

Transfer List 2025 (to May 2025)								
First Name	Last Name	Outgoing Club	Incoming Club	Outgoing County	Incoming County	Inter County	Lapsed Transfer	Transfer Window
Warren	Donnelly	Balbriggan and District A.C.	Skerries A.C.	Dublin	Dublin	No	26.02.2025	
Chisobem	Ebili	Ballincollig A.C.	Leevale A.C.	Cork	Cork	No	05.02.2025	
Kate	Mulvey	Ballymun A.C.	Artane/Beaumont Running C	Dublin	Dublin	No	24.03.2025	
Jack	O Shea	Bantry A.C.	Durrus A.C.	Cork	Cork	No	04.03.2025	
Sile	Carney	Blackrock (Dublin) A.C.	Roscommon Harriers A.C.	Dublin	Roscommon	Yes	24.03.2025	
Shay	Geraghty	Castlecomer A.C.	Nuenna A.C.	Kilkenny	Kilkenny	No	17.04.2025	
Robbie	Geraghty	Castlecomer A.C.	Nuenna A.C.	Kilkenny	Kilkenny	No	17.04.2025	
Shane	Begley	Castlegar A.C.	Athenry A.C.	Galway	Galway	No	16.01.2025	
Nicole	Ciweck	Castlegar A.C.	Claremorris A.C.	Galway	Mayo	Yes	10.02.2025	
Aoibhe	O Malley	Castlegar A.C.	West Coast A.C.	Galway	Galway	No	11.02.2025	
Logan	Walsh	Castlegar A.C.	West Coast A.C.	Galway	Galway	No	25.03.2025	
Kathy	Doyle	Clane A.C.	Metro/St. Brigid's A.C.	Kildare	Dublin	Yes	24.03.2025	
Kate	Hughes	Claremorris A.C.	Lake District A.C.	Mayo	Mayo	No	11.02.2025	
Blake	Kenny	Clongriffin A.C.	Mid Sutton A.C.	Dublin	Dublin	No	05.03.2025	
Faye	Healy	Clongriffin A.C.	Farranfore Maine Valley A.C.	Dublin	Kerry	Yes	29.04.2025	
Fionnuala	Doherty	Clonliffe Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No	01.04.2025	
Eric	Baneham	Coolock Running Club A.C.	Artane/Beaumont Running C	Dublin	Dublin	No	19.03.2025	
Joseph	Hogan	Cork City A.C.	Liscarroll A.C.	Cork	Cork	No	05.02.2025	
Aidan	Hogan	Cork City A.C.	Liscarroll A.C.	Cork	Cork	No	05.02.2025	
Luke	Hickey	Cork City A.C.	Sportsworld A.C.	Cork	Dublin	Yes	13.02.2025	
Calvin	Malone	Cork City A.C.	Liffey Valley A.C.	Cork	Dublin	Yes	18.03.2025	
PJ	O Leary	Croghan A.C.	Dublin Front Runners A.C.	Wexford	Dublin	Yes	18.03.2025	
Ian	O'Reilly	Drogheda and District A.C.	Ace A.C.	Louth	Louth	No	21.01.2025	
Jillian	Munnelly	Drogheda and District A.C.	Duleek and District A.C.	Louth	Meath	Yes	12.02.2025	
Luke	Quinlan	Dublin Front Runners A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	24.02.2025	
Nóirín	Feighery	Dublin Mountain Running C	Lucan Harriers A.C.	Dublin	Dublin	No	07.04.2025	
Lily	Casey	Dunboyne A.C.	Dublin City Harriers A.C.	Meath	Dublin	Yes	15.04.2025	
Kevin	Lekha	Dunboyne A.C.	Navan A.C.	Meath	Meath	No	15.04.2025	
Lucy	Rogers	Dundalk St. Gerards A.C.	Redeemer A.C.	Louth	Louth	No	24.03.2025	
Charlie	Green	Dundrum South Dublin A.C.	Blackrock (Dublin) A.C.	Dublin	Dublin	No	24.03.2025	
Edward	Niland	Dundrum South Dublin A.C.	Derg A.C.	Dublin	Clare	Yes	23.04.2025	
Niamh	Heger	Dundrum South Dublin A.C.	Blackrock (Dublin) A.C.	Dublin	Dublin	No	30.04.2025	
Callum	Reilly	East Breffni A.C.	Clones A.C.	Cavan	Monaghan	Yes	16.01.2025	
Finn	Treacy	Emerald A.C.	Limerick A.C.	Limerick	Limerick	No	24.03.2025	
Sophie	Culleton	Fergus A.C.	Ennis Track A.C.	Clare	Clare	No	23.04.2025	
Aoibhinn	Hyland	Gowran A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No	10.02.2025	
Roisin	Hyland	Gowran A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No	10.02.2025	
Gillian	Kavanagh	Gowran A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No	06.03.2025	
Julia	Lasica	Hunters A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No	15.01.2025	
Laura	Meany	Kilkenny City Harriers A.C.	Thomastown A.C.	Kilkenny	Kilkenny	No	06.02.2025	
Mary	Bourne	Kilkenny City Harriers A.C.	Castlecomer A.C.	Kilkenny	Kilkenny	No	12.03.2025	
C.J	Long	Leevale A.C.	Togher A.C.	Cork	Cork	No	16.01.2025	
Jacob	Bourke	Limerick A.C.	Newport AC	Limerick	Tipperary	Yes	24.03.2025	
Chloe	Keely	Loughrea A.C.	Craughwell A.C.	Galway	Galway	No	11.03.2025	
Dara	Sandhu	Lusk A.C.	Skerries A.C.	Dublin	Dublin	No	27.01.2025	
Cillian	Sandhu	Lusk A.C.	Skerries A.C.	Dublin	Dublin	No	28.04.2025	
Brona	Burns	Maree A.C	Castlerea Crusaders A.C.	Galway	Roscommon	Yes	17.04.2025	
Roisin	Pastourel	Mid Sutton A.C.	Marino A.C.	Dublin	Dublin	No	10.01.2025	
Aron	Nutley	Monaghan Town Runners A	Carrick Aces A.C.	Monaghan	Monaghan	No	07.04.2025	
Susan	Looney	Mount Hillary A.C.	North Cork A.C.	Cork	Cork	No	05.02.2025	
Sam	Cronin	Mount Hillary A.C.	Mallow A.C.	Cork	Cork	No	28.04.2025	
Catherine	Dunne	Moyne A.C.	Thurles Crokes A.C.	Tipperary	Tipperary	No	30.04.2025	
Freya	Sheridan	Navan A.C.	Moynalty A.C.	Meath	Meath	No	25.03.2025	
Philip	Dempsey	Navan A.C.	Bohermeen A.C.	Meath	Meath	No	15.04.2025	
Sophie	Dempsey	Navan A.C.	Bohermeen A.C.	Meath	Meath	No	15.04.2025	
Lucy	Campbell	Olympian Youth A.C.	Tír Chonaill A.C.	Derry	Donegal	Yes	08.01.2025	
Mouhcine	Fathoun	Olympian Youth A.C.	Finn Valley A.C.	Derry	Donegal	Yes	07.05.2025	

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First Name	Last Name	Outgoing Club	Incoming Club	Outgoing County	Incoming County	Inter County	Lapsed Transfer	Transfer Window
Seamus	Ward	Parnell A.C.	Roundwood and District A.C.	Wicklow	Wicklow	No	20.01.2025	
Sinead	Del Bello	Portmarnock A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	02.01.2025	
Garry	Mc Dermott	Rathkenny A.C.	Moynalty A.C.	Meath	Meath	No	25.03.2025	
Hunter	Foran	Redeemer A.C.	Dunleer A.C.	Louth	Louth	No	04.02.2025	
