

East Cork Athletics Division Awards – 2023 Season

Midleton Park Hotel, Friday 8th March 2023





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Girls U11 St. Catherines AC

Ailish Bourke, Ciara O’Connell, Sophie O’Connor and Molly Casey

The under 11 girls team had a great success throughout the year. Winning the County, 2nd in Munster and 3rd in the All Irelands XC in Navan. They were led home on the day by Ailish Bourke who had a fantastic run, followed closely by Ciara O’Connell, Sophie O’Connor and Molly Casey who all performed brilliantly. These girls had great success all year, in all different disciplines throughout indoors, outdoors and Cross country. With County wins in the sprinting, long Jump and Cross Country. This is the first year this team has been together and have a promising future.

Ronan Geaney Boys U12 St. Catherines AC

In the Munster U12s in Clare, Ronan finished 7th overall helping the Cork team to Silver. Ronan also scored on the Munster team who won Gold in the National U12s in Gowran. Having won the County in the U11s, Ronan went on to claim silver in both the Munster and the Nationals (helping the Cork team to Silver and Munster team to gold while the St Catherine’s boys team came a very close fourth on the day).

Girls U12 St. Catherines AC

Mary Jane Casey, Sophie O’Connor, Jill Beecher, Aoife O’Connor, Ailish Bourke and Ciara O’Connell

St Catherine's under 12 girls team had another great year. After winning Gold on home soil last year, they backed it up with a 2nd place finish in the National XC in Goran. This was after the team won the County and came 2nd in Munster. The team was led home by Mary Jane Casey, who came in 7th in Goran. She took home an individual and provincial medal, along with the club silver medal on the day.

Following closely behind were Sophie O’Connor, Jill Beecher, Aoife O’Connor, Ailish Bourke and Ciara O’Connell. They all ran exceptionally. The team finished up only 5 points short of the winning team. Their hard work and dedication all year paid off with team and individual medals on every outing this year.

Kenneth O’Connell Boys U13 St. Catherines AC

Kenneth continued his own success story from 2022 into 2023 by competing in a range of events across both T&F and Cross-Country, and through East Cork, Cork, Munster, and National competitions. His performances in middle distance T&F were his stand-out moments. They include 2nd in the U13 600m in both the Munster and National Indoor events. First in the East Cork 800m, 1st in the County 600m, 1st in the Munster 600m and completing the sequence, 1st in the National 600m. Quite an achievement! In recent weeks Kenneth was deservedly awarded St. Catherine’s AC Athlete of the Year for 2023. Congratulations Kenneth.



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Boys U11 St. Catherines AC

Adam Fitzgerald, Alex Keane, Cillian Fitzgerald and Sean Cummins

Adam, Alex, Cillian & Sean improved greatly through the 2023 culminating in a very strong XC season. The boys were part of the St Catherine's AC team that came 2nd in the Munster u11s and part of the team that came 3rd in the All-Ireland Bs, with Adam finishing in 3rd place overall. The boys were also part of the Gold winning Cork team.

Mary Jane Casey Girls U12 St. Catherines AC

Mary Jane performed brilliantly in the National Long Jump competition in July, claiming Bronze with a final jump of 4.17m.

Aimee Kearney Girls U14 St. Catherines AC

Aimee competed in County, Munster and All-Ireland cross country competitions. In the girls U14 All-Ireland in Gowran she finished 34th, just one place off scoring on the Cork team. However, in the girls U15 in Navan she made no mistake finishing in 23rd and scoring on the winning Cork team. Well done Aimee

Ciara Hayes Girls U15 St. Catherines AC

Ciara had a very busy cross-country season this year, competing in East Corks, County, Munster and All Ireland cross country as part of Cork teams. However, at the recent B All Irelands Ciara was second Cork athlete home to secure glory for Cork. Well done Ciara.

