



MUNSTER STAR AWARDS



Saturday 30th January 2016

Listowel Arms Hotel | Listowel | Co Kerry

Hosted by
Kerry Athletics



Chairman's Welcome



On behalf of Munster Council AAI, it gives me great pleasure to welcome each and every one of you here tonight to The Listowel Arms Hotel for our Annual Star Awards Banquet.

Tonight we honour the recipients of 2015 for their achievements over the past year. This year again we have some new athletes receiving their first Munster Award. Congratulations to all our Award Winners.

I would also like to express the gratitude of Munster Council to Kerry County Board for the huge amount of time and effort put into organising tonight's Banquet.

Thanks to the management and staff of The Listowel Arms Hotel on the excellent facilities provided and for the help and co-operation given by Kerry County Board.

Finally I would like to thank each and every one of you for your support here tonight. I hope ye will all have a very enjoyable evening and a safe journey home afterwards.

Mossie Woulfe
Chairman

Munster Star Award Winners 2015

Indoor and Track & Field Awards

Clare

Clíodhna Blake St. John's A.C.
Darragh Minitier St. Mary's A.C.

Cork

Vickie Cusack Liscarroll A.C.
Damien Hickey Abbeystriders A.C.

Kerry

Fiona Doyle Star of the Laune A.C.
Darragh Courtney St. Brendan's A.C.

Limerick

Sophie Meredith St. Mary's A.C.
Jamie Mitchell Emerald A.C.

Tipperary

Miriam Daly Carrick on Suir A.C.
David Ryan Moycarkey C. C. A.C.

Waterford

Denise O'Connor Tramore A.C.
James Murphy Waterford A.C.

Junior Women

Leanne Prout Carrick on Suir A.C.

Junior Men

Darren Prout Carrick on Suir A.C.

Under 23 Women

Grace Lynch Iveragh A.C.

Under 23 Men

Cormac Lynch Marian A.C.

Senior Women

Genevieve Rowland Templemore A.C.

Senior Men

John Dwyer Templemore A.C.

Master Women

Sheila O'Donoghue Gneeveguilla A.C.

Master Men

John Leahy Kilmurray Ibrikane A.C.

Juvenile Cross Country Awards

Clare Aisling Kelly – St. John's A.C.

Cork Darragh McElhinney – Bantry A.C.

Kerry Sasha Brent – Lios Tuathail A.C.

Limerick Eoghan Beery – Dooneen A.C.

Tipperary Ciara Cummins –

Nenagh Olympic A.C.

Waterford Orla Queally – Ferrybank A.C.

Senior/Master Cross Country and Road Awards

Senior Women

Shona Heaslip An Riocht A.C.

Senior Men

Michael Harty East Cork A.C.

Master Women

Niamh O'Sullivan An Riocht A.C.

Maria McCarthy Farranfore A.C.

Master Men

Philip Harty West Waterford A.C.

Club Awards

Juvenile Indoor Club Dooneen A.C.

Junior/Senior Indoor Club Leevale A.C.

Indoor Masters Club Rising Sun A.C.

Juvenile T & F Club Emerald A.C.

Junior/Senior T & F Club Bandon A.C.

Masters T & F Club Waterford A.C.

Juvenile Cross Country Club

Senior/Master Cross Country & Road Club

Juvenile 'B' Cross Country Club

Ennis Track A.C.

County Awards – Cork

Juvenile Indoor County

Senior/Master Indoor County

Juvenile Track/Field County

Senior/Masters Track/Field County

Juvenile Cross Country County

Senior Cross Country County

Achievement Awards

Noelle Lenihan North Cork A.C.

Joe Gough West Waterford A.C.

International Award

Ciara Neville Emerald A.C.

Patsy O'Connor Award

Mary Meagher Blarney Inniscarra A.C.

