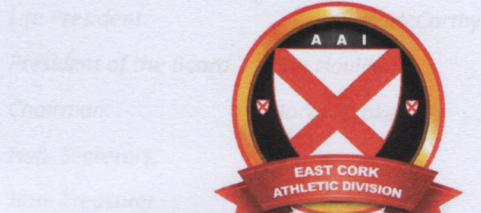


East Cork Athletic Division



***East Cork Athletic Division***

***Awards Night***

*(2018 Season)*

***Friday 1<sup>st</sup> March 2019***

***Midleton Park Hotel***

# East Cork Athletic Division

*Life President:* Dan McCarthy

*President of the Board:* Tom Houlihan

*Chairman:* Martin Drake

*Hon. Secretary:* Tim Twomey

*Hon. Treasurer:* William O'Mahony

*P.R.O.:* Eoin Corcoran

## Trophies



**Willy Harte Trophy**

– Best Club for Track & Field Championships

**Maureen O'Connell Trophy**

– Best Girls Juvenile Cross Country Club

**Jerry Russell Trophy**

– Best Boys Juvenile Cross Country Club

**Kathleen Mc Carthy Memorial Shield**

– Overall Athlete of the Year



# East Cork Athletic Division

Life President: Dan McCarthy  
President of the Board: Tom Hession  
Chairman: Martin Larkin  
Hon. Sec. Terry: Jim Twomey  
Hon. Treasurer: William O'Sullivan  
Hon. Editor: Tom Carroll

## Athletes receiving Awards



### Trophies

Willy Harte Trophy  
- Best Club for Track & Field Championships

Maulson O'Connell Trophy  
- Best Girls Juvenile Cross Country Club

Jerry Russell Trophy  
- Best Boys Juvenile Cross Country Club

Kathleen Mc Carthy Memorial Shield  
- Overall Athlete of the Year

**U9 Pairings John Patrick Guerin & Max Smiddy (Midleton AC)**

JP and Max were a very evenly matched pairing for the 300m event. They came third in the Munster T&F with a combined time of 1:50.18 and thus qualified for the All-Ireland's. They upped their pace over the following few weeks to land the All-Ireland title in a fantastic combined time of 1:46.77

**U10 Pairings of Ava Coughlan & Ellie-Kate McRae (Midleton AC)**

Ava and Ellie-Kate took up where they left off in 2018 and took the Munster title in the Long Jump with a combined leap of 7.19m and they took Silver in the 60m with a combined time of 19.17s. In Tullamore, both Ava and Elle-Kate jumped out of their skins with a fantastic combined leap of 7.37m to take the All-Ireland title. Later in the day they were on the podium again collecting Bronze this time for the 60m Sprint.

**U11 - Faye O'Riordan GU11 XC (Carraig na bhFear AC)**

2018 was a super year for Faye both on the track and in XC. In the Munster U11 XC Faye produced a storming run to win the gold medal for the Third year running, she finished off her year in superb form with a fabulous 8<sup>th</sup> place finish in the All-Ireland XC Championships.

**U11 - Caoimhe Gray Walsh (St. Nicholas AC)**

Caoimhe has had an exceptional season finishing in 1<sup>st</sup> place in the Cork County B's Cross Country in Conna in October which led to her qualification in the Munster B's which were held in Riverstick in December, where she finished in 6<sup>th</sup> place earning her an individual medal and also a Cork team gold. The icing on the cake was a 1<sup>st</sup> place finish in the All Ireland final, earning her with an individual and team gold.

**U11 - Vivien Millerick (Youghal AC)**

Vivien along with her U11 club mates won club team gold in the U11 East Cork, County & Munster cross country championships and won individual 10th in the Munsters. Vivien qualified to both U11 & U12 All-Irelands where she scored for both county teams to win National U11 county team gold & National U12 county team bronze.team

**U11 Taylor Aherne (Youghal AC)**

Taylor won the Munster "B" 600M & Long Jump. In Cross Country she went on to win club team gold in the U11 East Cork, County & Munster championships. She won individual 6th in the Counties & 5th in the Munsters. Taylor competed in both All-Irelands and won National U11 County team gold & Munster team gold.

**U11 - Autumn Devereaux (Youghal AC)**

In T&F Autumn won Munster "B" bronze in shot. In Cross Country she won U11 club team gold in the East Cork, County & Munster championships. Autumn had a super run in the National "B" championships, Dundalk to win National individual 5th & County team gold.



**East Cork  
Awards**

**2018**





**Lucy Lynch GU12 T&F (Carraig na bhFear AC)**

Lucy performed really well in 2018 where she competing strongly in a range of events. But it was in the High Jump that she really excelled winning County Gold, Munster Bronze and then a super PB of 1.36m to win the All Ireland Bronze medal.

**U12 Boy's Cross-Country Relay Team (Midleton AC)**

The u12 team struck Gold, taking the County, Munster and All-Ireland titles. The teamwork of Eanna Crowley, Odhran O'Sullivan, Matthew Herbert and Jack McGrath was greatly demonstrated in Dundalk at the All-Ireland's where they all did their own part for the team as they ran impressive 500m legs in a very exciting and hotly contested relay race as the lead interchanged.

**U12 Boy's 4X100m Relay Team (Midleton AC)**

The u12 team of Caleb McKinnie, Odhran O'Sullivan, Matthew Herbert, Robert Olden, Andrew Sweetnam and Zak Butler began the season with an impressive win in the County Championships in 58.23s. In Munster they ran a cracker to take the title in an impressive time of 56.68s, not far off the CBP. In the All-Ireland heats, they won their heat in a very fast 56.55s. The team went into the final very focussed and determined. They combined really well with perfect change-overs to run a super-fast 55.39s to take Silver, a fantastic performance.

