



The Athletic Association of Ireland
Cork County Board
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International **Awards Night**

Friday, January 22nd 2010
Jurys Cork Hotel

On behalf of the Cork County Board of the Athletic Association of Ireland I would like to welcome you all here tonight to celebrate the fantastic achievements of all the athletes receiving awards. On behalf on the Board, I wish these athletes, their coaches, clubs and supporters continued success in 2010.

Noreen Murphy,
Chair Cork County Board

International Award Winners

The following athletes are the recipients of International Awards for representing Ireland in junior, senior or masters international competition during 2009:

<p><u>Orla Barry (Leevale AC):</u> Paralympic athlete, Orla Barry, a European Record holder in the discus and a 5th place finisher in her discus event at the Beijing Paralympics continued to improve during 2009, representing Ireland on numerous occasions.</p>	
<p><u>Rob Heffernan (Togher AC):</u> Rob had an exciting year in 2009. He set the world's fastest time at the Munster Senior T&F in the 10 K Walk, set a new National Record in the 3000m walk at the Cork City Sports. He finished 15th in the world championships in Berlin in a seasons best time in the 20 K walk.</p>	
<p><u>Marian Andrews (Togher AC):</u> Marian is one of Irelands top 400m runners. She had a breakthrough year in 2008 and 2009 was an even better one. She set two personal bests in the 400m on the same day at the European Indoor Championships in Turin. She is the reigning indoor and outdoor national 400m champion. She also represented Ireland at the European Team Championships and in the Celtic Cup Indoor Competition. She is also the reigning fastest woman in Cork.</p>	
<p><u>Derval O'Rourke (Leevale AC):</u> Derval O'Rourke had a spectacular year. Highlight of her Indoor season was winning bronze at the European Indoor Championships in Turin. Injury looked set to ruin the outdoor season but she delivered some of the best performances of an Irish sprinter in the modern era to finish 4th at the World Championships in Berlin in a national record time of 12.67. Her coaches Sean & Terri Cahill were named coaches of the year at the AAI national athletics awards last November.</p>	
<p><u>Ailis McSweeney (Leevale AC):</u> Sprinter Ailis had a great 2009 wining her first national outdoor 100m title in a time of 12.20. She helped the Munster team win the GAA 125 Interprovincial Relay. At the European Indoor Championships in Turin she was 6th in her heat of the 60m in a time of 7.51.</p>	
<p><u>Tony Kelleher (Togher AC):</u> Tony is a great stalwart of athletics in Cork helping out on and off the track. He won the National Masters 800m Indoor title in 2009 in addition to 2 silver medals at 800m and 1500m at the Outdoor Masters championships. This year Tony competed at the British and Irish Masters International Cross Country in Perry Park, Birmingham where he finished 18th overall in his category helping the Irish team finish 2nd in the O40 category.</p>	
<p><u>Ian O'Leary (DSD AC):</u> Ian, while no longer a member of a Cork club is a very proud Cork man. He has been a great supporter of County teams over the years, even travelling from overseas to don the Cork vest on occasions. He represented Cork in the AAI inter county cross country championships last year and finished 17th overall in his category at the British and Irish Masters International Cross Country in Perry Park, Birmingham helping the Irish team finish 2nd in the O40 category.</p>	

