

East Cork Division Athletics Awards - 2017 Season

	Carraig na Bhfear AC	Midleton AC	St. Catherines AC	St. Nicholas AC	Youghal AC	Total
U9		5				5
U10						
U11	2	9			1	12
U12	9	1			2	12
U13	6	7			3	16
U14	1	2			6	9
U15	2	2	1	1	2	8
U16	2	5			3	10
U17	4	4	1		2	11
U18	1	1	2		1	5
U19	3					3
Total	30	36	4	1	20	91

	Ballymore Cobh AC	Midleton AC	East Cork AC	Youghal AC	Total
Senior	1	3	9	3	16

Guests

Orla Barry

Under 9 Certificates Presented by Orla Barry

<p>Ava Coughlan & Ellie Kate McRae</p> <p>Team Midleton AC</p>	<p>Two new stars who shone brightly during the year For their first year competing they did extremely well in Munster Team competition U9-U11 when the pairing took silver in the 60ms and gold in the Long Jump. A lot of training sessions and coaching prepared them well for the All Ireland stage where they once again combined to take the gold in both the 60mts and Long Jump. Well done Ava & Ellie Kate</p>
<p>Rachel Roche, Rachel Sweetnam, Lucie Dillon, Ava Coughlan & Ellie Kate McRae</p> <p>Relay Midleton AC</p>	<p>This group of starlets formed a strong bond and became great friends while combining their talent and speed to take the silver in the Munster Relay back in June of last year. Their team strength continued to grow and they rounded off the year in great style when taking the silver medal at the All Ireland's. Fantastic futures lie ahead, well done girls.</p>

U11 Certificates Presented by Orla Barry

Maisie McRae & Rosemary Alamu Team Midleton AC	This pairing had a great year locally and in Munster they did very well to take the gold medal, with combined jumps of 7.45mts in the Long jump and silver in the 60mts in a combined time of 18.97. They finished off their year with more success when they took silver in the Long Jump, Well done Maisie & Rosemary
Peter Barrett & Robert Olden Team Midleton AC	The lads had a great year in Munster taking the silver medal in the long jump with a leap of 7.44mts. They put in a lot of hard work and with the help of their coaches, they went to the All Ireland's and extended the jump to 7.80 m to claim the Silver. Both lads were also part of the successful U11 Relay team. Well done lads
Odhran O'Sullivan Midleton AC	Odhran had a great year overall and his talents really came to the fore in the Cross Country. He managed third place for both Cork and Munster at U11 and also managed a 3 rd with the Cork U12 team. Fantastic displays Odhran, well done.
Jack McGrath Midleton AC	Jack had an amazing year on the Cross Country circuit and his success continued right up the All Irelands where he managed a very good 12 th individual place, and was first home for both Cork and Munster, helping to secure the Bronze medal. Well done Jack
Caleb McKinnie, Peter Barrett, Robert Olden, Matthew Herbert, Sean Curtin, & Jack McGrath Midleton AC Relay	This grouping had a remarkable year in Munster when they tore up the track in Munster culminating in being the only team to break the 1 min barrier in the final with a time of 58:57 to take gold. A super race in the final saw 3 teams break the 1 min barrier with the lads narrowly beaten to the gold by 0.32 secs. Wonderful year for a wonderful group of lads, well done all
Faye O'Riordan Carraig na bhFear AC	2017 was a super year for Faye both on the track and in XC. In the Munster U10 XC Faye produced a storming run to win the gold medal for the second year running, she finished off her year in superb form with a gun to tape victory the All-Ireland 'B' XC Championships.
Conor Gardner Carraig na bhFear AC	Conor had his breakthrough year in 2017. He trained well all year and kept improving as the XC season progressed culminating in a super run in the Cork singlet in Waterford where he helped his county team to the Bronze medals.
Autumn Devereaux Youghal AC	In Cross Country Autumn did brilliant to win Individual 12th, Club Team Gold & County Team gold in the Munster B Cross Country championships. Autumn went on to have a great run in the All-Ireland B Cross Country championships winning a county team gold.

