

East Cork Athletics Division Awards – 2022 Season

Midleton Park Hotel, Friday 17th February 2023





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Aoibh McGovern & Louise Roche Girls U9 Midleton AC

The team-pairing of Aoibh McGovern and Louise Roche captured Silver in the 60m sprint in a combined time of 20.52 seconds at the National “Children Games” in July at Tullamore Harriers.

Siun McGrath Girls U11 Midleton AC

Siun McGrath received individual U11 Bronze finishing in 7th place at the All-Ireland B’s Cross-Country Championships held in Castelyons last February.

Maia O’Connor Girls U11 Midleton AC

In the U11 race at Conna, Maia ran a great race to finished in 21st. She was 3rd scorer for Cork and 5th scorer for Munster, as Cork finished 2nd in the Inter-County and Munster 3rd in the Inter-Pros.

Ula Sokolowska Girls U11, U12 & U13 Midleton AC

Ula Sokolowska won the U11 title at the All-Ireland B’s Cross-Country Championships held in Castelyons last February.

Ula competing in U12’s in Donegal also won individual Bronze finishing in 6th place.

Not resting on her laurels, Ula running up an age, finished as 5th scorer on the victorious U13 Cork team as they took the Inter-County Cross-Country title at Conna at the start of December.

All-Ireland B Cross Country Girls U11 Midleton AC

Ula Sokolowska, Siun McGrath, Aisling Callanan, Ellie Coughlan, Aoibhinn Murphy, Kate Somerville, and Sorcha O’Driscoll

At the All-Ireland B’s Cross-Country Championships held in Castelyons last February, Ula Sokolowska led the field home to take the U11 title. She also led home the Cork team to Inter County Gold and the Midleton team to Club Gold. She was closely followed home by Siun McGrath in 7th (received an individual Bronze), Aisling Callanan (13th), Ellie Coughlan (28th), Aoibhinn Murphy (38th), Kate Somerville (41st) and Sorcha O’Driscoll (44th). The Midleton trio of Ula, Siun and Aisling were scoring members on the victorious County Team.

Mary Jane Casey Girls U11 St. Catherines AC

Mary Jane has led the way for the club in both training and competition with a number of stand out performances, most notably winning individual gold in the muster U11 XC championships and leading the St Catherines U11 Girls team to gold in the All Ireland XC while also earning a top 12 individual finish and leading the Cork team to Silver and also being part of the Munster team (bronze)



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Aideen O'Connor Girls U11 St. Catherines AC

Aideen had had some great performances throughout the season with a never give up attitude that really rubbed off on her teammates. She helped her team secure Silver in the County, Munsters and winning Gold for the club at the All-Ireland U11 XC Championship in the Nationals.

Grace O'Connor Girls U11 St. Catherines AC

Grace has moved from strength to strength this year and has shown how hard work and dedication pays off. Grace had a particularly excellent XC season and finished the year on a high by being part of the team that came 2nd in Munster and won the All Ireland U11 Club XC Championship

Sophie O'Connor Girls U11 St. Catherines AC

Sophies breakthrough year came to life in the Munster's where she came 4th and 5th in U10 and 11 respectively. Helping secure Silver for the club as well the County in U11. Finishing out the season strongly she was 24th in the Nationals which helped win Gold for the team at the All-Ireland U11 XC Championship as well as securing Silver with the County team and Bronze with Munster

Aoife O'Connor Girls U11 St. Catherines AC

Aoife has shown a great example in races always pushing to the very end with some very strong finishes. Aoife had a great T&F and XC season culminating in being part of the team that came 2nd in Munster and won the All Ireland U11 Club XC Championship

Ciara O'Connell Girls U11 St. Catherines AC

Ciara had another superb season. Winning individual medals in the East Corks, Counties and Munster .Also Helping secure club silver in the county, Munsters and finishing off the season with a great performance at the Nationals to help win Gold for St Catherine's at the All Ireland U11 XC Championship.

Cathal Walsh Boys U11 Carraig na bhFear AC

Cathal Walsh had a super cross country season winning county and Munster medals and capped off the year with his first ever All-Ireland medal as part of a Bronze medal winning U11 Cork team. Cathal was running up an age and is looking forward to more success at U11 in 2023.