Hall of Fame Award

Jerry Kiernan Clonliffe Harriers

Juvenile Indoor and Track & Field Awards – Clare



Clíodhna Blake – St. John's A.C.

Munster Indoors

1st: U18 high jump (1.55)
 1st: U18 triple jump (10.09)
 2nd: 60m Hurdles (10.19)
 3rd: Long Jump (4.82)
 1st: Youth Pentathlon
 (CBP 2795 pts)

Munster T & F

1st: U18 high jump (1.55)
 2nd: U18 100m hurdles
 (16.48)
 3rd: U18 triple jump (10.29)

National Indoors

3rd: U18 high Jump (1.55)
 3rd: U18 triple jump (10.49)
 4th: Pentathlon (2893 pts)

National T & F

1st: U18 high jump (1.55)
 4th: triple jump (10.36)



Darragh Minter – St. Mary's A.C.

Clare County Indoors

1st: 60m, high jump, shot

Clare County T & F

1st: hurdles, 100m, 200m,
 long jump, high jump, shot,
 discus, hammer, triple jump

Clare Community Games

1st: Discus
 1st: 4x200m relay

National Community Games

3rd: Discus
 4th: 4 x 200m relay

Munster Indoors

1st: 60m, high jump, long
 jump, shot

Munster T & F

1st: Discus, long jump, shot
 2nd: 100m, 200m, 80mH

National Indoors

1st: 60m, shot (CBP)
 3rd: Long Jump

National T & F

2nd: Long Jump
 3rd: 100m

Munster Schools Indoors

1st: Long Jump
 2nd: 60m
 3rd: High Jump

Munster Schools T & F

1st: Shot 4kg
 2nd: High jump

Irish Schools T & F

2nd: Shot

Pentathlon

1st: Irish Indoor Combined
 Events
 1st: Munster Juvenile
 Combined Events
 2nd: Irish Combined Events
 3rd: Munster Indoor
 Combined Events
 1st: Munster Schools
 Combined Events
 3rd: All Ireland Schools
 Combined Events
 4th: Individual International
 Schools
 3rd Team: International
 Schools Glasgow

Juvenile Indoor and Track & Field Awards – Cork



Vickie Cusack – Lisscarroll A.C.

Munster Indoors

1st: U16 pentathlon
 1st: U16 long jump
 1st: U16 shot
 1st: U16 high jump
 1st: U16 60m hurdles
 3rd: U16 60m

Munster Juvenile T & F

1st: U16 pentathlon
 1st: U16 80m hurdles
 1st: U16 shot
 2nd: U16 javelin
 3rd: U16 long jump

Munster Schools Indoors

3rd: Inter Girls 60m hurdles
 2nd: Inter Girls long jump
 2nd: Inter Girls high jump

Munster Schools T & F

3rd: Inter Girls 60m hurdles
 2nd: Inter Girls long jump
 1st: Inter Girls pentathlon

In December qualified to
 compete in Glasgow for
 Irish Schools. Won bronze
 team medal.



Damien Hickey – Abbeystriders A.C.

**Munster Intermediate
 Schools Combined Events
 Championships:** 2nd

**All-Ireland Schools
 Intermediate Combined
 Events Championships:**
 2nd

**International Schools
 Combined Events
 Championships in
 Glasgow December
 2015:** 2nd

Numerous individual
 track event successes
 throughout the year.

A real bright future ahead
 as he is so focused and
 committed to his sport.



Juvenile Indoor and Track & Field Awards – Kerry



Fiona Doyle – Star of the Laune A.C.

Munster Indoors

1st: U15 800m
2nd: U15 high jump
2nd: U15 hurdles

National Indoors

2nd: U15 800m
2nd: U15 high jump
2nd: U15 pentathlon

Munster T & F

1st: U15 200m
1st: U15 800m
2nd: U15 high jump
2nd: U15 250m hurdles
2nd: U15 80m hurdles

National T & F

3rd: U15 800m
2nd: U15 pentathlon

Munster Schools

1st: Junior 200m
3rd: Junior high jump

National Schools

1st: Junior 200m
2nd: Junior high jump

Tailteann Games

2nd: Relay
4th: 200m



Darragh Courtney – St. Brendan's A.C.

