



**International Awards Night**  
**Friday 29th January 2016**  
**Imperial Hotel, South Mall, Cork @ 8p.m.**

On behalf of the Cork County Board of the Athletics Association of Ireland, I would like to welcome everybody here tonight to our Awards night.

It is indeed a great honour to represent your Country, as very few people get to wear the green vest of Ireland.

Congratulations to all Athletes, Coaches and family members.

Continued success for 2016

*William P. Allen,  
Chairman,  
Cork County Board.*

### **Michael Harty.....East Cork**

Michael Harty won the over M35 section of the Masters Home international XC in November. Unfortunately Michael will be unable to attend the award function on the 29th Jan - he'll be in Kenya doing altitude training of all things.

### **Frank Hayes.....St. Catherine's**

East Cork would like to nominate Frank Hayes for an International Award.

Frank was a member of the Irish M45 Master's Home International XC in November.

### **Brandon Arrey.....B.I.A.C.**

Brandon Arrey represented Ireland on the senior mens 4x400 m relay in Prague in March This was a great achievement as he was still a junior He was then beset by injury for a few months but worked his way back and narrowly missed qualification for the European juniors

## **INDIVIDUAL MEETING AWARDS 2015**

	TRACK		FIELD
No. 1	Michelle Finn	9.76	Sarka Baranska
7.7			
No.2	Leevale Phil Healy	10.57	Leevale Andreas Purrmawn
4.83			
No.3	Bandon Jessica Neville	9.26	East Cork Niamh Murphy
6.96			
	Leevale		Blarney Inniscarra
No.4	Carol Finn	9.29	Promise Okfar 7.14
No. 5	Leevale Jessica Neville	8.77	Bandon Brian Hayes
5.23			
No.6	Leevale Carol Finn	9.27	Leevale Mary Fitzgerald 3.47

Leevale  
Leevale Athletic Club won the John Buckley Sports Trophy for the best club.

Bandon were second and Togher third

RD 3	TRACK	Jessica Neville	Leevale
	9.76		
	FIELD	Niamh Murphy	Blarney Inniscarra
	6.96		
RD 4	TRACK	Carol Finn	Leevale
	9.96		
	FIELD	Promise Okfar	Bandon
	7.13		
RD 5	TRACK	Jessica Neville	Leevale
	8.77		
	FIELD	Brian Hayes	Leevale
	4.98		
RD 6	TRACK	Carol Finn	Leevale
	9.27		
	FIELD	Mary Fitzgerald	Belgooly

### BEST FIELD EVENT ATHLETE OVER 3 MEETINGS

			Total	
Hayley Fitzgerald	Belgooly	6.55 (Rd.1)	3.51 (Rd. 2)	
5.93 (Rd.4)	15.99			
Brian Hayes	Leevale	5.4 (Rd.1)	5.15 (Rd.4)	5.23
(Rd.5)	15.78			
Mary Fitzgerald	Belgooly	2.33 (Rd.1)	3.57 (Rd.4)	
3.47 (Rd.6)	9.37			



**Pat Moore.....Leevale A.C.**

In 2015 Pat competed at the **World Master Athletics Championships** in August in Lyon, France. He placed third in the Javelin in the M65 category with a throw of 43.75m. First place went to Esa Kiuru from Finland, and Ed Hearn of the USA placed second.



**Tim Twomey.....Leevale A.C.**

Tim competed in the British and Irish Masters Cross Country Championships in Santry in November where he finished 6th individual and was 4th scorer on the Irish team that won a team gold medal.



## Carmel Parnell.....Leevale A.C.

World Masters Track and Field Championships  
Lyon France

Gold in 10000m Over 60

Silver in 500m

Gold in 5 miles Cross country

Won 10th British and Irish Master Cross Country, which was a record number of wins for that event.



## Rosaleen MacKeown..Leevale A.C.

This was Rosaleen's debut at International X-country running, & she was a member of the Womens O/40 Irish Team that, competed at the British & Irish Master X-Country Championships. Ireland secured 2<sup>nd</sup> place at the championships.

