

Indoor and Track and Field Awards

Clare Clare	Laura Power Tony Odubote	Ennis Track A. C. Ennis Track A. C.
Cork Cork	Vickie Cusack Jack Murphy	Liscarroll A.C. Leevale A.C.
Kerry Kerry	Aoife Doyle Jason Foley	Star of the Laune A. C. Lios Tuathail A. C.
Limerick Limerick	Ciara Neville Stanley Ikeh	Emerald A. C. Limerick A. C.
Tipperary Tipperary	Maria Carey Daniel Ryan	Newport A. C. Moycarkey C.C. A. C.
Waterford Waterford	Siobhan Whelan James Murphy	Ferrybank A. C. Waterford A. C.
Junior Women	Grace McKenzie	Belgooly A. C.
Junior Men	Sam Healy	Leevale A. C.
Under 23 Women	Lilly Ann O’Hora	Dooneen A. C.
Under 23 Men	Cormac Lynch	Marian A. C.
Senior Women	Claire Fitzgerald	Tralee Harriers A. C.
Senior Men	Barry Healy	Youghal A. C.
Master Women	Elaine Cronin	Gneeveguilla A. C.
Master Men	John Murphy	Liscarroll A. C.
International Award	Joe Gough	West Waterford A.C.

Achievement Awards

Michelle Finn	Leevale A.C.	Phil Healy	Bandon A.C.
Siobhan O’Doherty	Borrisokane A.C.	Kelly Proper	Ferrybank A.C.
Laura Crowe	An Ríocht A.C.	Sarah Lavin	UCD
Adam King	Iveragh A.C.	Louise Shanahan	Leevale A.C.

Hall of Fame

Dan McCarthy East Cork A C

Patsy O’Connor Officer Award

Michael Gregan Tramore A. C.

Club Awards

Indoor & Track & Field - Juvenile/Junior/Senior	Leevale A. C.
Indoor Masters and Juvenile Cross Country	Ennis Track A. C.
Track & Field Masters	Waterford A. C.

County Award

Indoor & Track & Field - Juvenile/Senior/Masters Cross Country Juvenile/Senior	Cork
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Juvenile Cross Country Awards

Clare	Eoin O’Looney	Kilmurray Ib N. C. A. C.
Cork	Rhona Pierce	Leevale A. C.
Kerry	Darragh Browne	Lios Tuathail A. C.
Limerick	Eoghan Beary	Dooneen A. C.
Tipperary	Ciara Cummins	Nenagh Olympic A C
Waterford	Sean Curran	West Waterford A. C.

Senior Cross Country and Road Awards

Senior Men	William Mounsell	Clonmel A. C.
Senior Women	Shona Heaslip	An Ríocht A. C.
Master Men	Mike Cunningham Eugene Moynihan	Mooreabbeymilers AC. Marian A. C.
Master Women	Niamh O’Sullivan	An Ríocht A. C.

Cross Country and Road Club Awards

Overall Senior Club Cross Country & Road Best Juvenile “B” Cross Country Club	West Waterford A.C. Kenmare A. C.
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Cross Country County Awards

Best Juvenile and Senior County	Cork
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Jack Murphy

Leevale A. C



2014 Achievements

Munster Indoors: 1st 60m hurdles
All Ireland Indoors: 1st 60m hurdles
Munster Track & Field: 1st 100m hurdles, 200m, Long Jump
All Ireland Track & Field: 1st 100m hurdles
All Ireland Schools: 2nd 100m hurdles
Tailteann Games: 1st 100m hurdles
Schools International: 1st 100m hurdles

Aoife Doyle

Star of The Laune A.C.



2014 Achievements

South Munster Schools (Intermediate) 1st Discus.
Munster Schools (Intermediate) 1st Discus, Hammer
All Ireland Schools (Intermediate) 2nd Discus, 3rd Hammer
Tailteann Games 1st Discus, 6th Hammer
SIAB Schools International 5th Discus
County Track & Field 1st u17 Discus, 1st u18 Hammer
Munster Track & Field 1st u17 Discus & Hammer, 2nd u17 Shot,
 2nd Junior Hammer, 5th Junior Shot 3rd Junior Discus.
National Athletics Championships U17
 1st Discus with a new PB of 36.29m, 6th Hammer
Celtic Games U18 4th Discus

Jason Foley

Lios Tuathail A. C.