Munster Indoors

1st: High jump
3rd: 50m hurdles

National Indoors

4th: High jump
4th: 60m hurdles

County T & F

1st: High jump
1st: 80m hurdles
1st: 250m hurdles
1st: Triple jump
2nd: Discus

Munster T & F

1st: 250m hurdles
1st: High jump
2nd: Triple jump
3rd: 80m hurdles

National T & F

3rd: High jump
4th: Triple jump
5th: 80m hurdles

Munster Schools

3rd: 80m hurdles
3rd: High jump
2nd: 4x100m Relay

Personal Bests

High Jump 1.74m
80m Hurdles 12.46s
60m Hurdles (indoors) 9.25s
Triple Jump 10.12m

Juvenile Indoor and Track & Field Awards – Limerick



Sophie Meredith – St. Mary's A.C.

England Athletics Championships

1st: U15 Combined Events (ER 3418 pts)

National Indoors

1st: U15 high jump (CBP 1.65m)
1st U15 combined events (CBP 3416 pts),
1st: U15 long jump

National T & F

1st: U15 High Jump (CBP 1.67m)
1st: Long jump (CBP 5.85m)
1st: combined events (CBP 3462 pts)

Irish Schools T & F

1st: Junior long jump (CBP 5.68m)
1st: Junior high jump

Munster Schools T & F

1st: Junior high jump (CBP 1.64m)

Munster Indoors

1st: U15 High Jump (CBP 1.61m)
1st: Long jump (CBP 5.39m)

Munster T & F

1st: U15 high jump (CBP 1.67m)
1st: Long jump (CBP 5.48m)

Tailteann Schools

3rd: Long Jump (5.48m)

SIAB Schools T & F

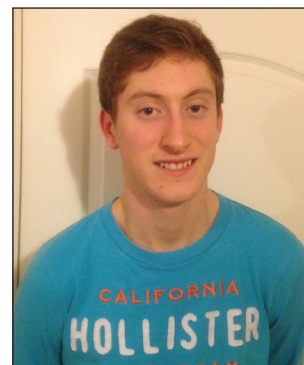
Grangemouth
4th: Long jump

National Community Games

1st: High jump

SIAB Glasgow Combined Events

Member of junior girls team
silver medallists



Jamie Mitchell – Emerald A.C.

Munster Indoors

1st: Junior Men 400m
1st: U17 200m (CBP 23.09)
2nd: U17 60m

National Indoors

1st: U17 200m
2nd: U17 60m

Munster T & F

1st: U17 200m
1st: U17 400m (CBP 49.89)

National T & F

1st: U17 400m
3rd: U17 200m

Munster Schools Indoors

1st: Intermediate 600m

Munster Schools T & F

1st: Intermediate 200m
1st: Intermediate 400m

National Schools T & F

2nd: Intermediate 400m

Tailteann Games

2nd: 400m
2nd: 400m relay

SIAB Games

4th: 400m
2nd: 400m relay

EYOF

4th: 400m in a time of 48.79.

Juvenile Indoor and Track & Field Awards – Tipperary



Miriam Daly Carrick on Suir A.C.

Munster Indoors

1st: U15 60mH (CBP)
1st: U15 60m

Munster Schools Indoors

1st: Junior 60mH

All Ireland Indoors

1st: U15 60mH (CBP)

E Munster Schools T & F

1st: Junior 75mH
1st: Junior 100m

Munster Schools T & F

1st: Junior 75mH
1st: Junior 100m

Irish Schools T & F

1st: Junior 75mH

Munster T & F

1st: U15 80mH
1st: U15 250mH (CBP)
1st: U15 100m
2nd: U15 200m

National T & F

1st: U15 80mH
1st: U15 250mH (CBP)

Celtic International

3rd: 80m Hurdles.



