09.04.74	Rieti, Italy	05.09.95
1500m	3:33.5		Ray Flynn	22.01.57	Oslo	07.07.82
5000m	13:03.93		Mark Carroll	15.01.72	Berlin	01.09.98
10,000m	27:39.55		Alistair Cragg	13.06.80	Stanford	29.04.07
110m Hdl	13.30	+0.6	Peter Coghlan	27.03.75	Hechtel	07.08.99
400m Hdl	49.73		Tom Mc Guirk	03.02.71	San Jose	01.06.96
3000m S/c	8.24.09		Brendan Quinn	26.07.60	Brussels	30.08.85
4×100m	39.26		National Team		Sydney	29.09.00
(John McAdorey, Gary Ryan, Tom Comyns, Paul Brizzel)						
4×400m	3:03.73		National Team		Munich	10.08.02
(Robert Daly, Paul McKee, Antoine Burke, David McCarthy)						
High Jump	2.30		Adrian O'Dwyer	83	Algiers	24.06.04
Pole Vault	5.00		Alan Burke	23.05.65	Crystal Palace	13.08.89
Long Jump	8.07	+1.4	Ciaran Mc Donagh	20.05.76	La Chaux-de-Fonds	21.08.05
Triple Jump	15.89		Colm Cronin	14.06.57	Copenhagen	26.06.77
Shot	20.04		Paul Quirke	05.06.63	New York	07.07.92
Discus	67.89		Nick Sweeney	26.03.68	Helsingborg	04.09.98
Hammer	77.80		Declan Hegarty	12.10.60	Walnut US	28.04.85
Javelin	82.75		Terry Mc Hugh	22.08.63	London	05.08.00
Decathlon	7882		Carlos O'Connell	21.06.63	Emmitsburg	4/5.06.88
(10.89, 7.50, 13.05, 1.92, 48.84, 14.59, 41.70, 4.40, 54.96, 4.21.75)						
Marathon BP	2.09.15		John Treacy	04.06.57	Boston	18.04.88
20k Walk Rd.	1.20.15		Robert Heffernan	28.02.78	Leamington	20.05.07
50k Walk	3:51:32		Colin Griffin	03/08/82	Dudince	24.03.07

Womens National Senior Outdoor Records

Event	Time	Wind	Name	D.O.B	Venue	Date
100m	11.43	+1.4	Michele Carroll	05.08.61	Sittard	17.06.78
200m	23.02	+0.3	Sarah Reilly	03.07.73	Edmonton	08.08.01
400m	51.07		Karen Shinkins	15.10.76	Palma	12.07.99
800m	2:00.69		Sonia O'Sullivan	28.11.69	St. P.'burg	28.07.94
1500m	3:58.85		Sonia O'Sullivan	28.11.69	Monte Carlo	25.07.95
3000m	8:21.64		Sonia O'Sullivan	28.11.69	London	15.07.94
5000m	14:41.02		Sonia O'Sullivan	28.11.69	Sydney	25.09.00
10000m	30:47.59		Sonia O'Sullivan	28.11.69	Munich	06.08.02
100m H	12.72	+0.5	Derval O'Rourke	28.05.81	Gothenburg	11.08.06
400m H	54.31		Susan Smith	14.09.71	Zurich	12.08.98
3000m SC	9.28.29		Roisin McGettigan	23.08.80	Heusden	28.07.04
4×100m	44.68		National Team		Prague, CZE	17.06.06
	(Emily Maher, Anna Boyle, Ailis McSweeney, Ciara Sheehy)					
4×400m	3.31.51		National Team		Prague, CZE	18.06.06
	(Michelle Carey, Elaine McCaffrey, Ciara Sheehy, Joanne Cuddihy)					
High J.	1.92		Deirdre Ryan	01.06.82	Manchester	15.07.06
Pole Vault	3.93		Erin Kinnear	26.10.84	Mobile, AL	24.04.04
Long J.	6.48		Terri Horgan	30.10.67	Brussels	14.06.92
Triple J.	13.62	+0.9	Taneisha Scanlon	77	Bratislava, SVK	29.05.05
Shot P.	16.99		Marita Walton	07.10.60	Stanford US	02.04.83
Discus	57.60		Patricia Walsh	16.03.60	Morton Std Dublin	07.07.84
Javelin	50.10		Jennifer O'Sullivan	00.00.81	Navan	18.07.04
Javelin (old)	50.42		Mary T Real	00.00.71	Waterford	20.06.92
Hammer	69.44		Eileen O'Keefe	31.05.81	Vaasa	24.06.07
Heptathlon	5394		Sharon Foley	20.05.72	Hemel Hempstead	23-24/8.97
Marathon	2.22.23		Catherina McKiernan	30.11.69	Amsterdam	01.11.98
20K Walk	1.27.22		Gillian O'Sullivan	21.08.76	Milan	01.05.03