James	McHugh	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Olivia	McHugh	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Conor	Higgins	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Josh	Hogan	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Lucy	Flynn	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Evan	Flynn	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Christopher	Keleghan	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Millie	Keyes	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Liam	Keyes	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Ellen	Keyes	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Chloe	Claasen	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	16.01.2025	
Pat	Fitzgibbon	S.R.L. A.C.	Roscommon A.C.	Roscommon	Roscommon	No	19.02.2025	
Abigail	Crowley	Skibbereen A.C.	Durrus A.C.	Cork	Cork	No	04.03.2025	
Sonya	Mc Connon	Sli Cualann A.C.	Dundrum South Dublin A.C.	Wicklow	Dublin	Yes	17.01.2025	
Gavin	O Reilly	Sliabh Ban A.C.	Longford A.C.	Roscommon	Longford	Yes	19.03.2025	
Brian	O Murchu	Sportsworld A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	No	07.04.2025	
Mary	Comey	St. Coca's A.C.	Irish Mountain Cardio A.C.	Kildare	Dublin	Yes	10.03.2025	
Mary	Wheeler	St. Coca's A.C.	Lucan Harriers A.C.	Kildare	Dublin	Yes	03.04.2025	
Daire	Gleeson	St. Cronans A.C.	Marian A.C.	Clare	Clare	No	23.04.2025	
Amy	Fahy	St. Cronans A.C.	Marian A.C.	Clare	Clare	No	23.04.2025	
Tom	Mc Elroy	St. Peter's A.C.	Kilkerley A.C.	Louth	Louth	No	21.01.2025	
Harry	McElroy	St. Peter's A.C.	Kilkerley A.C.	Louth	Louth	No	29.01.2025	
Niamh	O Sullivan	Star of the Laune A.C.	Farranfore Maine Valley A.C.	Kerry	Kerry	No	29.04.2025	
Anna	O Sullivan	Star of the Laune A.C.	Farranfore Maine Valley A.C.	Kerry	Kerry	No	29.04.2025	
Kate	O Dwyer	Thurles Crokes A.C.	Moyne A.C.	Tipperary	Tipperary	No	02.04.2025	
Emily	O'Sullivan	Tralee Harriers A.C.	Ciarrai Thiar A.C.	Kerry	Kerry	No	10.01.2025	
Aoibheann	O'Sullivan	Tralee Harriers A.C.	Ciarrai Thiar A.C.	Kerry	Kerry	No	10.01.2025	
Abigail	O'Sullivan	Tralee Harriers A.C.	Ciarrai Thiar A.C.	Kerry	Kerry	No	10.01.2025	
Jimmy	McGibney	Waterford A.C.	Tramore A.C.	Waterford	Waterford	No	05.02.2025	
Isabelle	Gooney	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No	10.02.2025	
Farrah	Gooney	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No	13.02.2025	
Thomas	Falconer	Waterford A.C.	St. Mary's A.C. Ballygunner	Waterford	Waterford	No	23.04.2025	
Betty	O Riordan	West Muskerry A.C.	Eagle A.C.	Cork	Cork	No	23.01.2025	
Faolain	Creaby	Westport A.C.	Aughagower A.C.	Mayo	Mayo	No	20.03.2025	
Spring Transfer Window								
Roisin	Keogh Coade	Ace A.C.	Drogheda and District A.C.	Louth	Louth	No		01.05.2025
Brian	Boyce	An Ríocht A.C.	Milford A.C.	Kerry	Donegal	Yes		01.05.2025
Danny	Murphy	An Ríocht A.C.	Tralee Harriers A.C.	Kerry	Kerry	No		01.05.2025
Eimear	Reen	An Ríocht A.C.	Spa-Fenit Barrow A.C.	Kerry	Kerry	No		01.05.2025
James	Doran	An Ríocht A.C.	Killarney Valley A.C.	Kerry	Kerry	No		01.05.2025
Cian	O'Reilly	Annalee A.C.	Galway City Harriers A.C.	Cavan	Galway	Yes		01.05.2025
Claire	Miney	Annalee A.C.	Longford A.C.	Cavan	Longford	Yes		01.05.2025
Orla	Miney	Annalee A.C.	Longford A.C.	Cavan	Longford	Yes		01.05.2025
Anna	McKeown	Ardee and District A.C.	Carrick Aces A.C.	Louth	Monaghan	Yes		01.05.2025
Emer	McKeown	Ardee and District A.C.	Carrick Aces A.C.	Louth	Monaghan	Yes		01.05.2025
Tom	McKeown	Ardee and District A.C.	Carrick Aces A.C.	Louth	Monaghan	Yes		01.05.2025
Eirnin	Mannion	Athlone A.C.	Reeside A.C.	Westmeath	Roscommon	Yes		01.05.2025
Sinead	Bracken	Athlone A.C.	Naomh Mhuire A.C.	Westmeath	Offaly	Yes		01.05.2025
Anna	Crowe	B.M.O.H. A.C.	St. Cronans A.C.	Clare	Clare	No		01.05.2025
Daniel	Crowe	B.M.O.H. A.C.	St. Cronans A.C.	Clare	Clare	No		01.05.2025
Anastasia	Glabian	Ballincollig A.C.	Cork City A.C.	Cork	Cork	No		01.05.2025
Deirdre	O Driscoll	Ballincollig A.C.	Bantry A.C.	Cork	Cork	No		01.05.2025
Rachel	Lynch	Ballincollig A.C.	Eagle A.C.	Cork	Cork	No		01.05.2025

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Sophia	Slattery	Ballon Rathoe A.C.	St. L. O'Toole A.C.	Carlow	Carlow	No		01.05.2025
Peter	Bergin	Ballyfin A.C.	Portlaoise A.C.	Laois	Laois	No		01.05.2025
Aisling	O Leary	Ballymore Cobh A.C.	Cork Track Club A.C.	Cork	Cork	No		01.05.2025
Alfie	Cummins	Ballymore Cobh A.C.	Cork Track Club A.C.	Cork	Cork	No		01.05.2025
Caoimhe	Carolan	Ballymore Cobh A.C.	Cork Track Club A.C.	Cork	Cork	No		01.05.2025
Charlie	Cummins	Ballymore Cobh A.C.	Cork Track Club A.C.	Cork	Cork	No		01.05.2025
Aoife	Farrell	Ballymun A.C.	Artane/Beaumont Running C	Dublin	Dublin	No		01.05.2025
Julianne	Oakley	Ballyskenach A.C.	Nenagh Olympic A.C.	Offaly	Tipperary	Yes		01.05.2025
Mary Rose	Grogan	Banagher A.C.	Ferbane A.C.	Offaly	Offaly	No		01.05.2025
Benjamin	Graves	Bandon A.C.	Dundrum South Dublin A.C.	Cork	Dublin	Yes		01.05.2025
Lena	Harrington	Bandon A.C.	West Muskerry A.C.	Cork	Cork	No		01.05.2025
Hannah	Moriarty	Barrow Valley A.C.	St. L. O'Toole A.C.	Carlow	Carlow	No		01.05.2025
Beth	Twomey	Belgooly A.C.	Blarney/Inniscara A.C.	Cork	Cork	No		01.05.2025
Eoghan	O'Connor	Belgooly A.C.	Leevale A.C.	Cork	Cork	No		01.05.2025
Ewan	Twomey	Belgooly A.C.	Blarney/Inniscara A.C.	Cork	Cork	No		01.05.2025
Emily	Kennedy	Birr A.C.	Banagher A.C.	Offaly	Offaly	No		01.05.2025
Nathan	O'Rourke	Birr A.C.	Banagher A.C.	Offaly	Offaly	No		01.05.2025