U12 Certificates Presented by Orla Barry

Sam O'Sullivan Carraig na bhFear AC	Sam had an excellent year in 2017. Competing in relays, sprints and long jump Sam was no stranger to the podium but the highlight of his year was winning a bronze medal for long jump in the All-Ireland 'B' T&F Championships.
Theo De Souza Carraig na bhFear AC	Theo had an excellent year in 2017. Competing in relays, sprints and long jump Theo was no stranger to the podium but the highlight of his year was winning the National gold medal for long jump with a PB of 4.47m.
Ruaidhri Boyle Carraig na bhFear AC	Ruaidhri had a very good year in 2017. He was very impressive in multi events and especially in 600m track races but it was in XC that he really excelled leading his boys U13 team to much success, he finished his season winning an All-Ireland medal with Cork in Abbotstown.
Isabelle Nestor Midleton AC	Another memorable year for this talented athlete. Isabelle showed a great attitude all year and started off very well when she finished 4 th individually and helped Cork to first in the Cross Country. At the juvenile B's she had an amazing day at the long jump. After the first jump she was out of the medals but improved with each jump and on her last jump she left tp the gold Medal with 3.96mts. Well done Isabelle
Sorcha Kilgannon Youghal AC	Sorcha came 3rd in the Munster High Jump and went on to win the U12 National High Jump bronze medal with a P.B.of 1.35M. Sorcha also being a talented runner finished the year by winning Munster team silver & County team gold in the National U12 Cross Country championship.
Ben Walsh Youghal AC	Ben started the season by winning the U12 Boys County Shot Putt with a throw of 8.25m, coming 3rd in the Munsters with a throw of 8.69m and finishing on a very high note by winning the All Irelands with a huge PB of 10.33m. Ben is looking forward to the season ahead to see what improvements he can make this year.
Lucy Lynch Carraig na bhFear AC (Club Team relay)	Lucy competed strongly in multi events and a number of track events in 2017 but she really came to form in XC winning her counties and helping her Girls U12 team to East Cork & County gold medals, Munster silver medals, and the All Ireland Silver medals in Abbotstown.
Sinead Hurley Carraig na bhFear AC (Club Team relay)	Sinead was a new addition to our club last year. She was a fantastic addition to our girls U12 XC team helping them to the East Cork & County gold medals, Munster silver medals, and the All Ireland Silver medals in Abbotstown.

Kate Fennessy Carraig na bhFear AC (Club Team relay)	Kate was another new addition to our club last year. She was a fantastic addition to our girls U12 XC team helping them to the East Cork & County gold medals, Munster silver medals, and the All Ireland Silver medals in Abbotstown.
Ava Fitzgerald Carraig na bhFear AC (Club Team relay)	Ava had an incredible year in 2017, competing strongly over 600m on the track but she really excelled in XC. Ava led both her Girls U12 team and the Girls U13 team to National silver medals, and in the process also helped her Cork and Munster teams to glory.
Leah Dunne Carraig na bhFear AC (Club Team relay)	Leah had a superb year in 2017. While she showed great speed on the track it was in her favoured XC that she really excelled helping her Girls U12 team and the Girls U13 team to National silver medals, and also helping her Cork team to glory.
Isabelle Kelleher Carraig na bhFear AC (Club Team relay)	Isabelle had great success in XC in 2017. A talented gymnast she put in a lot of effort during the XC season and improved with each race, helping her Girls U12 team to the East Cork & County gold medals, Munster silver medals, and the All Ireland Silver medals.