Jesse Ebo & Ronan Callanan Boys U11 Midleton AC

The team-pairing of Jesse Ebo and Ronan Callanan claimed Gold in a combined time of 18.47 seconds at the National "Children Games" in July at Tullamore Harriers.



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Outdoor T&F Relays (4x100m) Boys U11 Midleton AC
Dara Kelleher, Jesse Ebo, Micheal Lowney, & Ronan Callanan

The Midleton U11 Boys team of Dara Kelleher, Jesse Ebo, Micheal Lowney, & Ronan Callanan took U11 Silver at the All-Ireland Outdoor T&F Relays.

Tony Hennessy Boys U11 Midleton AC

Tony Hennessy won an Individual Bronze when finishing 8th at the All-Ireland B's in Castlelyons and was 3rd scorer on the Cork winning Inter-County team.

Adam Fitzgerald Boys U11 St. Catherines AC

Adam Fitzgerald has gone from strength to strength this year and has attended every training session on offer. Adam is part of our U10 /U 11 boys team that won Bronze in both county A 's in cross country and in the Munster A's in Riverstick. His commitment to training paid off again last Sunday, finishing in 21st position and securing a county silver at the National Cross Country B's in Gowran Park .

Alex Keane Boys U11 St. Catherines AC

Alex Keane, great attendance record at training and results followed . Alex is part of our U10/ U11 boys team that won Bronze in the County A's in Ballynoe , Munster A's in Riverstick and silver at the County Relays in November . His commitment to training and his team paid off again last Sunday, finishing in 31st position in a field of 120 athletes securing a county silver at the National Cross Country B 's in Gowran Park.

Ronan Geaney Boys U11 St. Catherines AC

St Catherine's U10/U11 what a wonderful cross country season for Ronan . Kicked off with a first place win on Day 1 of the East Cork Division in Ballynoe and followed up with further county success. Riverstick was the location for the Munster A's , here Ronan finished 3rd in a field of 140 athletes. The swampy conditions of the Limerick racecourse seemed to suit Ronan, arriving home in 5th place. Ronan was also a member of St Catherines boys relay team that came second in Riverstick in late November. The Saturday morning hill training sessions stood to Ronan as he powered home in 18th place at the uneven Nationals u 11 in Conna , securing a county bronze for Cork .

Ellie Coughlan Girls U12 Midleton AC

Ellie snatched the Silver in the final round, when putting the Shot out 7.51m in a new pb at the All-Ireland Indoors T&F championships.



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All-Ireland Cross Country, Donegal Girls U12 Midleton AC

Ula Sokolowska, Chloe McCarthy, Aisling Callanan, Maia O'Connor, Siun McGrath & Olivia O'Donovan

Roll on to November and the All Ireland Cross-Country Championships, held in Rosepenna, Co. Donegal. Now running in the U12's, the Midleton Girls' team made the 1,000km round trip to come home with a well earned team Bronze. The team members were Ula (6th), Chloe McCarthy (23rd), Aisling Callanan (59th), Maia O'Connor (73rd), Siun McGrath (80th) and Olivia O'Donovan (102nd) .

Ula was an individual medalist in 6th place and she was 2nd scorer on both the Munster Team and the Cork Team, while Chloe was 6th scorer for Munster and 4th scorer for the Cork Team. Munster captured Silver in the Inter-Provisional and Cork claimed Bronze in the Inter- County competition.

Harry Jaworski Boys U12 Midleton AC

Harry Jaworski claimed Bronze when he scaled to a new height of 1.35m in the High Jump at the All-Ireland T&F championships.

Jack Kelleher Boys U12 & U13 Midleton AC

In Donegal, Jack Kelleher (34th) was the 6th scorer of the winning Cork Team at the All-Ireland Cross Country. A few weeks later and running up an age, Jack finished a very credible 29th and 5th scorer on the Cork team that claimed Inter-County Silver.

Leon O'Connor Boys U12 & U13 Midleton AC

In Donegal, U12 athlete, Leon O'Connor finished 8th overall to claim an individual medal as a top 12 finisher at the All-Ireland Cross Country. Leon was 3rd scorer on both the victorious Inter-Provisional Munster team and Inter-County Cork Team. A few weeks later and running up an age, Leon finished 39th and 6th scorer on the Cork team that claimed Inter-County Silver.