National Records set in 2007

Men Records

100 metres	10.28 +1.5	Paul Hession Kalamata 2nd June
100 metres	10.18 +1.9	Paul Hession Vaasa 23rd June
200 metres	20.44 +1.2	Paul Hession Sheffield 15th July
200 metres	20.30 +0.1	Paul Hession Dublin 21st July
400 metres	45.23	David Gillick Geneva 9th June
10,000 metres	27.39.55	Alistair Cragg Stanford 29th April
20K walk	1.20.15	Robert Heffernan Leamington 20th May
50K walk	3.51.32	Colin Griffin Dudince 24th March

Women's Records

3000m S/C	9.28.29	Roisin McGettigan Heusden 28th July
Hammer	69.44	Eileen O'Keeffe Vaasa 24th June
Hammer	73.21	Eileen O'Keeffe Dublin 21st July



Athletics Ireland Team

World Athletics Championships 2007

Mens Team

5000m/10000m	Alistair Cragg	Clonliffe Harriers
100m/200m	Paul Hession	Athenry A.C.
400m	David Gillick	Dundrum South Dublin
20K Walk	Robert Heffernan	Togher A.C.
50K Walk	Colin Griffin	Ballinamore A.C.
50k Walk	Jamie Costin	West Waterford A.C.
800m	David Campbell	St. Coca's

Womens Team

3,000m S/C	Fionnuala Britton	Sli Chualainn A.C.
Hammer	Eileen O'Keeffe	Kilkenny City Harriers
5000m	Mary Cullen	North Sligo A.C.
20K Walk	Olive Loughnane	Loughrea A.C.
3000SC	Roisin McGettigan	Sli Chualainn A.C.
400m	Joanne Cuddihy	Kilkenny City Harriers
400m H	Michelle Carey	Dublin Striders A.C.
100m H	Derval O'Rourke	Leevale A.C.

Irish Team - Men

Event	Name	Year	Personal Best	Wind	Venue	Date
200m	Paul Hession	83	20.30	0.1	Dublin	21/07/07
100m	Paul Hession	83	10.18	1.9	Vaasa	23/06/07
20K Walk	Rob Heffernan	78	1.20.15		Leamington	20/05/07
50K Walk	Jamie Costin	77	3.53.30		Leamington	20/05/07
50K Walk	Colin Griffin	82	3.51.32		Dudince	24/03/07
400m	David Gillick	83	45.23		Geneve	09/06/07
800m	David Campbell	82	1.46.05		Lignano	15/07/07
5000m	Alistair Cragg	80	13.07.10		Braaschat	21/07/07
10000m	Alistair Cragg	80	27.39.55		Stanford, CA	29/04/07



Irish Team Women

Event	Name	Year	Personal Best	Wind	Venue	Date
400m	Joanne Cuddihy	84	51.09		Goteborg	9/08/06
5000m	Mary Cullen	82	15.19.04		Walnut	13/04/07
3000 S/C	Roisin McGettigan	80	9.28.29		Heusden	28/07/07
3,000 S/C	Fionnuala Britton	84	9.41.36		Heusden	28/07/07
100m H	Derval O'Rourke	81	12.72		Goteborg	11/08/07
400m H	Michelle Carey	81	56.31		Loughborough	26/07/06
Hammer	Eileen O'Keeffe	81	73.21		Dublin	21/07/06
20k Walk	Olive Loughnane	76	1.30.29		Cheboksary	18/05/03