David Ryan – Moycarkey C. C. A.C.

Michael Farnham Memorial Trophy for Best Long Jump Athlete of Tailteann Games 2015 (6.77m PB)

Munster Indoors

1st: U16 pole vault (CBP 2.80m), 60mH, long jump and shot
2nd: U16 60m

Munster T & F

1st: U16 250mH (CBP 32.97), long jump, shot and combined events
2nd: U16 100mH

Munster Schools Indoors

1st: Junior shot

E Munster Schools T & F

1st: Junior long jump (CBP 6.13m) and 200m

Munster Schools T & F

1st: Junior long jump
2nd: Junior 200m

National Indoors

1st: U16 combined events
1st: Long jump

3rd: U16 60mH

National T & F

1st: U16 long jump (CBP 6.62m)
1st: 250mH (CBP 32.16 and combined events
2nd: U16 100mH

Irish Schools

1st: Junior long jump
2nd: Junior 200m

Tailteann Games

1st: U17 Long Jump

England Indoor Combined Events

4th: Boys U17 Heptathlon

National Community Games

1st: U16 Boys 200m

SIAB Schools T & F

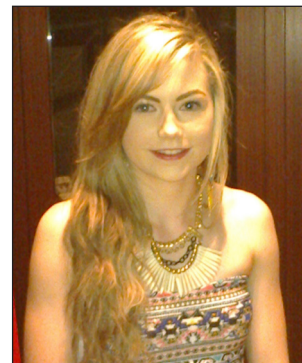
4th: Boys U17 long jump

Celtic Games T & F

2nd: U16 long jump (6.88m PB)

Holder of various Munster and National Records

Juvenile Indoor and Track & Field Awards – Waterford



Denise O'Connor – Tramore A.C.

County T & F

1st: U18 100m hurdles
1st: U18 400m hurdles
1st: U18 100m
2nd: U18 long jump

Munster Indoors

4th: U18 long jump
3rd: U18 60m hurdles

Munster T & F

1st: U18 100m hurdles
1st: U18 400m hurdles
3rd: U18 long jump

National Indoors

7th: U18 60m hurdles

National T & F

6th: U18 400m hurdles



James Murphy – Waterford A.C.

Munster T & F

1st: U16 boys triple jump
3rd: U16 high jump
4th: U16 long jump

Munster Indoors

2nd: U16 long jump
3rd: U16 high jump

Munster Juvenile Indoor Pentathlon

3rd: U16 Boys

Munster Schools T & F

2nd: Inter Boys triple jump
3rd: inter Boys high jump

East Munster Schools T & F

1st: Inter Boys triple jump
1st: Inter Boys high jump
2nd: 4x100m Relay (Ard Scoil na Mara)

National T & F

4th: U16 Boys triple jump

Waterford County Championships

1st: U16 triple jump
1st: U16 long jump
1st: U16 high jump



Junior Indoor and Track & Field Awards



Leanne Prout – Carrick on Suir A.C.

Munster Junior Indoors

2nd: 200m
2nd: 400m
3rd: 60m hurdles

Munster Senior Indoors

1st: 60m hurdles
1st: 400m

Munster Indoors

1st: U19 200m
1st: U19 400m (CBP)
2nd: U19 60m hurdles

National Indoors

1st: U19 60m hurdles
2nd: U19 400m
3rd: U19 200m

Munster T & F

1st: U19 200m
1st: U19 400m
2nd: U19 100m hurdles
2nd: U19 400m hurdles

National T & F

2nd: U19 100m hurdles
3rd: U19 400m hurdles



Darren Prout – Carrick on Suir A.C.