## AWARDS

2015

### Best overall performance:

		<b>Points</b>
<b>Phil Healy</b>	<b>Bandon Women's 100m</b>	<b>11.82 sec</b>
		<b>10.57</b>

### Best per meeting

<b>RD 1</b>	<b>TRACK</b>	<b>Michelle Finn</b>	<b>Leevale</b>
	<b>9.76</b>		
	<b>FIELD</b>	<b>Sarka Baranska</b>	<b>Leevale</b>
	<b>7.77</b>		
<b>RD 2</b>	<b>TRACK</b>	<b>Phil Healy</b>	<b>Bandon</b>
	<b>10.57</b>		
	<b>FIELD.</b>	<b>Andreas Purrmawn</b>	<b>East Cork</b>
	<b>4.83</b>		

## **Joey Henchy.....Bandon A.C.**

Munster schools senior record holders 2015  
2015 schools relay south Munster, Munster and all Ireland senior champion.  
2015 South Munster and Munster schools senior gold medal winners  
2015 clubs silver under 19 200m all Irelands  
Irish record holder in all Ireland national B 2012-2015 100m

## **Sarah Hayes.....Skibbereen A.C.**

Sarah Hayes has represented skibbereen AC from a early age I can remember her since U12 shot in west cork , cork AAI and since then has progressed always concentrate on the shot improving technique and style and strength , winning west cork, county , munster and all Ireland's in 2015 3rd in all Ireland indoors shot , 1st cork U18 shot, she missed munster and all Ireland's due to travel,

In schools competition representing Mount St. Michael Rosscarbery excelled in south Munster with a PB , she went onto take gold in Munster , before taking bronze 3rd on all Ireland intermediate girls for the 2nd year in a row, in 2014 Sarah represented her school and province in the Celtic games just narrowly missing out on a medal finishing 4th , we look forward to see her compete in 2016, her mother Liz deserves special mention as she has helped her along the way,



## **Sam Healy.....Leevale A.C.**

Sams aim for 2015 was to qualify for the European Junior Champs in Sweden. Early in the year he broke 2 Irish Junior records, in Long Jump & 60h. His long jump secured him a “B” standard for Sweden, & the 2<sup>nd</sup> one came when he competed at the English Indoor Championships. Having missed the senior outdoors due to injury & his leaving Cert, he competed at the Irish Juniors in Tullamore & secured his place to Sweden. Sam qualified for the final in Eskilstuna with a jump of 7.38 & came a very credible 5th in the final. To finish in the top 5, in a very talented field, was very satisfying. Sam would like to thank his Club Leevale & his Coaches Steve Fleming & Seamus Power for all the support they have given him in the last couple of years & he looks forward to the future & the challenges he faces. He would also like to express his gratitude to the AAI, Cork City Sports & the Cork Co Board for their support.



## **Rhona Pierce....Leevale A.C.**

Rhona competed at the Antrim IAAF International X-Country in March 2015, & finished in 18<sup>th</sup> place in a time of 20:18.



## **Ciarain O'Lionard.....Leevale AC.**

Irish Distance Medley Relay. 31/1/15 New York.

The Irish distance medley relay team broke the world record in New York on 31/1/15. The Irish team consisting of Ciaran O'Lionard, Brian Greagan, Mark English & Declan Murray, finished in a time of 9:25.37, (Prev record was 9:25.97-2008). Ciaran ran a blistering leg, chasing down team USA, but the lead was too big. They finished 2<sup>nd</sup>, USA won in 9:19.93.

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## **Diarmuid Clancy...Abbey Striders.**

400mh

5th in the international in Scotland.  
2nd in tailteann games.  
1st in Munster AAi Chps.  
3rd in AAi Juniors.



## **FEARGHAL CURTIN YOUGHAL AC**

Track and Field

Fearghal won the South and Munster Schools Intermediate 3000m and was 2nd in the All Irelands. He won the U18 Counties 1500m and also the All Ireland 1500m. He was 2nd in the U18 3000m All Irelands. He achieved a PB of 8.29 in the 3000m in the John Buckley series. He was 2nd in the Morton Junior mile and was 3rd in the Junior All Ireland 1500m. He won the Celtic U18 1500m in Scotland.

Cross Country

He won the South Munsters Schools and Munsters Intermediate Cross Country races and was 4th in the All Ireland schools. He won the U18 County title. He was 4th in the Open Junior Cross Country Challenge in Phoenix Park in October.