Catherine	Hunt	Blackrock (Dublin) A.C.	Crusaders A.C.	Dublin	Dublin	No		01.05.2025
Cian	Power	Blackrock (Dublin) A.C.	Cabinteely A.C.	Dublin	Dublin	No		01.05.2025
Niamh	Heger	Blackrock (Dublin) A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	No		01.05.2025
Dillon	Rowland	Blackrock (Louth) A.C.	Ratoath A.C.	Louth	Meath	Yes		01.05.2025
Matthew	Mc Guinness	Blackrock (Louth) A.C.	Dundalk St. Gerards A.C.	Louth	Louth	No		01.05.2025
Patrick	Mc Guinness	Blackrock (Louth) A.C.	Dundalk St. Gerards A.C.	Louth	Louth	No		01.05.2025
Muireann	Traynor	Bohermeen A.C.	Navan A.C.	Meath	Meath	No		01.05.2025
Ciaran	Garvey	Boyne A.C.	Dunleer A.C.	Louth	Louth	No		01.05.2025
Euan	Canniffe	Boyne A.C.	Clonliffe Harriers A.C.	Louth	Dublin	Yes		01.05.2025
Jack	Garvey	Boyne A.C.	Dunleer A.C.	Louth	Louth	No		01.05.2025
Lochlann	O Reilly	Boyne A.C.	Star of the Sea A.C.	Louth	Meath	Yes		01.05.2025
Eabha	Byrne	Bray Runners A.C.	U.C.D. A.C.	Wicklow	Dublin	Yes		01.05.2025
Sorsha	Boyle	Bray Runners A.C.	Cabinteely A.C.	Wicklow	Dublin	Yes		01.05.2025
Evie	Rossiter	Bree A.C.	Enniscorthy A.C.	Wexford	Wexford	No		01.05.2025
Finn	Mc Kiernan	Bree A.C.	D.M.P. A.C.	Wexford	Wexford	No		01.05.2025
Holly	Rossiter	Bree A.C.	Enniscorthy A.C.	Wexford	Wexford	No		01.05.2025
Leah	Dempsey	Bree A.C.	Enniscorthy A.C.	Wexford	Wexford	No		01.05.2025
Max	McKiernan	Bree A.C.	D.M.P. A.C.	Wexford	Wexford	No		01.05.2025
Paige	Dempsey	Bree A.C.	Enniscorthy A.C.	Wexford	Wexford	No		01.05.2025
Evelyn	Murphy	Bridevale A.C.	Grange/Fermoy A.C.	Cork	Cork	No		01.05.2025
Eva	Cormack	Brothers Pearse A.C.	U.C.D. A.C.	Dublin	Dublin	No		01.05.2025
Karl	Doherty	Brothers Pearse A.C.	Tallaght A.C.	Dublin	Dublin	No		01.05.2025
Maggie	Walshe	Brothers Pearse A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	No		01.05.2025
Noah	Gill	Brothers Pearse A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	No		01.05.2025
Noel	Fahey	Brothers Pearse A.C.	Lakeshore Striders A.C.	Dublin	Wicklow	Yes		01.05.2025
Aidan	Cooney	Carraig-Na-Bhfear A.C.	Wibbles A.C.	Cork	Cork	No		01.05.2025
Darragh	Scott	Carrick Aces A.C.	Monaghan Phoenix A.C.	Monaghan	Monaghan	No		01.05.2025
Sean	Cunningham	Carrick Aces A.C.	Dublin Front Runners A.C.	Monaghan	Dublin	Yes		01.05.2025
Emily	Foley	Carrick-on-Shannon A.C.	Drumshanbo A.C.	Leitrim	Leitrim	No		01.05.2025
Kevin	English	Carrick-on-Shannon A.C.	Longford A.C.	Leitrim	Longford	Yes		01.05.2025
Sadie Rose	Shanley	Carrick-on-Shannon A.C.	Drumshanbo A.C.	Leitrim	Leitrim	No		01.05.2025
Miguel	Ponce De Leon	Carrick-on-Suir A.C.	St. Senans A.C.	Tipperary	Kilkenny	Yes		01.05.2025
Adam	Ogorman	Carrigaline A.C.	Cork City A.C.	Cork	Cork	No		01.05.2025
ALICE	LONG	Carrigaline A.C.	Togher A.C.	Cork	Cork	No		01.05.2025
Cian	OGorman	Carrigaline A.C.	Cork City A.C.	Cork	Cork	No		01.05.2025
Dawn	Pearce	Carrigaline A.C.	Ballincollig A.C.	Cork	Cork	No		01.05.2025
Sebastian	Long	Carrigaline A.C.	Togher A.C.	Cork	Cork	No		01.05.2025
Sophie	O'Donovan	Carrigaline A.C.	Eagle A.C.	Cork	Cork	No		01.05.2025
Iain	Grant	Carrigtwohill A.C.	St. Finbarrs A.C.	Cork	Cork	No		01.05.2025
Marc	Cashman	Carrigtwohill A.C.	Watergrasshill A.C.	Cork	Cork	No		01.05.2025

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Ruth	Swift	Castlebar A.C.	Mayo A.C.	Mayo	Mayo	No		01.05.2025
Amy	Costigan	Castlecomer A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No		01.05.2025
Catherine	Scully	Castlecomer A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No		01.05.2025
Aodh	Murray	Castlegar A.C.	West Coast A.C.	Galway	Galway	No		01.05.2025
Aonghus	Murray	Castlegar A.C.	West Coast A.C.	Galway	Galway	No		01.05.2025
Caoimhe	Murray	Castlegar A.C.	West Coast A.C.	Galway	Galway	No		01.05.2025
Ellie	Carragher	Castlegar A.C.	Galway City Harriers A.C.	Galway	Galway	No		01.05.2025
John	Mcdermott	Castlegar A.C.	West Coast A.C.	Galway	Galway	No		01.05.2025
Síofra	Murray	Castlegar A.C.	West Coast A.C.	Galway	Galway	No		01.05.2025
Caoimhe	Feeney	Celtic DCH A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Maggie	Venkova	Celtic DCH A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Niamh	O'Riordan	Ciarraí Thiar A.C.	An Ríocht A.C.	Kerry	Kerry	No		01.05.2025
Fiona	Fagan	Civil Service Harriers A.C.	Mullingar Harriers A.C.	Dublin	Westmeath	Yes		01.05.2025
Gerard	Keaty	Civil Service Harriers A.C.	Birr A.C.	Dublin	Offaly	Yes		01.05.2025
Rob	Mc Cabe	Clane A.C.	Newbridge A.C.	Kildare	Kildare	No		01.05.2025
Alan	Clarke	Claremorris A.C.	Mayo A.C.	Mayo	Mayo	No		01.05.2025
Lily	Conlon	Claremorris A.C.	Castlebar A.C.	Mayo	Mayo	No		01.05.2025
James	O'Mahony	Clonakilty Road Runners A.C.	Youghal A.C.	Cork	Cork	No		01.05.2025
Aideen	McLoughlin	Clonliffe Harriers A.C.	St. Andrews A.C.	Dublin	Meath	Yes		01.05.2025
Emer	Brennan	Clonliffe Harriers A.C.	Cilles A.C.	Dublin	Meath	Yes		01.05.2025
James	Donnelly	Clonliffe Harriers A.C.	Nenagh Olympic A.C.	Dublin	Tipperary	Yes		01.05.2025
Thomas	Donnelly	Clonliffe Harriers A.C.	Nenagh Olympic A.C.	Dublin	Tipperary	Yes		01.05.2025
Alan	O Shea	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No		01.05.2025
Liam	Kiely	Clonmel A.C.	Grange/Fermoy A.C.	Tipperary	Cork	Yes		01.05.2025
Pat	Walsh	Clonmel A.C.	Swinford A.C.	Tipperary	Mayo	Yes		01.05.2025
Siofra	Nott	Cork City A.C.	Carraig-Na-Bhfear A.C.	Cork	Cork	No		01.05.2025