**Andrew Sweetnam (u12) (Midleton AC)**

Andrew took up the High Jump in 2018 and showed steady improvement throughout the season. Andrew leaped 1.20m to finish 2<sup>nd</sup> in the County and joint 5<sup>th</sup> in the Munster Indoor and Outdoor T&F Championships. With much practice Andrew improved his pb to 1.25m to claim Bronze at the All-Ireland B's.

**Maisie McRae (u12) (Midleton AC)**

In early June, Maisie was just outside the medals in both the Long Jump and 60m finals at the Munster T&F Championships with an impressive leap of 4.02 and 9.0s in the 60m. At the All-Ireland B's, Maisie timed her peak to capture the Gold with a massive leap of 4.16m and register a new Championship Best Performance (CBP) for the u12 "B" Long Jump. Maisie followed this up by winning her 60m heat in 9.06s and then went on to claim Bronze in the final with a time of 8.97s.

**Rosemary Alamu (u12) (Midleton AC)**

At the Munster Indoors, Rosemary finished 3<sup>rd</sup> in the Long Jump with a leap of 3.90m. At the All-Ireland indoors, Rosemary, even though one of the smallest competitors, she used her incredible spring to break the 4m mark for the first time on three occasions to go on and claim a very popular Silver with a leap of 4.08m. In the outdoor season, at the Munster T&F in Ennis, Rosemary also claimed Silver in the Shot and Bronze in the Long Jump and finished 4<sup>th</sup> in the High Jump to qualify for the All-Ireland in all three events where she finished just outside the medals. Rosemary is a multi-talented athlete.

**Robert Olden (u12) (Midleton AC)**

Robert started off the indoor season in high fashion, capturing the Gold in the High Jump in a CBP of 1.37m. At his first individual All-Ireland's in Athlone, Robert cleared 1.30m to claim the Silver. Robert then went on to win the County and Munster outdoor titles with leaps of 1.35m and 1.34m respectively. Robert's extra training paid off with a fantastic pb leap of 1.40m at the All-Ireland's in Tullamore to claim the Silver.

**Odhran O'Sullivan (u12) (Midleton AC)**

Odhran had a fantastic year on the track, starting off by winning both the u12 Munster and All-Ireland 600m Indoor titles in emphatic fashion setting pb's throughout. In a solo run in the Munster's he set a fast time of 1:49.75. At the All-Ireland's, Odhran finished 3<sup>rd</sup> in the fastest heat in a time of 1:45.79 to qualify for the final. Odhran ran a super race to take the tape in 1:42.85 to smash his pb. Come the outdoor season, Odhran won the Munster 600m in 1:45.79 and went to claim the Bronze in 1:43.03, coming very close to his pb. Odhran also medalled in the 60m at Munster both Indoors and Outdoors. Odhran was the 5<sup>th</sup> scorer of the u12 Cork Cross-Country team that won Bronze at Abbotstown.

**Jack McGrath (u12) (Midleton AC)**

Jack won an Inter-County All-Ireland Bronze medal as a member of the u12 Cork County team. The race was run over 2km on a very fast course in Abbotstown. Jack was also a member of Midleton's victorious u12 Cross-Country Relay team.



**Aine Sheridan U13 (Ballymore Cobh AC)**

Aine is one of the hardest working athletes in Ballymore Cobh AC. After an illness and injury affected 2017 she came back in 2018 more determined than ever. Winning medals at both County and Munster levels Aine went to nationals at both U13 and U14 age groups and after finish 71<sup>st</sup> in Nationals in 2017 she showed how the hard work paid off winning individual bronze medals at both age groups and helping her county and province to winning gold at U13 and a gold and silver at U14.

**Ava Fitzgerald GU13 XC (Carraig na bhFear AC)**

Ava had an incredible year in 2018, competing strongly over 600m on the track highlighted by a superb Gold medal in the Munster's. In XC Ava helped lead both her Cork and Munster U13 & U14 XC teams to National medals and also her Carraig U14 team to National Bronze.

**Leah Dunne GU13 XC (Carraig na bhFear AC)**

Leah had a superb year in 2018. While she showed great speed on the track it was in her favoured XC that she really excelled producing storming finishes in every race helping her Girls U14 team to County & Munster Silver medals and National team Bronze medals.

**Sinead Hurley GU13 XC (Carraig na bhFear AC)**

Sinead had a great Cross country season in 2018, helping her U13 team to East Cork, County & Munster silver medals before rounding off her season with a superb run in the National XC in Dundalk scoring for the silver medal winning Cork team.

**Theo De Souza BU13 T&F (Carraig na bhFear AC)**

Theo had an excellent year in 2018 and was no stranger to the podium. He won the silver medal for long jump at the National Indoors but the highlight of his year was winning the National outdoor gold medal for long jump with a huge PB of 5.14m.

**Bobby O'Riordan BU13 XC (Carraig na bhFear AC)**

Bobby had a great year in 2018, showing his ability in both Multi events and middle distance on the track and also in XC. It was XC that provided Bobby his biggest success when he produced a superb run in Navan to help his Cork team to the National Silver medals.

**Luke Mullins BU13 XC (Carraig na bhFear AC)**

Luke had an excellent year in 2018 competing in both T&F and XC. In XC he was part of a very competitive and successful U13 & U14 group. He rounded off his year in style helping his club team to National gold in Dundalk.

