



The Athletic Association
of Ireland
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International Awards Night
& Aspiring Young Athletes Grants
Friday February 9th 2024
Kingsley Hotel, Cork @ 8 p.m.

Welcome to this exciting night where we, in Cork County Board, recognise the achievements in 2023 of our international athletes and where we encourage our promising young athletes in their athletic achievements.

The performances of our athletes are so inspiring, and this is a great occasion where we can see and meet them.

Tonight, we have a special welcome for "our Olympian" Phil Healy who will present the awards.

Thank you all for coming, many of you long distances, and for giving up your night to be with us.

*Pat Walsh,
Chairman,
Cork Co. Board.*



Paul Hartnett..... (East Cork AC)

Paul competed as a member of the Irish U/23 team at the World Athletics Cross Country Tour Gold event in the city of Hannut Belgium on the 22nd January. Paul was selected to compete at this prestigious event as a result of a very strong performance at the National Senior championships held in Donegal and his victory at the National Novice championships held at Conna



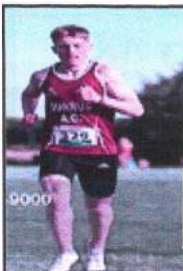
Gavin Sweeney.....Togher A.C.

Gavin led the Irish M40 team to a Bronze medal in the British and Irish Masters event held in Glasgow, coming an impressive 14th overall in the M35 to M45 race and 6th overall in the M40 category.



Michael Harrington....Durrus A.C.

Micheal competed in the Munster Master Cross-Country Event 2023 Michael was Munster Champion. Michael competed in The Autumn Open International cross country finishing in 2nd place in his age category. Michael went on to represent Ireland in the British & Irish Masters cross country their team won bronze



Sean Lauton.....Durrus A.C.

Sean won Gold for County & won the All Ireland U19. He also won gold for County & Munster U20 and got 5th in the All Ireland U.20.

Sean got selected on the Irish team for Celtic cross Country & UK Cross Challenge in January 2024. He won an individual bronze medal which helped the Irish team to win gold U.20. Sean is looking forward to 2024



Sophie O'Sullivan....Ballymore/Cobh

In June 2023, Sophie won the Division 3 1500m to help Ireland win promotion at the European Athletics Team Championships in Krakow, Poland.. She won the 1500 m at the European Under 23 Championships in Espoo, Finland. Her winning time of 4.07.18 was a new personal best.

In August 2023 at the Citius meet in Bern, Switzerland, Sophie ran 2.37.08 for the 1000 m, a new personal best and the third fastest Irish woman.

She also competed in the heats of the Women's 1500 m at the 2023 World Athletics Championships.. Her time of 4.02.15 is quicker than the qualifying standard for the 2024 Olympic Games.

In September 2023 at the Palio Citta' Della Quercia meet in Rovereto, Italy, Sophie finished 2nd in the 3000 m in 8.44.72. and broke the Irish U/ 23 record, taking more than a second off the previous record.

Sophie achieved a personal best of 2.01.43 finishing second over 800 m at the Volksbank Trier Flutlichtmeeting in Moselstadion, Trier, Germany, She has competed at the highest level in 2023 representing her country, and has enjoyed incredible success for which she deserves recognition and praise.



Steven Bradley.....West Muskerry A.C.

Stephen Bradley was selected for the IWA Para Athletics Irish team in Olomouc in Czech in August 2023 where he won 2 silver medals and a bronze medal in the 800m, 1500m and Discus.

Steven now holds the F36 Irish record in both track and field. He also won 3 gold medals at the Nationals 2023. Another young inspiring athlete from West Muskerry A.C. who proves that hard work and dedication pays off with the honour of wearing an Irish Singlet for your country..



Cathal Ryan.....West Muskerry A,C.

Cathal Ryan from West Muskerry A.C. was selected for the Irish team at the Paralympic World Games in Paris on the 13th of July 2023. This was a massive achievement for him as he had worked so hard with his coach Alan. He was selected for the 400m and finished in a time of 51.61. Cathal has been an inspiration to West Muskerry A.C. He even came out to speak to all the athletes and gave them an insight into his athletics career and how he tackles nerves, media, training and competing at the highest level and that dreams can come true but it takes time, effort and a lot of patience. Cathal hopes to qualify for the Paralympic Games in the 400m in 2024.