Team Management

Team Manager	Patsy Mc Gonagle
Head Coach	Max Jones
Team Coach	Paddy Fay
Team Coach	Pat Diskin
Team Coach	Jim Kilty
Physiotherapist	Nessa Smyth
Doctor	Dr. Bill Cuddihy
Massage Therapist	Ciaran Fitzpatrick
Logistics	Pat Ryan



Patsy McGonagle - Team Manager

Club: Finn Valley A.C.
Position: Chair of Coaching Committee
Senior Team Manager

County: Donegal

Career: Head of Sport,
Letterkenny Institute of Technology



Management Highlights

Managed Irish Teams at World and European level since 1992

- Team Manager Irish Team Sydney Olympics 2000 – silver medal Sonia O’Sullivan
- Team Manager World University Games Ismir Turkey – 5 medals, World University Games Daegu & Beijing
- Cross Country Team Manager Edinburgh 2002 – silver team medal,
- Cross Country Team Manager Germany 2004 - junior team medal.

Coaching Details

Level 3 coach. Coached athletes in the following disciplines to medals at National senior level, Decathlon, Walk, Long jump, Cross country, Middle distance and Pentathlon.

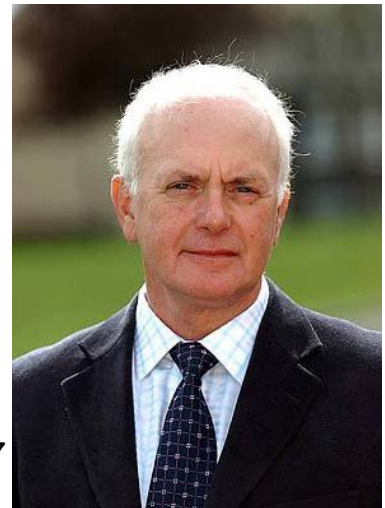
Max Jones – Head Coach

**Position: Athletics Ireland
Director of Athletics**

Management Highlights

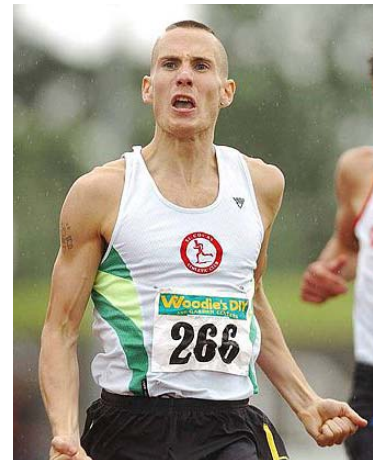
Chief Coach of Great Britain & Northern Ireland
Team in Olympics 2000 & 2004

UK Athletics High Performance Director from 1997
to 2004



David Campbell – 800 metres

Date of Birth 28-01-82
Club St.Coca's A.C
Coach Nick Bideau
Place of Birth Mullingar
Height
Weight



PB's	800m	1.46.05	2007
	1500m	3.41.81	2007
	3000m	8.21.11	2006

Progression		800m	1500m
	2007	1.46.05	3.41.81PB
	2006	1.46.99	3.46.90
	2005	1.49.44	

Major Championship Record - 800 m

2006	1.48.70	6h2	EC	Gothenburg
------	---------	-----	----	------------

2007 Progression - 800m

1.46.05PB	5r2		Lignano	15 th July
1.54.70	1h1	NC	Dublin	21 st July
1.49.45	1	NC	Dublin	22 nd July
1.47.63	2Ra	Folksam	Gotebord	1 st Aug

David has had a breakthrough year with an historic 800m & 1500m double at the National Championships. He beat Thomas Chamney over 800m in what was billed as a race off for a ticket to Osaka. David spent the winter in Australia working with Nick Bideau.

Jamie Costin - 50km Walk

Date of Birth:	1 June 1977	
Club:	West Waterford A.C	
Coach:	Bernie O' Callaghan	
Place of Birth:	Ring Co. Waterford	
Height	179cm	
Weight	72kg	
PB's	5000m Walk	19.54.72
	10000m Walk	39.09.88
	10km Walk	40.02
	20km Walk	1.22.45
	50km Walk	3.53.30



Progression:	20km	50km
2007	1.24.53	3.53.30
2006	1.28.55	-
2004	1.23.08	-
2003	1.28.46	3.53.58

Major Championship Record:

10km Walk	1996	43.20.78	12-19	WJ
20km Walk	1999	1.37.54	95	WCp
	2001	1.29.14	44	ECp
	2002	1.35.15	62	WCp
	2004	1.23.08	30	WCp
50km Walk	2000	3.59.02	17	ECp
	2000	4.24.22	38	OG
	2001	4.11.58	28	WC
	2007	3.53.30	15	ECp

Jamie Costin has made a courageous effort to return to world class athletics after a horrific car crash that ended his Athens Olympics. Not only has he overcome life threatening injuries, but he has now battled all the way back to the very highest level.