Darcy	Neville	Croghan A.C.	Aughrim A.C.	Wexford	Wicklow	Yes		01.05.2025
Haili	Neville	Croghan A.C.	Aughrim A.C.	Wexford	Wicklow	Yes		01.05.2025
Sarah	Byrne	Croghan A.C.	St. Benedict Inbhear Mór A.C.	Wexford	Wicklow	Yes		01.05.2025
Teegan	Neville	Croghan A.C.	Aughrim A.C.	Wexford	Wicklow	Yes		01.05.2025
Aoife	Kelly	Crookstown Millview A.C.	Lakeshore Striders A.C.	Kildare	Wicklow	Yes		01.05.2025
Bernie	Dillon	Crookstown Millview A.C.	St. Abbans A.C.	Kildare	Laois	Yes		01.05.2025
Jessica	O'Meara	Crookstown Millview A.C.	St. L. O'Toole A.C.	Kildare	Carlow	Yes		01.05.2025
Lauren	Dempsey	Crookstown Millview A.C.	Lakeshore Striders A.C.	Kildare	Wicklow	Yes		01.05.2025
Cate	Beddy	Crusaders A.C.	Templeogue A.C.	Dublin	Dublin	No		01.05.2025
Doireann	Hughes	Crusaders A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No		01.05.2025
Hugh	Mcdonough	Crusaders A.C.	Blackrock (Dublin) A.C.	Dublin	Dublin	No		01.05.2025
Kevin	Lambe	Crusaders A.C.	Dublin Front Runners A.C.	Dublin	Dublin	No		01.05.2025
Lydia	Bigley	Crusaders A.C.	Dublin Front Runners A.C.	Dublin	Dublin	No		01.05.2025
Robert	Browne	Crusaders A.C.	Bray Runners A.C.	Dublin	Wicklow	Yes		01.05.2025
Rory	Goldsmith	Crusaders A.C.	Bray Runners A.C.	Dublin	Wicklow	Yes		01.05.2025
Alan	Kenny	D15 Running Club A.C.	Donore Harriers A.C.	Dublin	Dublin	No		01.05.2025
Grace	O'Brien	Derg A.C.	Dooneen A.C.	Clare	Limerick	Yes		01.05.2025
Alex	Coughlan	Doheny A.C.	Bandon A.C.	Cork	Cork	No		01.05.2025
Eoghan	Foley	Doheny A.C.	Bandon A.C.	Cork	Cork	No		01.05.2025
Denis	Byrne	Dolmen A.C.	Tinryland A.C.	Carlow	Carlow	No		01.05.2025
Ava	Kirby	Donore Harriers A.C.	Castleknock Running Club	Dublin	Dublin	No		01.05.2025
Cian	Prunty	Donore Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Colm	Tierney	Donore Harriers A.C.	Dunboyne A.C.	Dublin	Meath	Yes		01.05.2025
Emma Jane	Keegan	Donore Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Erin	Curtin	Donore Harriers A.C.	Lakeshore Striders A.C.	Dublin	Wicklow	Yes		01.05.2025
Evan	Prunty	Donore Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Eve	Curtin	Donore Harriers A.C.	Lakeshore Striders A.C.	Dublin	Wicklow	Yes		01.05.2025
Fiona	Smith Keegan	Donore Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Jack	Byrne	Donore Harriers A.C.	Crusaders A.C.	Dublin	Dublin	No		01.05.2025
Jamie	Keegan	Donore Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Laura	Keegan	Donore Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025

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First Name	Last Name	Outgoing Club	Incoming Club	Outgoing County	Incoming County	Inter County	Lapsed Transfer	Transfer Window
Mark	Keegan	Donore Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Rian	Akinsete	Donore Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Saad	Ashraf	Donore Harriers A.C.	Crusaders A.C.	Dublin	Dublin	No		01.05.2025
Sally Ann	Lynch	Donoughmore A.C.	Cork Track Club A.C.	Cork	Cork	No		01.05.2025
Cooper	Martin	Dooneen A.C.	Limerick A.C.	Limerick	Limerick	No		01.05.2025
Fia	Mulcahy	Dooneen A.C.	Limerick A.C.	Limerick	Limerick	No		01.05.2025
Freya	Barry	Dooneen A.C.	Limerick A.C.	Limerick	Limerick	No		01.05.2025
Grace	Power	Dooneen A.C.	Limerick A.C.	Limerick	Limerick	No		01.05.2025
Hannah	Lynch	Dooneen A.C.	Raheny Shamrock A.C.	Limerick	Dublin	Yes		01.05.2025
Paul	Costelloe	Dooneen A.C.	Limerick Track A.C.	Limerick	Limerick	No		01.05.2025
Petra	Barry	Dooneen A.C.	Limerick A.C.	Limerick	Limerick	No		01.05.2025
Mairead	O'Connell	Drogheda and District A.C.	Duleek and District A.C.	Louth	Meath	Yes		01.05.2025
Deirdre	Doherty	Drumshanbo A.C.	Carrick-on-Shannon A.C.	Leitrim	Leitrim	No		01.05.2025
Gary	Seery	Dublin Bay Running A.C.	Shelters Running Community	Dublin	Dublin	No		01.05.2025
Mark	Messitt	Dublin Bay Running A.C.	Sli Cualann A.C.	Dublin	Wicklow	Yes		01.05.2025
Liam	Naughton	Dublin City Harriers A.C.	Ennis Track A.C.	Dublin	Clare	Yes		01.05.2025
David John	Mc Kenna	Dublin Front Runners A.C.	Carrick-on-Shannon A.C.	Dublin	Leitrim	Yes		01.05.2025
Linda	Crowe	Dublin Mountain Running C	Irish Mountain Trail Runners	Dublin	Dublin	No		01.05.2025
Oriana	Davis	Dublin Mountain Running C	Dundrum South Dublin A.C.	Dublin	Dublin	No		01.05.2025
Tamara	Howard	Duleek and District A.C.	Drogheda and District A.C.	Meath	Louth	Yes		01.05.2025
Ailbhe	Reilly	Dunboyne A.C.	Ratoath A.C.	Meath	Meath	No		01.05.2025
Clodagh	Reilly	Dunboyne A.C.	Ratoath A.C.	Meath	Meath	No		01.05.2025
Ellen	Sheridan	Dunboyne A.C.	Ratoath A.C.	Meath	Meath	No		01.05.2025
Grace	Connell	Dunboyne A.C.	Ratoath A.C.	Meath	Meath	No		01.05.2025
Poppy	Mulvany	Dunboyne A.C.	Ballinasloe and District A.C.	Meath	Galway	Yes		01.05.2025
Zach	Ryan	Dunboyne A.C.	Ratoath A.C.	Meath	Meath	No		01.05.2025
Anya	Saoudi	Dundalk St. Gerards A.C.	Redeemer A.C.	Louth	Louth	No		01.05.2025
Eve	O'Shaughnessy	Dundalk St. Gerards A.C.	Blackrock (Louth) A.C.	Louth	Louth	No		01.05.2025
Cormac	Sheehan	Dundrum South Dublin A.C.	Grange/Fermoy A.C.	Dublin	Cork	Yes		01.05.2025
Daniel	Hodge	Dundrum South Dublin A.C.	Cabinteely A.C.	Dublin	Dublin	No		01.05.2025
Eamonn	Hodge	Dundrum South Dublin A.C.	Cabinteely A.C.	Dublin	Dublin	No		01.05.2025
Eddie	Hodge	Dundrum South Dublin A.C.	Cabinteely A.C.	Dublin	Dublin	No		01.05.2025