**Ruaidhri Boyle BU13 XC (Carraig na bhFear AC)**

Ruaidhri had a great year in 2018. It was in the XC season that Ruaidhri had his most success leading his BU13 & BU14 teams to county gold and Munster bronze medals. He rounded off his year in style helping his club and County teams to National gold in Dundalk.



A graphic on the left side of the page features a large dark green hexagon containing the text 'East Cork Awards' in white and teal. Below it is a smaller teal hexagon with the year '2018' in white. The background of the graphic is a light grey vertical bar with several smaller hexagons of varying shades of grey and teal.

## East Cork Awards

2018

### **Aidan Maher BU13 XC (Carraig na bhFear AC)**

Aidan was a new addition to our club in 2018 and what a great addition he was! Aidan helped his BU13 & BU14 teams to county gold and Munster bronze medals. He rounded off his year in style helping his club and County teams to National gold in Dundalk.

### **Cathal Whooley BU13 XC (Carraig na bhFear AC)**

Cathal had a great year in 2018. He showed good form on the track but it was in the XC season that he had his most success helping his U13 & U14 teams to county gold and Munster bronze medals. He rounded off his year in style helping his club and County teams to National gold in Dundalk.

### **Michael Mullins BU13 XC (Carraig na bhFear AC)**

Michael had an excellent year in 2018 competing in both T&F and XC. In XC he was part of a very competitive and successful U13 & U14 group. After bouncing back from illness he rounded off his year in style helping his club team to National gold in Dundalk.

### **Timmy Colbert BU13 T&F (Carraig na bhFear AC)**

Timmy had his debut season with Carraig in 2018 and he showed what a superb addition to the club he is. He started the year off with a superb Bronze medal in High Jump at the National Indoors and followed that with a Bronze medal in Javelin at the National outdoors.

### **Isabelle Nestor (u13) (Midleton AC)**

Over the last few seasons, Isabelle has excelled in top competition and this year was no different. Since September, Isabelle trained consistently and improved with every race. In early November saw Isabelle coming into form, with a great run in the Munster U13 Cross-Country where she claimed an individual Bronze. In the wet and cold conditions at the All-Ireland Uneven Ages in Navan, Isabelle ran a brilliant and well-timed race to finish 16<sup>th</sup> in a highly competitive u13 All-Ireland. She was a scoring member of both the Munster Inter-Regional team and the Cork Inter County team that struck Gold.

### **U13 - Ben Walsh (Youghal AC)**

Ben again had a great year in Javelin & Shot. In Javelin he won U13 County silver, Munster bronze and finished 5th in the National championships. In Shot Ben won an impressive series of championship titles, he won gold in both the Munster Indoors & Munster Outdoors with a PB throw of 13.10M, and went on to win two U13 National Shot Titles, gold in the Indoors & gold again in the Outdoor Shot championships.

### **U13 - Jude Buckley (Youghal AC)**

Jude won County T&F Silver in Shot & Bronze in both Javelin & Hammer. He went on to compete in the cross country championships to win U13 club team silver at the East Cork's, County team gold at the Munster "B" championships and went on to have a fantastic run in the National "B" championships where he won National County Team Gold.

**U13 - Ruby Kennedy (Youghal AC)**

Ruby won County T&F silver in Javelin. In cross country she won club team bronze in the U14 county, club team silver in the U13 East Cork & Munster "B" championships and went on to the "National "B" cross country championships to win National U13 club team bronze.

**U13 - Saorla Ni Laoire (Youghal AC)**

Saorla won U13 club team silver in the Munster "B" championships and went on to win National U13 Club team bronze in the National "B" cross country championships.

**U13 - Katie Ansboro (Youghal AC)**

Katie won cross country U13 club team silver in the East Cork, County "B" & Munster "B" championships. Katie won individual 6th in the U13 County "B" cross country. She went on to win National U13 Club team bronze in the National "B" cross country championships.

**U13 - Izabella Chidlow (Youghal AC)**

Izabella won U14 club team bronze in the County & Munster cross country championships & qualified to & competed in the U14 National championships, Abbottstown. Izabella won U13 club team silver in the East Corks and won National U13 club team bronze in the National "B" cross country championships.

**U13 - Emily Brenner (Youghal AC)**

Emily won U14 club team bronze in the County & Munster cross country & qualified to & competed well in the U14 National championships. She won individual bronze in the U13 County championships, and went on to the National "B" championships to win a National U13 individual 4th medal, club team bronze & county team silver.

**U13 - Sorcha Kilgannon (Youghal AC)**

In High Jump, Sorcha won individual 2nd in the Munster Indoors & finished 7th in the National Indoor High Jump championships. In Munster Cross Country Sorcha won U14 club team bronze qualifying to & competing in the U14 Nationals. She competed in the National "B" championships to win a National U13 individual 9th medal, club team bronze & county team silver





**Timmy Wilk U14 (Ballymore Cobh AC)**

Timmy Wilk is a natural all round athlete who has competed on a national level at sprints, jumps and throws, over the last few years. In 2018 he had huge success at U14 level at Munsters and Nationals both indoors and outdoors. At a national level Timmy won a bronze medal at the 60m indoors, Silver medals in indoor long jump and outdoor 80m sprint and gold medals in the outdoor 200m sprint and long jump.

**Ciara Keohane GU14 XC (Carraig na bhFear AC)**

Ciara had an outstanding year in 2018. Competing in middle distance on the track she built up great speed which she put to good use in the XC season helping her team to East Cork, County and Munster Silver medals and National Bronze medals.