Munster Indoors

1st: U19 60m
1st: U19 long jump
1st: U19 triple jump

Munster Junior Indoors

2nd: Long jump

Munster Senior Indoors

1st: Long jump

National Indoors

2nd: U19 triple jump
3rd: U19 long jump

Munster T & F

1st: U19 400m hurdles
1st: Long jump
1st: Triple jump

National T & F

1st: U19 400m hurdles
1st: U19 long jump
2nd: U19 triple jump.

U23 Indoor and Track & Field Awards



Grace Lynch – Iveragh A.C.

Munster U23 Indoors

1st: 1500m

Novice and U23 cross Country

1st: U 23

Intermediate Masters Cross Country

13th overall, 1st in the Kerry county team

Celtic Cross Country – Team Ireland

2nd team place

U23 Indoor and Track & Field Awards



Cormac Lynch – Marian A.C.

Munster U23 Indoors

1st: 60m

Munster Senior T & F

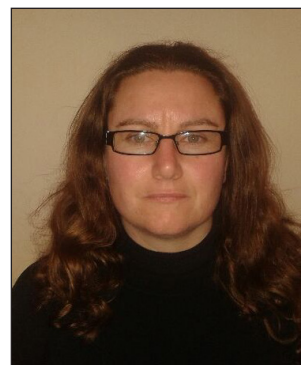
1st: 60m
1st: 200m

Munster U23 T & F

1st: 200m
2nd: 100m

Also broke Paul Hessians 60m Indoor NUIG record

Senior Indoor and Track & Field Awards



Genevieve Rowland – Templemore A.C.

Tipperary Senior Indoors

1st: Long jump
1st: Shot
1st: 60m
2nd: High jump

Munster Senior Indoors

1st: Long jump
2nd: Shot

Tipperary Senior T & F

1st: Long jump
1st: Shot
2nd: High jump
2nd: Triple jump
3rd: 100m

Munster Senior T & F

1st: Long jump
2nd: Shot

John Dwyer – Templemore A.C.



Munster Senior Indoors

1st: 56lbs weight for distance

National Senior Indoors

3rd: 56lbs weight for distance

Munster T & F

1st: Senior Men hammer
1st: Senior Men 56lbs weight for distance

National T & F

3rd: Senior men 56lbs weight for distance
2nd: Senior men 56lbs weight for height

Master Indoor and Track & Field Awards



Sheila O'Donoghue – Gneeveguilla A.C.

Munster Masters Indoors

1st: 60m
1st: 200m
1st: Long jump
1st: Shot

Munster Masters T & F

1st: 100m
1st: Shot
1st: Hammer
2nd: Javelin

Member of the 4 x 100m relay team setting a new Munster Record

National Masters T & F

1st: Shot and hammer
Member of 4 x 100m relay team setting a new National record



John Leahy – Kilmurray Ibrikane A.C.

Munster Indoors O40

1st: Shot 12.13m
1st: 56lbs for distance
5.99m

Munster Masters T & F O40

1st: Shot 11.05m
1st: discus 32.80m
1st: 56lbs for distance
6.04m
2nd: Hammer 26.60m

National Masters Indoors O40

1st: Shot 12.01m

National Masters T & F O40

1st: Shot 11.21m
2nd: Discus 33.33m
3rd: Hammer 31.70m



Juvenile Cross Country Awards



Clare: Aisling Kelly – St. John's A.C.

North Munster Schools Cross Country: 1st

Munster Schools Cross Country: 2nd

All-Ireland Schools Cross Country Intermediate: 6th

SIAB Intermediate International Schools: 22nd, 3rd Country

Munster Indoors Silver: U17 1500m

North Munster Schools 1st: Intermediate 1500m

Munster Schools T & F 1st: Intermediate 1500m

Irish Schools T & F 6th: Intermediate 1500m

County T & F 1st: U17 400m and 1500m

Munster T & F 1st: U17 1500m

National T & F 3rd: U17 1500m

County Cross Country: 1st: U17 and U18

Munster Cross Country 1st: U17 and U18

National Cross Country 4th: U18

National Cross Country 10th: U17

Ran in the Celtic Games Cross Country U20 Development Team in Edinburgh on 9th January 2016



Cork: Darragh McElhinney – Bantry A.C.

