

# **East Cork Athletics Division Awards - 2019 Season**

**Midleton Park Hotel, Friday 28<sup>th</sup> February 2020**



## UNDER-10

<b>Alannah Crowley &amp; Ellie Coughlan</b>	<b>(UNDER-10 Pairings)</b>
<b>Midleton A.C.</b>	
<p>In May, <b>Alannah and Ellie</b> participated at the Munster Children Games, coming second at in the Long Jump with a combined leap of 5.90mm. They also claimed Silver in the 60m with a combined time of 20.15s. A month later at the AAI Children Games Alannah and Ellie came to the fore with fantastic runs in the 60m sprint to capture Gold with a super combined time of 19.81seconds. Later in the day, they were on the podium again to collect the Silver with a combined leap of 6.33m to claim Silver in the Long Jump.</p>	

<b>Aimee Kearney</b>	<b>(UNDER-10)</b>
<b>St. Catherine's A.C.</b>	
<p><b>Aimee</b> had a busy and successful cross country season finishing 3rd county Under-10, 7th county Under-11, 13 Munster Under-10 and gold with Cork, 11th in Munster Under-11 and silver with Cork. She had a good run in uneven age All Irelands with this experience really standing to her in Juvenile Bs where she finished 8th and also won gold with Cork.</p>	

<b>Conor Ronayne</b>	<b>(UNDER-10)</b>
<b>St. Catherine's A.C.</b>	
<p><b>Conor</b> was one of our best representatives last year, representing our club at the Munster indoors at track and field where he won a gold and silver medal at county juvenile Bs. However it was in cross country that Conor came into his own winning county and Munster Under-10 races. He also finished 9th and 15th in Under-11. At Dunboyne in All Ireland Under-11 he had a good run but in the juvenile Bs made no mistake working through the field to finish 3rd and help Cork to team gold.</p>	

## UNDER-11

<b>Ellie-Kate McRae</b>	<b>(Girls UNDER-11)</b>
<b>Midleton A.C.</b>	
<p><b>Elle-Kate</b> won the Under-11 County XC title and also led the Girls Under-11 team to the County Team title in October. At the Munster XC Championships in Conna in early November, Elle-Kate finished in a very good 6<sup>th</sup> position and led the Club team to fourth to qualify for the All-Ireland's. She was also second scorer on the Cork winning team. Move on to six weeks later in "Cow's Park" in Dundoyne on a very muddy course, Elle-Kate ran a super race to finish in an absolutely brilliant 4<sup>th</sup> and win her first All-Ireland individual medal. She was also 2<sup>nd</sup> scorer on both the Cork and Munster team that won Gold in the Inter County and Inter Provisional titles. Elle also leading the Under-11 Midleton Girls' team to a brilliant 5<sup>th</sup> team position out of the 19 teams in Ireland. A few weeks ago in Avondale, Elle was a member of the Club's Under-12 XC Relay team that claimed Bronze at the All Ireland Cross-Country Relay Championships.</p> <p>In May, Elle-Kate won the individual Under-11 Munster Long Jump and combined with Alicia in the Munster Games to finish 2<sup>nd</sup> in the pairing. They also finished 3<sup>rd</sup> in the 60m pairings, a very versatile athlete in both T&amp;F and cross-country.</p>	

<b>Alicia Moono-Hegarty</b>	<b>(Girls UNDER-11)</b>
<b>Midleton A.C.</b>	
<p><b>Alicia</b> is another very versatile athlete in T&amp;F and over cross-country. The cross-country season, in October saw Alicia finished 6<sup>th</sup> individual in the Under-11 County XC title where she helped the Club's UNDER-11 Girls' team to the County Team title. In early November, at the Munster XC Championships in Conna, Alicia finished brilliant in 10<sup>th</sup> position and helped the Club team to finish fourth and qualify for the All-Ireland's. She was also 4<sup>th</sup> scorer on the Cork winning team. Move on to six weeks later in "Cow's Park" in Dundoyne, Alicia ran a superb race to finish in an absolutely brilliant 6<sup>th</sup> and win her first All-Ireland individual medal. She was also 3<sup>rd</sup> scorer on both the Cork and Munster team that won Gold in the Inter County and Inter Provisional titles. Alicia, along with all her team mates played a major part helping our Under-11 Girls' Club team to a brilliant 5<sup>th</sup> team position in Ireland. A few weeks ago in Avondale, Alicia was a member of the Club's Under-12 XC Relay team that claimed Bronze at the All Ireland Cross-Country Relay Championships.</p>	

<b>UNDER-11 Boys Cross-Country Team</b>
<b>Peter McGrath, Oscar Smiddy (captain), Matthew Mahony, Hugh O’Loinsigh, Max Smiddy and Christian Mahony</b>
<b>Midleton A.C.</b>
Both the Midleton Under-11 Boys and Girls cross-country teams were very successful during 2019. Both took the County team titles and both finished fourth team in the Munster Championships to qualify for the All-Ireland’s. Over the next six weeks the teams became more focused in training on the task ahead and their comradeship was very much seen at training. In the lead up to the All-Ireland’s the Under-11 Boys won the Munster “B” XC Team title as well as the team title at the East Cork Uneven Ages. On 15 <sup>th</sup> of December in the very muddy “Cow’s Park” course, just outside Dunboyne our young athletes did tremendously well, our Boys’ team of <b>Peter McGrath, Oscar Smiddy (captain), Matthew Mahony, Hugh O’Loinsigh, Max Smiddy and Christian Mahony</b> packed very well for their team and worked for each other to take team Silver out of 20 qualified teams. The boys showed great team spirit in what was a fantastic achievement and great for the Club.