**Rebecca Kelleher GU14 XC (Carraig na bhFear AC)**

2018 was a super year for Rebecca. Competing strongly in 800m on the track, she worked incredibly hard in XC where she helped her team to County & Munster Silver and National Bronze, she also won National medals on both Cork U14 & U15 XC teams and the Munster U15 XC team.

**Kathryn O'Mahony GU14 XC (Carraig na bhFear AC)**

Kathryn was superb in 2018, 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 Silver medals and National Bronze medals.

**Ellie Twomey GU14 XC (Carraig na bhFear AC)**

Ellie had an outstanding year in 2018. She was part of a very strong U14 team winning East Cork, County and Munster silver medals before going on to help her team to National XC Bronze in Abbotstown.

**Sorcha Daly GU14 XC (Carraig na bhFear AC)**

Sorcha had a great year in 2018 particularly in her favoured XC. She had her best success when running up in age in the Munster B XC where she won an individual bronze medal and also led her team to 3<sup>rd</sup> place. She finished her year in style when she was 3<sup>rd</sup> scorer for the gold medal winning Cork U15 team at the National XC Championships in Dundalk.

**Arron Sheehan BU14 XC (Carraig na bhFear AC)**

Arron had great success in XC in 2018. He was a leading member of our County medal winning U14 & U15 teams, he also helped his U14 team to Munster Bronze before rounding his season off in style with a superb run to lead his club team to National Bronze in Dundalk and his Cork team to the silver medals.

**Odhran McCarthy BU14 XC (Carraig na bhFear AC)**

Odhran had his best year ever in 2018. He was a consistently strong performer in our U14 & U15 XC teams, helping his U15 team to County Gold and Munster B Bronze medals before rounding his season off with superb team Bronze and county Silver medals at the National XC in Dundalk.

**Rian O'Luasa BU14 XC (Carraig na bhFear AC)**

Rian had a great year in 2018. On the track he competed in High Jump but it was in XC that he had his best success when he helped his U15 team to the National Bronze medals in the National XC in Dundalk.

**Eoin Quirke (u14) (Midleton AC)**

Eoin finished 3<sup>rd</sup> and 4<sup>th</sup> in the County u14 and u15 Cross-Country Championships. He also won individual Bronze in both age-groups at the Munster XC. At the All-Ireland's in Abbotstown, Eoin was a scoring member of the Cork County team that won Bronze.

**Selena O'Riordan (u14) (Midleton AC)**

As a former Turbo-Javelin Champion, Selena continues to improve in her new discipline, the Javelin. Selena started the season off by winning the Counties with a throw of 27.67m and went on to register a pb in the Munster T&F with a throw of 30.55m to take the Silver. She also finished 2<sup>nd</sup> in the Discus (21.88m) and well up the field in the Long Jump.

Selena has shown that she is a very good competitor under pressure and raises her standards. In Tullamore, Selena hurled out the Javelin to a new pb of 31.16 to capture the All-Ireland Silver. Selena also finished in 5<sup>th</sup> place in the Discus (22.33m).



**U14 Boy's 4X100m Relay Team (Midleton AC)**

The team of George Alamu, Luke Butler, Eric Cunningham, Joel Joseph and Lachlan McRae were 2<sup>nd</sup> in the County Championships in 56.02s. They showed a vast improvement when claiming the Bronze at the Munster's in a time of 52.99s. With more relay practice in the lead up to the All-Ireland's the team brought down their time when finishing 2<sup>nd</sup> in their heat in a time of 51.37s. The final was a close affair and the lads claimed the Silver in a time of 51.15s.

**U14 - Grace Rooney (Youghal AC)**

Grace had an outstanding 2018 Track & Field year. In the Munster championships she won silver in the Long Jump & 7 gold medals for the 80M sprint, Sprint Hurdles, 200M, Indoor 60M sprint, Indoor 60M Hurdles, Indoor Long Jump & the Schools 100M sprint. Grace then went on in impressive style to win 1 National championship silver medal, 6 National championship Gold medals & set a new U14 National 80M sprint record of 9.97 seconds. Her National silver medal was won for the Indoor Long Jump, and she holds the U14 National title in the 80M sprint, 200M, Sprint Hurdles, Indoor 60M sprint, Indoor 60M sprint hurdles & the Schools 100M sprint.

**U14 - Sophia Connon (Youghal AC)**

Sophia won individual 2<sup>nd</sup> in the Indoors High Jump and finished 9<sup>th</sup> in the National Indoor High Jump championships, She won silver in the County High Jump championships, won gold in the Munster "B" and went on to win an U14 National Gold medal in the National "B" High Jump championship.

**U14 - Alex Cashman (Youghal AC)**

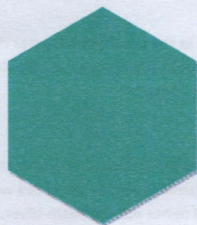
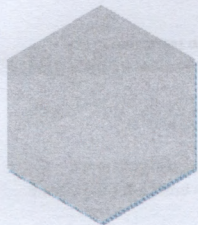
On track Alex won bronze in the Schools Junior walk & finished 8<sup>th</sup> in the National Walk championships. In the Munster cross country championships Alex won U14 club team bronze, U15 club team gold, and won individual bronze at the Munster Schools X.C. At the National championships Alex won National U15 Club team gold & county team gold, National Minor Schools team silver & a National U15 Individual 12<sup>th</sup> medal.