Cross Country and club events

5th: u17 Celtic Games

U16 County, Provincial and All Ireland Champion

U17 County and Provincial Champion

School Events Representing Colaiste Pobail

Bheanntaí Junior South Munster, Munster and All Ireland Champion

SIAB Junior Champion

Track Club events U16 3000m County, Provincial and All Ireland Champion

School Events

Junior 1500m, South Munster, Munster and National Champion

Juvenile Cross Country Awards



Kerry: Sasha Brent – Lios Tuathail A.C.

Sasha joined Lios Tuathail AC in 2014. From her first training session she showed a very keen interest in athletics. Her attendance and dedication was 100%. In 2015, Sasha's first full year competing in cross country she medalled in both Munster U16 and U17 races. She also competed

very strongly in the National XC finals. 2015 also saw Sasha with a top 20 finish in the National Community Games Marathon final. With her dedication Sasha has a very bright future. Lios Tuathail and Kerry Athletics congratulates you and wish you every success in the coming years.



Limerick: Eoghan Beery – Dooneen A.C.

Munster Cross Country
1st: U18

North Munster Schools Cross Country: 1st

Munster Schools Cross Country: 4th

Limerick Triathlon Club Duathlon: 1st Junior

Ennis Triathlon Club Duathlon: 1st Junior
Duathlon National Championships 2014: 4th

Lough Derg Sprint Triathlon: 1st Junior

Munster U16 Cycling Time Trial Championships: 3rd



Tipperary: Ciara Cummins – Nenagh Olympic A.C.

Munster Cross Country: 1st

National League Div 1
Tipperary team 1st place

National T & F Relay
1st: U19 4x400m

Irish schools T & F
3rd: 1500m steeplechase

Munster schools T & F
1st: 1500m steeplechase

National Indoor Relays
2nd: U19 4 x 200m

Munster Indoors
1st: U19 1500m
1st: U19 800m

Munster Schools XC
5th individual and 2nd team: Senior girls 2500m

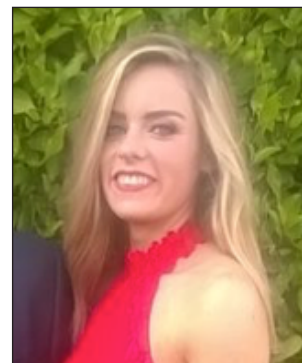
National Indoors
3rd: Junior women 800m

International XC
7th: Junior women, 2nd place team and 2nd to score for the Irish team

Athlete of the year
Nenagh Olympic

Sports person of the year,
Ursuline Secondary School
County Tipperary award for best girl XC athlete 2015

Juvenile Cross Country Awards



Waterford: Orla Queally – Ferrybank A.C.

East Munster Schools Cross Country: 4th

Munster Schools Cross Country: 6th

All Ireland Schools Cross Country: 11th

East Munster Schools
2nd: 1500m, 2nd: 800m

Munster Schools T & F
4th: 1500m

All Ireland Schools T & F
4th: 1500m

Munster T & F
1st: 1500m

National T & F
5th: 1500m

County Cross Country
1st: U19

County Cross Country
1st: Junior

Munster IUAAs Relays 1st

Munster Cross Country
2nd: U19

All Ireland Cross Country
19th: U19

Senior Cross Country and Road Awards



Shona Heaslip – An Ríocht A.C.

Munster Senior Roads:
1st

Munster Senior Cross Country: 1st – where she led her club and county to team gold medals

National Senior T & F
4th in 5000m

National Senior Inter Clubs cross country: 8th

Ireland's top finisher at the European U23 Cross Country in France



Michael Harty – East Cork A.C.