Alistair Cragg - 5000m / 10,000m

Date of Birth 13.06.1980
Club Clonliffe Harriers
Coach John McDonnell
Place of Birth South Africa
Height 1.80m
Weight 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 Championships 2005
 4th World Indoor's 2006

PB's

1500m	3.36.18	2007
3000m	7.32.49	2007
5000m	13.07.10	2007
10,000m	27.29.55	2007 NR

Indoor Performances

One Mile	3.55.04	2006
3000m	7.38.59	2004
5000m	13.28.93	2004

Progression

	1500m	3000m	5000m	10k
2007	3.36.18	7.43.30	13.07.10	27.39.55
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	

Major Championship Record

Cross Country 4.0 km

2004	11:58	16	WC	Bruxelles 20 Mar
------	-------	----	----	------------------

5000m

2006	13.50	3H1	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

1500m	3.36.18PB	20 TH May	Carson
3000m	7.32.49PB	25 TH July	Monaco
5000m	13.07.10PB	21 st July	Brasschatt
10000m	27.39.55PB	29 TH April	Stanford

Despite Alisair producing life time best performances this year over every distance from 1500m -10000m, questions remained after two DNFs over 5000m. Alistair responded to the criticisms with a run 13:07.10 in Braaschat, ranking him 13th fastest in the world at present.

David Gillick – 400 metres

Date of Birth 09-07-83
Club Dundrum South Dublin
Coach Nick Dakin
Place of Birth Dublin
Height 1.89m
Weight 83kg



Current Status After completing a degree from Dublin Institute of Technology in Supply Chain Management last year, David is currently a Graduate student at Loughborough University, studying a Msc in Sport Management

Career Highlights Gold in the European Indoor Championships, Madrid 2005 and Birmingham 2007
Bronze in World Indoor Championships Relay 2004

PB's

400m	45.23	2007
200m	21.21	2005

Indoor Performances

400m	45.52	2007
400m	46.17	2005
200m	21.36	2006
200m	21.74	2004

Progression

	400m	200m
2007	45.23 NR	
2006	45.67	
2005	45.93	21.21
2004	46.29	22.00
2003	46.80	21.84

Major Championship Record -400 m

2007	45.23NR	1	EIC	Birmingham
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
------	---------	---	---------------------	------------

2007 Form

David moved to Loughborough in October to train under Coach Nick Dakin. David had a fantastic indoor season winning in Dusseldorf in an Irish Record of 45.91 and then on to retain his European Indoor Title, with an outstanding performance, improving again the Irish Record to 45.52, in the Final. David has gone from strength to strength this summer, setting an Irish Record outdoor of 45.23 set in Geneva earlier in the season.



Paul Hession – 100m / 200m

Date of Birth 27 January 1983
Club Athenry A.C
Coach Stuart Hogg, Scotland
Place of Birth Athenry, Galway
Height 184cm
Weight 76kg



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

Career Highlights World University Games 2nd 2003, 3rd 2005, 7th European Indoor 60m 2007

PB's	60m	6.61i	2007
	100m	10.18	2007
	200m	20.30	2007

Indoor Performances

60m	6.61	2007
200m	20.80	2005

Progression	60m	100m	200m
2007	6.61NR	10.18NR	20.30NR
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

2007	6.61	7	EIC	Birmingham
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	6.66NR	30 TH Jan	Wien
2007	6.63NR	18th Feb	Belfast
2007	6.66NR	30 th Jan	Wien

Paul has had an outstanding 2007 rewriting the record books almost every occasion he steps onto the track. After an excellent indoor season where made the 60m Final at the European Indoors, Paul has brought his form to the Outdoor season where he is now ranked 13th in the world over 200m.