Outdoor T&F Relays (4x100m) Boys U12 Midleton AC Darragh Callanan, Harry Jaworski, Jack Kelleher & Leon O'Connor.

The Midleton U12 Boys team of Darragh Callanan, Harry Jaworski, Jack Kelleher & Leon O'Connor took U12 Bronze at the All-Ireland Outdoor T&F Relays.



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All-Ireland Cross Country Relays (4x500m) Boys U12 Midleton AC
Cathal Lowney, Charlie Fitzsimmons, Jack Kelleher and Max Smiddy

The Midleton U12 Boys Team of Cathal Lowney, Charlie Fitzsimmons, Jack Kelleher and Max Smiddy took Bronze in the All-Ireland Inter-Club Cross-Country Championships.

Kenneth O’Connell Boys U12 St. Catherines AC

Kenneth started 2022 as he finished 2021 winning the national indoor boys U12 600m. He didn't have it his own way however and was made to fight all the way, winning by the slimmest of margins by 0.18 seconds. He then went on to the outdoor track season where he again went on to win the boys U12 600m. in the cross country season he won in East Cork, Cork and Munster and went on to finish 2nd in U12 in Donegal and won gold with Cork and Munster. In the uneven ages he finished 25th in the boys U13 winning silver with Cork and bronze with Munster. Well done Kenneth

Dan Hogan Boys U12 St. Nicholas AC

Dan Hogan, had a great day at the National B track and field championships, coming 3rd in the U12 long jump competition.

Michael O’Mahony Walsh Boys U12 St. Nicholas AC

Michael O'Mahony Walsh, started the year with a bang coming 10th in the U11 National B cross country held in Castlelyons. He then continued his good form with a bronze medal in the U12 600m in the National B track and field held in Tullamore. Michael also won team a Gold medal in U13 at the All Ireland B Cross Country in Gowran.

Robyn Ryan Girls U13 Midleton AC

Robyn Ryan ran a good race to finish 25th and scored on the Cork U13 Girls' that claimed Inter-County Gold at the All-Ireland Cross Country.

Abigail Duggan Girls U13 Midleton AC

Abigail Duggan ran a very good race to finish as the 6th scorer on the U13 Cork Team as they took the Inter-County title at the All Ireland B Cross Country in Gowran.

All-Ireland Cross Country Relays (4x500m) Girls U13 Midleton AC

Teresa Jabkiewicz, Siun McGrath, Chloe McCarthy, Ula Sokolowska and Aoibh Fuller

The Midleton U13 Girls Team of Teresa Jabkiewicz, Siun McGrath, Chloe McCarthy, Ula Sokalowska and Aoibh Fuller took gold in the All-Ireland Inter-Club Cross-Country Championships



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Aimee Kearney Girls U13 & U14 St. Catherines AC

Aimee had another great cross-country season in 2022. She finished 5th U13 and 6th U14 in the Munster cross country championships. She then went on to have a brilliant run in Donegal finishing 15th up an age in the girls U14, also winning gold with Cork. She then went on to top that run finishing 12th U13 in Conna and gold with Cork and Munster. Well done Aimee.

Joey Bell Boys U13 Midleton AC

Joey Bell, running up an age, ran a super race to finish 13th and was second scorer on the victorious U13 Cork team at the All-Ireland B Cross Country in Gowran,

JP Guerin Boys U13 Midleton AC

JP Guerin became the U13 Long Jump All Ireland Indoor Champion by leading from the start and expending his lead on his fifth jump with a fine leap of 4.63m.

Oscar Smiddy Boys U13 Midleton AC

The U13 Midleton Boys' team struck Gold at the All-Ireland B's in Castlelyons. Oscar Smiddy led the Midleton and Cork team home with a great run in 3rd place receiving individual Bronze. Oscar also won Gold on the Cork Inter-County winning team.