U13 Certificates Presented by Martin Drake

Ellie Twomey Carrig na bhFear	Ellie had an outstanding year in 2017. She was part of a very strong U13 team winning East Cork, County and Munster medals. She had her best race of the season in the All-Ireland 'B' XC where she won an individual bronze medal with an excellent 9 th place finish
John Wiggington Carraig na bhFear	John only took up athletics in the XC season and he was an instant success, leading his team to County gold medals in both U13 & U14. At the All-Ireland 'B' XC in Galway John produced his best run ever winning an individual bronze medal and a gold medal with the Cork team.
Eoin Quirke Midleton AC	Eoin had a fantastic year on the Cross Country circuit and he showed all his hard work paid off when he won medals at both U13 and U14. For U13's he was 4th in the all Irelands , 1 st for Cork helping them secure Bronze and in the U14 category he was 6 th home, and second for Munster securing the Silver medal
Selena O'Riordan Midleton AC	Selena had a great year and has really enjoyed the Javelin in particular. In the Munster's she narrowly missed out on gold by 4 cm with a throw of 25.95m. Onwards and upwards (pardon the pun) , she went to the All Irelands full of confidence and this paid off when she took the gold Medal. Well done Selena
Sophia Connon Youghal AC	Sophia started the year with the Munster Indoor championships, where she won U13 High Jump silver with a jump of 1.41M. In her outdoor T&F season she was 3rd in the County High Jump, won silver in the Munster championship with a jump of 1.46M, and continued her success to the All-Ireland by winning the U13 National High Jump Silver medal.
Grace Rooney Youghal AC	Grace began her T&F year with winning the U13 Munster Indoor 60M sprint champion title, and also won bronze in Long Jump. At the National Indoors she won the National U13 60M sprint bronze medal in a time of 8.24 seconds. Grace is U13 county champion in both the 80M sprint & sprint hurdles, she is Munster champion in the 80M sprint & munster silver medalist in the Long Jump. Grace went on to finish her season in style by winning the National U13 80M sprint champion title in a time of 10.48 seconds.
Alex Cashman Youghal AC	Alex was 3rd in the County U13 Javelin, and won the Munster B shot title. In Cross Country Alex won individual 9th & county team gold in the U13 Munsters, & club team gold in the U14 Munster, she then went on win Club team silver in the National U14 championships, and County Team silver in the U13 National X.C. championship

Mary Dorgan Carraig na bhFear (Club Relay Team)	Mary has been a very consistent performer on Carraignavar XC teams over the last few years and 2017 was no exception, Mary helped her team to East Cork, County and Munster Gold medals and National silver medals.
Ciara Keohane Carraig na bhFear (Club Relay Team)	Ciara had an outstanding year in 2017. Competing in middle distance on the track she built up great speed which she put to good use in her best ever XC season helping her team to East Cork, County and Munster Gold medals and National silver medals
Rebecca Kelleher Carraig na bhFear (Club Relay Team)	2017 was a super year for Rebecca. Competing strongly in Middle distance on the track, she worked incredibly hard in XC where she helped her team to East Cork, County and Munster Gold medals and National silver medals and also won medals on Cork U13 & U14 XC teams
Kathryn O'Mahony Carraig na bhFear (Club Relay Team)	Kathryn was superb in 2017, both on the track and in her favoured XC. On the track she showed incredible speed from 200m to 800m then in XC she helped her team to East Cork, County and Munster Gold medals and National silver medals.
Luke Butler Midleton AC	Luke is another consistent performer who gives everything when he takes part. Having plugged away all year he rounded it off in style at the All Ireland B's with gold in both the 80mts and the Long Jump. To compete is an honour but to win two gold at one meeting is fantastic, Luke was also a member of the successful U13 Relay team, well done Luke
Joel Joseph Midleton AC	Joel Joseph is becoming another fine athlete with very consistent performances. He started off the year by claiming silver in the Long Jump about in Nenagh. This gave him the hunger for more and with hard months training put in he improved greatly and took the Gold medal in the Outdoor Long Jump. He also managed 3 rd in the 80 Mt's, Fantastic year for Joel Joseph
Briain Cott Midleton AC	Briain had a great year and was always close to the front in most of his races. The pinnacle of his year was 6 th individual in the All-Ireland U13 final securing 3rd place for Cork
George Alamu, Luke Butler, Joel Joseph, Eric Cunningham, Briain Cott Midleton AC Relay	Another mighty year for this bunch with great performances both indoor and outdoor. At the Munster Indoors they took gold in a time of 54.89. At All Ireland Indoors they improved the time to 53.67 to take the Silver. At the Munster Outdoor relays they took gold in a time of 54:10. , and went onto the All-Ireland finals and once again improved their time to 52:78 to take the Gold. Remarkable year for a remarkable bunch of lads