<p><u>Carmel Crowley (Bandon AC):</u> Last Sunday Carmel Crowley showed she still is one of the best athletes around finishing second in the Munster Senior Cross Country Championships in Carrignavar, helping the county team win gold. At the British and Irish Masters International Cross Country in Perry Park, Birmingham she finished 2nd in her category leading the Irish team to silver in the O40 category.</p>	
<p><u>Eamonn McEvoy (St. Finbarrs AC):</u> Eamonn is a great supporter of athletics in Cork. He has an impressive athletics CV and rarely finishes outside the medals. At the British and Irish Masters International Cross Country in Perry Park, Birmingham, he finished 9th overall in his category helping the Irish team win the O55 category.</p>	
<p><u>Carmel Parnell (Leevale):</u> Last Sunday Carmel finished 4th at the Munster Senior Cross Country Championships in Carrignavar helping the County team win gold and her club win bronze. She won the O50 category at the British and Irish Masters International Cross Country in Perry Park, Birmingham leading the Irish O50 team to victory.</p>	
<p><u>Kathleen O'Brien (East Cork AC):</u> Another of the stalwarts of the Irish Masters Athletics scene. She represented Ireland once again this year at the British & Irish Masters International Cross Country in Birmingham, finishing 9th in her category helping the Irish team win silver in the O60 category.</p>	
<p><u>Mark Hanrahan (Leevale):</u> Mark is the reigning county senior cross country champion and the county's top senior middle distance runner. Mark represented Ireland at the European Team Championships in Slovakia in June in the 5000m where he finished 2nd in a time of 14.20.30.</p>	
<p><u>Christopher Crowley (Belgooly AC):</u> Christopher is a regular at these awards and is currently on scholarship in DCU. Christopher represented Ireland in the High Jump at the Celtic Cup International in Cardiff and won the competition with a clearance of 2.12m.</p>	
<p><u>Ryan Creech (Leevale AC):</u> 2009 was a comeback year from injury for Ryan and it was a wonderful comeback year. He won the county junior cross country championships in Bandon in November, finished 3rd in the AAI Junior Cross Country Championships and led home the Irish junior mens team at the European Cross Country Championships in Santry last December. Ryan will be competing with the Irish Junior Mens Cross Country Team in the Celtic Cross Country Championships in Antrim this weekend.</p>	
<p><u>Ciarán O'Lionaird (Leevale AC):</u> Ciaran was a member of the Irish Under 23 cross country team for the European Cross Country Championships which were held in Santry last year. Currently on Scholarship in the United States at Florida State University, he has enjoyed a good collegiate cross country season and recently won the Beaufort 10K in Kerry, one of the very few events to survive the recent big freeze.</p>	
<p><u>Joe Warne (Doheny AC):</u> Joe, currently on scholarship in DCU, represented Ireland in the Celtic Cup in Cardiff in the 800m in February. He finished 3rd in an impressive time of 1.51.58 in a thrilling finish.</p>	

<p>Jessika Zebo (Leevale AC): Jessika's international athletics career continued this year. She was a member of the Irish 4x400m squad that competed in the European Indoor Championships in Turin. The team had an impressive run with a finishing time only 2 second outside the national record.</p>	
<p>David Berry (Leevale AC): David competed at the IWAS Junior World Championships in Nottwil, Switzerland, last year. In the discus he threw 20.59m to take the bronze medal for Ireland. He subsequently competed in the shot putt and finished just outside the medals in fourth place with a putt of 6.24m. He then threw 13.81m in the javelin to finish in a very respectable fifth place.</p>	
<p>Brian McMahon (Clonliffe Harriers): Brian was in action internationally last year at the World Mountain Running Championships where he finished 50th, he was the leading Irish athlete in the event. Recently, running in the Cork colours, he finished 2nd at the Munster senior cross country championships which were held on his home patch – Carrignavar.</p>	
<p>Deirdre Murphy (Leevale): Deirdre, based in Boston, is the reigning national shot putt champion. She competed in the Discus at the European team championships in Slovakia in June where the Irish team finished second and won promotion to the top tier of this European competition.</p>	
<p>Denis Finnegan (UCC AC): Denis represented Ireland at the European team Championships in Slovakia in the Triple Jump. He took silver at the AAI Indoor games last year with a jump of 14.25m.</p>	
<p>Brian Murphy (UCC AC): Brian is one of Irelands leading 400m runners; he was a silver medalist at the national championships and was 3rd in the 400m at the Falkirk Cup in Scotland. He lowered his personal bests to 47.07 in Switzerland in June. He was a member of the 4x400m relay team at the European Team Championships in Slovakia.</p>	
<p>Nikita Savage (Youghal AC): Nikita established herself as one of the Irelands top pole-vaulters during 2009. She represented Ireland in Cardiff in the Celtic Cup where she finished 3rd in the junior competition with a clearance of 2.91m. She was also a member of the Irish team at the Celtic Games and holds the national under 18 pole vault record, 3.20m</p>	

County Award Winners

The following athletes are the recipients of County Awards based on their performances in the 2009 County Cross Country Championships:

Dean Cronin (Blarney Inniscarra AC):	County Junior Cross Country
Michelle Hartnett (Grange Fermoy AC):	County Junior Cross Country
Barry Donovan (Leevale AC):	County Under 23 Cross Country
Sean McGrath (East Cork AC):	County Senior Cross Country
Lizzie Lee (Leevale AC AC):	County Senior Cross Country
Trevor Woods (St Finbarrs AC)	County Masters Cross Country
Anne Marie Healy (Eagle AC)	County Masters Cross Country