Gregor	Mc Cullagh-Tra	Dundrum South Dublin A.C.	U.C.D. A.C.	Dublin	Dublin	No		01.05.2025
Maya	Stella	Dundrum South Dublin A.C.	Tallaght A.C.	Dublin	Dublin	No		01.05.2025
Nigel	O Callaghan	Dundrum South Dublin A.C.	Eagle A.C.	Dublin	Cork	Yes		01.05.2025
Melanie	Hearty	Dunleer A.C.	North East Runners A.C.	Louth	Louth	No		01.05.2025
Kevin	Prunty	Dunshaughlin A.C.	Trim A.C.	Meath	Meath	No		01.05.2025
Andrew	O'Farrell	Eagle A.C.	Carrigaline A.C.	Cork	Cork	No		01.05.2025
Karen	McHugh	Eagle A.C.	Togher A.C.	Cork	Cork	No		01.05.2025
Keelin	O Connell	East Breffni A.C.	Annalee A.C.	Cavan	Cavan	No		01.05.2025
Colm	Byrne	East Galway A.C.	Athenry A.C.	Galway	Galway	No		01.05.2025
Eloise	Mc Donnell	East Mayo A.C.	Moy Valley A.C.	Mayo	Mayo	No		01.05.2025
Lucia	Mc Donnell	East Mayo A.C.	Moy Valley A.C.	Mayo	Mayo	No		01.05.2025
Hazel	O Sullivan	Emerald A.C.	Limerick A.C.	Limerick	Limerick	No		01.05.2025
Aoileann	Ni Chomhraidh	Emo/Rath A.C.	St. Michael's A.C.	Laois	Laois	No		01.05.2025
Dylan	Comerford	Ennis Track A.C.	Shannon A.C.	Clare	Clare	No		01.05.2025
Elise	Comerford	Ennis Track A.C.	Shannon A.C.	Clare	Clare	No		01.05.2025
Martin	Curley	Ennis Track A.C.	Craughwell A.C.	Clare	Galway	Yes		01.05.2025
Ryan	Comerford	Ennis Track A.C.	Shannon A.C.	Clare	Clare	No		01.05.2025
Geviria-Maba	Kumanzembe	Fanahan Mc Sweeney A.C.	Leevale A.C.	Cork	Cork	No		01.05.2025
Jack	O'Rourke	Fanahan Mc Sweeney A.C.	Leevale A.C.	Cork	Cork	No		01.05.2025
Liam	O'Rourke	Fanahan Mc Sweeney A.C.	Leevale A.C.	Cork	Cork	No		01.05.2025
Merveille-Isa	Kumanzembe	Fanahan Mc Sweeney A.C.	Leevale A.C.	Cork	Cork	No		01.05.2025
Aaron	Shanahan	Farranfore Maine Valley A.C	Lios Tuathail A.C.	Kerry	Kerry	No		01.05.2025
Alex	Harrington	Ferbane A.C.	Banagher A.C.	Offaly	Offaly	No		01.05.2025
Dara	Grogan	Ferbane A.C.	Banagher A.C.	Offaly	Offaly	No		01.05.2025
Elayna	Heenan	Ferbane A.C.	Banagher A.C.	Offaly	Offaly	No		01.05.2025

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First Name	Last Name	Outgoing Club	Incoming Club	Outgoing County	Incoming County	Inter County	Lapsed Transfer	Transfer Window
Kate	Flaherty	Ferbane A.C.	Banagher A.C.	Offaly	Offaly	No		01.05.2025
Lucy	Mulhare	Ferbane A.C.	Banagher A.C.	Offaly	Offaly	No		01.05.2025
Clara	Casey	Ferrybank A.C.	Tramore A.C.	Waterford	Waterford	No		01.05.2025
Tadgh	Casey	Ferrybank A.C.	Tramore A.C.	Waterford	Waterford	No		01.05.2025
Joshua	Jacob	Fingallians A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No		01.05.2025
Luke	Tracey	Fingallians A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No		01.05.2025
Shay	Connell	Finisk Valley A.C.	West Waterford A.C.	Waterford	Waterford	No		01.05.2025
Kayla	Toner	Finn Valley A.C.	Letterkenny A.C.	Donegal	Donegal	No		01.05.2025
Rhia	Toner	Finn Valley A.C.	Letterkenny A.C.	Donegal	Donegal	No		01.05.2025
Edel	Kelly	Galway City Harriers A.C.	Craughwell A.C.	Galway	Galway	No		01.05.2025
Elizabete	Varsberga	Galway City Harriers A.C.	Tuam A.C.	Galway	Galway	No		01.05.2025
Isobel	Kelly	Galway City Harriers A.C.	West Coast A.C.	Galway	Galway	No		01.05.2025
Melanija	Varsberga	Galway City Harriers A.C.	Tuam A.C.	Galway	Galway	No		01.05.2025
Tom	Mc Enery	Galway City Harriers A.C.	Sligo A.C.	Galway	Sligo	Yes		01.05.2025
Chris	Willoughby	Glendalough Harriers A.C.	Kilcoole A.C.	Wicklow	Wicklow	No		01.05.2025
Corrie	Adams	Glendalough Harriers A.C.	Kilcoole A.C.	Wicklow	Wicklow	No		01.05.2025
John	Campbell	Glendalough Harriers A.C.	Kilcoole A.C.	Wicklow	Wicklow	No		01.05.2025
Oran	Finegan	Glenmore A.C.	Clonliffe Harriers A.C.	Louth	Dublin	Yes		01.05.2025
Olivia	O'Connor	Gneeveguilla A.C.	An Ríocht A.C.	Kerry	Kerry	No		01.05.2025
Charlie	Ryan	Gowran A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No		01.05.2025
Emily	O'Keeffe	Gowran A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No		01.05.2025
Heidi	Ryan	Gowran A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No		01.05.2025
Bernard	Geraghty	Irish Mountain Cardio A.C.	Donore Harriers A.C.	Dublin	Dublin	No		01.05.2025
Kyla	Marjara	Kells A.C.	Ratoath A.C.	Meath	Meath	No		01.05.2025
Ahaan	Arya	Kildare A.C.	Newbridge A.C.	Kildare	Kildare	No		01.05.2025
Conor	Hogan	Kildare A.C.	Oughaval A.C.	Kildare	Laois	Yes		01.05.2025
Ella	Fitzpatrick	Kildare A.C.	Oughaval A.C.	Kildare	Laois	Yes		01.05.2025
Kate	O Donoghue	Kildare A.C.	Newbridge A.C.	Kildare	Kildare	No		01.05.2025
Keela	Hogan	Kildare A.C.	Oughaval A.C.	Kildare	Laois	Yes		01.05.2025
Paidi	Fitzpatrick	Kildare A.C.	Oughaval A.C.	Kildare	Laois	Yes		01.05.2025
Sadie	Hogan	Kildare A.C.	Oughaval A.C.	Kildare	Laois	Yes		01.05.2025
Seamus	Fitzpatrick	Kildare A.C.	Oughaval A.C.	Kildare	Laois	Yes		01.05.2025
Sean	Fitzpatrick	Kildare A.C.	Oughaval A.C.	Kildare	Laois	Yes		01.05.2025
Andrew	Lowry	Kilkenny City Harriers A.C.	Nuenna A.C.	Kilkenny	Kilkenny	No		01.05.2025
Caitlin	O'Brien	Kilkenny City Harriers A.C.	Nuenna A.C.	Kilkenny	Kilkenny	No		01.05.2025
Kenny	Lowry	Kilkenny City Harriers A.C.	Nuenna A.C.	Kilkenny	Kilkenny	No		01.05.2025
Brianne	Mc Farlane	Killybegs A.C.	Tír Chonaill A.C.	Donegal	Donegal	No		01.05.2025
Eimear	Reynolds	Killybegs A.C.	Tír Chonaill A.C.	Donegal	Donegal	No		01.05.2025
Charlie	Smith	Kilmallock A.C.	Limerick A.C.	Limerick	Limerick	No		01.05.2025
Alfie	Cullen	Kilmihil A.C.	Kilmurray/Ibrick/N.Clare A.C.	Clare	Clare	No		01.05.2025