U14 Certificates Presented by Martin Drake

Emma Landers Youghal AC	On the track Emma finished 2nd in the County 1500M & came 4th in Munster's qualifying her for the All Ireland 1500M. Emma had a fantastic season in Cross Country, she won two county cross country champion titles in both the U14 & U15 races, she finished 2nd in the Munster's on her own age and won 4th place up an age. This led Emma to the All Ireland's where she finished fifth on her own age U14 and topped her performance again by coming 3rd up an age in the U15 National Cross Country Championship.
Avril Millerick Youghal AC	Avril won individual 5th & county team gold in the U14 County Cross Country and club team gold in the U14 Munster Cross Country. Unfortunately Avril was out on injury for the remainder of 2017. After recently returning to running Avril won individual 8th & county team gold in the National "B" Cross Country Championships.
Avril Cashman Youghal AC (Club Team Relay)	Avril won two individual bronze medals in the County evenage & unevenage. In both Munster championships she won individual 9th in U14 & 10th in U15. At the National Evenage Avril won Club team silver, County team silver & Munster team gold, and continued her success to the National Unevenage where she won Club team Silver & County team silver.
Erin Joyce Youghal AC (Club Team Relay)	Erin won individual 4th up an age in the U15 County X.C., won individual 12th in both the U14 & U15 Munster championships, and went on to the National evenage where Erin won Club team Silver & County team silver and continued her collection of medals in the National evenage where she won club team silver, county team silver & munster team gold
Eva Murphy Youghal AC (Club Team Relay)	In Track & Field Eva won bronze in the U14 County 1500M & bronze in the County Walk championship. In Cross Country Eva won a spree of club team golds in the U14 & U15 County and Munster championships. She went on to win Club team silver in the National evenage cross country & again club team silver in the National un evenage.
Natasha Kilgannon Youghal AC (Club Team Relay)	In the 2000M Walk championships, Natasha won silver in the U14 County Walk, came 4th in the Munster Walk qualifying her for the Nationals where she came 8th. Natasha went on to compete in Cross Country, where she won club team gold in the U15 County, U15 Munster and won club team silver in the National Un evenage championships

Michelle Ugwah Carraig na bhFear	Michelle missed most of the 2017 T&F season only making her debut in the Munster T&F Championships she came a very good 2 nd in the Long Jump. At the All-Ireland T&F she showed her potential with a huge PB of 5.14m to claim the gold medal.
Sean Kavanagh Midleton AC	Sean had a good start to the year at the Munster indoors when he cleared the bar at 1.50M to take the silver. Lots of sessions during the year reaped benefits as he went on to claim the silver medal in both the Indoor and outdoor at the High Jump. Great jumping Sean, well done.
Leah Parker Midleton AC	Leah has made a speciality of the throwing events in the last few years and this year was no different .Leah is always amongst the medals and she once again took All Ireland medals when she took silver in the Discus and Bronze in the Hammer. Well done Leah.