<b>Cian Ryan</b>	<b>(Boys UNDER-11)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<b>Cian</b> had a super XC season winning the county under 11 title and finishing 3 <sup>rd</sup> in the under 12’s. Individual medals in both ages at the Munster XC were followed by an impressive 7 <sup>th</sup> place finish in the National under 11’s in Dunboyne and being the 2 <sup>nd</sup> scorer on a silver medalling Munster team.	

<b>Ryan Wheelan</b>	<b>(UNDER-11)</b>
<b>St. Catherine’s A.C.</b>	
<b>Ryan</b> is another athlete that will compete at everything and always with a smile on his face. He had a good cross country season making steady progress throughout. Towards the end of the year Ryan really got going and when the decision to enter the All Ireland B cross country he trained hard finishing 19th, winning gold with Cork.	

## UNDER-12

<b>Vivien Millerick</b>	<b>(UNDER-12)</b>
<b>Youhal A.C.</b>	
<p><b>Vivien</b> competed brilliantly in all 2019 cross country competitions to achieve 5th Individual in the UNDER-13 County B helping her club team to Silver; she was then Individual 3rd in the UNDER-13 Munster B helping her club team to bronze &amp; her county team to Gold. Vivien finished her season with a super run in the National B championships scoring high for her UNDER-13 team to win National Silver &amp; again helping her county team to Gold.</p>	

<b>Autumn Devereaux</b>	<b>(UNDER-12)</b>
<b>Youhal A.C.</b>	
<p><b>Autumn</b> had a fantastic year in Shot &amp; cross county. She won the UNDER-12 County Shot champion title &amp; took Silver in the Munster Indoors Shot earlier in the year. In cross country Autumn was Individual 3rd in the UNDER-12 &amp; UNDER-13 East Corks, won County team Silver in the UNDER-12 Munsters &amp; helped her UNDER-13 team qualify to the Nationals. Autumn had a fantastic run at the National B championships scoring high to win National UNDER-13 club team Silver &amp; county team Gold.</p>	

<b>Meabh Corkery</b>	<b>(Girls UNDER-12)</b>
<b>Midleton A.C.</b>	
<p><b>Meabh's</b> favourite event is the High Jump and after medalling in the All-Ireland B's in 2018, she went one step further by qualifying for both of the All-Ireland Indoor and Outdoor T&amp;F Championships, having finished 4<sup>th</sup> in both Munsters Championships. At the All-Ireland T&amp;F Championships the standard was very high, but Meabh stayed focused on the task and finished a fantastic third to claim an All-Ireland Bronze medal with a leap of 1.25m. Earlier in the season, Meabh won the High Jump at the East Cork T&amp;F Championships with a leap of 1.27m and took Silver in the County T&amp;F with a pb leap of 1.30m.</p>	

<b>Emily Guerin</b>	<b>(Girls UNDER-12)</b>
<b>Midleton A.C.</b>	
<p><b>Emily</b> claimed Bronze at the Shot Putt at the All-Ireland "B" T&amp;F Championships and on the day was also a very close 4<sup>th</sup> in the Long Jump. Emily captained the Club's Under-12 Cross-Country Relay team that claimed Bronze at the All Ireland Cross-Country Relay Championships at Avondale Forest Park. Throughout the cross-country season Emily played her captain's role, running fantastic legs in the County, Munster and All-Ireland Championships, showing her versatility.</p>	

<b>UNDER-12 Girls Cross-Country Relay Team</b>
<b>Robyn Ryan, Ellie-Kate McRae, Emily Guerin (Captain) and Alicia Moono-Hegarty</b>
<b>Midleton A.C.</b>
Our Under-12 Girls cross-country relay team of <b>Robyn Ryan, Ellie-Kate McRae, Emily Guerin (captain) and Alicia Moono-Hegarty</b> put in very impressive performances to claim Bronze in a most exciting race at the All-Ireland XC Relays in Avondale Forest Park in Wicklow. The team had already taken Silver in both the County and Munster Championships and it was through great team work that this young team claimed the All-Ireland Bronze, with their captain, Emily leading the team by example throughout the season. This was a brilliant team performance as Robyn, Ellie-Kate and Alicia are all eligible next year's Under-12 team.

<b>Faye O'Riordan (Girls UNDER-12 )</b>
<b>CARRAIG NA BHFEAR A.C.</b>
Another strong XC season for <b>Faye</b> with good performances at county and Munster levels, culminated in a National silver medal with the Cork team at the National XC championships in Abbotstown.

## UNDER-13

<b>Saorla Ní Laoire</b>
<b>Youhal A.C.</b>
<b>Saorla</b> was super throughout the 2019 cross country season, she helped her club team to take 2nd in the UNDER-13 County B; qualify to the UNDER-13 National A in Dunboyne & win UNDER-13 Munster B championship club team Bronze. Saorla topped her season by putting in a fantastic performance at the National B championships hugely helping her UNDER-13 club team to National Silver.

<b>Katie O'Neill</b>
<b>Youhal A.C.</b>
<b>Katie</b> had a super year of cross country, she won 6th Individual in the UNDER-13 county cross country & helped her UNDER-14 club team to 3rd. She had a great run in the UNDER-13 Munsters winning county team Silver & helping her club team to qualify to the National A. Katie put in a fantastic performance at the UNDER-13 National B cross championships scoring high for her team to win National club Silver & county team Gold.

<b>Dylan Cairns</b>
<b>Youhal A.C.</b>
Early on in the year <b>Dylan</b> showed talent in Long Jump by qualifying to compete in the National Indoor Long Jump championship. Later in the year Dylan competed brilliantly in cross country championships to win individual 6th in the County B & club team Silver. He topped off his season by winning Individual 2nd at the UNDER-13 National B championships & helped his county team to prize Silver.