2014 Achievements

Munster Indoor Junior 2nd Hurdles, 3rd 200m.
Munster U18 1st Hurdles –New record.
All Ireland U18 1st Hurdles
Munster Schools Senior 2nd Hurdles.
All Ireland Schools Senior 4th Hurdles
Munster Track & Field U18 1st Hurdles, 2nd 100m, 3rd 200m.
All Ireland U18 1st Hurdles.
Celtic Games 2nd Hurdles, 2nd Relay

Ciara Neville

Emerald A. C.



2014 Achievements

Munster Indoor U16 1st 60m Hurdles, 2nd 60m, 200m
All Ireland Indoor U16 3rd 60m H, 60m, 200m
 2nd 4 x 200 Relay, U17 4 x 200 Relay
Munster Track and Field U16 1st 100m, 2nd 80m H, 1st 200m
All Ireland Track and Field U16 3rd 100m, 1st 4 x 100 Relay
 1st U17 4 x 100 Relay
Munster Schools Track & Field 2nd Jnr 100m, 1st Jnr 75m H.
All Ireland Schools Track and Field Jnr.
 1st 100m, 3rd 75m H, 1st 4 x 100 Relay
National Community Games 3rd 100m, 1st 4 x 100m Relay

Stanley Ikeh

Limerick A. C.



2014 Achievements

Indoors : 2nd High Jump, 3rd 200m, Shot Putt
 1st U16 Relay 4x200m, 3rd Combined Events
Track and Field: 1st Triple Jump, 200m
 1st U16 Relay 4x100, 2nd 100m , 250m hurdles
Schools: 1st North Munster School Relay 4x100
 2nd Munster School Relay 4x100, 3rd 200m

Maria Carey

Newport A. C.



2014 Achievements

Munster Juniors Indoor 1st Triple Jump (11.67m) 3rd 60m
All Ireland Juniors Indoor 1st Triple Jump (11.77m)
Munster Juvenile IndoorU17 1st Long Jump (5.43m)
All Ireland Juvenile Indoor U17 2nd in Long Jump (5.39m)
Munster Schools Track & Field U17 1st Triple Jump (11.50mR)
All Ireland Schools Track & Field U17 1st T/ Jump (11.93mR)
Tailteann Games U17 1st Triple Jump (11.67mR)
SIAB U17 2nd in Triple Jump (12.10m PB)
Munster Track and Field U17
 1st L/ Jump (5.44m), Triple Jump (12.06m) 2nd 100m
All Ireland Track and Field U17 1st Triple Jump (11.79mR)
Munster Junior Track and Field 1st Triple Jump (11.56mR)
All Ireland Junior Track and Field 1st Triple Jump (11.73m)
Celtic Games U18 1st Triple Jump (11.98mER)
National Community Games U17 1st Triple Jump, 3rd Relay

Munster Records

Munster Schools Track and Field G U17 Triple Jump (11.50mR)
Munster Juvenile Track and Field G U17 Triple Jump (12.06mR)
Munster Junior Track and Field W U20 Triple Jump (11.56mR)

National Record

All Ireland Schools Track and Field G U17 Triple Jump (11.93mR)
Tailteann Games G U17 Triple Jump (11.67mR)
All Ireland Juvenile Track and Field G U17 Triple Jump (11.79mR)

Celtic Games

Equaled Celtic Games Record G U18 Triple Jump (11.98mER)

Daniel Ryan

2014 Achievements

Moycarkey Cc A. C.