### **Evan Byrne.....Togher A.C.**

Evan Byrne had a cracking year in 2015. He came 4th all Ireland track and field championships over 3000m, ran a personal best over 5000m of 15.16 in a British Milers Club race in Watford, another personal best over 3000m of 8.43 in an Irish Milers Club race in Belfast. Most recently, Evan represented Ireland at the Edinburgh international cross country.



### **Sean Broderick.....Youghal A.C.**

Sean Broderick won the U17 Counties 100m and Long Jump. He was 3rd in the 300m hurdles.

In the Munster Track and Field Championships he was 2nd in the 110m hurdles and 3rd in the 300m hurdles.

He also won a bronze medal in the 4 x 100m Munster Schools Intermediate relay for Midleton CBS.



### **Michelle Finn.....Leevale A.C.**

Michelle competed in the European Team Championships in Crete where she won the steeplechase. The Irish team had their best ever finish in 6<sup>th</sup> place. She also competed at the World Championships in Beijing in Aug 15. She was a member of the Irish X-Country team that secured bronze medals in Hyeres, France in Dec 15. And she has also qualified for the Olympic Games in Rio, achieving the standard at Letterkenny International meet in July 15. We wish her all the best In Rio



### **Colm Sheehan...Leevale A.C.**

Colm competed at the Antrim IAAF International X-County in March 2015 & finished in 33<sup>rd</sup> place. This was Colm's 1<sup>st</sup> International selection for Ireland, & we look forward to many more.





**Ryan Creech.....Leevale A.C.**

Ryan has been in the US for the last few years but came home to run in the Inter clubs National Championships in Santry in December 2015. This was his 1<sup>st</sup> major senior competition & he finished in a superb 4<sup>th</sup> place, & was selected for the Irish Senior team to race at the European X-Country championships in Hyeres, France. This was a significant breakthrough for Ryan.



**Alex Wright.....Leevale A.C.**

Alex competed in the 20K walk at the European Cup of Race Walking in Murcia, Spain on 17/5/15. He then went on to race in La Coruna on 6/6/15 & walked 20K in 82.05, qualifying for the World Champs in Beijing & the 2016 Olympics in Rio. This was a massive PB for him ☺ He had a major set back in Sept but thankfully is back to full training again. He is competing in a 50K walk in Dudince in March, & hopes to achieve the standard for the 50K walk in Rio too. We wish him all the best in his endeavours.



**Laura Cussen....Old Abbey A.C.**

1st All Ireland U18 Pole Vault indoors

Cork County Championships:

1st U18 Pole Vault

1st U18 High Jump with new PB of 1.65m

Munster Juveniles:

1st U18 Pole Vault

1st U18 High Jump

Munster Schools:

1st Senior Pole Vault

1st Senior High Jump

All Ireland Schools:

1st Senior Pole Vault with a new PB of 3.15m

All Ireland Juveniles:

2nd U18 Pole Vault

Cork City Sports International Meeting:

1st in Womens Pole Vault





### **Eoin Walsh.....West Muskerry A.C.**

Eoin Walsh, now a student of the University of Limerick and a cherished member by all at West Muskerry A.C. is an exceptional young athlete. He competes in 60m, 100m, 200m & 400m indoors and outdoors. He had been plagued with injuries over the last few years but he never gave up and worked extremely hard on his recovery and his determination is exceptional. 2015 saw him fighting back stronger and better than ever and improved with every race he competed in on the Indoor and outdoor circuit. The Cork City Sports and the National Junior & U 23 being some of the competitions he competed exceptionally well in. He has always focused on the positives of his races and all the younger athletes in the club look up to him and love watching him train on a Friday night as he speeds up the track with his lovely yellow spikes. His determination has paid off recently when he was selected to run in the 60m in the Harvard Multi Meet & Beantown Challenge at Harvard University. Eoin is definitely going from strength to strength and is one to watch out for.

### **Joan Hough.....Midleton A.C.**

Joan represented Ireland as a member of the ladies O/55 team in the British & Irish Masters Cross-Country International Championships in Santry Demesne, Dublin on 14th November

In August 2015, Joan was a member of the O/45 Cross-Country Team that won Silver at the World Masters Athletic Championships in Lyon, France. In addition to the above achievements Joan has been an outstanding coach to the juveniles in Midleton AC who have won numerous county, provincial and national medals.