All-Ireland Cross Country, Castlelyons Boys U13 Midleton AC

Oscar Smiddy, Matthew Mahony, Christian Mahony, Thomas Hennessy & Peter McGrath

The U13 Midleton Boys' team struck Gold at the All-Ireland B's in Castlelyons. Oscar Smiddy led the Midleton and Cork team home with a great run in 3rd place and equally impressive was Matthew Mahony in 5th, Christian Mahony in 15th, Thomas Hennessy (20th) and Peter McGrath (42nd). Oscar and Matthew received Bronze individual medals as well. The trio of Oscar, Matthew and Christian scored for the Cork Inter-County winning team.

Indoor T&F Relays (4x200m) Boys U13 Midleton AC

Michael McManus, Max Smiddy, J.P. Guerin, Harry Jaworski & Cathal Lowney

There was a Championship Best Performance (CBP) of 1:57.21 by Midleton U13 Boys team of Michael McManus, Max Smiddy, J.P. Guerin, Harry Jaworski & Cathal Lowney as they took the U13 title at the Indoor T&F Relays.



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All-Ireland Cross Country Relays (4x500m) Boys U13 Midleton AC
Cathal Lowney, Harry Jaworski, Max Smiddy and Michael McManus

The Midleton U13 Boys Team of Cathal Lowney, Harry Jaworski, Max Smiddy and Michael McManus took Silver in the All-Ireland Inter-Club Cross-Country Championships.

Conor Ronayne Boys U13 St. Catherines AC

Conor gave the track season a miss for 2022 and returned for the cross country season. He finished 5th in the U13 Munster Championship. He then went on to have a great run in the All Ireland uneven ages finishing 20th, first Cork athlete home and winning silver with Cork and bronze with Munster. Well done Conor.

Alicia Hegarty Girls U14 Midleton AC

Alicia Hegarty ran a super-fast race in the All Ireland U14 Indoor Final of the 60m Hurdles to capture the Silver in a pb of 9.32secs.

Running up an age in Gowran, Alicia Hegarty (16th) was 4th scorer on the Cork Team that took Inter-County Gold at the all-Ireland B Cross Country.

Elle-Kate McRae Girls U14 Midleton AC

Elle-Kate McRae started off 2022 by convincingly capturing the All Ireland U14 Indoor Combined Events in style accumulating 2,629 points.

Running up an age in Gowran, Elle McRae (14th) was 3rd scorer on the Cork Team that took Inter-County Gold at the all-Ireland B Cross Country.

Indoor T&F Relays (4x200m) Girls U14 Midleton AC
Alicia Hegarty, Ava Coughlan, Elle-Kate McRae, Rachel Roche & Teresa Jabkiewicz

The Midleton U14 Girls team of Alicia Hegarty, Ava Coughlan, Elle McRae, Rachel Roche & Teresa Jabkiewicz took U14 Silver at the Indoor T&F Relays in a time of 1:50.39.

All-Ireland Cross Country Relays (4x500m) Girls U14 Midleton AC
Alicia Hegarty, Ava Coughlan, Elle-Kate McRae and Rachel Roche

The Midleton U14 Girls Team of Alicia Hegarty, Ava Coughlan, Elle-Kate McRae and Rachel Roche took gold in the All-Ireland Inter-Club Cross-Country Championships

Aine Collins Girls U14 Youghal AC

Aine had a fantastic race In the U13 All-Ireland "B" X.C. Championships Castleyons to win herself County Team Gold as Cork's 5th scorer. Aine also represented Cork in both the U14 & U15 All-Ireland XC championships in Donegal & Conna.



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Alex Jaworski Boys U14 Midleton AC

Alex Jaworski snatched the Silver in the Long Jump in his final leap of 4.89m, just 1cm short of Gold at the All-Ireland Indoors. However, Alex went one better at the National Outdoors when he captured the U14 All-Ireland Long Jump title with massive pb leap of 5.31m. He back this up with another pb of 1.55m and Silver in the High Jump. Alex had a busy Summer, when a few weeks later he finished 2nd overall in the U14 National Outdoor Combined Events by accumulating 2,286 points.

Matthew Mahony Boys U13 & U14 Midleton AC

Matthew Mahony had a great run in the All-Ireland B's in Castlelyons finishing in 5th place and winning individual Bronze.

Matthew Mahony also claimed Silver in the U14 800m in a time of 2:20.50 with front running from the gun at the All Ireland B's T&F Championships.