Conor	Casey	Kilmore A.C.	Menapians A.C.	Wexford	Wexford	No		01.05.2025
Aine	Fitzgerald	Kilnaboy A.C.	Ennis Track A.C.	Clare	Clare	No		01.05.2025
Amy	O Loughlin	Kilnaboy A.C.	Ennis Track A.C.	Clare	Clare	No		01.05.2025
Emer	Fitzgerald	Kilnaboy A.C.	Ennis Track A.C.	Clare	Clare	No		01.05.2025
Killian	O Loughlin	Kilnaboy A.C.	Ennis Track A.C.	Clare	Clare	No		01.05.2025
Mairtin	Fitzgerald	Kilnaboy A.C.	Ennis Track A.C.	Clare	Clare	No		01.05.2025
Maeve	Augustin	Le Chéile A.C.	Celbridge A.C.	Kildare	Kildare	No		01.05.2025
Marc	Augustin	Le Chéile A.C.	St. Coca's A.C.	Kildare	Kildare	No		01.05.2025
Jasper	Defina	Leevale A.C.	Ballincollig A.C.	Cork	Cork	No		01.05.2025
Lia	O'Brien	Leevale A.C.	Cork Track Club A.C.	Cork	Cork	No		01.05.2025
Mark	O'Connor	Leevale A.C.	Cork Track Club A.C.	Cork	Cork	No		01.05.2025
Síomha	Doyle	Letterkenny A.C.	Milford A.C.	Donegal	Donegal	No		01.05.2025
Conor	Galvin	Liffey Valley A.C.	Togher A.C.	Dublin	Cork	Yes		01.05.2025
Aaron	O'Connor	Limerick A.C.	Limerick Track A.C.	Limerick	Limerick	No		01.05.2025
Eric	Ryan-Wade	Limerick A.C.	Limerick Track A.C.	Limerick	Limerick	No		01.05.2025
Gwynne	Ryan	Limerick A.C.	Limerick Track A.C.	Limerick	Limerick	No		01.05.2025
Meabh	Murphy	Limerick A.C.	Crusaders A.C.	Limerick	Dublin	Yes		01.05.2025

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Rex	Nyamakazi	Limerick A.C.	Limerick Track A.C.	Limerick	Limerick	No		01.05.2025
Martina	Scanlon	Lios Tuathail A.C.	St. Brendan's A.C.	Kerry	Kerry	No		01.05.2025
Garry	O Malley	Loughrea A.C.	Galway City Harriers A.C.	Galway	Galway	No		01.05.2025
Keeva	Devine	Loughrea A.C.	Craughwell A.C.	Galway	Galway	No		01.05.2025
Michael	O'Brien-Leahy	Loughrea A.C.	Craughwell A.C.	Galway	Galway	No		01.05.2025
Maeve	Kelly	LSA A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No		01.05.2025
Abbey	McCann	Lucan Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No		01.05.2025
Avril	Feeney	Lucan Harriers A.C.	Ballymun A.C.	Dublin	Dublin	No		01.05.2025
David	Mc Geady	Lucan Harriers A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No		01.05.2025
Orla	Mc Weeney	Lucan Harriers A.C.	Ratoath A.C.	Dublin	Meath	Yes		01.05.2025
Anna	Gallagher	Lusk A.C.	Skerries A.C.	Dublin	Dublin	No		01.05.2025
Anyanna	Enwerem	Lusk A.C.	Clongriffin A.C.	Dublin	Dublin	No		01.05.2025
Chikwadolu	Enwerem	Lusk A.C.	Clongriffin A.C.	Dublin	Dublin	No		01.05.2025
Clodagh	Bolger	Lusk A.C.	Skerries A.C.	Dublin	Dublin	No		01.05.2025
Barry	Murphy	Mallow A.C.	North Cork A.C.	Cork	Cork	No		01.05.2025
Maureen	Linehan	Mallow A.C.	North Cork A.C.	Cork	Cork	No		01.05.2025
Brigid	Murdoch	Marathon Club Ireland A.C.	Shannon A.C.	Clare	Clare	No		01.05.2025
Charlotte	Timoney	Marian A.C.	Newbridge A.C.	Clare	Kildare	Yes		01.05.2025
Michael	Mc Carthy Jnr	Metro/St. Brigid's A.C.	Donore Harriers A.C.	Dublin	Dublin	No		01.05.2025
Michael	Mc Carthy Snr	Metro/St. Brigid's A.C.	Donore Harriers A.C.	Dublin	Dublin	No		01.05.2025
Rachel	Mc Carthy	Metro/St. Brigid's A.C.	Donore Harriers A.C.	Dublin	Dublin	No		01.05.2025
Sadhbh	Mohan	Metro/St. Brigid's A.C.	U.C.D. A.C.	Dublin	Dublin	No		01.05.2025
Maggie	Lynch	Midleton A.C.	Ballintotis Fit4Life A.C.	Cork	Cork	No		01.05.2025
Oisin	Corbett	Millstreet A.C.	North Cork A.C.	Cork	Cork	No		01.05.2025
Muireann	Harraghy	Monaghan Phoenix A.C.	Dublin City Harriers A.C.	Monaghan	Dublin	Yes		01.05.2025
Leanne	Mc Kenna	Monaghan Town Runners A.C.	Glaslough Harriers A.C.	Monaghan	Monaghan	No		01.05.2025
Clare	Allen	Mount Hillary A.C.	Kilkenny City Harriers A.C.	Cork	Kilkenny	Yes		01.05.2025
Michael James	Walshe	Moy Valley A.C.	Erris A.C.	Mayo	Mayo	No		01.05.2025
Cormac	Murray	Mullingar Harriers A.C.	Carrick-on-Shannon A.C.	Westmeath	Leitrim	Yes		01.05.2025
Kye	Fitzgerald	Naas A.C.	Newbridge A.C.	Kildare	Kildare	No		01.05.2025
Leah	Fitzgerald	Naas A.C.	Newbridge A.C.	Kildare	Kildare	No		01.05.2025
Adrianna	Hyrcza	Navan A.C.	Ratoath A.C.	Meath	Meath	No		01.05.2025
Aisling	O Flynn	Navan A.C.	NRC A.C.	Meath	Meath	No		01.05.2025
Alan	Mc Carthy	Navan A.C.	Tara A.C.	Meath	Meath	No		01.05.2025
Aoibhe	Mc Carthy	Navan A.C.	Tara A.C.	Meath	Meath	No		01.05.2025
Ava	Hanratty	Navan A.C.	Tara A.C.	Meath	Meath	No		01.05.2025
Cathal	Mc Carthy	Navan A.C.	Tara A.C.	Meath	Meath	No		01.05.2025
Emma	Hanratty	Navan A.C.	Tara A.C.	Meath	Meath	No		01.05.2025
Grace	Kelly	Navan A.C.	Tara A.C.	Meath	Meath	No		01.05.2025
Hollie	Hanratty	Navan A.C.	Tara A.C.	Meath	Meath	No		01.05.2025
Joseph	Magbagbeola	Navan A.C.	Ratoath A.C.	Meath	Meath	No		01.05.2025
Kian	Mc Gee	Navan A.C.	Moynalty A.C.	Meath	Meath	No		01.05.2025
Mark	Tierney	Nenagh Olympic A.C.	Dundrum South Dublin A.C.	Tipperary	Dublin	Yes		01.05.2025
Sarah Rose	Kennedy	Nenagh Olympic A.C.	Ferrybank A.C.	Tipperary	Waterford	Yes		01.05.2025
Adam	Greenlee	Newbridge A.C.	Portlaoise A.C.	Kildare	Laois	Yes		01.05.2025
Alex	Kennedy	Newbridge A.C.	Naas A.C.	Kildare	Kildare	No		01.05.2025
Harvey	Greenlee	Newbridge A.C.	Portlaoise A.C.	Kildare	Laois	Yes		01.05.2025
Kevin	Morrissey	Newbridge A.C.	Dublin Front Runners A.C.	Kildare	Dublin	Yes		01.05.2025
Lorraine	Keaney	Newbridge A.C.	Tullamore Harriers A.C.	Kildare	Offaly	Yes		01.05.2025
Oran	Larkin	Newbridge A.C.	Crookstown Millview A.C.	Kildare	Kildare	No		01.05.2025
