



**Athletics Leinster**  
**Road Race 2025 Booklet**

**Athletics Leinster**

**Road Race Championships 2025**

- Day 1 – 10 Mile**
- Day 2 – Novice and Masters**
- Day 3 – Half Marathon**
- Day 4 – Marathon**

**V1 – 24.03.2025**

**Contact**

**Athletics Leinster Road Secretary**

**Martin J Heery**

**[athleticsleinsterxcsec@gmail.com](mailto:athleticsleinsterxcsec@gmail.com)**



<b>2025 Athletics Leinster Road Race Programme</b>			
<b>Date</b>	<b>Start Time</b>	<b>Distance</b>	<b>Venue</b>
<b>Day 1 – Hosted by – Raheny Shamrocks A.C.</b>			
<b>Monday</b> 21 <sup>st</sup> April 2025	See Battle of Clontarf 10 Mile	10 Mile	St. Anne’s Park, Raheny, Co. Dublin
<b>Day 2 – Hosted by – Gowran A.C.</b>			
<b>Saturday</b> 3 <sup>rd</sup> May 2025	3.00pm	Novice and Masters	Gowran, Co. Kilkenny
<b>Day 3 – Hosted by – Tullamore Harriers A.C.</b>			
<b>Saturday</b> 30 <sup>th</sup> August 2025	See Tullamore Half Marathon	Half Marathon	Tullamore, Co. Offaly
<b>Day 4 – Hosted by – Dublin City Council</b>			
<b>Sunday</b> 26 <sup>th</sup> October 2025	See Dublin City Marathon	Marathon	Dublin

**Closing Dates (all entries are online – No late entries):**

Day 1 – 10 Mile – See entries to Battle of Clontarf 10 Mile.

Day 2 – Novice and Masters – Sunday 27<sup>th</sup> April 2025 at 11:59pm.

Day 3 – Half Marathon – See entries to Tullamore Half Marathon.

Day 4 – Marathon - See entries to Dublin City Marathon.

**Online Entry Only – Payment by Credit/Debit Card**

**All Novice and Masters entries for Day 2 via link, which is available on the Athletics Leinster website and Facebook page**

[www.athleticsleinster.com](http://www.athleticsleinster.com)

**Road Race Entry Fees for Day 2**

- Individual €8.00\*
- Club team €25\*
- County team €30\*

\*Plus, any fee payable for online entry. Link via [athleticsleinster.org](http://athleticsleinster.org) and Athletics Leinster Facebook page

\*\*Subs medals can be purchased for adult and juvenile club or county medal winning teams, at a cost of €3 each.



## **Entry and Competition Rules**

**All entrants must be registered with Athletics Ireland in the year of competition.**

**If a county is entering undeclared teams, then clubs must ensure they have all their athletes entered. Liaise with County Secretary as necessary.**

**Club singlet must be worn. If no singlet is available – a plain white tee-shirt is permitted. No other form of dress (e.g., football shirts) is allowed.**

**Following on from AAI correspondence, national apparel (singlet or shorts) is to be worn only when representing Ireland at International Competition, with athletes who compete at any Athletics Leinster events wearing national apparel risking disqualification.**

**Only athletes who are officially entered and have a valid race number are permitted to run. Valid race number must be worn. If no valid race number, then athlete can't compete. Passing on numbers is not allowed. Any athlete who does this will not be recorded in results and may cause disqualification for team mates/other club athletes and disqualification from future Athletics Leinster Championship events.**

**Athletes are not permitted to carry or use electronic recording or transmission equipment during competition.**

### **Athletics Leinster Novice**

#### **Eligibility:**

- An athlete who has no individual medal 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> from any Provincial or National Novice, Intermediate and/or Senior Road Championship.
- Cross Country and Road are treated as separate events, where medals won in Cross Country championships do not affect eligibility in Road.
- An athlete must be aged 19 years or over on the 31<sup>st</sup> December in the year of competition.
- U20 athletes do **not** break their Novice status in Road.

### **Athletics Leinster Masters**

#### **Eligibility:**

- An athlete becomes a master on his or her 35th birthday.

#### **Age categories for Masters:**

Men            0/35, 40, 45, 50, 55, 60, 65, 70  
Women        0/35, 40, 45, 50, 55, 60, 65, 70

## **2025 Age Groups**

1. Age categories calculated from 31<sup>st</sup> December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age, with the exception of Master athletes.