**U14 - Avril Millerick (Youghal AC)**

On Track Avril won bronze in the Munster 1500M & finished 8<sup>th</sup> in the National championships. In the Munster cross country she won U14 club team bronze, U14 County team silver, Munster U15 club team gold, an U14 individual 10<sup>th</sup> medal & individual 5<sup>th</sup> in the Munster schools. At the National championships Avril won National U14 County team gold, Munster team silver, National U15 club team gold & County team gold.

**East Cork  
Awards**

**2018**







**Alex Buckley U15 (Ballymore Cobh AC)**

After being spotted taking part in the local park run Alex Buckley was asked to come along and train with Ballymore Cobh AC. After a few short months of training Alex took to Cross Country like a natural. Winning a bronze medal in his first county event Alex went on to compete in Munster and qualify for the National A championships at his first attempt. Alex used all this experience in the National B championships to help Cork boys U15 team to a Silver medal

**David Maher BU15 XC (Carraig na bhFear AC)**

David made his debut for Carraig in the 2018 XC season and what a great addition he was to the club. As part of a strong U15 boys team he performed very well with the highlight being when he helped his U15 team to the Bronze medals in the National XC in Dundalk.

**Cliona Lynch GU15 XC (Carraig na bhFear AC)**

Cliona had another good XC year in 2018. She started her season by leading her U16 team to County XC Bronze then a week later helped her U15 team to the silver medals. She helped her U15 team to bronze in the Munster B's then finished off her season with a strong run to help secure the team Gold for Cork U15's in Dundalk.

**Michelle Ugwah GU15 T&F (Carraig na bhFear AC)**

Michelle had another excellent year in 2018. She continues to work on her Long jump technique and was rewarded with a superb silver medal in the national Indoors. She rounded off her season by winning the Minor girl's Long jump in the National schools T&F..

**Leah Parker (u15) (Midleton AC)**

Leah started her season with wins in both throwing events, the Hammer and Discus, at the County and Munster T&F Championships with respective winning throws of 40.60m and 41.29m in the Hammer, while the Discus went out by 27.47m and 30.32m. Leah threw a series of 40+ throws to claim Silver in a very competitive All-Ireland's, where she launched the Hammer out to a new pb of 43.80m. The following day, Leah collected a second Silver medal in the Discus with a throw of 30.46m.

**Sean Kavanagh (u15) (Midleton AC)**

Sean started the Indoor season off with a pb of 1.70m to claim the Silver at the Munster Indoor Championships. Sean kept his nerve to become the u15 All-Ireland Champion in Athlone with a similar leap. Come the outdoor season, Sean improved his pb to 1.75m, a height he equalled in both the Munster and All-Ireland Championships to finish second in both.

**U15 - Erin Joyce (Youghal AC)**

In Cross Country Erin won U15 club team gold in the County & Munster championships and U16 club team gold in the County & Munster championships. At the National championships Erin won National U16 club team bronze, National U15 club team gold & National minor schools team silver.

**U15 - Eva Murphy (Youghal AC)**

In Cross Country Eva won U15 club team gold in the County & Munster championships and U16 club team gold in the County & Munster championships. At the National championships Eva won National U16 club team bronze & county team silver, National U15 club team gold & National minor schools team silver.

**U15 - Emma Landers (Youghal AC)**

Emma had an outstanding year of running. On track she won bronze in the Schools 1500M & finished 5th in the National finals. In the Munster cross country championships she won U16 individual silver, Schools minor individual silver & U15 individual gold. At the National championships, Emma won National U16 Individual 5th, National Schools Individual Silver & won the National U15 championship title. Emma represented Ireland to win 2 International medals. In the SIAB international In the SIAB International schools she finished 14th junior, scoring for the Irish team to win National team bronze and in the Celtic International Emma topped her year by finishing 7th in the U17 race and again scored for Ireland winning National Team Silver.



**U15 - Avril Cashman (Youghal AC)**

In the Munster cross country championships Avril won U15 & U16 club team gold medals, U15 individual 9th medal & an U16 individual bronze. At the National championships Avril won National U16 club team bronze & county team gold, National U15 club team gold, County team gold, Munster team silver, National Schools junior team silver & a National U15 Individual 5th medal.

**U15 - Robyn Buckley (Youghal AC)**

In Cross Country Robyn won U15 club team gold in the County and U16 club team gold in the County & Munster championships. At the National championships Robyn won National U16 club team bronze and National schools junior team silver.

**U15 - Rion Walsh (Youghal AC)**

In Cross Country Rion won U16 club team gold in the County & Munster championships. At the National championships Rion won National U16 club team bronze and National schools junior team silver.





**Ciarán Hurley BU16 T&F** (*Carraig na bhFear AC*)

Ciarán continues to go from strength to strength in the race walking event. In 2018 Ciarán won Munster gold medals both indoors and outdoors and was second in both the indoor and outdoor National T&F Championships scoring a big PB in the outdoor Nationals. Ciarán also won the National Schools Junior Gold and put in a very impressive bronze in the Tailteann games representing Munster.

**Sinead Kearney GU16 XC** (*Carraig na bhFear AC*)

Sinead showed some great form over the course of the 2018 XC season. She helped her U16 team to East Cork Silver then County bronze, at U17 she helped her team to County Gold and then Munster Bronze medals. She finished her year off in style with a great run in Dundalk coming home in 12<sup>th</sup> place and winning a first National medal for her troubles.