Robert Heffernan – 20Km Walk

Date of Birth 28-02-1978
Club Togher A.C
Coach Robert
Place of Birth Cork
Height 171cm
Weight 58kg



Career Highlights 8th in the European Championships 2002,
5th in European Race walking Cup 2007

PB's

3000m Walk	11.27.6h
5000m Walk	18.59.90
10000m Walk	38.47.66
20km Walk	1.20.15 NR

Progression	5000m Walk	20k walk
2007	18.59	1.20.15 NR
2005	19.20.8hi	1.24.20
2004	19.21.63	1.20.55
2003	-	1.23.03
2002	18.53.09i	1.20.15
2001	19.12.63	1.21

Major Championship Record - 20km Walk

2000	1:22.43	18	Ecp
2000	1:26.04	28	OG
2001	1:23.57	17	Ecp
2001	1:25.02	14	WC
2002	1:21.10	8	EC
2004	1:22.58	27	WCp
2005	1:24.20	15	ECp
2007	1.20.15	5	ERC

Robert has been prepared meticulously for Osaka with training spells in Spain and Poland. He is coached by racing walking legend and four-time Olympic Champion Robert Korzeniowski.

Colin Griffin – 50km Walk

Date of Birth: 03 August 1982
Club: Ballinamore A.C
Coach: Self Coached
Place of Birth: Dublin
Height 184cm
Weight 69kg



Career Highlights: 9th In European Juniors 2001 for 10k Walk
7th In World Youths 1999 for 10k Walk

PB's

10km Walk	42.49
20km Walk	1.24.16
30km Walk	2.23.46
50km Walk	3.51.32 NR

Progression:	5000m Walk	20km Walk
2007	19.36.44i	1.25.14
2006	19.43.40	1.24.16
2005	20.44.45	1.26.19
2004	-	1.29.12
2003	19.51.15i	1.25.20

Major Championship Record - 10,000m Walk

2000	46.17.00	23-19	WJ
2001	44.31.08	9-19	EJ

Major Championship Record - 20km Walk

2002	1.29.37	39	WCp
2003	1.25.20	23	Ecp
2003	1.29.21	13	WUG
2004	1.29.12	70	WCp
2007	1.25.14	28	ECp

Colin is one of the in-form athletes, with a National Record for the 50Km Walk set in March. He has just spent several weeks at altitude in France with the other walkers and the Spala camp in Poland.

Fionnuala Britton - 3,000m Steeplechase

Date of Birth 24.09.84
Club Sli Chualann
Coach Pat Diskin
Place of Birth Wicklow

Current Status: Fionnuala is based at DCU studying a sports science degree



Career Highlights: Silver - European U/23 Cross Country 2006
14th World Cross Country 2007
Finalist at the European U/23 Champs 2005.

PB's

3000m S/C	9.41.36
1500m	4.18.92

Progression:	1500m	3000m s/c
2007		9.41.36
2006	4.18.92	9.49.20
2005	4:28.97	10.06.26
2004		10:33.10

Major Championship Record -3000m Steeplechase

2006	9.49.20		EU	Gothenburg Sweden
2005	10.15.19	9	EU23	Germany
2005	10:28.37	11	WUG	Turkey

Major Championship Record -Cross Country

2007	14	WCC
2006	6	WSG CC
2006	2	ECC U/23

Fionnuala has taken her excellent cross country form onto the track with equally impressive results. She has improved her personal best for the Steeplechase by eight seconds this summer, achieving the Olympic Standard for next year.

Eileen O'Keefe - Hammer

Date of Birth: 31.05.1981
Club: Kilkenny City Harriers
Coach Jim Kilty/ Dave Fagan
Place of Birth Kilkenny

PB's 73.21 NR 2007

Progression Hammer

2007	73.21NR
2006	69.34
2005	69.36NR
2004	64.66NR
2003	63.35 NR
2002	61.10NR
2001	57.17NR
2000	53.35



Career Highlights Eileen holds the national record of 73.21m in July 2007, European Cup Winner Vaasa Finland 2007 and Seven successive National Titles , Olympic A Qualification .