Munster Indoor U16 1st CBP (7.37), 60mH CBP (8.45),
L/Jump CBP(6.59), High Jump, Shot Putt, Combined Events
Munster Track & Field U16 1st 100mH, 100m, L/ Jump CBP
(6.82m), H/ Jump, Shot Putt, Discus, Combined Event.
Munster Schools Indoors Intermediate 1st 60mH, Shot Putt, L/Jump
East Munster Schools Track & Field Intermediate
1st 100mH, Long Jump CBP (6.55m)
Munster Schools Track & Field Intermediate
1st 100mH, Long Jump, Combined Events.
All Ireland Indoors 1st 60m, 60mH CBP (8.14)
Long Jump CBP (6.58m), Combined Events.
All Ireland Track & Field U16 1st 100mH CBP (13.30),
Long Jump CBP (6.49m), Discus, Combined Events.
All Ireland Schools Inter 1st 100mH, L/ Jump, Combined Events.
Tailteann Games – 3rd 100mH, 2nd Long Jump, 3rd 4 x 100m Relay.
National Community Games U16 1st 100m
SIAB Schools Track & Field 3rd in Long Jump (6.77m)
SIAB Schools International Combined Events
Inter Boys 1st Pentathlon, 2nd Inter Boys Team
Celtic Games Track & Field 1st 100mH CBP (13.58),
Mixed 4 x 100m Relay CBP (45.42)
Munster Records U16 Ind. 60m (7.37), 60mH (8.45), L/ Jump 6.59m
Outdoors l/Jump (6.82m), **East Munster Schools** Long Jump (6.55m)
National Records U16
AAI Indoor 60mH (8.14) Long Jump (6.58m)
AAI Outdoor 100mH (13.30) Long Jump (6.49m)
Celtic Boys U/16 100mH (13.58) Celtic Mixed 4 x 100m Relay (45.42)

Siobhan Whelan

2014 Achievements

Ferrybank A. C.



Munster Juv. Indoors 1st Triple Jump, 200m, 2nd 60m
Munster Junior Indoors 3rd Triple Jump
All Ireland Juvenile Indoors 3rd Triple Jump
Munster Juvenile Outdoors 1st Triple Jump, 2nd Long Jump
Munster Schools – Senior 1st Triple Jump
All Ireland Juvenile Outdoors 3rd Triple Jump

James Murphy

2014 Achievements

Waterford A. C.



GloHealth Juvenile Championships U15 1st Long Jump, Triple
Jump, 2nd High Jump
Munster T&F Championships U15 1st Triple Jump, 2nd Long Jump,
3rd 200m.
GloHealth Juvenile Relay Championships U15 3rd 4x100m.
Munster Relays U15 2nd 4x100m.
AAI Juvenile Indoor Championships U15 2nd H/ Jump, 3rd L/ Jump
Munster Indoor Championships U15 3rd High Jump, Long Jump
Munster Indoor Juvenile Relays U15 3rd 4 X 200m Relay.
Munster Athletics U15 Outdoor 3rd Pentathlon
Munster Schools Indoor Games Junior Boys: 1st Long Jump,
2nd 4x200m Relay
Aviva Munster Schools T&F Championships Jnr 1st Long Jump,
2nd High Jump.
East Munster Schools T&F Championships Jnr.
1st Long Jump, 2nd High Jump, 1st 4x100m Relay
Munster Schools Championships Junior 3rd Combined Events

Grace McKenzie

Belgooly A. C.



2014 Achievements

Munster Junior Outdoor 2nd L/Jump, H/Jump, Javelin, 3rd Shot, Hurdles.

U19 Track & Field 1st L/Jump, Shot Putt, H/Jump CPB 1.70m, Javelin, Hurdles

Junior Indoor 1st Hurdles, L/Jump, 2nd H/Jump.

All Ireland Junior Indoors 3rd H/Jump, 2nd Combined Events

U19 Indoor 1st H/Jump, L/Jump, 2nd Hurdles

Junior Women Track & Field 1st H/Jump, 2nd Shot Putt

U19 Track & Field 2nd L/Jump, H/Jump, Hurdles.

South Munster Schools 1st H/Jump, L/Jump

Munster Schools 1st H/Jump, L/Jump

All Ireland Schools 3rd H/Jump,

Munster & All Ireland Schools Combined Events 1st

Competed British Indoor AAA's in Hurdles, H/Jump, L/Jump

Combined events are Grace's favourite Events

Competed at UK Outdoor Combined Events Top 8 Finish

Competed at the A.I.T. Grand Prix By Invitation. Had the privilege of competing against Brianne Theisen-Eaton, who is a London 2012 Olympian and Pentathlon silver medalist from the 2014 World Indoor Championships

Sam Healy

Leevale A. C.



2014 Achievements

Munster Indoors Club & Schools 1st Long Jump & Hurdles.
Sam set a new Junior record, jumping 7.01

AAI Nationals Junior 1st 110m H.