### **Start Area, Finish Area and Medal Presentation Area**

These areas are for officials and athletes only. COACHES and PARENTS are STRICTLY NOT ALLOWED in these areas at any time. Those found to be in violation of this guideline risk disqualification of their athletes and possibly their club. Please stay outside of the perimeter ropes around the course and areas mentioned at all times.

### **Photography**

In line with the recommendation in Athletics Ireland's Code of Conduct, Athletics Leinster requests that any person(s) wishing to engage in any video, zoom or close-range photography should register their details with **Martin J Heery, Athletics Leinster Cross Country and Road Secretary** prior to commencing. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.

### **Respect**

Athletics Leinster Officials and Club Officials, who are vital in ensuring our Championships can take place and run smoothly, are to be shown respect at all times. Athletes, parents/guardians and coaches are to ensure that if they have a grievance that the proper appeal procedure is used. Verbal or physical abuse will not be tolerated and will be reported to your club officials and followed up by Athletics Leinster.

### **Athletics Leinster Appeals Procedure**

- Protests concerning the result or conduct of an event shall be made within 20 minutes of the official announcement of the result of that event.
- Any protest in the first instance shall be made *orally* to the Referee by the athlete or someone acting on their behalf. The Referee may decide the protest or refer it to the Jury of Appeal. To arrive at a fair decision the Referee should use any available evidence they feel is necessary. If the Referee makes a decision, there shall be a right of appeal to the Jury. The appeal to the Jury should only come after a decision by the Referee.
- An appeal to the Jury of Appeal must be made within 20 minutes of the official announcement of the amended result of an event arising from the decision made by the Referee, or of the advice being given to those making the protest, where there is no amendment of any result.
- The appeal to the Jury must be presented on the official Appeals Form available on request at "Check-In", signed by a responsible club official on behalf of the athlete or team and shall be made within 20 minutes following the decision of the Referee and shall be accompanied by a €20 fee in cash which will be forfeited if the appeal is unsuccessful.
- The Jury of Appeal shall consult all relevant persons, including the relevant Referee (except when their decision is to be fully maintained by the Jury of Appeal). If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.
- The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.
- The Jury of Appeal shall, in the first instance, be comprised of the Athletics Leinster Chairperson, the Athletics Leinster Cross Country and Road Secretary and the Track Referee on the day. In the case of a conflict of interest on any matter an alternate shall replace the conflicted member(s) for the determination of that issue. In the event that any member/alternate of first instance is unavailable on the day of competition they may be substituted by the Athletics Leinster Vice-Chairman, the Athletics Leinster Treasurer or such other Athletics Leinster Officers as are present on the day, as appropriate.
- All appeals will be dealt with on the day. The decision of the Jury of Appeal shall be final and there shall be no further right of appeal.





## Race Entry Fees, Team Entries, Team Scoring and Medal Awards

### 2025 – Day 1

#### Entry Fees

As per the Raheny Shamrock A.C. "Battle of Clontarf" 10 Mile event fees.

There is no separate entry fee to the Athletics Leinster event. Entrants in the Raheny Shamrock A.C. 10 Mile event that are registered members of clubs affiliated to Athletics Leinster will be automatically entered in the Athletics Leinster 10 Mile event and assigned to their club and county for team scores.

#### Teams

1. Team results will be based on the combined times of the members of a team.
2. Male and female are separate competitions and the following "cascade" team scoring system will apply:

#### Club Teams

1. The first three athletes from a club across the finish line are assigned initially to a **senior** club team, regardless if they are senior or master athletes.
2. If the team places 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **master** team members are excluded from further club team scores.
3. If the senior team does **not** place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **master** team members, regardless if they are O/35 or O/50, are assigned to an O/35 club team.
4. If the O/35 club team places 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **O/50 master** team members are excluded from further club team scores.
5. If the O/35 club team does **not** place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **O/50 master** team members are assigned to an O/50 club team.

#### County Teams

The above cascade system also applies to **county** teams scores – in the same order of senior (6 to score), O/35 (6 to score) and O/50 (4 to score), as appropriate.