<b>Robert Olden</b>	<b>(Boys Under-13)</b>
<b>Midleton A.C.</b>	
In the high Jump, <b>Robert</b> claimed the County and Munster outdoor titles with excellent leaps of 1.46m and 1.47m respectively, both pb's. At the All Ireland's in a highly competitive competition, Robert equalled his pb with leap of 1.47m to claim the Silver in Tullamore.	

<b>Odhran O’Sullivan</b>	<b>(UNDER-13)</b>
<b>Midleton A.C.</b>	
<p><b>Odhran</b> had a fantastic year on the track, starting off by winning the Under-13 Munster Indoor title with a super run in 1:44.53. At the All-Ireland Indoors in Athlone and in a highly competitive 600m, Odhran produced an outstanding performance to claim Silver setting a fantastic pb of 1:40.5. The outdoor season saw Odhran win the Munster 600m in 1:42.34 and in another very highly contested All-Ireland final Odhran ran a massive pb of 1:38.47 and just missed out medalling when finishing 4<sup>th</sup>. Odhran captained both our Under-13 &amp; Under-14 relay teams that captured All-Ireland titles in T&amp;F and over cross-country, respectively. Odhran was the 5<sup>th</sup> scorer of the Under-13 Munster Cross-Country team that won Silver in the All-Ireland Inter-Provincial Championships and he also led the Cork team to 5<sup>th</sup> place in the Inter-Counties ably assisted by his teammate Jack McGrath as the second scorer for Cork team. The Clubs’ Under-13 cross-country team finished in 10<sup>th</sup> place in the All-Ireland’s at Dunboyne.</p>	

<b>UNDER-13 Boys 4X100m Relay Team</b>	
<b>Caleb McKinnie, Odhran O’Sullivan, Matthew Herbert, David Ebo, Eanna Crowley and Gabriel Ebo</b>	
<b>Midleton A.C.</b>	
<p>The Under-13 team of <b>Caleb McKinnie, Odhran O’Sullivan, Matthew Herbert, David Ebo, Eanna Crowley and Gabriel Ebo</b> put in a lot of planned training to capture this All-Ireland title. In the heats of the All-Ireland, they won their heat in a very fast 53.16s. The team went into the final very focussed and determined. They combined really well with perfect change-overs and scorched around the track to run a super-fast 52.56s to claim Gold in tremendous fashion. This was another brilliant team performance by the boys.</p>	

<b>Lucy Lynch</b>	<b>(Girls UNDER-13)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<p><b>Lucy</b> had a great start to 2019 winning the Munster indoor high jump title and going on to win a bronze medal at the National indoors. She continued this form outdoors winning the Munster title and jumped a PB of 1.48m to win a silver medal at Nationals.</p>	



## UNDER-14 - Awards Presented by Kate Veale

<b>Jude Buckley (UNDER-14)</b>
<b>Youghal A.C.</b>
<b>Jude</b> competed brilliantly in all cross country championships winning 6th Individual in the UNDER-15 County B with club team Silver & hugely helped his UNDER-15 team to Silver in the Munster B championships. It was in track where Jude excelled: he was 3rd in the UNDER-14 County 1500M, 2nd in the Munster B 800M with a PB of 2.20, and topped his track season with winning the UNDER-14 National B 800M Silver.

<b>Ben Walsh (UNDER-14)</b>
<b>Youghal A.C.</b>
<b>Ben</b> had a fantastic 2019 Track & Field year. In county championship events Ben won the UNDER-14 Long Jump, Javelin & Shot. At Munster championships he was 3rd in Long Jump, 3rd in 80M Sprint & won the Munster indoor Shot & outdoor Shot. Ben nationally achieved again in 2019 to win the UNDER-14 National Shot championship Bronze medal.

<b>Sorcha Kilgannon (UNDER-14)</b>
<b>Youghal A.C.</b>
<b>Sorcha</b> had a fantastic year in Field & cross country. She won Bronze in the UNDER-14 County & East Munster Schools High Jump and won the UNDER-14 Munster Pole Vault champion title. In cross country Sorcha helped her club teams to 3rd in the UNDER-14 & UNDER-15 counties, her UNDER-14 county team to 1st & UNDER-15 club team to silver in the Munsters & again helped her UNDER-15 club team to win silver at the UNDER-15 National cross country championships.

<b>Katie Ansboro (UNDER-14)</b>
<b>Youghal A.C.</b>
<b>Katie</b> had great success in her first year competing in Walk championships, she finished 3rd in the county and 3rd in the Munster championship. Katie competed well in the 2019 cross country championships to win UNDER-14 club team Bronze in the counties & UNDER-15 club team Silver in the Munsters. Katie had a great run in the UNDER-15 National cross country championships to win National club team Silver.

<b>Izabella Chidlow (UNDER-14)</b>
<b>Youghal A.C.</b>
<b>Izabella</b> was super in all cross country championship events. She helped her UNDER-14 club team to 3rd in the county & with her UNDER-15 club team achieved to win club team Bronze at the counties and club team Silver at the Munsters. Izabella had a great run in the UNDER-15 National cross country championships to win National club team Silver.

<b>Emily Brenner (UNDER-14)</b>
<b>Youghal A.C.</b>
<b>Emily</b> had a super cross country season winning 5th Individual in the UNDER-14 county helping her club team to 3rd. In the Munsters she was 7th UNDER-14 Individual, & 11th UNDER-15 Individual helping her UNDER-15 team to 2nd. Emily had a super run in the UNDER-14 National championship to win Munster & County team Silver. She again competed at the National cross country championships in the UNDER-15 race to help her club team to win National silver.