Sam set a New Record, running a World Championship Qualifying Time 14.11sec

AAI U19, Junior and Senior 1st Long Jump

All Ireland Schools Senior 1st Hurdles & Long Jump

English Championships 2nd jumping a PB of 7.51

Cork City Sports 3rd Long Jump

Sam was part of the Leevale Men's Team, winning Indoor and Outdoor Team Events.

Lilly Ann O'Hora

Dooneen A. C.



2014 Achievements

Munster Indoors U23 1st 60m Hurdles CBP, 200m CBP, 2nd 60m

All Ireland Seniors/ U23/University Indoors 3rd 60m Hurdles

Munster Senior Track & Field 1st 100m Hurdles, 3rd 200m

University Championships 2nd 100m Hurdles

Represented Irish University team in Scotland

Cormac Lynch

Marian A. C.



2014 Achievements

Munster Indoors u23 1st 60m, 2nd 200m.

Munster Track & Field u23 1st 100m and 200m

Munster Senior Track & Field 1st 100m and 200m

All Ireland U23 Track & Field 3rd in the 100m.

Clare Fitzgerald

Tralee Harriers A.C.



2014 Achievements

Munster Track & Field: 1st Shot 14.28m. CBP
1st Discus 50.91 CBP

National Indoors: 1st Senior Shot

National Track & Field Senior 1st Shot 16.20m PB, 1st Discus

Intervarsity Indoors: 1st Shot

Intervarsity Track & Field: 1st Shot 1st Discus Representing UCC

Clare represented Ireland at the European Winter Throws Cup in Poland and at the European Team Competitions in Estonia making it her 11th Cap for Ireland

Barry Healy
Youghal A. C

2014 Achievements



Munster Senior Indoor C/ships 1st Weight Dist.
Munster Senior Track/Field C/ships 2nd Discus,
1st Weight Dist.
1st Weight O.B.

Elaine Cronin
Gneeveguilla A.C.

2014 Achievements



Munster Indoors: 1st .60m 8.83, 200m 30.16 Long Jump 4.04m
All-Ireland Indoors: 2nd 60m 8.87, 200m 29.42, L/Jump 4.24m
Kerry Co. Championships 1st 100m, 200m, 1/ jump, Shot.
Munster Championships 1st 100m 13.89, 200m 28.87,
long jump 4.25m, Shot 7.18m
All- Ireland Championships 2nd 100m 14.22, 200m 29.47,
1st long jump 4.63m, 3rd Shot 6.61m, 1st Relay 57.25m
National League Final Manager and part of Gneeveguilla AC
Ladies Team who came 5th overall

John Murphy
Liscarroll A.C.

2014 Achievements



Munster Indoor O/50 1st 60m, , H/Jump, 2nd 200m, L/Jump
County Track & Field 1st 100m, 200m, L/Jump, H/Jump.
Munster Track & Field 1st 100m, L/Jump, H/Jump, 2nd

Joe Gough
West Waterford A.C.

2014 Achievements



Masters World Championships, Budapest 1st 800m.
First to Break a World Record on new Athlone Indoor Arena
Number 1 in the World Rankings for 800m Master Indoors
European Outdoor Masters, Turkey 1st 800

Eoin Looney
Kilmurray Ibrikane A.C.

2014 Achievements



Clare Track and Field Championships 1st 800m, 1500m
Clare Cross Country 1st U/16's and U/17's
Munster Cross Country 2nd U/16's, 1st U/17's
All-Ireland Cross Country 13th U/16's, 15th U/17's
National Indoor 2nd 1500m
Munster Track and Field 2nd 3000m

Rhona Pierce
Leevale A.C.

2014 Achievements



Inter County Cross Country Championships 3rd.
and led the Leevale team to victory
Rhona achieved selection for the Junior team travelling to the European Cross Country Championship. In the snow of Bulgaria Rhona ran a superb race to finish 43rd overall. **A great achievement from an athlete who will be junior for three more seasons.**

Darragh Browne
Lios Tuathail A.C.

2014 Achievements



Kerry Intermediate Schools Cross Country 1st
Munster Intermediate Schools Cross Country 4th
All Ireland Intermediate Schools Cross Country 15th
Kerry Senior Track and Field 1st 5000m
Kerry U18 Cross Country 1st
Kerry U19 Cross Country 1st
Munster U18 cross country 6th
Munster U19 cross country

Member of Munster u18 Cross Country All-Ireland silver medal winning team
Member of Munster u19 Cross Country All-Ireland gold medal winning team

Eoghan Beary
Dooneen A.C.