Sean O'Reilly Boys U14 Midleton AC

Sean O'Reilly claimed Silver in the U14 80m in a time of 10.95s at All Ireland B's T&F Championships.

Indoor T&F Relays (4x200m) Boys U14 Midleton AC

Alex Jaworski, Andrew Kirby, Hugh O'Loinsigh, Luke Guerin & Oscar Smiddy

The Midleton U14 Boys team of Alex Jaworski, Andrew Kirby, Hugh O'Loinsigh, Luke Guerin & Oscar Smiddy took U14 Silver at the Indoor T&F Relays in a time of 1:51.63.

Theresa Dorgan Girls U15 Carraig na bhFear AC

After a consistent cross country season of training and competing, Theresa was part of the Gold medal winning Cork team at the All-Ireland B cross country championships in Kilkenny last weekend.

Aoife Martin Girls U15 Carraig na bhFear AC

Aoife displayed her race-walking expertise early in 2022, taking the Munster indoor title in Nenagh before winning a Bronze medal at the national indoors in Athlone in March.

Ava Chandler Girls U15 & U16 Ballymore Cobh AC

2023 turned into a year of superb achievements for Ava Chandler. Running up an age, she won a Silver medal with the Cork team at the U16 All-Ireland Cross Country Championships, to be followed by a Bronze team medal at the U15 All-Ireland Cross Country Championships two weeks later.



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Meabh Corkery Girls U15 Midleton AC

Meabh Corkery scaled to a new height of 2.71m (pb) in the Polevault when setting a new U15 Championship Best Performance (CBP) at the All-Ireland T&F Championships.

All-Ireland Cross Country, Castlelyons Girls U15 Midleton AC

Miah Holland, Lucy Ahern, Abbie Ahern & Orla O’Keeffe

The U15 Girls’ team of Miah Holland (13th), twins Lucy (26th) and Abbie Ahern (27th) and Orla O’Keeffe (28th) packed really well to capture the Team Bronze. Miah also scored on the Cork winning team.

All-Ireland Cross Country Relays (4x1000m) Girls U15 Midleton AC

Alicia Hegarty, Ava Coughlan, Miah Holland, Rachel Roche and Robyn Ryan

The Midleton U15 Girls Team of Alicia Hegarty, Ava Coughlan, Miah Holland, Rachel Roche and Robyn Ryan took Bronze in the All-Ireland Inter-Club Cross-Country Championships.

Caoimhe Grey-Walsh Girls U15 St. Nicholas AC

Caoimhe Grey-Walsh had another good year with gold in the U15 100m and silver in the U15 800m at the National B track and field championships in Tullamore. Caoimhe also won team a Gold medal in U15 at the All Ireland B Cross Country in Gowran.

Charlotte Norman Girls U15 St. Catherines AC

In 2022 Charlotte began to realise the promise she had shown in training. She finished 2nd U15 in the Cork county cross country championships at a windy and wet Ballynoe. She then went on to finish 11th U14 and 10th U15 in the Munster championships. In the All Irelands she finished 25th U14 and bronze with Cork and 33rd U15 and again bronze with Cork. She recently finished 2nd in East Munster Schools cross country. Well Done Charlotte.

Autumn Devereaux Girls U15 Youghal AC

Autumn won two All-Ireland medals in Pole Vault. She won Gold in the U15 Indoor Pole Vault & Bronze in the U15 Outdoor Pole Vault.

Josh Judd Boys U15 Carraig na bhFear AC

Josh had a consistent year of training and competing in both discus and hammer in 2022 culminating in a Silver medal in the discus event at nationals with a pb effort of 32.16m.



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Gabriel Ebo Boys U15 Midleton AC

Gabriel Ebo captured the U15 100m title in a time of 11.64secs. From Gabriel's win at the Nationals and achieving the qualifying time, Athletics Ireland selected Gabriel to run the 100m at the English U15 T&F Championships in Bedford, England. Gabriel came through his heat and ran very well in the final. It was a good exposure for Gabriel to International competition. He is also holder of the Munster U15 100m CBP of 11.26 seconds.