Ellie Barry Girls U17 St. Catherines AC

Ellie had a very busy year in 2023. She took up race walking just before the County track and field championships where with very little coaching, she acquitted herself well and caught the eye of some walk's coaches. She joined Martins group and has trained consistently throughout the year. To build the strength for walks she competed in the cross-country season winning gold with Cork at the All-Ireland B cross country in Dundalk. Well done Ellie.

Cathal Walsh Boys U11 Carraig na bhFear AC

Cathal had a great cross-country season winning multiple medals at county and provincial levels, culminating in a national silver medal as part of the Cork team.

Harry Frawley Boys U12 Midleton AC

Harry Frawley ran a blistering race to claim Silver in the U12 60m (8.91) at the All-Ireland B's T&F Championships and also finished 5th in the 600m.



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Girls U13 Midleton AC

Chloe McCarthy, Siun McGrath, Aisling Callanan, Ula Sokolowska and Ellie Coughlan.

There were super team performances at the All-Ireland Inter-Club Cross-Country Championships in 2023 with Midleton U13 Girls taking Gold and becoming All-Ireland Inter Club Relay Champions. The team consisted of Chloe McCarthy, Siun McGrath, Aisling Callanan, Ula Sokolowska and Ellie Coughlan.

Emma Johnson Girls U13 Carraig na bhFear AC

Emma led her club team to national bronze medals at the National B cross country championships in Dundalk and also winning an individual medal in the under 13 race.

Ula Sokalowska Girls U13 Midleton AC

Ula Sokalowska had a brilliant track season both indoors and outdoors over the 600m. Ula finished 2nd in the Munster Indoors (1:49.56) and ran a super race at the Nationals claim silver and smash her pb to 1:42.066s. In the outdoor season, she produced a series of very consistent races against talented opposition to finish very close seconds to two different athletes in the County & Munster (1:41.73). In a very stacked field at the Nationals, Ula ran a superb race to capture the title in a very fast time of 1:41.60.

Girls U13 Carraig na bhFear AC

Hannah Coffey, Marykate Dawson, Aoibhe Dunlea, Emma Johnson, Rebecca McCarthy, Amelia O'Donovan, Lily O'Keeffe & Allie Philips

This team won medals at East Cork, County and Munster levels before taking a super bronze medal at the National B cross country championships in Dundalk last month.

Girls U13 Midleton AC

Ula Sokalowska, Chloe McCarthy, Siun McGrath, Aisling Callanan, Olivia O'Donovan and Ellie Coughlan

The Midleton U13 Girl Cross-Country team clocked up the U13 County and Munster team titles earlier in the season. Then on Sunday, 3rd of December they made Club history by becoming U13 All-Ireland Champions at Navan Racecourse. All the team members had fantastic runs with the team packing really well to come out clear winners. They gave it their all for their team mates on the day. Team members were Ula Sokalowska, Chloe McCarthy, Siun McGrath, Aisling Callanan, Olivia O'Donovan and Ellie Coughlan.

In a very closely fought out U13 Inter-Provisional and Inter County contests with only two points separating the top two teams in each, it shows how every place counts! Ula was the 4th scorer and Chloe was the 6th scorer on the victorious Munster Inter-Provisional Team. And the Midleton trio of Ula, Chloe and Siun made up half the victorious County Team by finishing as 3rd, 4th and 5th scorers respectively for Cork to take Inter County Gold.



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Harry Jaworski Boys U13 Midleton AC

Harry Jaworski claimed Silver on his 5th jump when he leaped to a distance of 4.59m in the U13 Long Jump at the outdoor Nationals. Nationals can be very close, and this jump was just 2cm off the winner. Harry also finished a very good 5th in the final of the 80m (11.21s).

Michael McManus Boys U13 Midleton AC

A massive 1.45m leap secured Michael with Silver at the National Indoor U13 High Jump in Athlone. Scaling a height above his own height!

Jack Kelleher Boys U13 Midleton AC

Jack Kelleher running for both Cork and Munster at the All-Ireland Uneven Ages Cross-Country Championships in Navan. Jack finished in 32nd and was 4th scorer on the county team that sealed Silver in the Intercounty competition for Cork.