Category	Club	County
Senior Women	<b>3</b> to score	<b>6</b> to score
Senior Men	<b>3</b> to score	<b>6</b> to score
Master Women O/35	<b>3</b> to score	<b>6</b> to score
Master Women O/50	<b>3</b> to score	<b>4</b> to score
Master Men O/35	<b>3</b> to score	<b>6</b> to score
Master Men O/50	<b>3</b> to score	<b>4</b> to score



**Medal Awards**

**Senior**

Championship medals to:

- Top **3** Individuals
- Top **3** Club Teams
- Top **3** County Teams

**Masters**

Championship medals to:

- Top **3** Individual men and women in each category O/35, 40, 45, 50 etc.
- Top **3** Women's Club Teams **O/35** (combined categories O/35, 40, 45, 50 etc.)
- Top **3** Women's Club Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Men's Club Teams **O/35** (combined category O/35, 40, 45, 50 etc.)
- Top **3** Men's Club Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Women's County Teams **O/35** (combined categories O/35, 40, 45, 50 etc.)
- Top **3** Women's County Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Men's County Teams **O/35** (combined category O/35, 40, 45, 50 etc.)
- Top **3** Men's County Teams **O/50** (combined category O/50, 55, 60 etc.)

**2025 – Day 2**

**Events and Timetable**

Event	Distance	Time (approx.)
Master Women	3k	3.00pm
Master Men	6k	3.25pm
Novice Women	3k	4.00pm
Novice Men	6k	4.20pm

**Club and County Teams**

Category	Club		County **Note 2	
	Enter	Scoring	Enter **	Scoring
Novice Women	8	4	8	4
Novice Men	8	4	12	6
Master Women O/35	6	3	6	3
Master Women O/50	6	3	6	3
Master Men O/35	8	4	8	4
Master Men O/50 **Note 1	6	3	6	3

Note 1 \* An O/50 Master wishing to compete as part of an O/35 team must enter as part of the O/35 team at time of entry – no changes on the day of the event



Note 2 \*\* There are **two** options available to the County Secretary for entering County Teams

**1. Declared Team** – County Secretary completes the online entry and list the name of each athlete on the team. Only athletes named at time of entry will score for team places at the Championships.

**No changes on the day to named County teams**

**2. Undeclared Team** – County Secretary selects this option online and all athletes from a County are **automatically** categorised as being on the County team, provided that they have already been entered by their club. If not entered by their club, the athlete cannot compete as they will not have a race number and therefore are not entered. No on-the-day team declarations will be accepted.

Note 3 \*\*\* Team results will be based on the combined times of the members of a team.

**Medal Awards**

**Novice**

*Championship medals to:*

- Top **3** Individuals
- Top **3** Club Teams
- Top **3** County Teams

**Masters**

*Championship medals to:*

- Top **3** Individual men and women in each category O/35, 40, 45, 50 etc.
- Top **3** Women's Club Teams **O/35** (combined categories O/35, 40, 45, 50 etc.)
- Top **3** Women's Club Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Men's Club Teams **O/35** (combined category O/35, 40, 45, 50 etc.)
- Top **3** Men's Club Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Women's County Teams **O/35** (combined categories O/35, 40, 45, 50 etc.)
- Top **3** Women's County Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Men's County Teams **O/35** (combined category O/35, 40, 45, 50 etc.)
- Top **3** Men's County Teams **O/50** (combined category O/50, 55, 60 etc.)

**2025 – Day 3**

**Entry Fees**

As per the Tullamore Harriers A.C. Half Marathon event fees.

There is no separate entry fee to the Athletics Leinster event. Entrants in the Tullamore Harriers A.C. Half Marathon event that are registered members of clubs affiliated to Athletics Leinster will be automatically entered in the Athletics Leinster Half Marathon event and assigned to their club and county for team scores.

**Teams**

1. Team results will be based on the combined times of the members of a team.
2. Male and female are separate competitions and the following "cascade" team scoring system will apply:





**Club Teams**

1. The first three athletes from a club across the finish line are assigned initially to a **senior** club team, regardless if they are senior or master athletes.
2. If the team places 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **master** team members are excluded from further club team scores.
3. If the senior team does **not** place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **master** team members, regardless if they are O/35 or O/50, are assigned to an O/35 club team.
4. If the O/35 club team places 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **O/50 master** team members are excluded from further club team scores.
5. If the O/35 club team does **not** place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **O/50 master** team members are assigned to an O/50 club team.

**County Teams**

The above cascade system also applies to **county** teams scores – in the same order of senior (6 to score), O/35 (6 to score), O/50 (4 to score) and Women O/60 County (3 to score), as appropriate. **NOTE:** Women O/60 can win medals on Senior, O/35 or O/50 County teams and still be awarded medals on an O/60 County team.