**Samuel Judd (u16)** (*Midleton AC*)

Samuel joined the Club less than a year ago. His speed was very evident from the outset. Samuel won County 200m and 100mH and was 2<sup>nd</sup> in the 100m in his first T&F championships. He went on to reach the final of the Munster 100m (12.39s) and 200m (24.36s), finishing 5<sup>th</sup> & 4<sup>th</sup> respectively. At the All-Ireland's Samuel ran a super heat in 24.09s to finish 2<sup>nd</sup> and qualify for the final. In his first All-Ireland final, Samuel ran a strong bend and powered his way beyond the finish line in a fantastic 23.78s to capture the Silver.

**Sean O'Riordan (u16)** (*Midleton AC*)

Sean has been a consistent performer over a wide range of disciplines, from track and field to cross-country. Sean competed in many events in the County T&F, winning the Long Jump and coming 2<sup>nd</sup> in the Discus with 28.12m. At the Munster's he won the Shot with a putt of 12.60m and finished 2<sup>nd</sup> in the Discus with a throw of 37.30m. Between the Munster's and All-Ireland, Sean put in extra practice and come his day, Sean rallied really well, breaking into the 40's with a massive throw of 40.98m to take the u16 National Discus title. On such a performance, Sean was duly selected to represent Ireland in the u16 Celtic International T&F in Scotland.

**Blessing Alamu (u16)** (*Midleton AC*)

Blessing started off 2018 by taking the Munster Indoor Shot Putt title with a putt of 12.04m. She also finished 2<sup>nd</sup> in the long Jump in 4.72m. In Athlone, Blessing was up against stiff opposition and putted 11.63m to claim the Bronze. In the outdoor season, Blessing medalled in numerous events at the East Cork and County level. At Munster level, Blessing threw out a massive putt of 12.41m to win the u16 Munster title. She also claimed Silver in the Long Jump (4.88m) in a close fought contest and Silver in the Discus with a throw of 29.88m. Blessing had a very good All-Ireland, collecting two Silver in the Shot (11.74m) and a pb of 30.75m in the Discus. Blessing also finished an excellent 6<sup>th</sup> in the Long Jump with a pb of 5.16m.

**Sarah Morrison (GU16)** (*St Nicholas AC*)

Sarah ran the U16 & U17 Cork Cross Country and finished 1<sup>st</sup> and 2<sup>nd</sup> place respectively. She finished in 8<sup>th</sup> place in Munster U17 and earned a county medal and then finished in 20<sup>th</sup> place in the u17 All Ireland earning her a Team Silver Medal. Sarah also represented Ireland in a different discipline that includes swimming, surfing & running and won 4 European medals, 2 in her own right and 2 as part of a team.

**East Cork  
Awards**

**2018**



**Orla Coffey GU17 T&F (Carraig na bhFear AC)**

Orla had a fantastic year in 2018. Competing strongly in the Long Hurdles she won the silver medal over 300m in the nationals and had even more success in the Pole Vault where she won both the indoor and outdoor National Championships.

**Daire O'Sullivan BU17 T&F (Carraig na bhFear AC)**

Daire had an incredible year in 2018 over all the middle distance events. In the Indoor T&F Daire took bronze over 1500m in the Nationals and followed it up in the outdoor T&F with another Bronze medal. He also won National U17 XC medals with Cork and Munster teams.

**Jennifer Kearney GU17 XC (Carraig na bhFear AC)**

Jennifer has been in great form over the 2018 XC season where she went from strength to strength with each race. Her highlights were helping her U17 team to East Cork and County XC Gold, then a superb Munster U17 team bronze before rounding off her season with her best performance yet to come an excellent 9<sup>th</sup> place in Dundalk.

**Lia O'Brien (u17 (Midleton AC))**

Lia started off 2019 with a Munster Bronze in Long Jump (4.81m) at the indoor T&F championships. At the East Cork and County T&F Championships, Lia medalled in numerous events from Sprints to Long & High Jumps and onto Discus & Shot, taking the 100m, L.J. and Discus County titles. In Waterford at the Munster Championships, Lia leaped a pb of 5.18m to claim Silver in the Long Jump, threw 26.44m in the Discus to take Bronze and sprinted home in 13.17s to take her second Bronze in the 100m final.

At the All-Ireland T&F Championships, Lia jumped out of her skin with a series of 5m jumps. Lia went into the lead on her 3<sup>rd</sup> jump with a pb massive leap of 5.45m. In the 5<sup>th</sup> round, Lia extended her lead and pb to 5.50m and went on to claim her first All-Ireland title in the u17 Long Jump. Lia also finished 6<sup>th</sup> in the Discus (26.35m) and 6<sup>th</sup> in the 100m heats. Lia also represented the East Cork T&F Divisional Team in the first and second leg of the National League.







## East Cork Awards

2018

### **Paul Hartnett (u17) (Midleton AC)**

In January, 2018, Paul ran a blinder for the u17 Irish Development team at the Celtic International Cross-Country at Greenmount to finish 2<sup>nd</sup> overall and lead his team to 3<sup>rd</sup>. Paul opened the Club track season with a 3<sup>rd</sup> place in the 800m at the Munster T&F in 2:02.50. Paul followed this up with a fantastic run in the u17 3,000m All Ireland in a very fast 9:03.80. A few weeks later he ran another super race to capture Silver in the 1,500m in 4:12.41. Enter the cross-country season and Paul finished 2<sup>nd</sup> in the u18 East Cork's. A few weeks later he claimed the u17 County title and led the Club team to Gold. In what was a very exciting race, Paul captured the Munster u18 title and led the u18 Club team to a Munster team title. In the u18 All Ireland, Paul finished 5<sup>th</sup> individual and was 2<sup>nd</sup> scorer on the Club and Munster Team that claimed Silver as well as Cork team that took the Inter-County Bronze. Paul was also 3<sup>rd</sup> scorer on the Cork Junior team that won Silver. A few weeks later, in the u17 All-Ireland's, an exceptional display of front running from the gun by Paul provided an exciting race with Paul claiming Silver, to finish off a fantastic season.

