



**THE  
MUNSTER STAR  
AWARDS**

**SATURDAY 25th JANUARY 2014**

*at the*

**TOWER HOTEL  
WATERFORD**



# THE MUNSTER STAR AWARDS

## Chairman's Welcome

It gives me great pleasure to welcome each and every one of you here tonight to The Tower Hotel for our Annual Awards Banquet.

I also would like to thank Professor Ciarán O'Catháin President of Athletics Ireland for joining us tonight to Honour the recipients of 2013 Munster Athletics Awards.

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

We would like to thank the management and staff of The Tower Hotel on the excellent facilities provided and for the help and co-operation given by Waterford County Board.

Wishing each and every one of you an enjoyable evening and a safe journey home afterwards.

**Mossie Woulfe**  
**Chairman**



# THE MUNSTER STAR AWARDS

## Munster Star Award Winners 2013

### Indoor & Track and Field Awards

Clare	Laura Power	Ennis Track A.C.
Clare	Eoin Looney	Kilmurray Ibrikane A.C.
Cork	Jayne Pennyfather	Leevale/Belgooly A.C.
Cork	Jack Murphy	Leevale A.C.
Kerry	Aoife Doyle	Star of the Laune A.C.
Kerry	Eoin O'Carroll	Tralee Harriers A.C.
Limerick	Lauren Ryan	Dooneen A.C.
Limerick	Evan Crotty	Emerald A.C.
Tipperary	Emma Hennessy	Nenagh Olympic A.C.
Tipperary	Daniel Ryan	Moycarkey C.C. A.C.
Waterford	Siobhan Whelan	Ferrybank A.C.
Waterford	Paul Murphy	Ferrybank A.C.
Junior Women	Jessica Sheehan	Leevale A.C.
Junior Men	Eoin O'Carroll	Tralee Harriers A.C.
Under 23 Women	Christina Neville	Leevale A.C.
Under 23 Men	Patrick McSweeney	Bandon A.C.
Senior Women	Claire Fitzgerald	Tralee Harriers A.C.
Senior Men	Tom Bouchier	Ferrybank A.C.
Master Women	Annette O'Brien	Gneeveguilla A.C.
Master Men	John Murphy	Liscarroll A.C.
International Award	Robert Heffernan	Togher A.C.
Achievement Award	Sarah Lavin	Emerald A.C.
Hall of fame	John Tracy	Waterford
Patsy O'Connor Officer Award	Mossie Wolfe	Limerick



# THE MUNSTER STAR AWARDS

## Club Awards

<b>Indoor</b>	Juvenile	Leevale A. C.
	Junior/Senior	Leevale A. C.
	Masters	Rising Sun A. C.
<b>Track &amp; Field</b>	Juvenile	Leevale A. C.
	Junior/Senior	Leevale A. C.
	Masters	Waterford A. C.

## County Awards

Indoor & T/F	Juvenile	Cork
Indoor & T/F	Senior	Cork
Indoor & T/F	Masters	Cork

## Juvenile Cross Country Awards

Clare	Kevin Mulcaire	Ennis Track A.C.
Cork	Louise Shanahan	Leevale A.C.
Kerry	Conor O'Mahony	Tralee Harriers A.C.
Limerick	Eoghan Beary	Dooneen A.C.
Tipperary	Ciara Cummins	Nenagh Olympic A.C.
Waterford	Michael Power	West Waterford A.C.

## Senior Cross Country and Roads Awards

Senior Men	Tim O'Donoghue	East Cork
Senior Women	Sharon Rynne	Kilmurray IB
Master Men	Eugene Moynihan	Marian
	Patrick O'Shea	Iveragh
Master Woman	Mary Sweeney	St. Finbarr's

## Cross Country / Road Club Awards

Best Juvenile X-Country Club	Ennis Track A.C.
Overall Senior Club X-Country & Road	Ennis Track A.C.
Best Juvenile "B" X-Country Club	Bandon A.C.

## Cross Country County Awards

Best Juvenile County	Cork
Best Senior County	Cork
Best Masters County	Cork



# THE MUNSTER STAR AWARDS

## **Annette O'Brien**

Gneeveguilla A.C.



### **2013 Achievements**

#### **Munster Indoor**

60m silver (9.01) HJ gold (1.45) Shot gold (8.61) Relay gold

#### **All Ireland Indoor**

60m gold (8.80) HJ gold (1.40) Shot silver (8.21) 200m silver (30.25)

#### **Kerry**

100m silver Shot silver (7.53) LJ gold (4.38) Relay gold

#### **Munster**

100m gold (14.20) HJ gold (1.35) LJ gold (4.06) Shot gold (8.24) Relay gold

#### **All Ireland**

100m gold (13.91) HJ gold (1.40) LJ gold (4.09) Relay gold

## **Aoife Doyle**

Star of the Laune A.C.