Peter Verling Boys U15 & U17 St. Nicholas AC

Peter Verling had a brilliant start to the year coming 1st in the U15 National B cross country and received a Gold Cork team medal held in Castlelyons. He also competed in Donegal and was 4th individual and won a Gold team medal in U17 at the All Ireland B Cross Country in Gowran.

Katie Hennessy Girls U16 Midleton AC

Katie Hennessy had her best cross-country season in 2022. Representing her Club, County and Province with distinction. At the U16 All Ireland's in Donegal, Katie ran well to finish 32nd. Katie was 4th scorer for Cork and 5th scorer for Munster, with Cork taking Inter-County Bronze. Her best race of the season came at Conna, when she finished 23rd in the U17 Girls. Katie was 3rd scorer for both the Cork and the Munster teams, with the U17 Cork team capturing the inter-County Bronze.

Odhran O'Sullivan Boys U16 Midleton AC

Odhran O'Sullivan captured Silver when he ran a super-fast time in an exciting 800m final to run a massive pb of 2:01.64 (and this was without the magic spikes!).

Odhran also won an U15 individual Bronze, when finishing 4th in the All-Ireland B's in Castlelyons and Gold with the victorious Cork Inter-County Team.

David Ebo Boys U16 Midleton AC

David Ebo captured Gold with a massive pb leap of 6.19m to take the U16 Long Jump title at the All-Ireland T&F Championships.

Outdoor T&F Relays (4x100m) Boys U16 Midleton AC David Ebo, Gabriel Ebo, Matthew Herbert, Noah Switzer & Odhran O'Sullivan

The Midleton U16 Boys team of David Ebo, Gabriel Ebo, Matthew Herbert, Noah Switzer & Odhran O'Sullivan took U16 Gold at the All-Ireland Outdoor T&F Relays.

Dylan Cairns Boys U16 Youghal AC

In the All-Ireland B T&F Championships Tullamore, Dylan had a brilliant run in the U16 800M to win himself Silver in a time of 2.25.



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Senan O'Reilly Boys U16 St. Catherines AC

Senan will remember 2022 as the year he decided to give running a go. He started off as part of the St. Colman's team that finished 3rd in the Intermediate boys cross country. This tempted Senan to train for the track season. He went on to win the boys Intermediate All Ireland 800m in a time of 1.57.83, and also finished 3rd in All Ireland clubs 800m. His times in the 800m qualified him to represent Ireland in the EYOF in Banska in Slovakia. Here he qualified out of his heat for the final in 1.58.13 but unfortunately was unable to compete in the final due to illness. Well done Senan.

Caoimhe Fitzgerald-Carolan Girls U17 Ballymore Cobh AC

Caoimhe Carolan capped off an excellent year of distance running with an All-Ireland cross country county team medal at U17. Caoimhe has done the club proud and continues to be an excellent role-model to all her younger team-mates.

Laura Moore Girls U17 Carraig na bhFear AC

Laura had a great cross country season winning individual medals at the County and Munster championships. After missing the National championships through illness, Laura returned to win her first National medal with the Cork team at the B championships.

Emma Bell Girls U17 Midleton AC

Emma Bell had a great run in the All-Ireland B's in Castlelyons winning an individual Bronze medal and Gold on the victorious Cork team.

At the All-Ireland B's last Sunday in Gowran, Co. Kilkenny, Emma had another very good run to finish 6th individual Emma also won Inter County Gold with Cork.

Elsa Ryan Girls U17 Midleton AC

Elsa Ryan also had a great run in the All-Ireland B's in Castlelyons receiving Gold on the winning Cork team.

Hannah Dennehy Girls U17 Midleton AC

Hannah Dennehy won Inter County Gold with Cork at the All-Ireland B Cross Country in Gowran.

Poppi Devereaux Girls U17 Youghal AC

Poppi won three All-Ireland medals in Pole Vault. She won Gold at the U17 indoor championship, Silver in the U17 outdoors & Silver again in the Junior Women's outdoor championship.



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Izabella Chidlow Girls U17 Youghal AC

Izabella placed 16th overall in the U17 All-Ireland B X.C. Championship in Castleyons helping her county team to win gold as their 5th scorer.

Sorcha Kilgannon Girls U17 Youghal AC

Sorcha won Silver in the U17 All-Ireland indoor Pole Vault championship & progressed to win Gold in the U17 All Ireland Pole Vault in Tullamore.