Cork County T & F
1st: 5000m

Cork City Sports
1st: Open 3000m

Munster Cross Country
Senior champion

Home countries British and Irish international
1st: M35

Munster Master Cross Country Champion
Interclubs Santry: 12th

Master Cross Country and Road Awards



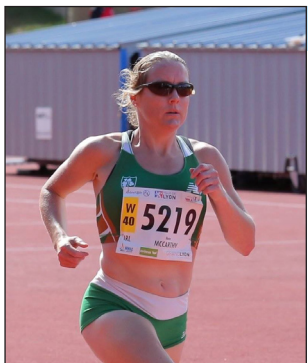
Niamh O'Sullivan – An Riocht A.C.

Munster Masters Roads
1st in age category and
2nd overall

**Munster Masters Cross
Country**
1st in age category and
3rd overall

Munster Senior Roads
3rd

**National Masters Cross
Country**
1st in age category
Team silver medallist at
National senior inter clubs
cross country



Maria McCarthy – Farranfore Maine Valley A.C.

Munster Cross Country
1st: Masters O40
3rd: Senior County Team

Munster Senior Indoors
1st: 3000m
3rd: 1500m

Munster Road Race
1st: Master O40
2nd: Senior

Munster Masters T&F
1st: 3000m and 1500m

National Achievements
Intermediate XC member of
county team that won Gold

National Masters T & F
1st: 3000m

National Masters Indoors
1st: O40 3000m
3rd: O40 1500m

International Achievements
British & Irish Masters XC
2nd: O40 team

World Masters T&F
2nd: O40 5000m



Philip Harty – West Waterford A.C.

Masters Cross Country: 2nd

Senior Cross Country: 8th

Master Road Race Championships: 1st

Senior Road Race Championships: 3rd

Waterford to Tramore 7.5 mile road race: 1st

5 Mile Marine Climb in December 2015: 1st

Achievement Awards



Noelle Lenihan – North Cork A.C.

National T & F
5th: Discus, 6th: Javelin
8th: Shot putt
**Achievements with the
Irish Paralympics team**
**Berlin 2015 European
Championships**

1st: Discus and shot
World Championships Doha
Discus silver medal in a
joint category of F37-F38
new world record holder for
the F38 category

Achievement Awards
• Irish times sports woman
for October

- Cork city and County Youth Sports Award for October
- Cork City Sports – Evening Echo/96FM athlete for October
- Jamie Boyle Memorial Trophy – overall athlete of the year 2015
- CPSI - young athlete of the year award
- Grand Prix 2015 young female athlete of the year
- Grand prix 2015 overall athlete of the year award

Cork County T & F

1st: shot and discus

Munster T & F

3rd: shot and discus

2nd: Javelin



Joe Gough – West Waterford A.C.

Won the **Munster, Irish and World 800m M60**

Broke the **Irish Outdoor Record** for the 1500m M60

Ranked **No 1 in the world** for the 800m M60

Club & County Awards

Club Awards

Juvenile Indoor Club
Junior/Senior Indoor Club
Indoor Masters Club
Juvenile T & F Club
Junior/Senior T & F Club
Masters T & F Club
Juvenile Cross Country Club
Senior/Master Club Cross Country & Road
Best Juvenile 'B' Cross Country Club

Dooneen A.C.
Leevale A.C.
Rising Sun A.C.
Emerald A.C.
Bandon A.C.
Waterford A.C.

Ennis Track A.C.

County Awards – Cork

Juvenile Indoor
Senior/Master Indoor
Juvenile Track & Field
Senior/Masters Track & Field
Juvenile Cross Country
Senior Cross Country

International Award



Ciara Neville – Emerald A.C.