<b>UNDER-14 Boys Cross-Country Relay Team</b>
<b>David Ebo, Jack McGrath, Matthew Herbert, Odhran O’Sullivan and Cian O’Keeffe</b>
<b>Midleton A.C.</b>
The Under-14 team claimed Silver at the All Ireland Cross-Country Relays Championships. They had captured the County and Munster titles during 2019. The teamwork of <b>David Ebo, Jack McGrath, Matthew Herbert, Odhran O’Sullivan and Cian O’Keeffe</b> , who most are only in the first year of this double aged relay, greatly demonstrated their comradeship as they ran impressive 500m legs in a hotly contested relay race from such a young team, with the team members excelling in both Cross-country and Track & Field.

<b>Aine Sheridan (Girls UNDER-14)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
A first National track medal was won by <b>Aine</b> in the girls under 14 800m at the National “B” championships. Aine continued to be a valued member of the club’s under 14 and 15 XC teams and won a gold medal with Cork at the recent National “B” XC championships.

<b>Ava Fitzgerald (Girls UNDER-14)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
Another super consistent XC season for <b>Ava</b> in 2019 where she had podium finishes in both county and provincial under 14 and 15 races. She backed up these great performances by finishing 5 <sup>th</sup> at the National under 14 event, and winning team gold with Cork and team silver with Munster at both under 14 and 15.

<b>Odhrna Hurley (Girls UNDER-14)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Odhrna</b> had a clean sweep of titles in 2019 with gold medals at County championships, Munster indoors and outdoors and National indoors and outdoors in her specialist event, racewalking. Her victory in the National outdoors 2,000m walk being her most impressive performance of the year.

<b>Cathal Whooley (Boys UNDER-14)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Cathal</b> won his first National track medal when winning a silver medal in a competitive 80m sprint at the National “B” championships. He showed his versatility by being part of a winning under 15 club team at the National “B” XC championships last month.

<b>Ruaidhri Boyle (Boys UNDER-14)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
At the National “B” Track & Field championships <b>Ruaidhri</b> clenched the silver medal in the boys under 14 long jump. He also ran cross country and was part of the under 15 club team that won the National “B” XC title.

<b>Theo De Souza (Boys UNDER-14)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Theo</b> won Munster indoors under 14 long jump gold and high jump silver, before going on to excel at the long jump event over the summer months, winning county gold, Munster silver and National bronze with a PB performance of 5.42m at Nationals.

<b>Aidan Maher (Boys UNDER-14)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
Aidan had some super runs in county, Munster and National XC races at under 14 and 15, finishing with a tremendous individual medal at the National “B” XC and leading his club team to the gold medals. He was also a scorer on the Cork team that won gold medals on the same day.

<b>Timmy Colbert (Boys UNDER-14)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Timmy</b> has participated in wide range of track and field events during 2019 as well as being part of the club’s under 14 and 15 XC squads. He was the 2 <sup>nd</sup> scorer on the winning under 15 club team at the National “B” XC championships as well as being part of the Cork team that also took the gold medals.

## UNDER-15

<b>Liam O'Connor (UNDER-15)</b>
<b>Youhal A.C.</b>
In <b>Liam's</b> 1st year at cross country Liam qualified with his school team to the National Schools Minor boys cross country. With his club Liam was Individual 4th in the UNDER-15 County B & helped his team to prize 2nd and helped his club team to prize 2nd again at the Munster B. Liam had a super run in the National B cross country championship scoring high for his UNDER-15 county team to win national gold.

<b>Avril Millerick (UNDER-15)</b>
<b>Youhal A.C.</b>
<b>Avril</b> had an excellent year in both track & cross country. She won Munster championship Silver in the UNDER-16 cross country, Silver in the UNDER-15 1500M & Gold in the Schools 1500M. In All-Ireland championship events she placed 5th in the National UNDER-15 & Junior schools 1500M events, won 5th Individual in the National UNDER-15 cross country, 5th Individual in the National UNDER-16 cross country & prized Individual Silver in the All-Ireland Junior Schools cross country. Avril represented Ireland on the National Junior team in the SIAB International Schools cross country and again at the Celtic International cross country where Avril was 5th Individual in the UNDER-17 women's race winning National team Silver as Ireland's 2nd scorer.

<b>Alex Cashman (UNDER-15)</b>
<b>Youhal A.C.</b>
<b>Alex</b> has a super year of cross country, she won the East Munster Schools, & Individual Silver in the Munster Schools junior race. At National championships she won County team gold, helped her UNDER-15 club team to National Silver & her UNDER-16 club team to National Gold. Alex had a super run in the National Junior Schools cross country to win Individual 5th qualifying her to represent Ireland in the SIAB international schools where Alex was 4th scorer for the Irish team.

<b>Grace Rooney (UNDER-15)</b>
<b>Youhal A.C.</b>
<b>Grace</b> yet again had another spectacular year on the track. At Munster level she was 3rd at indoor 60M Hurdles, 2nd in the schools 100M sprint, 2nd in the schools 200M, 1st at Indoor 60M Hurdles, 1st at Indoor 60M sprint, & 1st at Indoor Schools 60M sprint. Grace went on to the National championships to win bronze at the National Indoor UNDER-15 60M Hurdles, Silver in the National Junior Schools 100M sprint and Gold in the National Indoor 60M sprint in a time of 7.84 seconds.

