

Caitriona Jennings

Curriculum Vitae

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Career Highlights

Olympian: Represented Ireland in the 2012 London Olympic Games in the marathon

IAU World Championship 50km 4th place 2015; 7th place 2019

Comrades Marathon 3rd place 2019

Marathon PB 2:36:11 (Rotterdam Marathon April 2011)

Current Irish Record Holder 50km 3:19:49 (IAU World Championships 2019)

Current Irish Record Holder 100km 7:43:01

2019 Athletics Ireland Ultra Athlete of the Year

Sponsored by HOKA One One, Tailwind Nutrition and Bêche

Senior Athlete Achievements

Represented Ireland on several occasions at international competitions, including:

- Olympic Games London 2012
- IAAF World Championships 50km 2015
- IAAF World Championships 50km 2019
- Anglo Celtic Plate 100km 2021

Irish National Titles include:

- Irish 100km Championships 2021
- Irish Half Marathon Champion 2018
- Irish 50km Champion 2018
- Irish 10 Mile Champion 2018
- 2nd place Irish Marathon Championships 2018
- 2nd place Irish Marathon Championships 2017
- 2nd place Irish Marathon Championships 2016
- Irish 10km Champion 2011
- Irish Half Marathon Champion 2010

Junior Athlete Achievements

- National Junior Triathlon Champion 1996 & 1997
- National Junior Cycling Champion 1994 & 1995
- National cross country bronze medalist
- Ulster Bronze medalist swimming

Public Speaking Experience

- Interviewed on Irish TV and Radio and participated in a number of podcasts
- Panellist on Off the Ball on Newstalk and “iTalksport” on Setanta Ireland
- Guest speaker at Institute of Chartered Accountants networking events on two occasions
- Guest speaker at Institute of Tax Recently Qualified Chartered Tax Advisers Conference

Personal Best Performances

Distance	Time	Race	Date
5 Kilometers	16:42	Dublin	31 May 2010
10 Kilometers	35:28	Dublin	6 Jun 2011
Half Marathon	1:15:29	Newry	3 Jun 2012
Marathon	2:36:11	Rotterdam	15 Apr 2012
50 Kilometers	3:19:49	Brasov	1 Sept 2019
100 Kilometers	7:43:01	Ireland	22 Aug 2021
Comrades Marathon	6:24:12	Durban	9 Jun 2019

Personal Performances 2021

Anglo Celtic Plate incorporating

100km Irish Championships 7:43:01 1st Place (IRISH NATIONAL RECORD)

Personal Performances 2020

China Coast Half Marathon 1:22:39 1st Place (NEW COURSE RECORD)

Personal Performances 2019

Comrades Marathon	6:24:12	3 rd Place
IAU 50km World Championships	3:19:49	7 th Place (IRISH NATIONAL RECORD)
Rotterdam Marathon	2:38:42	16 th Place
Dublin City Marathon	2:37:56	14 th Place
Bohermeen Half Marathon	1:18:18	1 st Place
43 rd Mount Butler (Heritage) Race (HK)	1:01:07	1 st Place
AVOHK 5km Race Wan Chai (HK)	20:34	1 st Place
HKAAA Hong Kong Island 10km	36:23	1 st Place (NEW COURSE RECORD)
20 th Cum Shek Kong 30km	2:04:31	1 st Place (NEW COURSE RECORD)

Personal Performances 2018

Irish 50km Championships	2:24:29	1 st Place
Dublin City Marathon	2:41:17	6 th Place
Irish Half Marathon Championships	1:22:25	1 st Place
Irish 10 Mile Championships	1:01:22	1 st Place
Indoor Marathon New York	2:53:11	2 nd Place
Seeley Cup 10km	35:41	3 rd Place