U15 Certificates Presented by Martin Drake

Sarah Morrison St Nicholas AC	Plenty of success for Sarah in 2017 with Individual County & Munster Medals at both u15 & u16 XC Championship's. She was also on the winning U16 Cork team who won gold at the National XC Championships. In the Community Games 800m race, Sarah was outright winner and was crowned U15 All Ireland Community Games Champion 2017.
Ciaran Hurley Carraig na bhFear AC	Ciaran continues to go from strength to strength in the race walking event. In 2017 Ciaran won Munster gold medals both indoors and outdoors and was second in both the indoor and outdoor National T&F Championships
Cliona Lynch Carraig na bhFear AC	Cliona missed the track season and most of the XC season due to injury but she bounced back in the Munster B XC where she helped her Cork team to the gold medals. At the All-Ireland B XC she had another strong run to help Cork to the silver medals.
Robyn Buckley Youghal AC	In track & field Robyn displayed her High Jump talents by winning silver in the County championships. She also won silver in the county multi-events. During the cross country season Robyn won club team gold medals in the U15 County & U15 Munster championships, then won club team silver in both the National evenage & unevenage championships
Ciaran McNamee Youghal AC	Ciaran won the County U15 Cross Country champion title. He went on to win county team gold in the Munster un-even age. He unfortunately developed an injury effecting his National competition, but recently on return from injury Ciaran had a great run to win individual 6th and county team gold in the All-Ireland B Cross Country championships
Blessing Alamu Midleton AC	Blessing had a great year at the throwing events also this year and she secured silver in both the Shot and the Discus at the Munster's. She went onto the All Irelands where she let the discus fly through the air and secured the Bronze medal in the Discus. Well done Blessing
Luke Burfield Midleton AC	Luke had a great year and performed well locally. He kept up all the hard work right to the end when his efforts were rewarded with a 3 rd place in the Long Jump at the All-Ireland B's. Very well done Luke

U16 Certificates Presented by Martin Drake

Orla Coffey Carraig na bhFear AC	Orla had a fantastic year in 2017. She competed strongly in multi events and middle distance but her biggest success came in the Pole Vault where she won both the indoor and outdoor National Championships
Daire O'Sullivan Carraig na bhFear AC	Daire had an incredible year in 2017 over all the middle distance events. In the Indoor T&F Daire took gold over 1500m in both Munster and Nationals. In the outdoor T&F he was equally impressive over 3000m winning both Munster and National gold medals
Lucy O'Keeffe Youghal AC	Lucy began her season with the U16 county championships where she came 2nd, and went on to come 2nd again in the County U17 race, she came 3rd in the U16 Munster and went on to run away with the U17 Munster Cross Country champion title. At the National U16 race in Abbottstown, Lucy won individual 5th qualifying her for the National U17 team, and went on to win the individual bronze in the National U17 race. Lucy topped her season with an individual placing of 8th and winning a National team silver in the Celtic International Cross Country.
Kerry Barrett Youghal AC	Kerry began 2017 with winning bronze at the Munster Indoor Pentathlon, she then won bronze in the East Munster Schools High Jump, and again bronze in the Munster Schools Indoor Combined events. At the County T&F she won the U16 High Jump champion title, was 2nd in the sprint hurdle, 3rd in the shot & she won the County Combined Event title. Kerry came 3rd in the Munster Triple Jump qualifying her to the Nationals where she won National Triple Jump Bronze.
Lesley Cashman Youghal AC	In track & field, Lesley won the County U16 Walk champion title & came 3rd in the East Munster Schools 1200M walk. She came 2nd in the county combined events & 3rd in the county Javelin. In Cross Country Lesley won individual 6th in the U16 County championships, 2nd in the Munster "B" U17 race, went on to win county team gold in the National U16 Cross Country & completed her season with winning county team bronze in the National U17 championship.
Meghan Carr St Catherines	At the national Track and Field championships Meghan was 4th in 800m, 5th in 250m hurdles and 7th in long jump. At the Munster cross country Meghan was 9th and won gold with Cork. At the national cross country in WIT Meghan finished 18th winning silver with Cork and Gold with Munster.