Munster Indoors

1st: Junior 60m hurdles,
1st: Junior 60m
1st: Junior 200m
1st: U17 4 x 200m relay

National Indoors

1st: Junior 60m hurdles
1st: Junior 60m
2nd: Senior 60m hurdles
2nd: Senior 60m
1st: U17 60m
1st U17 60m hurdles
1st: U17 200m
Current Irish Youth Indoor
Record Holder at 60m and
200m

England Indoors

1st: U17 60m

Munster T & F

1st: U17 100m
1st: U17 200m
1st: U17 100m hurdles
1st: U17 4 x 100m relay
1st: U18 4 x 100m Relay

National T & F

1st: Junior 100m

European Youth Olympic Festival

1st: U17 100m

Munster Schools T & F

1st: Inter Girls 100m
1st: Inter Girls 200m
1st: Inter Girls 4 x 100m
relay

All Ireland Schools T & F

1st: Inter Girls 100m
1st: Inter Girls 200m
1st: Inter Girls 4 x 100m
relay

Tailteann Games

1st: Inter Girls 100m
1st: Inter Girls 200m

National Community Games

1st: U16 100m
1st: U16 4 x 100m relay

Patsy O'Connor Award



Mary Meagher – Blarney Inniscarra A.C.

What an outstanding and dedicated official!

Mary, from Blarney Inniscarra A.C. is so well known to everybody not only at Munster level but also on the national stage, in particular for her role as an official in track and field and cross country.

It is not known if Mary even spends a weekend at home.

At county level she has been the competition secretary for Cork County Board for almost three decades.

Hall of Fame Award



Jerry Kiernan – Clonliffe Harriers

racer in the country. His times of 46.15 for 10 miles and 75.14 for 25km have yet to be bettered by an Irish athlete.

In October 1982 Jerry ran his first marathon in Dublin. He was on world record pace for almost 24 miles before suffering severe cramping. He survived to create a new course record of 2.13.45, a time unbeaten for 23 years.

This convinced Jerry to seriously consider the Olympics. In spring 1983 he won the Cork city marathon. The following Sunday he won the Ballycotton 10 mile in a time of 47mins 04 secs which still stands as the second fastest time. Two weeks later in the National Marathon in Cork, which was also the Olympic trial, Jerry was first across the line in 2hrs 14mins.

He then focused entirely on the Olympics. He got six weeks special leave and in his own words *"I could not believe how good I was feeling"*. He reached LA in the best shape of his life training daily in 90 degree heat with no ill effects.

When the big day arrived Jerry ran a good strong but

steady pace behind the leading group which slowly began to pull away in the later stages. To everyone's astonishment, he caught up with the leaders. However, the cramping returned and he had to let go of the leaders over the last couple of miles finishing in a magnificent 9th place finish in front of many of the world's best. Jerry was now at the top of international road running and all this was achieved without the benefit of scholarships or full time training.

In a poll of club members this performance is regarded as the best ever by a Clonliffe athlete and is up there with the best ever by an Irish runner.

Jerry continued competing picking up several more national titles including the 1992 Irish marathon. Before retiring from competitive athletics he began coaching young runners and more importantly he continues to do so. His contribution and commitment to his club is beyond question but, in true Clonliffe fashion, when you ask him what his greatest achievement was, and is, his reply will be *"the friends I have made and still have"*.

In Feb 1970 Jerry won the Kerry Colleges Cross Country championship and one month later while still shy of his 17th birthday he won the Kerry Senior CC title in Killarney.

In the National Inter Clubs CC Jerry finished in the top 10 on 11 occasions and has 10 team golds. These records still stand today.

Jerry was equally at home on the track and won the Irish 1500m title in 1975 in 3 mins 47 secs. He won the 10,000m championship in 1981 in a time of 28 mins 55 secs. In 1976 he became only the 7th Irishman to break the 4 minute mile when he ran 3mins 59.02secs in London.

Shortly after this he set out on his road running career and he soon established himself as the top road



www.munsterathletics.com



www.kerryathletics.com



www.athleticsireland.ie