Major Championship Record - Hammer

2005	6	67.61	WUG	Ismir turkey
2005	13q	64.09	WC	Helsinki
2003	7q1	59.64	E U 23	Bydgoszcz
2003	4	62.96	WSG	Korea
2002	15q1	59.64	EC	Munich
2001		57.08	EU23	Amsterdam
2000	26	50.13	WJ	Chile

Eileen has shattered the 70m barrier this year. She had an impressive win in the European Cup and a new national record set in the National Championships. She is currently competing at the World University Championships in Bangkok and will be traveling from there to join the team in Osaka.

Derval O'Rourke - 100m Hurdles

Date of Birth: 28-05-1981
Club: Leevale A/C
Coach: Jim Kilty
Technical Sean Cahill
Place of Birth: Cork

PB's

60m H	7.84 NIR
100m H	12.72 NR

Progression	100H	60H
2007	12.95	
2006	12.72NR	7.84NR
2005	12.95w	8.02
2004	13.39	8.27
2003	12.96	8.12
2002	13.38	8.22
2001	13.57	8.53
2000	13.4	8.46
1999	13.82	
1998	14.29	



Career Highlights: World Indoor Champion 2006
Silver European Championships 2006
World University Games Bronze 2005

Major Championship Record - 60 m hurdles

2006	7:90	1	WIC	Moscow
2005	8.02	6sf	WIC	Madrid
2003	8.22	6sf	WIC	Birmingham
2002	8.22		EIC	Vienna

Major Championship Record -100 m hurdles

2006				
2005	13.00	7sf	WC	Helsinki
2005	13.02	3	WUG	Ismir Turkey
2004	13.40	7h4	OG	Athens
2003	13.54	8h4	WC	Saint-Denis
2003	12.96	4f	EU23	Bydgoszcz
2002	13.41	5h4	EC	Munich
2001	13.57	7f	EU23	Amsterdam
2000	13.61	3s	WJ	Chile
1999	13.82	4s	EJ	Riga

Derval's became the sport's premier athlete after a magnificent season in 2006. Derval proved she is a championship performer winning the World Indoor Championships and finishing second in European Championships. She has broken the 13 second barrier twice in 2007 with a season's best time set in Heusden of 12.95 secs.



Roisin Mc Gettigan 3000m Steeplechase

Date of Birth: 23-08-1980
Club: Sli Chualann
Coach: Ray Treacy, Providence
Place of Birth: Wicklow
Height 173cm
Weight 127lb



PB's	3000m S/C	9.28.29NR
	800m	2.04.9h
	1500m	4.10.34
	Mile	4.35.55
	3000m	9.03.11i
	5000m	16.00.64

Current Status: Roisin is completing a graduate assistantship in Providence College. She is studying a Masters degree in counseling.

Career Highlights: Finished 9th in the IAAF Grand Prix final in 2005 and was ranked 9th in the world that year.

Progression	1500m	3000m s/c
2007	4.12.93	9.28.29NR
2006	4.11.71	9.32.04NR
2005	4.13.93	9:46.12
2004	4.14.08	9.45.60
2003	4.10.34	9.50.12
2002		10.08.24
2001	4.23.28	10.24.35

Major Championship Record - 3000m S/C

2005	9.56.31	9h1	WC	Helsinki
2005	10.07.78	6	WUG	Ismir Turkey

Major Championship Record - 1500m

2005 4.35.04 9h2 EIC Madrid

Major Championship Record - 3000m

2006 9.28.85 13 WIC Moscow

Roisin has set a new national Record of 9.28.29secs in Heusden this summer. Roisin also broke the national record in the same meeting in 2004 and 2006. She finished second in the European Cup despite colliding with a barrier with 300 metres left in the race. Roisin is currently ranked 9th in the world for the Steeplechase.



Joanne Cuddihy – 400 metres

Date of Birth 11-05-1984
Club UCD A/C
Coach Paddy Fay
Place of Birth Kilkenny
Height 184cm
Weight 65kg

PB's

200m	23.33
400m	51.09

Current Status: Joanne is currently on leave from studying medicine in UCD



Career Highlights: Joanne, an outstanding junior won silver at the European Junior championships and made the final at World Juniors, World University Games and World Youth Championships.

