



Athletics Leinster

Road Race Championships 2026

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

V1.1 – 05.03.2026

Note 1: Entry Fees have increased (See Page 3)

Note 2: Team Entries have changed for Day 2 (See Pages 9 and 10)

- **Novice and Masters club** road teams for Day 2 will be undeclared teams, with all clubs to enter athletes as individuals (with no additional club team fee). Athletes will be automatically assigned to their club team.
- **Novice and Masters county** road teams for Day 2 will be undeclared teams. All clubs to enter athletes as individuals, **while counties register county team and pay fees separately**. Athletes will be automatically assigned to their county, **on condition that county team is entered and paid by entry closing date**.

Contact

Athletics Leinster Road Secretary

Martin J Heery

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2026 Athletics Leinster Road Race Programme			
Date	Start Time	Distance	Venue
Day 1 – Hosted by – Raheny Shamrocks A.C.			
Postponed New Date TBC	See Battle of Clontarf 10 Mile	10 Mile	St. Anne’s Park, Raheny, Co. Dublin
Day 2 – Hosted by – Gowran A.C.			
Saturday 2 nd May 2026	3.00pm	Novice and Masters	Gowran, Co. Kilkenny, R95 RW89
Day 3 – Hosted by – Tullamore Harriers A.C.			
Saturday 29 th August 2026	See Tullamore Half Marathon	Half Marathon	Tullamore, Co. Offaly
Day 4 – Hosted by – Marathon Events Management DAC			
Sunday 25 th October 2026	See Dublin 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 – Standard Entries close on Friday the 24th of April 2026 at 11:59pm and Late Entries close on Tuesday the 28th of April 2026 at 9:59pm.

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

Day 4 – Marathon - See entries to Dublin 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



Road Race Entry Fees for Day 2

Note: Entry Fees increased in 2026 for the first time in 8 years, with late entry fees to apply.

Standard Individual Entry Fees:

Novice	€12
Masters	€12

Late Individual Entry Fees:

Novice	€24
Masters	€24

Standard Team Entry Fees:

County Team	€30
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Late Team Entry Fees:

County Team	€30
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Please note Athletics Leinster will cover half the entry system / transactions costs for standard entries, while for late entries all the cost will be on the entry.

Subs Medals

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

Officials for Day 2

- It is the responsibility of all clubs, without exception, to provide officials for competitions in which their athletes are competing.
- Failure of a club to provide officials will result in a club's athletes not being permitted to compete.
- Officials must sign in at the check-in desk on the day of competition, and must be available to officiate for the duration of the competition.
- It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.
- Only club officials can request amendments to their team.
- Coach/Team Managers are responsible for all their athletes, no exceptions.
- It is expected that one Official is provided for every 10 athletes the club has competing per day of an event.



Entry and Competition Rules

- All entrants must be registered with Athletics Ireland in the year of competition.
- 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 1st, 2nd or 3rd 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 31st 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	O/35, 40, 45, 50, 55, 60, 65, 70
Women	O/35, 40, 45, 50, 55, 60, 65, 70

2026 Age Groups

1. Age categories calculated from 31st 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, Cross Country Course 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 Chairperson, 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

2026 – 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 1st, 2nd or 3rd, any **master** team members are excluded from further club team scores.
3. If the senior team does **not** place 1st, 2nd or 3rd, 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 1st, 2nd or 3rd, any **O/50 master** team members are excluded from further club team scores.
5. If the O/35 club team does **not** place 1st, 2nd or 3rd, 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	3 to score	6 to score
Senior Men	3 to score	6 to score
Master Women O/35	3 to score	6 to score
Master Women O/50	3 to score	4 to score
Master Men O/35	3 to score	6 to score
Master Men O/50	3 to score	4 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.)

2026 – 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

Club Teams

Novice and **Masters club** road teams will be undeclared teams, with all clubs to enter athletes as individuals (with no additional club team fee). Athletes will be automatically assigned to their club team.



County Teams

Novice and **Masters county** road teams will be undeclared teams. All clubs to enter athletes as individuals, **while counties register county team and pay fees separately**. Athletes will be automatically assigned to their county, **on condition that county team is entered and paid by entry closing date**.

Note: 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.)

2026 – 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 1st, 2nd or 3rd, any **master** team members are excluded from further club team scores.
3. If the senior team does **not** place 1st, 2nd or 3rd, 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 1st, 2nd or 3rd, any **O/50 master** team members are excluded from further club team scores.
5. If the O/35 club team does **not** place 1st, 2nd or 3rd, 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.

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



2026 – Day 4

Entry Fees

As per the Dublin Marathon event fees.

There is no separate entry fee to the Athletics Leinster event. Entrants in the Dublin 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 1st, 2nd or 3rd, any **master** team members are excluded from further club team scores.
3. If the senior team does **not** place 1st, 2nd or 3rd, 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 1st, 2nd or 3rd, any **O/50 master** team members are excluded from further club team scores.
5. If the O/35 club team does **not** place 1st, 2nd or 3rd, 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	3 to score
Senior Men	3 to score
Master Women O/35	3 to score
Master Women O/50	3 to score
Master Men O/35	3 to score
Master Men O/50	3 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 2026 Booklet

Athletics Leinster Officers

Athletics Leinster Officers	
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