

# CORK ATHLETICS NEWSLETTER



CORK ATHLETICS

CORK COUNTY BOARD

November/December 2019

## HALL OF FAME AWARD FOR

### SONIA O'SULLIVAN

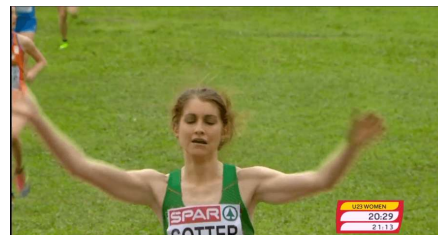
One of Cork's most famous sports persons, Sonia O'Sullivan was recently honoured with the Hall of Fame award at this year's Irish Life Health National Athletics Awards. Sonia received the award on the 28<sup>th</sup> of November, the day of her 50<sup>th</sup> birthday.



*Sonia O'Sullivan, inducted into Athletics Ireland Hall of Fame*

## EUROPEAN BRONZE FOR STEPHANIE COTTER

There was great success for West Muskerry AC athlete Stephanie Cotter in the Under 23 Women's race at the European Cross Country Championships in Lisbon on the 8<sup>th</sup> December. In contention from the start,



Stephanie stuck with the pace over a fast 6K course to finish in the bronze medal position. Stephanie's fantastic performance not only secured her an individual medal but led the way for the Irish U23 team to finish in the silver medal position. Prior to the European Championships, Stephanie had put down some great performances in the U.S., where she currently represents Adams State University. In view of her fantastic achievements this season, Stephanie was recently named the NCAA Division II National Cross Country Athlete of the Year for 2019. One of Stephanie's most notable achievements this season was her record-breaking run in the NCAA Division II Cross Country Championships in Sacramento, California where she completed the 6km in 19.15.5, becoming the first woman in NCAA Division II history to break the 20-minute barrier at the National meet.

## CORK ATHLETES SHINE ON NATIONAL STAGE

Cork had plenty of performances to celebrate this year at All-Ireland level. These included some national champions. Leevale AC's Nicole Dinan won the gold medal in the U14 girls race at the National Even Age Championships in Abbottstown on 24 November. Nicole also medalled three weeks later at the National Uneven Age Championships in Dunboyne on 15 December where she won the silver medal out of age in the girls U15 race. Another gold medal came in the girls U17 race, where Youghal AC's Emma Landers took the national title.

Other notable performances at National level included a fantastic silver medal for North Cork AC's Emma Flynn in the U11 girls race, while Lucy O'Keefe of Youghal AC took the bronze medal in the girls U19 race.

At the National Senior Cross Country Championships, the Leevale AC women's team reclaimed their title in the team event. The team of Michelle

Finn (5<sup>th</sup>), Niamh Moore (26<sup>th</sup>), Michelle Kenny (39<sup>th</sup>) and Carol Finn (50<sup>th</sup>) finished up with a total of 120 points to take home the gold medal.

## MEDALS FOR CORK ATHLETES AT THE BRITISH & IRISH MASTERS CROSS COUNTRY INTERNATIONAL

On 16<sup>th</sup> November, the 11 Cork athletes selected to represent Ireland at the British and Irish Masters Cross Country travelled to Liverpool where they competed in a gruelling race on the Grand National course in Aintree. Two Cork athletes managed to feature among the individual medals, both in the Men's O40 race, with Paul



*Paul Moloney & Breda Gaffney of Mallow AC*

Moloney of Mallow AC taking silver and Alan O'Brien of Eagle AC taking bronze. These performances strongly secured the Irish team in the gold medal position with 16 points. On the women's side, Mallow AC athlete Breda Gaffney was Cork's highest individual finisher, placing 6<sup>th</sup> overall in Women's O45 race and scoring on the Irish team that won silver. A number of other Cork athletes came home with medals, scoring on Irish teams. These included M35 team silver for Conor McCauley (Leevale AC), F35 team silver for Michelle Kenny (Leevale AC), M40 team gold for Tim Twomey (Leevale AC), M65 team bronze for Eamonn McEvoy (St. Finbarr's AC), and M70 team bronze for Ken Higgs (Eagle AC).



*Eamonn McEvoy (2<sup>nd</sup> left) with M65 teammates*

## CROSS COUNTRY ROUND UP

### County Masters Championships

The County Masters Cross Country Championships were hotly contested this year. Leevale AC's Annette Quaid came out on top, winning the overall Master's women's race and taking the O40 title. Sinead Kevany of Midleton AC came in to take second place overall and O40, while Mallow AC's Breda Gaffney finished third place overall while taking gold in the O45 category. In the Master Men's race, Paul Moloney continued his fine form to win the overall Masters Men's race and the O40 title. Togher AC's Gavin Sweeney came home in second position overall while claiming gold in the O35 category. Leevale AC's Conor McCauley came in to finish third overall. The event took place in Castlelyons, organized and hosted by St. Nicholas AC.