Breda Gaffney.....Mallow A.C.

Breda was selected for the British and Irish masters International xc held in Glasgow in November, where she finished 4th O50. In March Breda was 3rd in the World masters half marathon O50 in Poland and also got team Gold with the half marathon O45 team. Breda also ran the European masters half marathon in October where she got team silver and also got team silver in the O50 4x400 relay



Fiona Everard.....Bandon A.C.

Fiona started the 2023 season with the selection to compete at the World Cross Country tour in Belgium where she finished 14th. Over the course of the year, she succeeded in Cross Country & Track with a comprehensive 5000m win at the Irish Universities Championships and a win at the IUAA cross-country. In November Fiona added her name to only 5 ever Cork athletes to win the National Senior Cross Country. From this Fiona went on to compete at the European Cross-Country Championships in December where she finished 34th in what was a tough and mucky course throughout.



Phil Healy....Bandon A.C.

Phil competed as part of the 4 x 400m relay team at the European Indoor Championships where they finished 6th. She went on to compete at the European Team Games competing in the 200m , 4 x 100m & 4 x 400m. Phil has also travelled around Europe competing in various competitions. Recently she won the 400m at the National Indoor League as a guest in the fastest time she has ran over the 400m indoor since 2022. Phil dealt with a lot of injuries throughout 2023 but has hopes to catch an Olympic standard in 2024.



Simon Nolan.....Bandon A.C.

Simon was selected to compete at the World Master Mountain Running Championships in Madeira, where he finished 5th overall with the M35 team taking home the gold. Simons main event is Marathon running throughout 2023 he competed in the Cork City Marathon placing within the top 10 in a time of 2hrs 35mins. He also competed in the Boston & Dublin City Marathons. In just less than a year Simon improved his marathon times by 30 minutes. In December Simon turned to Cross Country where he competed for the first time on field to be part of the Bandon Novice men's team at the National Cross-Country Championships.



Lucy May Sleeman.....Leevale A.C

Lucy was selected on the Irish team for the U20 DNA Indoor international where she won the 60m and helped Ireland to a 5th place finish. When the outdoor season came along Lucy was selected to compete at the European u20 Championships in Jerusalem where she made the final of the 100m and also competed in the 2



Joan Healy.....Leevale A.C.

Joan was selected to run the 60m at the European Indoor Championships in Turkey she was also selected on the Irish team for the European Team Championships where she ran on the 4x100m relay team and helped Ireland to victory and promotion to division 1 .



Okwu Backari....Leevale A.C.

Okwu was selected on the Irish team for the U20 DNA Indoor international where she ran the 60m H and helped Ireland to a 5th place finish



James Ezeonu.....Leevale A.C.

James was selected on the Ireland team for the European Team Championships where he won his 110mH event and helped Ireland to victory and promotion to division 1 for 2025, he was then selected on the team for the European U23 Championships where he ran the 110mH in his first year at this age group.



Reece Ademola.....Leevale A.C.

Reece was selected on the Ireland team for the European Team Championships where he competed in the Long Jump and helped Ireland to victory and promotion to division 1 for 2025, he was then selected on the team for the European U23 Championships where he competed in the Long Jump in his first year at this age group.



Louise Shanahan....Leevale A.C.

Louise was selected on the Ireland team for the European Team Championships where she competed in the 800m winning her event and helping Ireland to victory and promotion to division 1 for 2025. Louise went on the gain selection for the World Championships in Budapest



Jane Buckley.....Leevale A.C.

Jane was selected for the European U23 Championships for the 5000m where she finished 9th in her first year at this age group



Colin Doyle.....Leevale A.C.

Colin was selected for the European U23 Championships in both the 200m & 4x100m. While he was unlucky not to make it out of his heat in the 200m the relay team did make the final and finished

5th



Anika Thompson.....Leevale A.C.