2014 Achievements



- Community Games Marathon** 4th
- Munster Cross Country U17** 5th
- Munster Cross Country U18** 7th.
- All-Ireland Cross Country U17** 26th
- All-Ireland Cross Country U18** 35th
- Junior Limerick Triathlon Club Duathlon** 1st
- Junior Ennis Triathlon Club Duathlon** 1st
- Duathlon National Championships** 4th
- Junior Lough Derg Sprint Triathlon** 2nd

Ciara Cummins
Nenagh Olympic A.C.

2014 Achievements



- Club Cross Country:** 4th U/18, 4th U/19
- Club Track and Field:** 1st jnr 2000m Steeplechase, 1st U/18 2000m Steeplechase, 3rd 1500m, 3rd 800m.
- Club Indoors:** 1st Junior 800m, 2nd U/18 800m, 2nd U/18 1500m.
- Schools Cross Country:** 3rd Senior.
- Schools Track & Field:** 2nd Snr 1500m Steeplechase, 3rd U/18 1500m.
- All Ireland Club Cross Country:** 10th U/18 Ind., 3rd Munster team. 2nd U/19 Individual, 1st Munster team.
- Qualified for the Celtic International Cross Country.
- All Ireland Club Track & Field:** 2nd Junior 1500m, 1st U/18 2000m Steeplechase, 3rd U/18 800m.
- All Ireland Club Indoors:** 2nd U/18 800m, 3rd U/18 1500m

Schools Cross country: 1st Senior team. **Schools Track and field:** 2nd 1500m Steeplechase. New PB's in all events including a national record in the U/18 steeplechase-7.20.70

Sean Curran
West Waterford A.C.

2014 Achievements

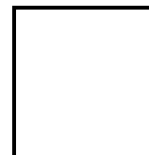


- Munster Junior Indoors** 2nd 1500m
- National Seniors** 5th (heats) 800m
- All Ireland Seniors** 5th 1500m
- AAI Games** 3rd 1500m, 4.11 PB
- East Munster Schools Track & Field** 2nd (Senior 1500m)
- Munster Schools Track & Field** 2nd (Senior 1500m)
- IMC Greystones** 7th 1500m **IMC Irishtown** 4th 800m, 1.59 PB
- All Ireland Schools** 8th (Senior 1500m)
- Munster Cross Country** u18 2nd, u19 8th

All Ireland Cross Country u18, 14th, member of Munster Team that won Silver
All Ireland Cross Country u19 13th, member of Munster Team that won Gold

William Mounsell Clonmel A.C.

2014 Achievements



- Road Championships**
- Novice Men Road C/Ships** 1st and member of Winning County Team
- Senior Men Road C/ships** 7th and member of winning County Team
- Intermediate Men Cross Country C/ships** 1st

Shona Heaslip An Riocht A.C.

2014 Achievements



- Munster Novice Cross Country** 1st
- Munster Intermediate Cross Country** 1st
- European Cross Country** Part of Irish u.23 Team where she was second scoring team member.
- National Senior Inter Counties** Part of Kerry team who won silver.

Mike Cunningham Mooreabbeymilers A.C

2014 Achievements



- I took part in 121 races in 2014 winning about 40. Three Marathons – Limerick, Charleville & Dublin. Three 50k Donedea, Portumna & Sixmilebridge. A lot of 5k, 10k, 10 milers & Half Marathons. I do a lot of Hill Running as well.
- Munster League** 1st **Wed. Summer League** 1st
- Munster Chps** 2nd **Irish Chps.** - 1st O40.
- Munster Masters Cross Country** - 2nd in category, 2nd Club, 2nd County

Eugene Moynihan Marian A.C.

2014 Achievements



- Munster Masters Indoors** 1st 800m, 3000m
- 4 Mile Munster Road Champion**
- Munster Track & Field** 1st 800m, 2nd 3000m
- Masters Cross Country** 2nd
- British and Irish Masters team silver**

Niamh O'Sullivan An Riocht A.C.