<b>Eoin Quirke</b>	<b>(Under-15)</b>
<b>Midleton A.C.</b>	
<p><b>Eoin</b> returned from a long lay-off and having missed the start of the cross-country season due to illness, Eoin finished 10<sup>th</sup> at the Under-15 Munster Cross-Country Championships in Conna, where he was 5<sup>th</sup> scorer on the Cork winning team. At the Under-15 All-Irelands in Dunboyne, Eoin finished in 24<sup>th</sup> position and was the 4<sup>th</sup> scoring member of the Cork team that claimed the Under-15 All-Ireland Inter-County title.</p>	

<b>Selena O’Riordan</b>	<b>(UNDER-15)</b>
<b>Midleton A.C.</b>	
<p><b>Selena</b> started the season off by winning the Counties with a throw of 28.77m and went on to register a pb in the Munster T&amp;F when she hurled the javelin out 36.08m to take the Silver. She also finished 3<sup>rd</sup> in the Discus (23.64m). Selena has shown that she is a very good competitor under pressure and raises her standards, where she has shown tremendous consistency over the years. In Tullamore, Selena hurled out the Javelin to record 35.31m and claim the All-Ireland Bronze. Selena also finished in 7<sup>th</sup> place in the Discus (24.91m).</p>	

<b>Joel Joseph</b>	<b>(Under-15)</b>
<b>Midleton A.C.</b>	
<p><b>Joel</b> qualified in the 100m, 200m and Long Jump for the All-Ireland’s by finishing 2<sup>nd</sup> in the 100m (12.21s), 2<sup>nd</sup> in the 200m (25.22s) and 4<sup>th</sup> in the Long Jump (5.27m) at the Munster T&amp;F Championships in June. A month later, Joel peaked to having an outstanding weekend at the All-Ireland T&amp;F in Tullamore. Joel started the Saturday off by capturing the Under-15 Long Jump title with a massive pb of 5:49m. Later in the day, he recorded 12.40 to win his heat in the 100m. In the final of the 100m, Joel executed a near perfect race as he blasted out of the blocks and powered his way down the track, showing a clean pair of heels to take the Under-15 100m title in tremendous fashion and breaking the 12seconds barrier to record a massive pb of 11.99s. On Sunday, Joel won his 200m heat and later in the day, he captured Silver in another pb of 24.52s.</p>	

<b>Caoimhe Geoghegan</b>	<b>(Under-15)</b>
<b>Midleton A.C. / CARRAIG NA BHFEAR A.C.</b>	
<p>In the All-Ireland B’s T&amp;F Championships, <b>Caoimhe</b> had a fantastic leap to record a pb and a Championship Best Performance of 4.61m to capture the Under-15 Long Jump title. Earlier in the day, Caoimhe finished 3<sup>rd</sup> in the 100m in a time of 13.38s.</p>	

<b>Mary Dorgan</b> (Girls UNDER-15)
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Mary</b> had a great XC season in 2019 producing excellent performances in every race. She ended the season by winning a gold medal with the Cork team at the National “B” XC championships in Wicklow.
<b>Ellie Twomey</b> (Girls UNDER-15)
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Ellie</b> had a consistent XC season as part of the club’s under 15 and 16 teams. She had a great individual performance at the National “B” XC championships winning a gold medal with the Cork team.

<b>Rebecca Kelleher</b> (Girls UNDER-15)
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Rebecca</b> won her first National track medal when she won the girls under 15 800m title at the National “B” championships. She continued that great form into the XC season, winning individual medals under 15 and 16 at both county and Munster levels. She capped a fine 2019 year when she won under 16 National XC medals in Abbotstown, silver with the Cork team and bronze with the Munster team.

<b>Arron Sheehan</b> (Boys UNDER-15)
<b>CARRAIG NA BHFEAR A.C.</b>
A consistent performer for the club’s under 15 and 16 XC teams over the season, <b>Arron</b> won a team gold medal at the National “B” XC championships in the under 15 race.

<b>Timmy Hawkins</b> (Boys UNDER-15)
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Timmy</b> was a new addition to the club’s under 15 and 16 XC squads in 2019 and ran really well throughout the season. He ran his best race of the XC season at the National “B” championships, helping his team to the club gold medals and also being a member of the winning Cork team.

## UNDER-16

<b>Emma Landers (UNDER-16)</b>
<b>Youghal A.C.</b>
Unfortunately, <b>Emma</b> missed out on the 2019 track season due to injury but it didn't put a stop to her achieving excellently at Cross Country. At Munster level she won Bronze in the Intermediate Schools, Silver in the UNDER-17 & Gold in the UNDER-16 race. She went on to National championships to win Individual 4th in the National UNDER-16 race & won the National UNDER-17 cross country champion title. Emma represented Ireland on the National mixed relay team in the SIAB International Schools to win Silver and again represented Ireland in the Celtic International where she has a super run to win Individual Silver in the UNDER-17 Women's race & National team Silver as Ireland's 1st scorer.

<b>Avril Cashman (UNDER-16)</b>
<b>Youghal A.C.</b>
<b>Avril</b> had a fantastic year in track & cross country. In track she won the Munster Schools 1500M & 1500M steeple chase and went on to place 4th in the National Intermediate Schools 1500M steeple chase qualifying her to represent Munster in the Tailteann Games where she finished 5th overall. In cross country Avril Individually medaled in the Munsters helping her school team & club teams to qualify to the National Championships where Avril scored high to win Munster, County team medals & greatly helped her Intermediate School team to National bronze, UNDER-17 club team to National Silver & her UNDER-16 club team to National Gold.

<b>Robyn Buckley (UNDER-16)</b>
<b>Youghal A.C.</b>
<b>Robyn</b> had a brilliant year of cross country. She won team gold in the East Munsters & Munster schools qualifying to the Nationals where Robyn helped her Intermediate team to National bronze. She again helped her club teams to medal in all County & Munster championships thus qualifying both teams to the National championships where Robyn scored well on both days to help her UNDER-17 team to National Silver & UNDER-16 team to National Gold.