Ellie Barry Girls U17 St. Catherines AC

Flooded courses and orange weather warnings challenged organisers of many of the Cross Country events this past winter . Ellie Barry U17 from St Catherines was only too aware of such rearranging of dates and venues. Ellie represented her club at both even and uneven county A's , finishing in 4th position at the County Bs in Whites Cross and 5th position at the Munster B's on a freezing cold day in December. Ellie s commitment to training paid off last Sunday, finishing in 16th position and securing a county Gold at the National Cross Country B 's in Gowran Park.

Ruaidhri Boyle Boys U17 Carraig na bhFear AC

A double national medal winner in 2022, Ruaidhri won a great Bronze medal in boys U17 300m hurdles after qualifying from his semi-final as a fastest loser.

Brian Hawkins Boys U17 Carraig na bhFear AC

A valuable member of his club's cross country squad, Brian had a super day at the All-Ireland B cross country championships, winning two Gold medals with his club and county teams.

Michael Mullins Boys U17 Carraig na bhFear AC

Michael has been part of his club's cross country squad for a number of years, and his consistency was rewarded last Sunday in Kilkenny at the All-Ireland B championships when he was part of his club and county teams, both winning Gold medals.



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T&F Relays (4x400m) Boys U17 Carraig na bhFear AC Cathal Whooley, Timmy Colbert, Bobby O’Riordan, Ruaidhri Boyle

Cathal was part of a successful boys U17 club relay team and ran the lead off leg when his 4 x 400m team were crowned national champions in Tullamore.

Timmy, a talented all-rounder who competes in cross country, throws javelin and was also a member of the club’s 4 x 400m Gold medal winning boys U17 team.

Bobby was another member of his club’s 4 x 400m team that won Gold at nationals, Bobby also is a valuable member of the club’s U17 and 18 cross country squads.

Ruaidhri followed up his 300m hurdles success by being part of the club’s 4 x 400m Gold medal winning relay team.

Dinny McLean Boys U17 Midleton AC

In the Boys U17 race in Castlelyons, Dinny McLean ran a great race winning an individual Bronze. Dinny also won Gold on the Inter County Cork Team.

Ben O’Sullivan Boys U17 Midleton AC

Also In the Boys U17 race in Castlelyons, Ben O’Sullivan won Gold on the Inter County Cork Team.

William Verling Boys U17 & U18 St. Nicholas AC

William Verling had a great year starting with a silver medal and Cork team gold medal in the U17 National B cross country in Castlelyons. He competed in Donegal in the U18 cross country and was a member of both the Cork and Munster silver medal teams. He also competed in the U19 cross country held in Conna, where he was 10th and received Gold team medals for both Cork and Munster.

Aine Sheridan Girls U18 Carraig na bhFear AC

After winning individual cross country medals at both county and provincial levels, Aine won a Bronze medal as part of the Cork team at the national U18 championships in Donegal in November.

Alex Cashman Girls U18 Youghal AC

Alex won Silver in the U18 All-Ireland 2000M Steeplechase Championship & Individual 11th medal position in the U19 All-Ireland X.C. Championship.
Alex helped her U19 & U20 club teams to win Gold in both All-Ireland X.C. Championships, qualifying Alex & her team for the 2nd year running to the European Clubs Cross Country Championship in Spain where Alex helped her team to place 6th best U20 women’s club team in Europe.



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Avril Millerick Girls U18 Youghal AC

Avril won Gold in the All-Ireland U18 1500M, Gold in the All-Ireland Junior 3000M, Bronze in the All-Ireland U18 3000M, Silver in the All-Ireland U18 Cross Country & Gold again in the U19 All-Ireland X.C. Championship in Conna.

Avril had previously won the Abbottstown International Junior Women's X.C & qualified from the Junior X.C. to represent Ireland in the World Cross Country Gold Level tour in Hannut Belgium where she placed 14th overall. Avril had again previously been selected to represent Ireland in the Franconville International meet, Paris where she placed 2nd in the U18 3000M event & wore the Irish jersey earlier in the year in the Celtic International where she helped her U20 Irish team to win Silver.