Anika was selected for the European U23 Championships for the 10000m and finishing 11th in her first year at this age group. Anika was also selected for the Irish u23 team for the European

Cross Country in December where she finished 47th and helped Ireland to a 6th place finish.



Conor Morey.....Leevale A.C.

Conor was selected on the 4x100m relay squad for the European U23 Championships



Max O'Reilly.....Riverstick/Kinsale.

European u20 Qualifying time with the National
4x100m relay in Mannheim, Germany.

on the Panel which made the European u20 final in Jerusalem.

3rd at National Juniors 100m.

Aspiring Young Athletes 2023



Finnian Lauton.....Durrus A.C.

Finnian won his first individual All Ireland medal U/17 in December 2023 coming 11th overall, scoring 2nd for Cork team who won Silver and scoring on the Munster team who won gold. Finnian is going from strength to strength and is looking forward to 2024.



Caoimhe Flannery.....Skibbereen A.C.

Caoimhe won the U/17 Cork Co. XC, her 6th title in a row. (U/12 to U/17) and followed on to win Munster U/18 XC and was 3rd in the Munster U/17 XC. She made her international debut in 2022 in the Celtic International XC in Belfast and earned her 2nd International vest in 2023. At the SIAB T&F championships in Grangemouth, Scotland Caoimhe ran a PB of 5.10 to win the bronze medal, the first Munster girl to make the podium in this event and she ran the fastest time of the four Irish medalists to date.



Ryan McCarthy....Riverstick/Kinsale

Newmarket 5k, pb - 15:04

National u18 XC championships 4th

U/20 British & Irish Championships Team
Bronze.

U/20 Mountain Running World Championships.



Odhran O'Sullivan.....Midleton A.C.

Odhran's had several highlights during the 2023 T&F season after his indoor season was cut short due to an accident.

In June, Odhran captured the 800m Munster U17 title in 2:01.37.

He then broke the magical 2 minute barrier for the 800m, when finishing 6 th at the Tailteann Games

in a time of 1:59.21(pb). He claimed a National U17 Bronze medal in the 800m in a pb of 1:58.34

Odhran's 2024 season started off very well, with an opener of 1:58.92 at Abbotstown in January.

Then on the 20 th January he was one of six athletes who qualified for the final of the U20 National Indoor 800m, running 1:59.62 as one of the two fastest losers and then went on to finish a brilliant 3 rd in a massive pb of 1:56.88.



David Ebo.....Midleton AC

David had several highlights during the 2023 T& F season.

David accumulated several championship titles in the 100m, namely, in the East Cork Athletics Division, Cork County, Munster and National Champion in the U17 category.

He clocked 11.30s at the Munster's and 11.28 in his heat at the National. And ran a very determined race in the final to capture the Gold in 11.27s.

In June, at the Tailteann Games, he finished a very close 3 rd in a fast 100m to give him a pb of 11.13s.

He was selected for the 4X100m SIAB tam and was a Vital cog when the Irish team claimed Silver.



Lucy Lynch.....Carriag na Bhfear A.C.

A bronze medal won at national indoors at u/17 400m set Lucy up for a great outdoor season, winning county and Munster titles and a national silver medal at 400m. Lucy also won gold at Munster juniors, both indoors and outdoors and capped her year by winning her first national senior medals as part of her club's 4 x 400m mixed relay team and the East Cork Divisional team that won the County section of the National League.



Aidan Maher....Carraig na Bhfeair A.C.

Aidan had a stellar 2023 over a variety of distances on the track, winning under 18 800m Munster gold and a bronze national medal in 3,000m steeplechase. At schools intermediate level he won South Munster, Munster and national gold in 1,500m steeplechase. A member of his club's county junior cross country winning team, he also won national medals on Cork under 18, 19 and junior teams.



Diarmuid Towey.....Fanahan McSweeney A.C.

2023 AAI All Ireland Championships - U17 boys hammer - Silver.

AAI Munster Provincial Championships - U17 boys hammer - Silver.

AAI Cork County Championships - U17 boys hammer - Gold.

South Munster schools Championships - U17 boys hammer - Gold.

Munster Schools Championships - U17 boys hammer - Silver.