<b>Erin Joyce (UNDER-16)</b>
<b>Youghal A.C.</b>
<b>Erin</b> did great in track & cross country by winning at 800M the East Munster Schools & Bronze in the Munster B. She won Individual Silver in the East Munster schools cross country helping her school team to win both the East Munster & Munster schools and her club team to win the County Gold & Munster Silver. Erin scored well for her club team helping them to win Silver in the National UNDER-17 cross country championships.

<b>Eva Murphy</b>	<b>(UNDER-16)</b>
<b>Youghal A.C.</b>	
<p><b>Eva</b> did great in track winning the East Munster Schools 200M &amp; had a great year in cross country winning Individual 6th in the East Munster Schools helping her school team to win the East Munsters &amp; Munsters, she also helped her club teams win gold in both counties, silver in the UNDER-17 Munsters &amp; gold in the UNDER-16 Munsters. Eva went on to the Nationals to win club team Silver in the UNDER-17 championship &amp; club team Gold in the UNDER-16 National championships.</p>	

<b>Natasha Kilgannon</b>	<b>(UNDER-16)</b>
<b>Youghal A.C.</b>	
<p><b>Natasha</b> won the county 2k walk &amp; Bronze in the Munster Indoors 1.5k walk. She had a great year in cross country winning team gold in the Schools East Munster &amp; Munsters qualifying to the National Schools championships to win Intermediate team Bronze. Natasha went on to help her club team win County Gold, Munster Silver and club team Silver at the National UNDER-17 cross country championships.</p>	

<b>Rian Walsh</b>	<b>(UNDER-16)</b>
<b>Youghal A.C.</b>	
<p><b>Rian</b> did great in track winning Silver in the East Munster Schools 200M. In cross country she won School team Gold in the East Munster &amp; Munster championships qualifying to the National Schools where Rian won Intermediate team Bronze.</p>	

<b>Leah Parker</b>	<b>(Under-16)</b>
<b>Midleton A.C.</b>	
<p><b>Leah</b> started her season with wins in both throwing events, the Hammer and Discus, at the combined County and Munster T&amp;F Championships. Leah took both titles in the Discus with a throw of 23.94m. In the Hammer Leah threw a fantastic 39.91m to claim Silver. In a very competitive All-Ireland's Leah launched out the Hammer to a massive 43.71m to capture Silver. Leah was just short of the medals in the Discus but improved on her best with a throw of 27.54m. Another very consistent athlete at the throwing events.</p>	

<b>Sean Kavanagh</b>	<b>(Under-16)</b>
<b>Midleton A.C.</b>	
<p><b>Sean</b> took the Under-16 High Jump County title with a height of 1.80m, equalling his pb. and at the Munster T&amp;F he captured the Silver with a similar leap of 1.80m. Sean scaled to new heights when claiming the Silver with a leap of 1.84m in the Under-16 High Jump at the All-Ireland T&amp;F Championships.</p>	



<b>Lily O’Riordan      (Girls UNDER-16)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
A breakthrough year for <b>Lily</b> when she won her first National medals. Lily won bronze medals in both Junior Girls javelin and 75m hurdles at the Irish Schools Track & Field championships in June and a further bronze medal in the girls under 16 javelin competition at Nationals later in the summer.

<b>Michelle Ugwah    (<i>Ug-wah</i>)      (Girls UNDER-16)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
At the National indoors <b>Michelle</b> captured the silver medal in the girls under 16 long jump. She also retained her Irish Schools title when jumping a PB of 5.48m to win the Junior Girls competition.

<b>Cliona Lynch      (Girls UNDER-16)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Cliona</b> had an excellent XC season in 2019 as part of the club’s under 16 and 17 teams. Running up an age, she was the 2 <sup>nd</sup> scorer on both her club and county teams that won silver medals at the National “B” XC championships.

<b>David Maher      (Boys UNDER-16)</b>
<b>CARRAIG NA BHFEAR A.C.</b>
One of the club’s most improved performers <b>David</b> finished off the XC season in fine style by racing to a super individual medal at the National “B” XC championships running up an age in the boys under 17 event.

<b>Doireann Hayes                      (UNDER-16)</b>
<b>St. Catherine’s A.C.</b>
<b>Doireann</b> has been our regular photographer at cross country but the temptation got the better of her and as the saying goes "If you can't beat them join them" Doireann made her comeback at the East Cork cross country in Carraig Na BhFear and ran schools cross country in preparation for All Ireland Bs where she finished 17th second scorer for the Cork team winning silver.

## UNDER-17 Presented by Martin Drake, Chairman East Cork Division

<b>Sean O’Riordan</b>	<b>(Under-17)</b>
<b>Midleton A.C.</b>	
<p>2019 was another good year for <b>Sean</b>, competing in his specialised events, the Discus and Hammer. At the combined County and Munster T&amp;F he won the Under-17 Discus titles with a throw of 35.85m and was 2<sup>nd</sup> in the Hammer with a throw of 29.84m. Between the Munster’s and All-Ireland, Sean put in extra practice and come his day, Sean rallied really well, with a massive throw of 36.14m to take the Under-17 National Discus title. He finished 4<sup>th</sup> in a very competitive Hammer competition, producing a pb of 43.78m. At Intermediate level in the All-Ireland School’s T&amp;F Championships Sean won Bronze in the Discus with a throw of 35.24m, he followed this by coming 2<sup>nd</sup> at the Tailtean Games with a throw of 35.98m, from this result Sean was selected for his first Irish School’s International singlet at the S.I.A.B. T&amp;F in England.</p>	