### **Mary Sweeney.St. Finbarr's A.C.**

Mary Sweeney was on the womens over 55 team at the Home Countries Cross Country Race in Santry on November 14th 2015. Mary also was the captain of the Irish team for this event.



### **Lizzie Lee.....Leevale A.C.**

At the Interclubs x-country in Santry, Lizzie took silver to Fionnula McCormack & Leevale ladies took the team gold medal, for the 1<sup>st</sup> time! This superb run guaranteed her a spot on the Irish team for the European X-Country in Hyeres, France. In France she finished 13<sup>th</sup>, & was the 2<sup>nd</sup> scorer on the Irish team, that took the bronze medal. On the 27/9/15 she ran a huge pb in the Berlin marathon, 2:32.51, well inside the Olympic qualifying standard. Earlier in the year Lizzie was 2<sup>nd</sup> to Florence Kipligat in the Barcelona half marathon. Kipligat broke the world record that day by 2 seconds.



### **Kathleen O'Brien...St. Catherine's A.C.**

Kathleen O'Brien represented Ireland in the over 70s category in the British and Irish masters cross country held in Santry demense this year. Kathleen had a great run being just pipped for third individual and leading the Irish team to Silver.

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### **Tom Deasy.....Belgooly A.C.**

Tom had another great year in 2015. He took gold in both the long and high jump at the national indoor and outdoor championships and came 3rd in the triple jump. He was selected on the Irish team to compete in the Celtic Games in Scotland.

### **Leah Deasy .....Belgooly A.C.**

Leah decided to concentrate on the javelin in 2015 and it paid dividends. She came third in the Munster juvenile championships and narrowly missed out on a medal in the national championships with a new pb.



### **Ruairi Casey.....Togher**

Throughout 2015 his main aim was to keep healthy and remain fitt as he was plagued with sickness and injuries for a course of 10 months. . His achievements in running during 2015 would be finishing 3rd in the Munster U18 XC and his 8th place finish in the U17 Antrim International XC. His biggest achievement he feels, would have to be making a healthy return to the sport and he is hoping for a very successful 2016.

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## **Kate Bernard...Bandon A.C.**

Kate is a up and coming sprinter who over the last few years has been the number one in her age groups, At the munster indoors early in the year Kate finished in 3rd place in the 60m ,

In 2017 she was 1st in both the 100m and 200m u 17 in the counties

Munster she was 3rd in the 100 and 4th in the 200'

At the all Ireland's u 17 Kate ran a great to finish in 3rd

At the county juniors Kate again took the gold

Kate has also been a regular on the bandon a.c. Relay teams who this year won both the 4x100 and 4x 400 u 17 and u 18

As a result of her performances Kate was selected for the celtic games in Scotland.

A young lady to look out for in the future

## **Travis Coomey Bandon A.C.**

U 17 munster 1st in the hammer, 2nd in discus 3rd in shot,

All ireland 3rd in the hammer

Cork county juniors. 1st weight for distance, 2nd discus, 1st hammer, 3rd shot

All ireland juniors 3rd weight for distance

Schools South munster 1st hammer,

Munster schools 1st hammer

All ireland schools 3rd hammer

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## **Scott Gibson.....Bandon A.C.**

Scott Gibson European Junior T/F current Irish junior and schools 400m champion. Following on with his success in the 400m at the Celtic games in 2014, Scott consolidated his position as the top Junior 400m sprinter in Ireland by taking Gold in the 400m at the National U19 indoor championships, national school championships and the national junior outdoor championships setting a new PB of 47.6s along the way. The season culminated with Scott representing Ireland at the Mannheim Junior international gala and the european junior championships both in the 400m and the 4x100 national junior relay team, In Mannheim Scott finished a very credible 6th place and at the European Junior championships he placed 16th in the 400m and the relay team placed 7th Scott is looking forward to the 2016 season and to build on his success by qualifying for the World Junior Championships which are being held in July.



## **Robbie Heffernan....Togher A.C.**

In March 2015, the Rio Olympics was Robert Heffernan's focus when he claimed 4th place in the IAAF Race Walking Challenge in Dudince, Slovakia (3:48:44). This ensured Robert's qualification to compete in what will be his 5th Olympics, one that we hope will bring Robert the result he so richly deserves.