<b>Category</b>	<b>CLUB</b>	<b>COUNTY</b>
Senior Women	<b>3</b> to score	<b>6</b> to score
Senior Men	<b>3</b> to score	<b>6</b> to score
Master Women O/35	<b>3</b> to score	<b>6</b> to score
Master Women O/50	<b>3</b> to score	<b>4</b> to score
Master Women O/60	No Club team medals for Women O/60	<b>3</b> to score
Master Men O/35	<b>3</b> to score	<b>6</b> to score
Master Men O/50	<b>3</b> to score	<b>4</b> to score

**Medal Awards**

**Senior**

*Championship medals to:*

- Top **3** Individuals
- Top **3** Club Teams
- Top **3** County Teams

**Masters**

*Championship medals to:*

- Top **3** Individual men and women in each category O/35, 40, 45, 50 etc.
- Top **3** Women’s Club Teams **O/35** (combined categories O/35, 40, 45, 50 etc.)
- Top **3** Women’s Club Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Men’s Club Teams **O/35** (combined category O/35, 40, 45, 50 etc.)
- Top **3** Men’s Club Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Women’s County Teams **O/35** (combined categories O/35, 40, 45, 50 etc.)
- Top **3** Women’s County Teams **O/50** (combined category O/50, 55, 60)
- Top **3** Women’s County Teams **O/60**
- Top **3** Men’s County Teams **O/35** (combined category O/35, 40, 45, 50 etc.)
- Top **3** Men’s County Teams **O/50** (combined category O/50, 55, 60 etc.)



2025 – Day 4

**Entry Fees**

As per the Dublin City Marathon event fees.

There is no separate entry fee to the Athletics Leinster event. Entrants in the Dublin City Marathon event that are registered members of clubs affiliated to Athletics Leinster will be automatically entered in the Athletics Leinster Marathon event and assigned to their club for team scores.

**Teams**

1. Team results will be based on the combined times of the members of a team.
2. Male and female are separate competitions and the following "cascade" team scoring system will apply:

**Club Teams**

1. The first three athletes from a club across the finish line are assigned initially to a **senior** club team, regardless if they are senior or master athletes.
2. If the team places 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **master** team members are excluded from further club team scores.
3. If the senior team does **not** place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **master** team members, regardless if they are O/35 or O/50, are assigned to an O/35 club team.
4. If the O/35 club team places 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **O/50 master** team members are excluded from further club team scores.
5. If the O/35 club team does **not** place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>, any **O/50 master** team members are assigned to an O/50 club team.

**County Teams**

There are no County team medals.

Category	Club
Senior Women	<b>3</b> to score
Senior Men	<b>3</b> to score
Master Women O/35	<b>3</b> to score
Master Women O/50	<b>3</b> to score
Master Men O/35	<b>3</b> to score
Master Men O/50	<b>3</b> to score

**Medal Awards**

**Senior**

Championship medals to:

- Top **3** Individuals
- Top **3** Club Teams

**Masters**

Championship medals to:

- Top **3** Individual men and women in each category O/35, 40, 45, 50 etc.
- Top **3** Women's Club Teams **O/35** (combined categories O/35, 40, 45, 50 etc.)
- Top **3** Women's Club Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Men's Club Teams **O/35** (combined category O/35, 40, 45, 50 etc.)
- Top **3** Men's Club Teams **O/50** (combined category O/50, 55, 60 etc.)



## Athletics Leinster

### Road Race 2025 Booklet

### **Athletics Leinster Officers**

<b>Athletics Leinster Officers</b>	
Chairperson	Catriona Duffy
Vice Chairperson	Joe Walsh
Secretary and Registrar	Paul Archbold
Treasurer	Ciara Heneghan
Assistant Treasurer	Majella McGrath
Cross Country and Road Secretary	Martin J Heery
Assistant Cross Country and Road Secretary	Greg Duggan
Indoor Track and Field Competition Secretary	Vacant
Outdoor Track and Field Competition Secretary	David Denieffe
Coaching and Development Officer	Paul Archbold
Technical Support	Andrew Lynam
PRO	Mary Daly
PRO	Adrian Martin
Child Welfare Officer	Margaret Daly
Child Welfare Officer	Joe Walsh