<b>John Stelman</b>	<b>(Under-17)</b>
<b>Midleton A.C.</b>	
<p>John started the cross-country season in brilliant form and won the Under-17 County title, this was a fantastic achievement considering that this was only John’s second season in athletics. He followed this up by finishing 9<sup>th</sup> in Munster and was 2<sup>nd</sup> scorer on the Cork winning team. In the Under-17 Nationals, John ran a blinder to finish 17<sup>th</sup> overall and was 4<sup>th</sup> scorer on the Munster team that claimed Silver and was 2<sup>nd</sup> in for the Under-17 County team that finished 5<sup>th</sup>. Running up an age, John was 5<sup>th</sup> scorer on the Cork team that took Inter-County Bronze in Abbotstown. At local level, John was the winner of the Under-17 East Cork XC title.</p>	

<b>Blessing Alamu</b>	<b>(Girls UNDER-17)</b>
<b>Midleton / CARRAIG NA BHFEAR A.C.</b>	
<p><b>Blessing</b> had a great Track &amp; Field season in 2019, and especially at the All-Ireland in July, taking Bronze in the Long Jump with a leap on 5.25, a PB, and capturing the Under-17 Discus title with a pb of 33.56m. On this performance, Blessing was selected to represent Ireland at the Youths Nation Cup in Santry.</p>	

<b>Samuel Judd</b>	<b>(Boys UNDER-17)</b>
<b>Midleton A.C. / CARRAIG NA BHFEAR A.C.</b>	
<p><b>Sam</b> won a superb 200m bronze medal at the National indoors in March with a time of 23.77s, was followed up in the summer by winning an outdoor National silver medal at 100m (with a time of 11.46s) and a bronze medal at 200m (with a time of 23.21s). Selection on the Irish relay squad at the Youth Nations Cup competition put the finishing touches to a fine Track &amp; Field season.</p>	

<b>Sinead Kearney</b>	<b>(Girls UNDER-17)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<b>Sinead</b> led both her club and county to silver medals at the National “B” XC championships in Wicklow to bring a fitting end to a season of consistent performances in all her races.	

<b>Daisy Horan</b>	<b>(Girls UNDER-17)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<b>Daisy</b> had a great XC season improving with every race and ended the season winning silver medals with both her club and county at the National “B” XC championships.	

<b>Lauren Murphy</b>	<b>(Girls UNDER-17)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<b>Lauren</b> has competed on her club’s under 17,18 and junior teams throughout the XC season and she ended the year, running at the National “B” XC championships where she won silver medals with her club and county.	

<b>Megan Murphy</b>	<b>(Girls UNDER-17)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
A consistent XC season for <b>Megan</b> finished on a high note when winning a club silver medal in the girls under 17 race at the National “B” XC championships last month.	

<b>Isobel O’Meara</b>	<b>(Girls UNDER-17)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<b>Isobel</b> won National under 17 silver medals with club and county at the National “B” XC championships. Also during the summer she was part of several relay squads and was a member of the women’s under 23 4 x 400m team that won gold at the National Track & Field championships.	

<b>Ciaran Hurley</b>	<b>(Boys UNDER-17)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<b>Ciaran</b> won a silver medal in the boys under 17 1,500m walk at the National indoors. A further silver medal was garnered at the National outdoors, this time over a distance of 3,000m. At the Irish Schools Ciaran won a bronze medal at intermediate level which highlighted a fine year of racewalking.	

<b>Meghan Carr</b>	<b>(UNDER-17)</b>
<b>St. Catherine's A.C.</b>	
<p><b>Meghan</b> has been one of St. Catherine's AC best representatives over the years both in track and field and cross country. This year she was Under-17 and junior where she helped the club retain the Paddy Heagarty cup for best Junior womens team in Cork, the first time the same club has retained the cup in consecutive years. Meghan won a bronze medal with Cork in Abbotstown at All Ireland Under-18s.</p>	

## UNDER-18

<b>Lesley Cashman</b>	<b>(UNDER-18)</b>
<b>Youghal A.C.</b>	
<b>Lesley</b> had a great year with her Intermediate school team winning team gold at both the East Munster & Munster schools. Lesley went on to the National Intermediate Schools championships to win Intermediate team Bronze.	

<b>Lucy O'Keeffe</b>	<b>(UNDER-18)</b>
<b>Youghal A.C.</b>	
<b>Lucy</b> had a fantastic year in track & cross country. In Munster championships she was 2nd in the Schools 3000M & Individual 4th in the schools Intermediate, UNDER-18, UNDER-19 & Junior club championships. In National cross country Lucy won Individual 10th in the National UNDER-18 championship, won 6th Individual in the National Intermediate Schools and prized Individual Bronze in the National UNDER-19 championships. On the international stage Lucy represented Ireland in the SIAB Schools International where she finished 17th overall in the Intermediate race winning National team Bronze as Ireland's 3rd scorer.	

<b>Orla Coffey</b>	<b>(Girls UNDER-18)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
A National Youths record of 3.61m in pole vault capped a magnificent year for <b>Orla</b> . Championship best performances were the norm when winning National under 18 titles both indoors and outdoors, Irish Schools, National Junior medals, both indoors and outdoors and her first National Senior medal. These were followed by selection on two Irish teams in 2019 for pole vault competitions. To top all this off Orla was also a member of the title winning National under 23 4 x 400m relay team.	

<b>Daire O'Sullivan</b>	<b>(Boys UNDER-18)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
After an injury interrupted year <b>Daire</b> was back racing in time to win a National bronze medal as part of the Cork under 18 team at the National XC championships in Abbotstown.	