*Annette Quaid in action at the Munster Masters Cross Country Championships*

### Cork Athletes Put in Strong Performances at Munster Level

Cork athletes put in some great performances at Munster level over the cross country this year. At the Munster Senior Cross Country Championships, it was a one-two-three for Cork athletes. Sean Doyle of North Cork AC took the senior men's title, followed home by East Cork AC's Tim O'Donoghue in second and Togher AC's Evan Byrne in third. In the women's race, East Cork AC's Fiona Santry came home to take silver in a fine performance.



Leevale AC's Annette Quaid was one of the stand-out performers at the Munster Masters Cross Country Championships in Beaufort, Co. Kerry in November. Annette powered home to win the overall masters women's race, in addition to claiming the O40 women's title. Sinead O'Driscoll of Midleton AC was third overall and also third in the O40 category. Other category wins from Cork women included St. Finbarr's AC athlete Karina Teahan O35, Youghal AC's Evelyn Cashman O45, Grange-Fermoy AC's Joan Ennis O55, St. Finbarr's AC's Marion Lyons O65 and St. Catherine's AC athlete Kathleen O'Brien O70. On the men's side, Cork's highest placed finisher was East Cork AC's Sean

McGrath who finished third overall in the Masters Men's race, as well as winning the silver O35 medal. Richard Piotrowski of Eagle AC won the gold medal in the O70 category while Billy Caball of Rising Sun AC took gold O75.

Cork had more success at Munster level at the Munster Intermediate Cross Country Championships in Two-Mile-Boris in Co. Tipperary. Cork athletes took the top three positions in the Intermediate Women's race, with Middleton AC's Sinead O'Driscoll topping the podium, followed by St. Finbarr's AC athlete Orla Byrne in second and Leevale's Andrea Bickerdike in third. In the Intermediate Men's race, Michael Harrington of Durrus AC was Cork's highest finisher, taking the bronze medal.

### **Successful Cross Country Training Day in Riverstick for Cork Teams**

#### ***Report by Collette O'Riordan***

A training day was held on Saturday 16th November, for athletes competing on Cork teams, at the Athletics Ireland National Even Age Championships, in Abbotstown, Dublin, on Sunday November 24th.

It was very well supported and all athletes got to know their teammates. They will be less nervous on the start line as they can talk to their teammates now that they have got to know them better.

A great training session was completed by all the groups, and they all put in 100% effort on the day. A big thank you is also due to the personal coaches who helped out on the day.



*Some of the athletes that took part on the day*

### **CYDI AND WINTER COACHING SERIES UPDATE**

#### ***Report by Colette Kelly***

This year has seen the completion of another successful year for Cork Athletics Youth Development Initiative (CYDI)/Winter training programme. Eleven sessions were held throughout the year, three took place in the early spring, with a further eight in the autumn/winter period. Eight event groups were covered in all, with 181 individual athletes, from 21 different clubs across Cork City and county, attended, supported by eleven coaches, and two administrative helpers, across the programme.

This has been a big commitment, on the part of both coaches and athletes, and Cork Athletics would like to take this opportunity to acknowledge and thank each and every one, along with the athlete's parents, for their time, effort, cooperation and commitment in making this an outstandingly successful venture.

The primary aim of this programme is to raise the technical standard across the eleven event groups. To this end, it has been a great success. The past year has seen one participant achieve the qualification standard and selection to the European Youth Olympic Festival (EYOF) Championships. Others were selected for their first underage international in both schools



(SIAB) and the Nation's cup. Many others again won medals at county, provincial and National Championships. While others set PBs in competition, or just discovered new events and found they had a previously unrealised talent at them.

At our end of year review meeting, all coaches expressed the opinion that they could see a big, and enduring, improvement in standards and technical ability over the last couple of years from athletes who had taken part in the programme. Many reviews of athletic participation have mentioned the worrying trend of the drop off in athletics during the teenage years, and many suggestions have been put forward as to why this happens and how to arrest/prevent it. [This drop-off is not confined to athletics, and has been noted across the entire sporting spectrum, both in Ireland and abroad.] The CYDI/Winter training programme has seen a reversal of this trend. Over the eight autumn/winter sessions a group of 15 to 18 year olds attended all sessions, in their chosen events, and formed friendships and training partnerships across a wide range of different clubs. They now are all looking to compete against each other in the New Year, and meeting up again, at the Spring sessions. This is great to see, and is something Cork Athletics wishes to foster and encourage.

### **Spring 2020 CYDI / Winter Coaching Series Sessions:**

For the spring of 2020 and as a request of many who took part in 2019, three further sessions are scheduled:

- Saturday 11 January
- Saturday 8 February
- Saturday 14 March

Following the end of the cross country season, the distance group will be joining us on the track.