In the World Championships 50km walk in Beijing (3:44:17), Robert was defending champion. He showed typical courage and determination in very challenging conditions and claimed 5<sup>th</sup> place. Robert is now one step away from an Olympic bronze medal after the IAAF confirmed its appeal against the "selective disqualification of results" applied to the recent doping offences by Russian race walkers.

So, 2015 was a busy year for Robert, not only professionally but also personally with his wife Marian giving birth to baby daughter Tara! Congratulations Robert on all of these achievements, we will be cheering loudly for your Olympic endeavours in 2016.

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## **Fiona Everard Bandon A.C.**

In 2015 Fiona Everard performed well in the south and munster schools cross country which led her to qualify for the all ireland schools cross country where she finished in 19th place in the intermediate age group. Fiona then went on to compete on the track where she competed at the counties. Getting individual and relay medals,

At the munsters she was 2nd in the 1500m. Fiona competed in the national league for her club where she produced some good performances.

Cross country season came around again where again she produced the goods she was 2nd at the munsters and 5th at the all Ireland's in santry dublin which led her to be elected for the irish cross country team for Edinburgh Scotland.

## **Bobby Smith Bandon A.C.**

1<sup>st</sup> South munster javelin

1<sup>st</sup> Munster javelin

3<sup>rd</sup> schools all Ireland javelin

**Club** Junior/under 23 county: 1<sup>st</sup> javelin, Munster: 1<sup>st</sup> javelin

### **COLIN KINGSTON (BANDON AC)**

First All Ireland gold U 12 team in Shot Putt  
U 13 gold and broke All Ireland record  
Gold, Silver and Bronze medals in all Ireland's in Shot, discus, relay and hammer. Gold and silver medals in indoor All Ireland's  
Current U 13 and U 14 Shot Putt munster record holder and former U 13 record holder. Munster indoor U 15 record holder.  
Undeclared in Munster indoor and outdoor Shot Putt, schools and clubs since the age of 11. Medals in indoor Shot Putt and U 14 sprint gold medalist. Munster medals in Shot Putt, hammer, discus, relay, pentathlon and high jump. Three medals in All Ireland schools in Shot Putt and discus. Irish representative in U 16 celtic international coming 3rd. Represent Ireland in U 17 schools Siab international, Shot Putt and discus.  
First Bandon Grammar school medal winner in that competition when came 3rd. Medal winner in Senior Munster discus in 2015. Captain of Bandon Ac's Junior athletics team when we represented Ireland in European Junior club championships.

### **Gavin Hicks Bandon A.C.**

Gavin Hicks who only took up athletics in the last few years has been making a name for himself in the throws  
In the munster u 19 indoor shot putt Gavin was 1st munster junior indoor shot 1st  
All ireland junior shot 5th all Ireland's junior men's weight for distance 2nd. County weight for distance 1st



### **Noelle Linehan.....North Cork A.C.**

What a year 2015 was for Noelle. Representing her club North Coirke AC at club level at Shot Discus and javelin Noelle was also representing her school ,Hazelwood college Dromcollogher at school track and field events also .In June Noelle represented Ireland in the European Paralympic games in Germany ,winning gold in both Discus and Shot .What followed was truly amazing .Noelle travelled to Doha to compete in world Paralympic games .Noelle competed in F38 category and secured a world silver medal in the discus and also set new world record in process.

This year 2016 Noelle's goal is to compete in the world's biggest stage for athletics ,the Paralympic games in Rio, Brazil .Noelle is already training towards this goal with her dad Jim and national throws coach Dave Sweeney .At Just 16 yrs of age. Whatever the result you can be sure that Noelle will represent her family, country, county, parish and club with honour and pride. Best of luck Noelle.





**Carmel Crowley.....Bandon A.C.**

Carmel Crowley World Masters T/F Championships, France (bronze and team gold) and British/Irish Masters Cross Country (bronze/team gold)



**Eamonn McEvoy... St. Finbarr's**

Eamonn Mc Evoy also ran for Ireland at the Home Countries Cross Country International in Santry on November 14th 2015. He was a member of the men's over 60 team that won gold medals. This was Eamonns 12th time representing Ireland at masters level.