Daisy McCarthy Midleton AC	Daisy had a good year locally and performed well throughout the year which culminated in securing the Silver medal for Long Jump at the All-Ireland B's. A great way to finish off is style, well done Daisy
Lia O'Brien Midleton AC	Lia is another very consistent performer and did well all year. She tasted success throughout the year and one of the highlights was taking 3 rd place in the Discus at the All-Irelands, despite an injury on the day which prevented her continuing with other events. Her consistency was also rewarded when she was selected for the Munster T&F Development squad. Well done Lia
Patrick Kelly Midleton AC	Patrick had a good year and shows a great attitude when training. He puts everything into his events and this determination was evident recently when he competed in Clarinbridge, Co. Galway at the Cross Country All-Ireland B's and was the first Cork runner home in 10 th place to finish amongst the medals. Well done Patrick
Paul Hartnett Midleton AC	Paul had a fantastic year and is a very consistent and dedicated runner. His speciality is the longer distances and he thrives during the Cross Country Season. This was very evident this year when he was 8 th at the U16 XC and 2 nd for Munster securing Silver for the province, he was also 10 th at U17's being the second finisher for Cork securing the Bronze . His efforts were also rewarded in being selected for the Munster Junior Development Squad Well Done.
Caoimhe Carey Midleton AC	Caoimhe has enjoyed success for the last few years and always battles her way through the field for most of her events. Her hard work paid off at the All-Ireland Cross Country where she 2 nd home for Cork in the U16 and 4 th for Munster securing the Silver medal. She was 2 nd for Cork winning the Bronze for the County and 6 th for Munster helping to claim Gold. Her efforts during the year also secured her place on the Munster Junior Development Squad. Well done Caoimhe Carey

U17 Certificates Presented by Martin Drake

Natalie Nicholson St Catherines AC	Natalie was part of the St. Catherines U18 team that won county and Munster and finished 5th at the National cross country. In Munster U18 she was 15th, gold with Cork, U17 - 13th and gold with Cork. At the national cross country uneven age Natalie was 37th U17, winning Bronze with Cork.
Martha Quain Carraig na bhFear AC	Martha was in superb form again last year. In her chosen event of Discus she was a hard lady to beat, she won both the county and Munster gold medals before throwing a new pb in the All-Irelands to claim the silver medal.
Emma Coffey Carraig na bhFear AC	Emma was once again unstoppable in Pole Vault competitions both indoors and out. She won the Munster and National pole Vault championships both indoors and outdoors breaking records all the way.
Joseph Daly Carraig na bhFear AC	Joseph had a mighty year in 2017. He competed strongly on the road, in T&F and in XC. A very strong run from Joseph saw him secure a bronze medal with the Cork team in the All-Ireland U17 XC Championships.
Michael Hand Carraig na bhFear AC	Michael had a very impressive year in 2017. He kicked it off with a gold medal for javelin in the Counties then repeated the feat in the Munsters throwing a new pb of 45.86m. At the National T&F Michael finished his year with a superb bronze medal.
Tirna Cahill Youghal AC	Tirna is both the U17 Girls County and Munster Hammer throw champion, and holds the Munster schools record with throw of 48.36. She represented Munster in the tailteann games where she won silver with a PB of 49.67. Tirna won silver in both the National Hammer throw & National Schools Hammer throw. She is a member of the National Throwing Squad and represented Ireland in both the SIAB's and the Celtic games.
Jake McCarthy Youghal AC	Jake's 2017 cross country began with the schools cross country championships in Spring. He won the East Munster Schools was 2nd in the Munsters Schools and finished 6th in the Nationals. During the Autumn season, he won individual bronze in the U17 Munster championship & finished 4th in the U18 Munster. Jake finished his season in Waterford winning county team bronze in the National Unevenage championship

Frank O'Brien Midleton AC	<p>Frank has always been in amongst the medals for the last number of seasons and the success continued this year when he won the 2000mtr Steeplechase. He also performed well on grass during the U17 Cross Country All-Irelands when he was 5th home, 1st for Cork helping the team secure Bronze. At U18 level he was 2nd home helping the team secure Silver. Frank was also selected for the Munster Junior Development Squad. Well done.</p>
Emmanuel Alamu, Frank O'Brien, Jack O'Shea & Aaron Leahy Midleton AC Relay	<p>The most senior members of the club are the people the younger members look up to and showed their class to take the Bronze medal in the 4 x 400 Relay in a remarkable time of 3.42.77. Well done lads.</p>