Orna O'Sullivan....Abbey Striders.A.C.

Orna is enjoying her chosen event, hammer throwing. Her recent achievements in hammer throwing during the 2023 season includes; Munster club champion U18, & All Ireland club U18 silver medallist,



Lucy O'Flynn.....Bandon A.C.

Lucy had a very successful year in the distance competing mainly in the 800m, 1500m & Cross Country. She won both the 800m & 1500m at Counties and was 2nd in both at Munster level. In Cross Country Lucy was part of the Cork winning U19 teams at Munster & National level. She placed 2nd at the Munster JNR Cross Country Championships.



Olive O'Flynn.....Bandon A.C

2023 was a good year for Olive winning the U17 3000m at Munster level and placing 2nd Nationally. Olive went on to represent Munster at the Tailteann games during the summer. As well as Athletics .Olive is part of the Munster U18 Hockey team.



Aoife Callan.....Bandon A.C.

Aoife competes in the combined events where she placed 7th at the National Pentathlon. Aoife excelled in the Javelin in 2023 Winning the Munster U17 and placed 3rd Nationally, She went on to compete at the SIAB Schools international during the summer and placed 3rd. Throughout the year she won many County & Munster medals in various events including High Jump, Long Jump, Triple Jump, Shot Put & Javelin.



Eoin O'Callaghan...Bandon A.C.

Eoin won 3 National Outdoor titles in 2023 with gold in the U18 decathlon, U17 High Jump & U17 Discus while also taking bronze in the U17 pole vault. At indoors he took National Silver in both the Youths Heptathlon and U17 Hurdles and Bronze in the U17 Pole Vault. Apart from the 7 National medals Eoin won throughout 2023 he also won many titles at Munster & County level in a wide variety of events including High Jump. Pole Vault, Hurdles, Javelin, Discus, & Heptathlons



Daniel Dollard...Bandon A..C.

Daniel is a Cross Country Athlete during the season of 2023 he was part of the Silver winning U17 Cork team at National level and Gold winning Cork team at Munster level. Daniel was selected to the U18 Cork team based on his performance at Munster. He won individual Cross Country medals at the County and Munster Championships



Aoife Tuthill.....Bandon A.C

Aoife is an upcoming walking star. At U18 she won the Munster indoor JNR 3k walk and was fourth at the National Indoors. She placed 1st at the Counties and placed 3rd at the National U18 walk in the summer. Aoife has also travelled to various walking competitions around Ireland and the UK where she has done well in every competition she part takes in, recently she placed 3rd in the JNR 3k walk at the National Indoor Championships and completed her first 10k run.



Alex Neff.....Leevale A.C.

Alex had a successful season at Munster level winning juvenile schools and club titles. He won a Munster senior outdoor title in June. On the national level there was silver in the national indoors and the Tailteann games, while the season was finished off with a gold at the national juveniles in July. On the International front there was a bronze at the SIAB schools international in Scotland



Katie Kingston.....Leevale A.C.

Katie had a very successful 2023 season, winning the u17 All Ireland Javelin Title along with 4 other All Ireland medals from junior to senior level. The highlight of Katies year was representing Ireland at the AAA championships in Birmingham last August



Natalie Golka.....Levale A.C.

Natalia started her indoor season with bronze in the Munster u17 60m hurdles in 9.43s, running the second leg in the u17 4x200m relay team taking gold. Natalia took that form into her outdoor season taking the Munster 100m u17 title, finishing second in the Munster u17 300m hurdles. Moving on to Nationals Natalia took third in the u17 100m Hurdles.



Andrew ScanlonLeevale A.C.

In 2023 Andrew Broke a 47-year-old Munster schools record and went on to win a silver medal in All Ireland Schools Intermediate Javelin. This was followed up with a silver medal in Tailteann Interprovincial games. At the SIAB schools International he picked up a bronze medal. He picked up silver medal in the All Ireland Championships. On the International front he won the Scottish U17 title and finished 4th in the AAA Championships. He rounded off his season helping Leevale men win the national league title



Adam O'Donovan....Leevale A.C.