## **CORK SPORTS PARTNERSHIP SPORTSHALL ATHLETICS PROGRAMME 2019**

### ***Report from Craig Harrington***

2019 saw Cork Sports Partnership and Cork Athletics County Board renew their relationship and coordinate a Little Athletics programme for special schools in Cork. The goal for this programme was to introduce special schools to running, jumping, throwing and general mobility exercises. This funding gave the schools the opportunity to partake in a 4 week sportshall athletics initiative with a qualified athletics tutor. The tutor delivered the session each week while passing his/her knowledge onto the teachers and SNA's within the school.

The schools involved in this year's programme were Scoil Eanna, St Killians and Holy Family. On Completion of the programme the schools travelled to Cork Institute of Technologies Sportshall to partake in a fun Athletics Blitz. This was held on Wednesday 11th December 2019. Cian O' Neill (CIT Head of Department, Sport, Leisure and Childhood Studies) "Well done to all involved– I caught the tail end of the event and it looked to be a superb initiative. Please let me or any of my colleagues know if we can help with any future collaborations in this space." The blitz was broken up into 6 stations: Speed Bounce, Obstacle Course, Javelin, Target Throw, Standing Long Jump and Shuttle Run. Each station lasted 15 minutes. On completion of the stations Santa Claus himself was on hand to present each child with a certificate. A massive thank you to the students of Cork Institute of Technologies Athletics Club who coordinated each of the athletics stations on the day of the blitz. All schools were provided with an athletics equipment pack so the teachers and SNA's can continue to participate in athletics activities after the programme has concluded.



## CORK ATHLETICS AGM

The Cork Athletics AGM will take place on Sunday 26<sup>th</sup> January at the Kingsley Hotel, starting at 11am, lunch included. All clubs are entitled to four votes and the County Board would encourage all clubs to be represented at the AGM.

## CORK ATHLETICS NEWSLETTER

We hope that you enjoyed this installment of the Cork Athletics Newsletter. We hope to produce this on a regular basis but, as always, we need your help. If anybody would like to contribute any news, articles or has any other ideas about how to add to this newsletter, please email [corkathleticsnewsletter@gmail.com](mailto:corkathleticsnewsletter@gmail.com).

## UPCOMING FIXTURES

If you're looking for a race, event or training in January or February, here are some upcoming fixtures. If you would like any more information on any of these events, please check out the [Cork Athletics website](#).

<b>Training</b>	<b>Indoor Track &amp; Field</b>	<b>Road Races</b>	<b>Cross Country</b>	<b>Other</b>
11 Jan – CYDI Day 1 2020: 1pm	5 Jan – Munster U11- U16 Indoor Combined Events Championships 2020	19 Jan – Cloyne Commons 4k Road Race Series, Race 3: 9.30am	11 Jan – Celtic International Cross Country 2020	15 Jan – CIT Sports Seminar Series 2019-20: #2 Rethinking Stress for Performance: 7.20pm
11 Jan – Winter Coaching Series Day 1 2020: 2.30pm	5 Jan – Munster U20 & U23 Indoor Combined Events Championships 2020	16 Feb – Cloyne Commons 4k Road Race Series, Race 4: 9.30am	30 Jan – South Munster Schools Cross Country Championships 2020	26 Jan – Cork Athletics AGM 2020: 11am at the Kingsley Hotel
8 Feb – CYDI Day 2 2020: 1pm	11 Jan – Athletics Ireland Indoor T&F League: Round 1 2020	16 Feb – Eagle AC Tommy Ryan Memorial Carrigaline 5 Mile Road Race 2020: 11am	2 Feb – European Champion Clubs Cup ECCC Cross Country 2020	1 Feb – Munster Athletics Star Awards 2020
8 Feb – Winter Coaching Series Day 2 2020: 2.30pm	18 Jan – Athletics Ireland Indoor Combined Events Championships 2020	23 Feb – Kinsale 10 Mile Road Race 2020: 12pm	8 Feb – Irish Life Health National Juvenile B and Juvenile Relays Cross Country Championships 2020	12 Feb – CIT Sports Seminar Series 2019-20: #3 Sleep and Performance Nutrition and Performance: 7.30pm
	19 Jan – Munster Juvenile Indoor Relays 2020		8 Feb – Irish Life Health National Intermediate and Masters Cross Country Championships 2020	21 Feb – Cork Athletics Annual International Awards Night 2020: 8pm
	25 Jan – Athletics Ireland Junior & U23 Indoor Championships 2020		13 Feb – Munster Schools Cross Country Championships 2020	29 Feb – Athletics Ireland Juvenile Star Awards 2020
	26 Jan – Athletics Ireland Indoor League: Round 2 2020			
	9 Feb – Athletics Ireland Indoor Games 2020			

	12 Feb – AIT Indoor Grand Prix 2020			
	15 Feb – Munster U9-U11 Indoor Championships 2020			
	16 Feb – Munster Senior, Masters & U20/23 Indoor T&F Championships 2020			
	22 Feb – Munster U12 – U19 Indoor T&F Championships Day 1 2020			
	23 Feb – Munster U12 – U19 Indoor T&F Championships Day 2 2020			
	29 Feb – Irish Life Health National Senior Indoor Championships 2020			