Leon O'Connor Boys U13 Midleton AC

Leon O'Connor running for both Cork and Munster at the All-Ireland Uneven Ages Cross-Country Championships in Navan. Leon in 48th positioned and was 5th scorer on the county team that sealed Silver in the Intercounty competition for Cork.

Joey Bell Boys U13 Midleton AC

Joey Bell was determined to make the top twelve individuals after finishing 13th at last year's All Ireland B Cross-Country Championships in the same age group. Joey ran a fantastic race to finish 6th overall and secure an individual Bronze All Ireland B's medal at Dundalk a few weeks ago. He led Cork to fourth place in the Inter County competition.

Chloe McCarthy Girls U14 Midleton AC

Chloe McCarthy running up an age in the U14 All Ireland's came through the field to finished in 30th position and was 4th scorer on the victorious Cork team that captured in the u14 Inter County title.



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Abigail Duggan Girls U14 Midleton AC

Abigail Duggan made the long trip and had a very good race to finish 22nd and 4th scorer for the victorious U15 Cork team and came home with a Gold Inter-County medal. This was a very good performance considering she was running up an age and had raced the South Munster School's on the Friday.

Max Smiddy Boys U14 Midleton AC

Max Smiddy raced in the U14 All Ireland Even Ages at Gowran in Co. Kilkenny. Max ran well over a very tough course to finish 58th and was 5th scorer for Cork team that claimed Silver in the Inter County competition.

JP Guerin Boys U14 Midleton AC

JP Guerin finished 2nd at the Munster Indoors with a pb leap of 5.02m in February and went on to claim Silver at the U14 Long Jump All Ireland Indoors with a final leap of 4.89m.

Anna Mullins Girls U15 Carraig na bhFear AC

A super consistent year of race-walking by Anna was highlighted by a under 15 bronze medal at the national indoors in Athlone.

Robyn Maher Girls U15 Carraig na bhFear AC

Having medalled at both county and provincial championships, Robyn won a great bronze medal at national outdoors in the under 15 2,000m race walk.

Alicia Hegarty Girls U15 Midleton AC

Alicia Hegarty captured National Bronze in a super-fast time of 37.23 in the 250m Hurdles final on a very wet July day. In the Munster's Alicia finished 2nd in the 250mH (37.90), 3rd in the 200m(26.28) and Long Jump (5.00m). She went onto the National's finishing 5th in the Long Jump with a leap of 4.94m and 6th in the final of the 200m as well as picking up the Bronze in the 250mH.



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Elle-Kate McRae Girls U15 Midleton AC

Elle-Kate McRae started off 2023 when claiming Silver at the National U15 Indoor Combined Events, accumulating a total of 2,695 points. Later in the year, Elle continued her progression, when finishing 4th Junior at the Irish School's Combined Events, where she was selected for the Irish Junior Team in the SIAB in Cardiff on 2nd December. Elle put in a very good performance to finished in 13th place with a pb of 2,960 points.

Alex Jaworski Boys U15 Midleton AC

Alex Jaworski went one better in 2023 at the National Indoor Championships and captured the U15 Long Jump title with a massive leap of 5.72m to smash his pb. Alex also finished 5th in the High Jump and reached the final of the 60mH where he finished a fine 7th. At the Munster School T&F, Alex took Gold at both the Triple Jump (11.43m) and Long Jump (5.84m) and went on to take Silver in the Triple-Jump (11.40m) and 5th position in the Long Jump (5.80m) at the All-Ireland Schools. He was also a member of the successful CBS Junior 4X100m Relay team. Unfortunately, Alex outdoor season was cut short due to an accident and made a welcome return to competition a few weeks ago.

Matthew Mahony Boys U15 Midleton AC

Matthew Mahony ran a blinder when finishing 19th at the National U15 Cross-Country Championship and was 5th scorer on the victorious Cork team in the Inter County competition. In July, Matthew claimed Bronze in the 800m in a pb time of 2:16.78 with front running from the gun at the All-Ireland B's T&F Championships.