Adam started his season winning the Shot Putt at the Munster Juvenile U17 Indoor Championship. He went on to win the Shot Putt at both the Munster Juvenile U17 T & F and Munster Schools T & F. He was second in the Javelin at both the Munster Juvenile U17 T & F and Munster Schools T & F. On the national front Adam won the U17 Javelin with a throw of 52.11m (PB) and got third in the Shot Putt with a throw of 13.38m at the All-Ireland Juvenile Athletics Championship last July.



Elena O'Sullivan....Leevale A.C.

Elena started her indoor season with gold in the u17 Munster 60m in 7.89s and ran the first leg of the u17 4x200m relay team taking gold. Elena followed that up with a silver in the National u17 60m and a new PB of 7.74s. Moving outdoors Elena took the Munster u17 titles in the 100m and 200m (26.08s), taking 3rd in the 100m (12.55s), 2nd in the 200m (26.20s) in the National u17s and hold in the record breaking 4x100m relay team running the 4th leg. Elena then took 3rd in the National Schools 100m final having taken the South Munster and Munster School titles. Elena moved through to the Tailteann Games in June finishing 4th in the 100m setting a new PB of 12.37s, taking that form through to the SÍABs 100m helping the Ireland Schools Team to a bronze in the 4x100m relay. Elena was also a part of the Ireland u20 4x100m development squad for 2023 season.



Sophie Mulcahy...Leevale A.C.

Sophie started her indoor season taking 4th in her debut National Junior 200m final in 25.61s. Sophie also ran the third leg in the 4x200m junior relay breaking the National Junior record. Continuing her indoor form she took silver in the Munster u17 400m and gold in the 200m, running fourth in the u17 4x200m relay, taking another gold. From there Sophie made the u17 60m National final and took the National u17 Indoor 200m title in 24.99s, qualifying her for the 2024 Performance Pathway Programme. While Sophie's outdoor season was challenging for her she travelled to Dunkirk, France with Team Ireland for the FISEC games taking bronze in the 100m, bronze in the 200m and ran the third leg in the 4x100m relay team taking gold. Sophie also ran the second leg in the u17 4x100m relay Team taking gold and a new National u17 record.



Claire Crowley.....Leevale A.C.

Claire had a great year at club level -Gold in the 800m & 1500m at Munster and National Championships. Claire travelled to Dunkirk, France with Team Ireland for the FISEC games taking gold in both the 800m & 1500m.



Shane Byrne.....Togher A.C.

Shane is U17 and Junior, County and Munster race walking champion, and is 2023 All Ireland Silver medalist at both outdoors and indoors. He is also South Munster and Munster Schools Intermediate race walking champion 2023.

He was a scoring member of the Togher AC U17 boys cross country team which won Silver at the 2023 All Ireland's at Navan. He also helped the U17s become County champions and Munster silver medalists, while he helped the U18 Togher team become Munster champions and county runners-up, as well as winning silver and bronze for the club Junior side at county and provincial level



Leo Murray.....Togher A.C.

Leo Murray of Togher AC had another year of great progression. Togher's Juvenile club captain made his second consecutive SIAB Schools Irish XC team. Leo was the lead Cork and second Munster man finishing 8th with a superb run in the intermediate race at national schools in his first year at the age group. He then rounded out the year with a 7th place finish in the u17 race at the Nationals in Navan. Leo led the Togher team to a mighty second place finish in the team competition. This result was further proof that his results are only going in one direction. No doubt Leo will be targeting loftier goals in 2024 and beyond!



Andrew Hinds.....Togher A.C.

Andrew joined Togher Athletics Club (AC) in 2022 and quickly found a sense of belonging with the team and trainers.

Through hard work and team practice, he achieved 2nd place in the following in 2023: Cork's cross country u16's, the u16's 1500m & 3000m track and the Cork City 10k marathon u18's. He also actively runs for the Presentation Brothers coming 1st in the Cork Schools cross country in December.

In the 2023 Munster cross country finals in Clare, Andrew attained 2nd in u16's, his best performance to date.

Together with his team mates, he scored on the Togher AC team which brought home a national silver in u17's cross-country, a testament to the club and their trainers