U18 Certificates Presented by Martin Drake

Sarah Mulcahy St Catherines AC	Sarah was part of the St. Catherines team that won county and Munster cross country and finished 5th at Nationals. In Munster U18 Sarah was 15th, gold with Cork and U19 - 13th and silver with Cork. At the national uneven ages Sarah was 34th U19 winning Bronze with Cork.
Laura Hayes St Catherines AC	Laura won South Munster and Munster Schools cross country, finished 2nd at nationals and 15th in SIAB cross country in Wales. In the track Laura was 2nd in the Munster schools 3000m and 3rd at the National championships. She was part of the St. Catherines U18 team that won County and Munster cross country and finished 5th at the All Irelands. In the U18 cross country championships Laura was 2nd in Cork, 1st in Munster and 4th at Nationals, 12th Junior. Laura was part of the Irish team at the Celtic Cross Country in Antrim.
Tamzin Muldowney Midleton AC	Tamzin has been performing at a high level for the last few years. She is known for her strong finish and this year she was fortunate enough to achieve success again when she was 3 rd home at U18 XC helping the team to Gold, at U19 7 th home and 1 st for Cork and 2 nd for Munster helping the County to Bronze and the province to Silver. 5th in the Junior section helping Cork to Gold. Her efforts during the year also secured her place on the Munster Junior Development Squad. Well done Tamzin
Maebh Daly Carraig na bhFear AC	Maebh had an incredible year in 2017 in all her Javelin competitions. She won both County and Munster titles then followed that up with superb silver medal finishes in both the National schools T&F and the All-Ireland's
Killian Nolan Youghal AC	On the track Killian won the County U18 1500M & 800M Champion titles. and came 4th in the Munster 1500M race qualifying him to the Nationals. In the Munster Schools T&F, he won bronze in the Munster Intermediate 3000M race, and went on to finish 8th at the National Schools 3000M event. In Cross Country Killian was 6th in the County Junior men's race, won county team gold in the Munster U19 race, and went on to win County Team Silver at the National U18 Cross Country Championships, Abbottstown.

U19 Certificates Presented by Martin Drake

Christine O'Flynn Carraig na bhFear AC	Christine was in great form again throughout the XC season. She ran well all season which she rounded off with a bronze medal with the Cork team at the All-Ireland XC Championships in Waterford.
Katie Walsh Carraig na bhFear AC	Katie had an incredible year in 2017, winning national medals in both track and XC. At the All-Ireland T&F Katie won silver medals in both High Jump and 400m Hurdles then in the National XC Championships she won a Bronze medal with the Cork team.
Rebecca Kearney Carraig na bhFear AC	Rebecca had an outstanding year in 2017. All her hard training paid off with a win in the 3k walk event at the Munster T&F which she followed up with a victory in the Nationals in July.

Seniors Certificates Presented by Martin Drake

Orla O'Rourke Ballymore Cobh AC	<p>Pitted against class acts in many of her races in 2017, the outstanding, yet humble, Orla O'Rourke's achievements included:</p> <ul style="list-style-type: none"> •1st place category podium placings in the Waterford Half Marathon and Cork to Cobh 15 Mile Race •2nd place category podium placings in the Rotterdam and Cork marathons •And the icing on the cake - bronze medallist in the National Marathon Championships by virtue of her PB time of 3 hours 17 minutes in the Dublin Marathon. <p>Orla, Ballymore Cobh A.C. salutes you for your amazing achievements in 2017.</p>
Evelyn Cashman Youghal AC	<p>Evelyn won a Masters T&F O45 champion title in both the 800 M & 1500M, she went on the win gold in the Munster O45 800M and at the All-Ireland T&F championships Evelyn won silver in both the O45 1500M & O45 80M Hurdles. In cross country Evelyn also won Munster Masters O45 bronze, Club Team gold & county team gold</p>
Fearghal Curtin Youghal AC	<p>Fearghal won National silver in the All-Ireland Schools 5000M. Fearghal came home from scholarship college in South Carolina to compete in the National Junior Men's Cross Country championship to finish 4th qualifying him for the Irish Junior Cross Country team and won a county team bronze. He had an excellent run in the European Cross Country Championships, Slovakia finishing 22nd and as 1st scorer for the Irish Team. Since returning again to the states he has come 3rd in the Commodore Invitational 3000M with a P.B. of 8.17, won the VMI challenge Mile with a P.B. of 4.11 and has won two more races since.</p>
Noel Curtin Youghal AC	<p>In Track & Field Noel won Silver in the Munster Masters O50 5000M and at the All-Ireland Masters T&F won National silver in the O50 3000M</p>
Sinead Kevany Micleton AC	<p>Sinead Kevany started the year by winning a gold medal with the Cork team at the National Masters cross country on the over 35 team. Then she was 3rd in the Autumn Open cross country in her age group, securing her place on the Irish team for the British and Irish masters cross country where she was on the silver medal winning over 40 Irish team. Finally she rounded off the year with an amazing individual silver medal in the national novice cross country</p>
Joan Hough Midleton AC	<p>Joan Hough, who has too many all-Ireland medals to count at this stage, ran very well to score on the Cork over 50 team which won the gold medal at the National Masters cross country. Joan managed to achieve this in addition to her role as hugely successful coach of the Midleton AC juvenile athletes.</p>
Neilus Aherne	<p>Neilus Aherne also started the year at the National masters cross country</p>