2014 Achievements



- Munster Masters Road** 1st overall
- Munster Masters Cross Country** 2nd overall and 1st in category.
- National Masters Cross Country,** 1st in category

1st Achievement Award goes to 3 members of the Irish Team who won Bronze Medals at the Senior Womens European Cross Country Championships

Michelle Finn

Leevale A. C.



Siobhan O'Doherty

Borrisokane A. C.



Laura Crowe

An Ríocht A.C.



2nd Achievement Award goes to 3 members of the Irish Senior Womens Relay Team who broke Irish Record at the European Track & Field Championships

Phil Healy

Bandon A. C.



Kelly Proper

Ferrybank A. C.



Sarah Lavin

U. C. D.



Adam King

Iveragh A. C.

2014 Achievements



Munster u18 1st . New CBP by 11m.

All Ireland u18 1st . New CBP by 3m.

European Youth Olympic Trials, Azerbaijan 11th

Youth Olympic Games, China. 8th

Louise Shanahan

Leevale A. C.

2014 Achievements



Louise Shanahan - World Youth Olympics Nanjing China

Louise represented Ireland in the 800m at the Youth Olympics in Nanjing. Louise ran a phenomenal PB of 2:08.29 to finish 6th in the A Final of the 800m.

6th in the world in her age category is a superb result for Louise.

Dan McCarthy East Cork A. C

2014 Hall of Fame



For well over four decades, Dan McCarthy has made a major contribution to athletics, not just in his local East Cork domain but also at County level.

A native of Ballynoe on the Cork/Waterford border, Dan's first love was hurling in which he won East Cork Junior 'A' and 'B' medals with his beloved St Catherine's.

With the formation of BLE in 1967 came a new athletic club in the village, also named St Catherine's. Dan's involvement here led on to him becoming Vice-Chairman of the East Cork Athletics Board. In September of 1979, Dan was elected Chairman and he remained in that same position until August 2009 – 31 years of

service to what was one of the first divisional boards of athletics in this country.

During his tenure as chairman, he was responsible for the introduction of a road race championship and also for re-introducing a number of perpetual trophies which had lapsed. Those three decades also saw many well-known athletes emerge from the East Cork region, including two Olympians, Liam O'Brien and Sonia O'Sullivan.

Dan also served for many years as Vice-Chairman of the Cork County Board and it was with great satisfaction he welcomed the revival of St Catherine's AC in 2009, being elected President on its formation and which position he still holds today.

Always willing to help out at any event in a variety of roles, for the vast number of people now involved in road running, Dan McCarthy is the unmistakably figure who fires the starting gun at virtually every race in East Cork.

At probably the best-known event of all, the Ballycotton '10', Dan has been starter on around 35 occasions and has sent an estimated 45,000 runners on their ten-mile journey.

There is no doubt that not one of those 45,000 could say they didn't get a fair start – because impartially, fairness and a willingness to help others have been the hallmark of Dan McCarthy's sporting life.

He is indeed a worthy recipient of this Hall of Fame award.

Michael Gregan Patsy O'Connor Award Tramore A. C



Michael has been involved in the sport of athletics for almost 40 years. During that time he has been involved in a broad range of roles across the athletics spectrum.

Over the decades Michael has regularly filled board roles at club, county, provincial and national level. While serving on the National Executive, beside his late wife Marie, Michael garnered a reputation for been hardworking and committed to the sport. While enjoying the opportunity to contribute at this level of the sport, Michael's heart remains coaching young athletes.

The black and whites of Tramore Athletic Club have been the main beneficiaries of his coaching expertise over the years, although many young athletes within the county and further afield have benefited from his technical knowledge. Notwithstanding his years' experience on the coaching front Michael has worked to continually develop his skills so as to ensure that his squad benefit from the latest developments in the sport.

Always good natured, Michael is probably best known within the county as his role of starter. A favourite amongst all athletes, over the years, Michael has been starter for local area sports, county championships, provincial finals and more.

Michael has also been a very strong supporter of the Community Games movement within the county and further afield. From officiating, to his roles on committees, Michael has ensured the Community Games movement has continued to feature prominently in the county.

Ever passionate, Michael displays an energy that epitomises what athletics should be about and as Waterford's first ever recipient of the Patsy O'Connor award, he is a most truly deserving winner.