**Amy Linehan .....North Cork A.C.**

Amy Linehan joined North Cork AC less than three years ago and has improved greatly since then. Her constant dedication and consistent training shows in her impressive results and she has great potential for the future.

Her achievements in 2015 are as follows:

All Ireland Discus & Javelin Bronze

Munster Discus Silver

Munster Javelin Silver, shot & Hammer Bronze

Munster Indoor Shot Bronze

County Discus, shot putt & Hammer Throw Champion

County Javelin Silver



**Sarah Corbett...North Cork A.C.**

Sarah Corbett has been with the club for barely 18 months and in that short time she has shown incredible potential. Having taken a break last year due to her Junior Cert exams, she showed why she is one of the club and county's rising stars by dominating the U17 Cork County Cross Country Championships. She trains very consistently and diligently and this shows in her results. We as a club very much look forward to what she can achieve in 2016 and beyond.

Her achievements in 2015 are as follows:

U17 Cork XC Champion

Member of Cork Team Bronze medal winners U17 All Ireland

XC 19

10<sup>th</sup> U17 All Ireland XC Championships



**Luke Horgan - Middle Distance  
Leevale AC**

Like his uncle & coach, Ken Nason, Luke has made 1500m his speciality. In 2015 he was 3<sup>rd</sup> in the National Juvenile Indoors in a time of 4:01.19. At the National Juvenile T&F he took silver at the u19 1500m & was 3<sup>rd</sup> at the National Juniors in a time of 4:03.90.



**Maeve Ahern – Middle Distance  
Leevale AC**

Maeve is a very dedicated & committed athlete & has made a great recovery after a year of injury in 2014. She ran in the National Junior X-Country in Santry finishing 24<sup>th</sup>.



**Phil Healy.....Bandon A.C.**

At the start of January 2015 Phil travelled to Manchester to take part in an open competition where she won the 60m easily. Then onto athlone to win the national u 23. 60m and 200m titles

In February at the English seniors indoors in Shellfield she was third.

In April she went to Florida for five weeks where she achieved the 100m standard for the European u 23 in Tallinn .

From there she was picked for the world relays which was been held in the Bahamas lucky Phil the team finished in 5th place and also achieved a new national u 23 4x200m record

In July it was again off to Tallinn for the Europeans u23 for her individual 100m and was part of the irish 4x100m where once again broke the national record for the 4x100m u 23

After that she again competed in Ireland Belgium France and England .



**Mark O'Sullivan, Bandon A.C.**

After a great run at the national seniors cross country in Santry Mark was selected to compete on the Irish celtic u23 team in Dunboyne Co Meath early in 2015

During the year Mark travelled to Watford England where he had a pb in the 5000m in a time of 14.59.58. In Oordegem Belgium he ran the 3000m in a time of 8.29.63

Later in the year mark ran in the lotto cross cup in Belgium along with his Irish team mates. **15**



## *Aspiring Young Athletes*



**Andrea Christie - Hammer Thrower**  
**Leevale AC**

The quiet lad, but so committed to his training & competition, Andre has progressed enormously at his specific event. He took gold at the National Juvenile Champs, U19 Hammer with a throw of 54.15. He was also 3<sup>rd</sup> at the All Ireland schools last year.



**Jack Murphy – Sprint Hurdler**  
**Leevale AC**

Jack had a super start to 2015 winning the U18 National Juvenile Indoors 60H in a time of 8.35 & following that up with a similar win in the 100H, at the National Juvenile T&F Champs in 14.47



**Charlie O'Donovan – Middle Distance**  
**Leevale AC**

Looking at results for Charlie's races, his name is always well up there in the top 10. At the National Juv X-Country Champs he finished 8<sup>th</sup> U17 & 6<sup>th</sup> U18, scoring for Cork & Munster teams in both races. He was a consistent 2<sup>nd</sup> at the munster x-country U17 & U18 & also at the U18 County Champs. You will also see him on the track competing at 800m & 1500m.



**Daniel O'Mahony – 400H**  
**Leevale AC**

Daniel has really found his event in the 400H. A very tough & difficult technical event. He was 3<sup>rd</sup> at the National Juvenile T&F 400H & also got silver at the All Ireland schools at the same event.