## UNDER-19

<b>Jack O'Shea</b>	<b>(Under-19)</b>
<b>Midleton A.C.</b>	
<p><b>Jack</b> had a series of very good performances indoors in 2019. At the Under-19 All Ireland Indoor T&amp;F he finished, just off the medals in 4<sup>th</sup> place in the final of both the 800m and 1,500m, setting an impressive pb of 1:56.66 in the 800m. He went on to win an individual Bronze in at the Under-19 Munster XC Championships by finishing 4<sup>th</sup> and he was 6<sup>th</sup> junior in. Jack was 4<sup>th</sup> scorer on both the Under-19 and junior Cork winning teams. At the Junior All-Ireland's, Jack was 6<sup>th</sup> scorer on the Cork team that took the Inter-County Silver.</p>	

<b>Frank O'Brien</b>	<b>(Under-19)</b>
<b>Midleton A.C.</b>	
<p><b>Frank</b> continued his success with numerous successes over cross-country and on the track. In his specialist event, the steeplechase, Frank ran a brilliant race to claim the All-Ireland School's Senior 2,000m S/C in a very fast time of 6:01.69, thus taking a clean sweep of all the School's steeplechase titles in 2019. During the Cross-Country season Frank took Silver in the County Junior at Liscarroll. In the combined Under-19 and Junior Munster Cross-Country Championships, Frank captured the Under-19 Munster title and finished 2<sup>nd</sup> in the junior race. He also led both the Cork Under-19 and junior teams to the Inter County titles. Frank had a very good All-Ireland series and in a very competitive field in Abbotstown, he finished a very good 14<sup>th</sup> in the junior race and led the Cork team to Inter-County Silver. At Dunboyne a few weeks later, in the Under-19 All Ireland XC Championships, Frank finished 9<sup>th</sup> individual and lead the Munster team to Inter-Provincial to Silver.</p>	

<b>Emmanuel Alamu</b>	<b>(Boys UNDER-19)</b>
<b>Midleton A.C. / CARRAIG NA BHFEAR A.C.</b>	
<p>In his final year as a juvenile, a series of super performances throughout the 2019 Track &amp; Field season ended with Emmanuel claiming Bronze in the Shot Putt at the All-Ireland T&amp;F in Tullamore, with a putt of 10.06m</p>	

<b>Emma Coffey</b>	<b>(Girls UNDER-19)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<p><b>Emma</b> won a silver pole vault medal at the National indoors under 19 event in Athlone in early 2019. Unfortunately, injury seriously curtailed her outdoor season and she was unable to compete in the National outdoors.</p>	

<b>Martha Quain</b>	<b>(Girls UNDER-19)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<b>Martha</b> had a great 2019 year winning numerous titles at county and provincial level in her specialist discus event. She signed off from juvenile competition with a silver medal winning performance in the girls under 19 discus at the National Track & Field championships.	

## Junior

<b>Ciaran Nugent</b>
<b>CARRAIG NA BHFEAR A.C.</b>
<b>Ciaran</b> commenced his 2019 track season with a gold medal at 400m hurdles and a bronze medal over 400m in the Munster championships. He followed this up at the National Junior championships when he raced to a superb silver medal in the 400m hurdles with a PB performance of 55.94 seconds.

## Senior

<b>Katie Walsh</b>	<b>(Senior)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<b>Katie</b> started 2019 in fine style by taking the gold medal in multi events at the Irish Intervarsities indoor championships. She also won a silver medal at the outdoor Irish Intervarsities championships at high jump and was selected on the Irish Universities team that competed against Scottish Universities. Many fine performances both indoors and outdoors followed and led to Katie winning the gold medal in her specialist event 400m hurdles at the National under 23 Track & Field championships. At the same championships Katie anchored the club's 4 x 400m relay team to the National title.	

<b>Nessa Wheeler</b>	<b>(Senior)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<b>Nessa</b> won her first National track medal at senior level when winning a gold medal as part of the 4 x 400m relay team at the National under 23 Track & Field championships.	

<b>Emma Akinkoulie</b>	<b>(Senior)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
Although still in the juvenile ranks, <b>Emma</b> stepped up to senior competition to win a National gold medal at the under 23 Track & Field championships in the 4 x 400m relay.	

<b>Jennifer Goggin Walsh</b>	<b>(Senior)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<p><b>Jennifer</b> had a fine 2019 year winning a silver medal in the over 35 category over 3,000m at the National indoor masters championships. She followed this up with another silver medal at the outdoor championships, this time over 1,500m. Recently she added a National XC medal as part of the Cork intermediate team.</p>	

<b>Mary Fitzgerald</b>	<b>(Senior)</b>
<b>CARRAIG NA BHFEAR A.C.</b>	
<p><b>Mary</b> has mainly raced on the roads and over cross country but in 2019 she took to indoor racing with aplomb. At the National indoor Masters Championships she won a bronze medal over 3,000m in the over 45 category.</p>	

<b>Dave O'Connor</b>	<b>(Senior)</b>
<b>St. Catherine's A.C.</b>	
<p><b>Dave</b> is a late starter in athletics but he has caught up fast and is enjoying the competition. In 2018 he had a baptism of fire at a wet and windy Navan racecourse with the charge that is the start of the National Novice cross country enough to unnerve in the coolest of competitors. In 2019 he was ready for this race where he had a great run in tough underfoot conditions to finish 51st and help Cork to team Silver.</p>	

## Memorial Trophies

**Maureen O'Connell Trophy** – Best Girls Juvenile Cross-Country Club: **Carraig na bhFear AC**

**Gerry Russell Trophy** – Best Boys Juvenile Cross-Country Club: **Carraig na bhFear AC**

**Willy Harte Trophy** – Best Club at T&F Championships: **Carraig na bhFear AC**

**Kathleen McCarthy Trophy** - Junior Athlete of the Year: **Orla Coffey, Carraig na bhFear AC**