Rachel	Keaney	Newbridge A.C.	Tullamore Harriers A.C.	Kildare	Offaly	Yes		01.05.2025
Ronan	Keaney	Newbridge A.C.	Tullamore Harriers A.C.	Kildare	Offaly	Yes		01.05.2025
Sarah	Hayes	Newbridge A.C.	Suncroft A.C.	Kildare	Kildare	No		01.05.2025
John	Fagan	North Clondalkin Running Club	Donore Harriers A.C.	Dublin	Dublin	No		01.05.2025
Adam	Gleeson	North Cork A.C.	Cork City A.C.	Cork	Cork	No		01.05.2025
Clara	Whelan	North Cork A.C.	Cork City A.C.	Cork	Cork	No		01.05.2025
Clodagh	Griffin	North Cork A.C.	Togher A.C.	Cork	Cork	No		01.05.2025

Transfer List 2025 (to May 2025)								
First Name	Last Name	Outgoing Club	Incoming Club	Outgoing County	Incoming County	Inter County	Lapsed Transfer	Transfer Window
Coleen	Whelan	North Cork A.C.	Cork City A.C.	Cork	Cork	No		01.05.2025
Declan	Moloney	North Cork A.C.	Cork City A.C.	Cork	Cork	No		01.05.2025
Geoff	Petelka	North Cork A.C.	West Limerick A.C.	Cork	Limerick	Yes		01.05.2025
Padraig	Whelan	North Cork A.C.	Cork City A.C.	Cork	Cork	No		01.05.2025
Richard	Murphy	North East Runners A.C.	Blackrock (Louth) A.C.	Louth	Louth	No		01.05.2025
Luke	Fitzmaurice	North Leitrim A.C.	Sligo A.C.	Leitrim	Sligo	Yes		01.05.2025
Celeste	Dermody	North Westmeath A.C.	Mullingar Harriers A.C.	Westmeath	Westmeath	No		01.05.2025
Erin	Thomas	Oughaval A.C.	Portlaoise A.C.	Laois	Laois	No		01.05.2025
Donncha	O'Neill	Parnell A.C.	Kilcoole A.C.	Wicklow	Wicklow	No		01.05.2025
Sean Òg	O'Neill	Parnell A.C.	Kilcoole A.C.	Wicklow	Wicklow	No		01.05.2025
Alan	Maher	Portmarnock A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No		01.05.2025
Conor	Fitzpatrick	Portmarnock A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No		01.05.2025
Bailee	Geoghegan	Raheny Shamrock A.C.	Ballymun A.C.	Dublin	Dublin	No		01.05.2025
Christopher	Quaid	Raheny Shamrock A.C.	Croghan A.C.	Dublin	Wexford	Yes		01.05.2025
Darragh	Brennan	Raheny Shamrock A.C.	Croghan A.C.	Dublin	Wexford	Yes		01.05.2025
Kevin	Byrne	Raheny Shamrock A.C.	Newbridge A.C.	Dublin	Kildare	Yes		01.05.2025
Laura	Brennan	Raheny Shamrock A.C.	Dublin City Harriers A.C.	Dublin	Dublin	No		01.05.2025
Adam	Lundy	Rathfarnham W.S.A.F. A.C.	Templeogue A.C.	Dublin	Dublin	No		01.05.2025
Ciaran	Dolan	Rathfarnham W.S.A.F. A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	No		01.05.2025
Peter Brando	Somba	Ratoath A.C.	Ballyskenach A.C.	Meath	Offaly	Yes		01.05.2025
Conan	Byrne	Redeemer A.C.	Dundalk St. Gerards A.C.	Louth	Louth	No		01.05.2025
Emilie Rose	Byrne	Redeemer A.C.	Dundalk St. Gerards A.C.	Louth	Louth	No		01.05.2025
Brendan	Lawlor	Roundwood and District A.C.	Glendalough Harriers A.C.	Wicklow	Wicklow	No		01.05.2025
Charlotte	Dodd	Roundwood and District A.C.	Kilcoole A.C.	Wicklow	Wicklow	No		01.05.2025
Isabelle	Galligan	Roundwood and District A.C.	Kilcoole A.C.	Wicklow	Wicklow	No		01.05.2025
Freddie	Betts	Shannon A.C.	Ennis Track A.C.	Clare	Clare	No		01.05.2025
George	Betts	Shannon A.C.	Ennis Track A.C.	Clare	Clare	No		01.05.2025
Erin	Daly	Shercock A.C.	Carrick Aces A.C.	Cavan	Monaghan	Yes		01.05.2025
Donnacha	Maguire	Skerries A.C.	Lusk A.C.	Dublin	Dublin	No		01.05.2025
Frank	Kelly	Skerries A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	No		01.05.2025
Romi	Banim	Skerries A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No		01.05.2025
Danielle	O'Brien	Skibbereen A.C.	Durrus A.C.	Cork	Cork	No		01.05.2025
Freya	McCarthy	Skibbereen A.C.	Durrus A.C.	Cork	Cork	No		01.05.2025
Cathy	Mitchell	Sli Cualann A.C.	Bray Runners A.C.	Wicklow	Wicklow	No		01.05.2025
William	Tyrrell	Sli Cualann A.C.	St. L. O'Toole A.C.	Wicklow	Carlow	Yes		01.05.2025
Colin	Browne	Sliabh Ban A.C.	Croghan A.C.	Roscommon	Wexford	Yes		01.05.2025
Dara	Keating	Sligo A.C.	North Sligo A.C.	Sligo	Sligo	No		01.05.2025
Kieran	Dowd	Sligo A.C.	Tireragh A.C.	Sligo	Sligo	No		01.05.2025
Shane	O'Reilly	Sligo A.C.	Naas A.C.	Sligo	Kildare	Yes		01.05.2025
Joe	Kelly	Solid Running A.C.	Donore Harriers A.C.	Wicklow	Dublin	Yes		01.05.2025
Deirdre	Collins	South Galway A.C.	Tulla A.C.	Galway	Clare	Yes		01.05.2025
Deirdre	Boylan	Sportsworld A.C.	Galway City Harriers A.C.	Dublin	Galway	Yes		01.05.2025
Peter	Jackson	St. Brendan's A.C.	Tralee Harriers A.C.	Kerry	Kerry	No		01.05.2025
Sean	Daly	St. Catherine's A.C.	Midleton A.C.	Cork	Cork	No		01.05.2025
Kyle	Carter	St. Coca's A.C.	Le Chéile A.C.	Kildare	Kildare	No		01.05.2025
Colm	Conroy	St. Colmans South Mayo A.C.	Lake District A.C.	Mayo	Mayo	No		01.05.2025
Conan	McHugh	St. Colmans South Mayo A.C.	Claremorris A.C.	Mayo	Mayo	No		01.05.2025
Erienne	McHugh	St. Colmans South Mayo A.C.	Claremorris A.C.	Mayo	Mayo	No		01.05.2025
Jackson	O'Hara	St. Colmans South Mayo A.C.	Claremorris A.C.	Mayo	Mayo	No		01.05.2025
Kelly	Conroy	St. Colmans South Mayo A.C.	Lake District A.C.	Mayo	Mayo	No		01.05.2025
Noah	Neary	St. Colmans South Mayo A.C.	Claremorris A.C.	Mayo	Mayo	No		01.05.2025
Tom	Cosgrove	St. Colmans South Mayo A.C.	Claremorris A.C.	Mayo	Mayo	No		01.05.2025
Adhamh	O'Leary	St. Finbarrs A.C.	Leevale A.C.	Cork	Cork	No		01.05.2025
Marc	Hartigan	St. Finbarrs A.C.	Clonliffe Harriers A.C.	Cork	Dublin	Yes		01.05.2025
Mary	Cotter	St. Finbarrs A.C.	Tracton A.C.	Cork	Cork	No		01.05.2025
Chloe	Reck	St. Killians A.C.	Enniscorthy A.C.	Wexford	Wexford	No		01.05.2025
Lexi	Keating	St. L. O'Toole A.C.	Kilkenny City Harriers A.C.	Carlow	Kilkenny	Yes		01.05.2025