Conor Hughes Boys U15 Midleton AC

Conor Hughes keeps progressing in athletics and in his favourite event he leaped the U15 All Ireland B's Long Jump title to a massive pb of 5.05m, his first time breaking the magic barrier of 5m.

Boys U15 Midleton AC

Alex Jaworski, Andrew Kirby, Sean O'Reilly, Oscar Smiddy, Cathal Lowney & JP Guerin

Indoor T&F Relays (4 X 200m) U15 Boys: Bronze: Alex Jaworski, Andrew Kirby, Sean O'Reilly, Oscar Smiddy, Cathal Lowney & JP Guerin running 1:45.23 in final (1:44.66 -in the heat).



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Aoife Martin Girls U16 Carraig na bhFear AC

Aoife had a great year in under 16 race-walking winning a bronze medal at national indoors and improving to a silver medal at the national outdoors.

Meabh Corkery Girls U16 Midleton AC

Meabh Corkery scaled to a new height of 2.80m (pb) in the U16 Polevault to claim Gold at the All-Ireland indoor T&F Championships and took silver at the National outdoors in July with a leap of 2.80m. In the meantime, Meabh won the Tailtean Games (2.85m) and was selected to represent Irish School's at the SIAB in Scotland where she finished 4th.

Julia Pszczolkowsha Girls U16 Midleton AC

Julia ran a blistering race to capture Gold in the U16 100m (13.13) at the All-Ireland B's T&F Championships. Julia finished off the day with double Gold when she leaped 4.58m to capture the U16 Long Jump title.

Josh Judd Boys U16 Carraig na bhFear AC

Josh competed in both discus and hammer winning numerous medals in both disciplines, with a national bronze under 16 discus medal the high point of his year.

Lucy Lynch Girls U17 Carraig na bhFear AC

Lucy concentrated on 400m in 2023 and won a national indoor under 17 bronze medal, took both county and Munster outdoor titles before running a PB time to capture a silver medal at national outdoors.

Katie Hennessy Girls U17 Midleton AC

Katie Hennessy continues to represent her Club, County and Province with distinction. Running up an age in the U18 All Ireland's at Gowran in Co. Kilkenny in November, Katie ran a really good race over a very tough course to finish 15th in the U18 age group and led Munster to Bronze in the Inter-Provisional. Katie was also first scorer on the Cork team. In the All-Ireland Uneven Ages (U17), Katie finished a very credible 20th and was 1st scorer for Cork and 2nd scorer for Munster, who finished just outside the medals.



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Odhran O’Sullivan Boys U17 Midleton AC

Odhran O’Sullivan captured Bronze when he ran a super-fast time in an exciting 800m final at the National T&F Championships and racing to a massive pb of 1:58.34. In June, Odhran captured the Munster U17 800m title in 2:01.37 and broke the magical 2 minute barrier (1:59.21) when finishing 6th at the Tailtean Games. He also represented the ECAD at the National T&F League picking up valuable points in the 800m and 4X400m relay for the team.

David Ebo Boys U17 Midleton AC

David Ebo had several highlights during the outdoor season. David accumulated several championship titles in the 100m, namely, in the East Cork Athletics Division, County, Munster and National Championships in the U17 age group. Capturing Gold at the Nationals in 11.27. In June, at the Tailtean Games, he finished a very close 3rd giving a pb of 11.13s. and got selected for the 4X100m Irish School’s relay team. David was a vital cog when the Irish team claimed Silver. He also represented the ECAD at the National T&F League picking up valuable points in the 100m and 4X100m relay for the team.

Aidan Maher Boys U18 Carraig na bhFear AC

A great track season for Aidan winning a national schools intermediate title and an under 18 bronze medal in steeplechase. In cross country Aidan was part of national medal winning Cork under 18,19 and junior teams.

Abbie Akinkoulie Girls U19 Carraig na bhFear AC

Abbie made a super breakthrough in 2023 winning her very first national medal in 100m hurdles in her last year of juvenile competition.