Avril also helped her U19 & U20 club teams to win Gold in both All-Ireland X.C.

Championships qualifying Avril & her team for the 2nd year running to the European Clubs Cross Country Championship in Spain where Avril helped her team to place 6th European U20 women's club team.

George Alamu Boys U18 Carraig na bhFear AC

A talented all-rounder, George concentrated on high jump on high jump in 2022 and was rewarded with a national Bronze medal in Tullamore in July.

Aidan Maher Boys U18 Carraig na bhFear AC

Aidan had a brilliant cross country season in 2022, being to the fore in all his Cork county and Munster races and came away from the All-Irelands in Donegal with a Silver medal as part of the Cork team.

Eoin Quirke Boys U18 Carraig na bhFear AC

Eoin was first finisher for his team when the club retained the county junior cross country title in October and followed this up with Munster individual and team medals and an All-Ireland U18 Silver medal with the Cork team.

Rebecca Kelleher Girls U19 Carraig na bhFear AC

A consistent performer at cross country, Rebecca won individual medals at county and Munster championships and finished off a fine season by being part of the Gold medal winning Cork team at the All-Irelands hosted by St. Catherines.

Lily O'Riordan Girls U19 Carraig na bhFear AC

In her final year of juvenile competition, Lily had a pb throw of 33.98m in the javelin to claim a superb Bronze medal at the national track and field championships in Tullamore.



East Cork Athletics Division Awards – 2022 Season

Leah Parker Girls U19 Midleton AC

Leah Parker finished off her Juvenile years as consistent as ever by capturing Silver in the U19 Hammer with a throw of 35.51m at Tullamore Harriers Stadium. Leah has had a very busy 2022 outdoor season, representing the Club at Junior and Senior level as well as the East Cork Athletics Division at the National T&F League. Leah has an unique achievement as she holds the 2022 Cork and Munster Hammer titles at U19, Junior and Senior levels.

Robyn Buckley Girls U19 Youghal AC

Robyn helped her U20 club team to win Gold in the All-Ireland Junior Women's X.C. Championship, Donegal qualifying Robyn & her team for the 2nd year running to the European Clubs Cup Cross Country Championships in Spain where Robyn again helped her team to place 6th European U20 Women's club team.

Avril Cashman Girls U19 Youghal AC

Avril won Silver in the All-Ireland junior women's 3000M Steeplechase Championship & Individual 8th medal position in the U19 All-Ireland X.C. Championship. Avril helped her U19 & U20 club teams to win Gold in both All-Ireland X.C. Championships, qualifying Avril & her team for the 2nd year running to the European Clubs Cross Country Championship in Spain where Avril helped her team to place 6th European U20 women's club team.

Emma Landers Girls U19 Youghal AC

Emma won Silver in the U19 All-Ireland 3000M championship, Silver again in the All Ireland 1500M & Individual 6th medal position in the U19 All-Ireland X.C. Championship. Emma helped her U19 & U20 club teams to win Gold in both All-Ireland X.C. Championships, qualifying Emma & her team for the 2nd year running to the European Clubs Cross Country Championship in Spain where Emma helped her team to place 6th best U20 women's club team in Europe.

Timmy Hawkins Boys U19 Carraig na bhFear AC

Timmy is a dedicated trainer and competes in a number of endurance events on the track. A great individual medal at the Munster U19 cross country championships was followed by a hard earned All-Ireland Silver medal as part of the Cork team.

Orla Coffey U23 Women Carraig na bhFear AC

A former national junior and senior pole vault champion, Orla turned her attention to the track in 2022 and won a Bronze medal for the 400m hurdles at the national U23 championships.



East Cork Athletics Division Awards – 2022 Season

Ciaran Nugent U23 Men Carraig na bhFear AC

In a breakthrough year for Ciaran, he placed 5th at the national senior championships in the 400m hurdles final at Santry Stadium and then going on to be crowned the national U23 champion in the same event in Tullamore.

Memorial Trophies:

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

Midleton by 1 point over Carraig na bhFear AC with St. Catherines close behind in 3rd

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

Willy Harte Trophy – Best Club at T&F Championships: **Midleton AC**

Kathleen McCarthy Trophy - Junior Athlete of the Year: **Avril Millerick Youghal AC**