### **Cian Horgan (u17) (Midleton AC)**

Cian was a member of both the u17 and u18 Club teams that won the County titles. Cian's training paid off and he went onto to be a member of the u18 Club team that captured the u18 Munster Club title and Silver at the All-Ireland's. Cian also represented Cork at the u18 All-Ireland's

### **Patrick Kelly (u17) (Midleton AC)**

Patrick was a member of the u18 Club team that won the County title. Patrick through his dedication is one of the most improved XC runners in the Club. He was a member of the u18 Club team that captured the u18 Munster Club title and took Silver at the All-Ireland's. Patrick also represented Cork at the u17 All-Ireland's in Navan and had his best run of the season.

### **U17 - Kerry Barrett (Youghal AC)**

In Track & Field Kerry won County silver in the 400M & 800M and won gold in the Triple Jump. At the Munster championships she won bronze in the Triple Jump. Kerry won National bronze in the National Combined Youth championships.

### **U17 - Lucy O'Keeffe (Youghal AC)**

Lucy had a fantastic year of running. On track she won silver in the Munster 1500M & won silver in the Munster schools Mile. Lucy went on to the All-Ireland's to win Bronze in the U17 1500M & won two National titles - the U17G 3000M title & the National Schools mile title in a time of 5.13. In Cross Country Lucy won individual 4th in the U17 & individual silver in the U18 Munster races. At the National championships she won National Junior County team bronze, National U17 Individual 6th & National U18 Individual 4th medals. Lucy topped her year by representing Ireland on the Irish team in the Celtic International Cross Country championships.





**Martha Quain GU18 Discus (Carraig na bhFear AC)**

Martha was in superb form again last year. In her chosen event of Discus she was always on the podium including winning Munster U18 & Senior Gold medals before throwing a new PB in the All-Irelands to claim the U18 silver medal.

**Emma Coffey GU18 Pole Vault (Carraig na bhFear AC)**

Emma had very good year in 2018 winning 4 National medals in total. In the Indoors she was 2<sup>nd</sup> in both the Junior and Senior Pole Vault, she followed this up in the outdoor season with silver in the National schools and bronze in the National Juniors.

**Frank O'Brien (u18) (Midleton AC)**

Frank has had a fantastic 2018 with numerous successes over cross-country and on the track. Frank finished 2<sup>nd</sup> in the u(17-19) East Cork 800m, he went on to win the County 800m and Munster 1,500m and 3,000m. Frank in his specialist event, the steeple-chase, went on to take Bronze at the All-Ireland Junior 3,000m S/C. In early July, he claim the u18 All-Ireland title in 10:07.70 and was selected for the u18 Celtic T&F International in Scotland where he finished 4<sup>th</sup>. Frank also had a fine 4<sup>th</sup> place finish in a pb of 4:07.68 in the Junior 1,500m at the Cork City Sports. Frank also represented the East Cork T&F Divisional Team in the second leg of the National League as well as competing in the John Buckley County T&F league over numerous distances. The Cross-Country season proved to be even more successful, as Frank took the u18 and u19 East Cork titles, along with the County titles. He also finished 2<sup>nd</sup> in the County Junior. He finished a very close 2<sup>nd</sup> in the u18 Munster with the u18 team taking Gold at both the County and Munster. Frank had an outstanding All-Ireland series, in Abbotstown, in the u18's he finished 4<sup>th</sup> individual and lead the Club team to Silver, also, the Munster team to Silver and Cork team to Bronze. He was also 2<sup>nd</sup> scorer on the County Junior team that claimed Silver. In the u19's Frank finished 5<sup>th</sup> individual and lead the County team to Silver.

**Jack O'Shea (u18) (Midleton AC)**

Jack got back on track in 2018 with a win in the u(17-19) East Cork 800m. He also won the u18 County 1,500m and went on to take the Munster 800m title as well as finishing 2<sup>nd</sup> in the 1,500m. He had a series of very good performances at the u18 All Ireland's T&F with a 4<sup>th</sup> place finish in the 1,500m and a 5<sup>th</sup> place in the 800m. Jack also finished a fine 6<sup>th</sup> in the Junior 800m. A good 6<sup>th</sup> place finish in a pb of 4:10.51 in the Junior 1,500m at the Cork City Sports. Jack had impressive performance on the track with pb's of 52.5 in the 400m and 1:57.57 in the 800m. Jack also represented the East Cork T&F Divisional Team in the first leg of the National League as well as competing in the John Buckley County T&F league. In his first full XC season in three years, Jack was 2<sup>nd</sup> in the u18 County. He went on to win an individual Bronze in both the u18 & u19 Munster XC Championships as well as being on the Cork winning teams and the u18 Club team. In the u18 All-Ireland's, Jack won Silver with the u18 Club and Munster teams as well as an Inter-County Bronze.

**Natalie Nicholson U18 (St. Catherines AC)**

3rd u18 East Cork, 3rd u18 County, 7th County Junior and team gold, 13th Munster u18, 9th Munster u19 and team bronze, 29th u18 All Ireland, 40th junior all Ireland, 18th u19 All Ireland and gold on Munster Team.