Timmy Hawkins Boys U19 Carraig na bhFear AC

Timmy competed consistently in both track and cross country throughout 2023 and won national cross-country medals as part of Cork and Munster under 19 teams.

Blessing Alumu Girls U23 Carraig na bhFear AC

Blessing threw both discus and shot putt in 2023, winning Munster senior gold and National under 23 discus silver medals, in what was a great year for her.



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Orla Coffey Girls U23 Carraig na bhFear AC

Having transitioned from pole vault to 400m hurdles, Orla won a national under 23 silver medal and made the national senior final in the 400m hurdles.
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Ciaran Nugent Senior Men Carraig na bhFear AC
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A first national senior medal for Ciaran when he finished 3rd in the 400m hurdles was a just reward for years of dedicated training and gradual improvement each year.
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Sonya Walsh Masters Women Carraig na bhFear AC

A relative newcomer to the weight for distance event, Sonya made great improvements in 2023 winning national bronze medals at both national indoor and outdoor masters championships.

Senior Carraig na bhFear AC

Orla Coffey, Lucy Lynch, Ruaidhri Boyle & Bobby O’Riordan.

A historic silver medal for Carraig na bhFear Athletic Club was won by the quartet in the national senior 4 x 400m mixed relay in the very first running of this event.



East Cork Athletics Division Awards – 2023 Season
All-Ireland Winning National League Team
East Cork Division Women’s Team Gold

Sarah O’Connell Girls U18 St. Catherines AC

Sarah continues to be a strong all-round athlete who has an interest and joy in advancing her skills and competing across multiple disciplines. She demonstrated this with her County performances in Long Jump and Shot, but found her natural home as a member of the East Cork Divisional team that competed in the National Outdoor League. With fine performances in 200m and Shot, Sarah played her role in the East Cork Division winning Gold in the County Women category. Well done Sarah.

Katie Hennessy Girls U17 Midleton AC

Congratulations to Katie Hennessy who was part of the victorious East Cork Divisional Team that won the national League title in Tullamore in August 2023.

Senior Carraig na bhFear AC

Abbie Akinkoulie, Emma Akinkoulie, Rebecca Akinkoulie, Blessing Alamu, Orla Coffey, Caoimhe Geoghegan, Odhrna Hurley, Lucy Lynch, Lily O’Riordan, Katie Walsh & Sonya Walsh.

The East Cork Divisional women’s team had a momentous day last August when winning the National League title in the county section with the team containing eleven athletes from Carraig na bhFear Athletic Club.

Other members were:

Leah Parker, Midleton AC

Alex Cashman, Youghal AC

Avril Millerick, Youghal AC

Avril Cashman, Youghal AC



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Special Mention to our men's National League Team who just missed out on bronze finishing in a very credible 4th place. The Men's team performed brilliantly and finished in 3rd place on total points scored. In this competition you only keep points from your best 15 events out of 21 and when the final calculations were done the team placed 4th overall. Bittersweet for the lads who were obviously excited for their training partners and friends on the girls team but gutted to be so close but off the podium. Hopefully the experience will encourage them to keep going in their training and rise again to the challenge this year.

Team:

Ballymore Cobh: David Barrett

Carraig na bhFear AC: Darragh Walsh, Ruaidhri Boyle, David Maher, Willie Walsh, Rian O'Luasa,

Midleton AC: David Ebo, Dinny McLean, Odhran O'Sullivan

St. Catherines AC: Cian Dunning, Sam Dunning, Steve Dunning, Donal Howard, Chris O'Connell

East Cork AC: Frank O'Brien, Paul Hartnett, Tony Forristal

Memorial Trophies:

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

Gerry Russell Trophy – Best Boys Juvenile Cross-Country Club:

Tie: Carraig na bhFear AC & St. Catherines AC (Both on 14pts)

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

Kathleen McCarthy Trophy - Juvenile Athlete of the Year: **David Ebo (Midleton AC)**