Midleton AC	<p>where he won the individual bronze medal and the team bronze medal on the Cork over 50 team.</p> <p>He also won the silver medal at the Autumn Open cross country and went on to win a gold medal with the over 60's Irish team at the British and Irish masters cross country.</p> <p>Neilus is one of the few Midleton AC senior athletes who compete on the track and he did us proud, winning the individual bronze medal for 3000m at the National Masters track and field championships</p>
Michael Harty East Cork AC	<p>Won The All Ireland Intermediate Title (gold medal) on Sunday 11th Feb at Clarinbridge. He lead his club team to win the National club title and a second gold medal. He was first scorer on the Cork team that won the silver medals</p>
Kevin O'Brien East Cork AC	<p>Kevin finished 11th and was second scorer on both his club and county team,winning a gold and silver medal.He also won a silver medal with Cork at the National novice cross country championships last November.</p>
Nickey O'Donoghue East Cork AC	<p>Nickey finished 20th and was 3rd scorer with his club and won a gold medal.</p>
Brian Harty East Cork AC	<p>Brian Harty in 23rd place was 4th scorer with his club and 3rd scorer for his county and won a gold and silver medal.</p>
Kevin O'Leary East Cork AC	<p>Kevin in 29th place was 4th scorer for Cork and won a silver medal.</p>
Frank Hayes East Cork AC	<p>Frank Hayes in 31st place was 5th scorer for cork and won a silver medal.He also finished 3rd in the National Masters Track and Field 3000 meters race last July and won a bronze medal.</p>
Shane Harrington East Cork AC	<p>Shane Harrington in 33rd place was 6th scorer for Cork and won a silver medal.</p>
Sean McGrath East Cork AC	<p>Sean finished 3rd in the 0/35s and won a bronze medal at the National masters cross country fixture also at Clarinbridge a few weeks ago. He was also on the county scoring team that won the Gold medals.</p> <p>He also won the 0/35 3000 meters title and a gold medal at the National Masters Track and Field championships last July.</p>
Phil McGrath East Cork AC	<p>Phil McGrath finished 3rd in the 0/65s at the National masters cross country fixture at Clarinbridge and won a bronze medal.He was also on Cork team that won the gold medals.</p>

Trophy Presentations

Trophy	Presented By	To
Willy Harte Trophy (Best Club for T&F)	Orla Barry	Midleton AC
Maureen O'Connell Trophy (Best Girls XCtry Club)	Dan McCarthy	Carraig na bhFear AC
Jerry Russell Trophy (Best Boys XCtry Club)	Martin Drake	Carraig na bhFear AC
Kathleen McCarthy Memorial Shield (Overall Athlete of Year)	Dan McCarthy	Daire O'Sullivan, Carraig na bhFear AC