**U18 - Jake McCarthy (Youghal AC)**

In the Munster Cross Country championships Jake won U19 County team gold. At the National championships, Jake won National U18 county team bronze, and National U19 county team silver & Munster team silver.

**U18 - Tirna Cahill (Youghal AC)**

Tirna had a great year in Hammer throwing. She won the Munster Hammer championship gold & the Munster schools Hammer gold with a throw of 50.34M. At the National Spring Throws Tirna won the U18 3kg Hammer, won National Schools Hammer throw Silver & won the National U18 Hammer championship title. Tirna represented Ireland @ the SIAB international schools placing 5th in the Hammer & won National team silver.







## East Cork Awards

2018

### **Maebh Daly GU19 (Carraig na bhFear AC)**

Maebh had an incredible year in 2018 in all her Javelin competitions. She won County Gold and Munster Silver medals then followed that up with a superb silver medal in the National schools T&F before finishing her year in style winning her first All-Ireland Gold medal.

### **Ciaran Nugent BU19 400H (Carraig na bhFear AC)**

Ciaran finished off his juvenile career in fine style in 2018. Ciaran competed over 400m hurdles in Counties, Munsters, National League and National Championships, improving with each race. He ran the race of his life in the National T&F in Tullamore when he got a new PB in the final as he won his first ever National title.

### **Laura Hayes U19 (St. Catherines AC)**

2nd South Munster Schools cross country, 1st Munster Schools cross country, 4th All Ireland Schools cross Country, 2nd County Junior cross country, 3rd Munster u19 cross country, 12th Junior All Ireland Abbotstown and gold Cork team.

### **Tamzin Muldowney (u19) (Midleton AC)**

Over the years Tamzin has been one of our most consistent performers for the Club. In her final cross-country season as a juvenile, Tamzin won the Junior East Cork Cross-Country title. She finished 3<sup>rd</sup> in the County u19 and 4<sup>th</sup> in the County Junior Championships. Even after missing the start of the Munster u19, she chased down the pack to bring home an individual Bronze, unfortunately, she was unable to compete in the u19 All-Ireland due to illness. However, a few weeks previously, Tamzin came through the field on the final lap and finished very strongly helping the County Cork Junior team to the 2018 All-Ireland Inter County title as 4<sup>th</sup> scorer. On the track, Tamzin took her final Juvenile title in the u19 County 800m. She also represented the East Cork T&F Divisional Team in the first and second leg of the National League.







**Katie Walsh Junior T&F (Carraig na bhFear AC)**

Katie had an incredible year in 2018, winning 3 national medals in two disciplines. Her first National medal came indoors in the Junior Pentathlon where she won the Bronze medal, she was extremely strong in the 400m winning the bronze medals in both the National schools and the National Juniors.

**Jennifer Goggin Walsh Senior T&F (Carraig na bhFear AC)**

Jennifer made her comeback to competitive running in 2018 and what a great year she had. She was a hard lady to beat in the O35 3000m winning both the County and Munster Gold medals before going on to claim silver at the Nationals.

**Neilus Aherne (Midleton AC)**

Once again Neilus Aherne competed with great success in a wide range of events. Neilus is our only member who runs track races on a regular basis and he excelled again last year winning two all-Ireland medals. He is a regular winner in cross country races and to prove his versatility Neilus also won his age group in the national half marathon championships. A very popular club member with a really positive attitude, Neilus is an inspiration to all in Midleton AC and beyond.

**Donal O'Brien (St. Nicholas AC)**

This was only Donal's second season running Cross Country and he won his first medal in his own village in Castletyons in November, coming in 2<sup>nd</sup> place in the O65 category. He was unlucky in Munster but picked for the O65 Cork Team and didn't disappoint finishing 3<sup>rd</sup> for the rebels earning a Team Silver All Ireland medal.

**Evelyn Cashman (Youghal AC)**

Evelyn won & placed in numerous local road races over 2018. She won O45 individual Gold in the Munster Road championships & Individual O45 gold in the Munster Cross Country championships. At the National Track & Field championships, Evelyn won National O45 Gold in the 1500M championship.

**Michelle Nolan (Youghal AC)**

Michelle again placed in numerous local road races. In Cross Country Michelle won Individual O45 bronze in the County Masters and went on to the National Masters Cross Country championships to win National O35 County Team silver.

**Mary O'Keeffe (Youghal AC)**

In Cross Country championships, Mary won Individual O55 gold in the County Masters, Individual O55 bronze in the Munster championships and in the National Masters Cross Country championships Mary won National O50 County team silver.

**Louise O'Brien (Youghal AC)**

Louise was a regular feature in many road races. She won O35 club team bronze in the Munster Road championships & won with her fellow club mates the National Marathon championship O35 club team gold.

**AnnMarie Holland (Youghal AC)**

AnnMarie regularly placed in numerous local road races. She was 3<sup>rd</sup> lady in the Cork to Cobh 10 Mile & 3<sup>rd</sup> lady in the Cork City Marathon. AnnMarie went on to win National O35 Club Team Gold in the National Marathon championships, Dublin.

**Dei Ansboro (Youghal AC)**

Dei was 3<sup>rd</sup> O35 lady in the Mallow 10 mile & 1<sup>st</sup> O35 lady in the Cork City half marathon. She won O35 Club team bronze in the Munster Road championships and topped her year with winning the National Marathon championship O35 club team gold.





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