Progression:	200m	400m
2007	23.63	51.56
2006	23.43PB	51.09 PB
2005	24.33w	53.66
2004	24.40	53.25
2003		52.94NJR
2002		53.36

Major Championship Record - 400m

2006	51.46	8	EC	Gothenburg
2005	54.91	5sf	WUG	Ismir Turkey
2005	53.66	5h1	EU23	Germany
2004	54.02	6h	WIC	Budapest
2003	52.94	4	WUG	
2003	53.63	2	EJ	
2002	53.36	6	WJ	
2001	53.86	5	WY	

Joanne has raced sparingly this summer over her favoured distance of 400 metres. She spent the early season based in Canada running several 200 metres as speed work for her main event. Her season's best time of 51.56 secs set in the Sheffield Grand Prix was ran from lane one in pouring rain. Joanne completed the 200 & 400 metre double at the national championships and is peaking just in time for Osaka.



Olive Loughnane – 20km Walk

Date of Birth: 14 January 1976
Club: Loughrea A.C
Coach: -
Place of Birth: Cork
Height 160cm
Weight 49kg

PB's

3000m Walk	12.32.51
5000m Walk	21.13.59
10km Walk	46.32
20km Walk	1.30.29



Career Highlights: 8th European Championships Munich
12th in World Championships Paris 2003

Progression:	3000m W	5000m W	20km W
2007	12.35.30		1.32.25
2005	12.50.83i	21.52.56	1.32.2
2004	12.39.29i	21.42.06	1.30.47
2003	12.32.51i	21.13.59	1.30.29
2002	13.06.76i	21.54.97	1.32.44
2000	12.41.98i	22.01.53	1.34.59

Major Championship Record - 20km Walk

2007	1.34.28	25	ECp
2002	1.33.08	13	EC
2000	1.34.59	29	ECp
2001	1.36.50	26	ECp
2003	1.30.29	8	ECp
2000	1.38.23	35	OG
2001	1.35.24	13	WC
2003	1.30.53	12	WC

Olive is one of the most experienced team members having been part of the Sydney Olympics back in 2000. After overcoming illness she has been training at altitude in France to prepare for Osaka.

Mary Cullen – 5000 metres

Date of Birth	17-8-1982
Club	North Sligo A/C
Coach	Ray Treacy
Place of Birth	Sligo
Career Highlights	Gold NCAA championships 5,000m 2006 11 th European Cross Country 2005



PB's	1500m	4.16.34
	3000m	8.48.17
	5000m	15.19.04
	10,000m	32.21.42

Indoor Performances

3000m	8.53.81PB	2007
5000m	15.22.35PB	2007

Progression	1500m	5000m	10,000m
2007	4.17.20	15.19.04	32.21.42
2006		15.41.43	32.39.59
2005	4.16.34	15.49.69	32.57.61
2003		15.56.96	

Major Championship Record

Cross Country 6.5km			
2005	20.22	11	ECC
Cross Country 8.03 Km			
2006	25.54	2	EC
2007	9.00.42	7	EC

Mary has had a year to remember after finishing her collegiate career in 2006. She has set personal bests for 5000m & 10000m. She has several excellent runs over 3000m winning the Cork City Sport and finishing 3rd in the Sheffield Grand Prix.

Michelle Carey – 400m Hurdles

Date of Birth 20-02-1981
Club Dublin Striders A.C.
Coach Nick Dakin
Place of Birth Dublin

PB's

400m	52.67
400mH	56.31

Progression	400m	400mH
2007		56.53
2006	52.67	56.31
2005	53.64	57.34
2004	54.10	57.95
2004		57.95
2003		58.58



Major Championship Record - 400m H

2003	59.34	4h1	EJ
2005	59.14	5h2	WUG
2006	57.61		EC

Major Championship Record – 4 x 400m Relay

2005	3.36.10	7	WUG
2005	3.38.73	5h2	WUG

2007 Progression - 400m H

58.13		2r1	Palafrugell	26th May	
57.25		2r1	Tarare	14th July	
57.23		1	NC	Dublin	22nd July
56.53 SB		2	Keien	Uden	4th Aug

Michelle booked her selection with after running a season's best of 56.53 in Uden on 4th August. She is based in Loughborough and is coached by Nick Dakin.