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First Name	Last Name	Outgoing Club	Incoming Club	Outgoing County	Incoming County	Inter County	Lapsed Transfer	Transfer Window
Kieran	Jeaney	St. Pats A.C.	Dolmen A.C.	Carlow	Carlow	No		01.05.2025
Mia	Cullen	St. Pats A.C.	St. L. O'Toole A.C.	Carlow	Carlow	No		01.05.2025
James	Dunphy	St. Senans A.C.	St. Joseph's A.C.	Kilkenny	Kilkenny	No		01.05.2025
Lilymai	Barden	St. Senans A.C.	Carrick-on-Suir A.C.	Kilkenny	Tipperary	Yes		01.05.2025
Aoibhín	Riordan	Star of the Laune A.C.	Killarney Valley A.C.	Kerry	Kerry	No		01.05.2025
Doireann	Burke	Star of the Laune A.C.	Killarney Valley A.C.	Kerry	Kerry	No		01.05.2025
Lauren	Mc Evoy	Star of the Laune A.C.	Killarney Valley A.C.	Kerry	Kerry	No		01.05.2025
Marie	Kehoe O Sulliv	Star of the Laune A.C.	Killarney Valley A.C.	Kerry	Kerry	No		01.05.2025
Aimee	Farrell	Suck Valley A.C.	Roscommon A.C.	Roscommon	Roscommon	No		01.05.2025
Kai	Humborg	Suck Valley A.C.	Roscommon A.C.	Roscommon	Roscommon	No		01.05.2025
Oisín	O'Donoghue	Sun Hill Harriers A.C.	Skibbereen A.C.	Limerick	Cork	Yes		01.05.2025
Sadhbh	Hennessy	Sun Hill Harriers A.C.	An Bru A.C.	Limerick	Limerick	No		01.05.2025
Alex	Murphy	Suncroft A.C.	U.C.D. A.C.	Kildare	Dublin	Yes		01.05.2025
Fiadh	Doody	Suncroft A.C.	Newbridge A.C.	Kildare	Kildare	No		01.05.2025
Finian	Sexton	Suncroft A.C.	Crookstown Millview A.C.	Kildare	Kildare	No		01.05.2025
Myah	Gallagher	Swinford A.C.	Craughwell A.C.	Mayo	Galway	Yes		01.05.2025
Cadhla	Riordan	Tallaght A.C.	Lucan Harriers A.C.	Dublin	Dublin	No		01.05.2025
Harmony	Livingstone Yo	Tallaght A.C.	Donore Harriers A.C.	Dublin	Dublin	No		01.05.2025
Israel	Chinakwe	Tallaght A.C.	Titans A.C.	Dublin	Dublin	No		01.05.2025
Jack	Tully	Tara A.C.	Bohermeen A.C.	Meath	Meath	No		01.05.2025
Matthew	Mc Gann	Tara A.C.	Dunshaughlin A.C.	Meath	Meath	No		01.05.2025
Ciara	Moylan	Templeogue A.C.	Crusaders A.C.	Dublin	Dublin	No		01.05.2025
Liam	Carroll	Thomastown A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No		01.05.2025
Mia	Brennan	Thomastown A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No		01.05.2025
Michael	Lancaster	Thomastown A.C.	Clonmel A.C.	Kilkenny	Tipperary	Yes		01.05.2025
Zoe	Beck	Thomastown A.C.	Kilkenny City Harriers A.C.	Kilkenny	Kilkenny	No		01.05.2025
Cillian	Boucher	Thurles Crokes A.C.	Templemore A.C.	Tipperary	Tipperary	No		01.05.2025
Michael	Murphy	Thurles Crokes A.C.	Kilkenny City Harriers A.C.	Tipperary	Kilkenny	Yes		01.05.2025
Nuala	Fitzgibbon	Thurles Crokes A.C.	Kilkenny City Harriers A.C.	Tipperary	Kilkenny	Yes		01.05.2025
Rory	Boucher	Thurles Crokes A.C.	Templemore A.C.	Tipperary	Tipperary	No		01.05.2025
Sarah	Tutty	Tír Móna A.C.	Clane A.C.	Kildare	Kildare	No		01.05.2025
Aoife	Shepard	Togher A.C.	Leevale A.C.	Cork	Cork	No		01.05.2025
Caoimhe	O'Neill	Togher A.C.	Leevale A.C.	Cork	Cork	No		01.05.2025
James	Keohane	Togher A.C.	Belgooly A.C.	Cork	Cork	No		01.05.2025
Louise	Fitzpatrick	Togher A.C.	Carrigaline A.C.	Cork	Cork	No		01.05.2025
Mieszko	Kalinowski	Togher A.C.	Cork City A.C.	Cork	Cork	No		01.05.2025
Sam	McMahon	Togher A.C.	Watergrasshill A.C.	Cork	Cork	No		01.05.2025
Tara	Cronin	Togher A.C.	Leevale A.C.	Cork	Cork	No		01.05.2025
Vikki	Donnelly	Togher A.C.	Eagle A.C.	Cork	Cork	No		01.05.2025
Clair	Mackey	Tomnafinnogue A.C.	St. Benedict Inbhear Mór A.C.	Wicklow	Wicklow	No		01.05.2025
Caden Adam	O'Sullivan	Tralee Harriers A.C.	South Galway A.C.	Kerry	Galway	Yes		01.05.2025
Cillian	Griffin	Tralee Harriers A.C.	St. L. O'Toole A.C.	Kerry	Carlow	Yes		01.05.2025
Diarmuid	Stack	Tralee Harriers A.C.	An Ríocht A.C.	Kerry	Kerry	No		01.05.2025
Ken	Feeley	Tralee Harriers A.C.	Spa-Fenit Barrow A.C.	Kerry	Kerry	No		01.05.2025
Liam	Stack	Tralee Harriers A.C.	An Ríocht A.C.	Kerry	Kerry	No		01.05.2025
Roisín	Reidy	Tralee Harriers A.C.	Lios Tuathail A.C.	Kerry	Kerry	No		01.05.2025
Stevie-Rose	O'Sullivan	Tralee Harriers A.C.	South Galway A.C.	Kerry	Galway	Yes		01.05.2025
Aidan	Gallagher	Tramore A.C.	St. Mary's A.C. Ballygunner	Waterford	Waterford	No		01.05.2025
Sorcha	Gallagher	Tramore A.C.	St. Mary's A.C. Ballygunner	Waterford	Waterford	No		01.05.2025
Fiona	Tobin	Trim A.C.	Dunboyne A.C.	Meath	Meath	No		01.05.2025
Caoimhe	Phelan	Tuam A.C.	West Coast A.C.	Galway	Galway	No		01.05.2025
Aliyah	Higgins	Tullamore Harriers A.C.	Ferbane A.C.	Offaly	Offaly	No		01.05.2025
Jack	McGee	Tullamore Harriers A.C.	Banagher A.C.	Offaly	Offaly	No		01.05.2025
Damien	Derwin	Waterford A.C.	West Waterford A.C.	Waterford	Waterford	No		01.05.2025
Eimear	Hayes	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No		01.05.2025
Hugh James	Killen	Watergrasshill A.C.	St. Finbarrs A.C.	Cork	Cork	No		01.05.2025
Matthew	Browne	Watergrasshill A.C.	Carraig-Na-Bhfear A.C.	Cork	Cork	No		01.05.2025

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Niamh	Kilcullen	Waterstown Warriors A.C.	Lucan Harriers A.C.	Dublin	Dublin	No		01.05.2025
Emily	Tuffy	West Sligo A.C.	Moy Valley A.C.	Sligo	Mayo	Yes		01.05.2025
Anthony	Whelan	West Waterford A.C.	Kilcoole A.C.	Waterford	Wicklow	Yes		01.05.2025
Kieran	Crowley	West Waterford A.C.	Eagle A.C.	Waterford	Cork	Yes		01.05.2025
Ruby	Stockwell	West Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No		01.05.2025
Wayne	Allen	Wexford Marathon A.C.	Slaney Olympic A.C.	Wexford	Wexford	No		01.05.2025