### **2013 Achievements**

#### **Munster indoor championships**

2nd U/16 shot-putt

#### **All- Ireland indoor championships**

3rd U/16 shot-putt

#### **Munster Track & Field championships**

1st U/16 discus 1st U/16 hammer 3rd U/16 shot put

#### **All – Ireland Track & Field championships**

1st U/16 discus 3rd U/16 hammer

#### **Munster Schools**

1st in junior discus 3rd in junior hammer

#### **Irish schools Track & Field**

1st in the junior discus 3rd in the junior hammer

#### **Tailteann Games**

3rd in discus (as guest)

#### **Celtic Games**

1st in the u16 discus

#### **Community Games**

1st in u16 discus



# THE MUNSTER STAR AWARDS

## Clare Fitzgerald

Tralee Harriers A.C.



### 2013 Achievements

#### Munster U23 Track and Field Championships

Shot Put U/23 Gold 14.31m

Discus Throw U/23 Gold 46.64m

#### Munster Senior, Masters T & F Championships 2013

Women Shot Putt Senior Gold 14.31m

Women Discus Throw Senior Gold 46.64m

#### National Senior Indoor Championships

Women's Shot Putt Gold 14.75m

#### National Woodie's DIY U23 Championship

U.23 Womens Discus Gold 53.01m

#### National Senior Track & Field

Shot Putt (4kg) Gold 13.80m

Discus (1kg) Gold 48.22m

#### Represented Ireland in Shot and Discus at European Team Championships in Dublin

#### Represented Ireland at European U23 Championships in Tampere Finland

## Conor O'Mahony

Tralee Harriers A.C.



### 2013 Achievements

Conor missed most of 2013 because of a stress fracture injury.

1st Kerry U/19 Cross Country

1st Kerry Junior Cross Country

3rd Munster U/19 Cross Country

Part of Munster team which finished second in National U19 Cross Country.



# THE MUNSTER STAR AWARDS

**Ciara Cummins**  
Nenagh Olympic A.C.



## 2013 Achievements

### Clubs

**Cross Country County** - 1st Under 17, 1st Under 18, 1st Junior

**Indoors County** - 3rd 60 Metres, 1st 800 Metres, 1st Long Jump

**Track and Field County** - 1st 800 Metres, 1st 1500 Metres

**Cross Country Munster** - 6th Under 17, 5th Under 18

**Indoor Munster** - 2nd 1500 Metres

### Track and Field Munster

1st Junior Steeplechase, 2nd 800 Metres, 1st Steeplechase (REC)

**Indoors All Ireland** - 2nd 1500 Metres

**Track and Field All Ireland** - 2nd Steeplechase

### Schools

**Cross Country County** - 2nd Intermediate

**Track and Field County** - 1st Steeplechase

**Cross Country Munster** - 4th Intermediate

**Indoor Munster** - 1st 1200 Metres

**Track and Field Munster** - 1st Steeplechase, 3rd 1500 Metres

**Track and Field All Ireland** - 1st Steeplechase

**Eoghan Beary**  
Dooneen A.C.



## 2013 Achievements

### Limerick County u16 Track

1st Indoor U16 800, 1st Outdoor 800m

**Indoor Junior Men** - 2nd 800m

**Cross Country** - 1st u16, 2nd u17

**Cross Country Munster** - 2nd in north munster schools,  
7th in munster schools , Top 30 all-irelands schools

**Club** - 7th in Munster, Top 35 all Ireland

**Community Games** - 4th in Duathlon, 8th in Marathon



# THE MUNSTER STAR AWARDS

## **Daniel Ryan**

Moycarkey Coolcroo  
A.C. (Tipperary)



## **2013 Achievements**

### **Munster Indoors**

U/15 60m - 1st 60mH - 1st, Long Jump - 1st High Jump - 1st Shot Putt -  
1st Combined Events – 1st

### **Munster Track & Field Boys**

U/15 80mH - 1st 200m - 1st Discus – 1st Combined Events – 1st

### **Munster Schools Indoors Junior Boys**

60m – 1st 60mH – 1st Long Jump – 1st

### **East Munster Schools Track & Field Junior Boys**

80mH – 1st Long Jump – 1st

### **Munster Track & Field Junior Boys**

80mH – 1st Long Jump – 1st

### **All Ireland Indoors Boys U/15**

60m - 1st 60mH - 1st Long Jump – 1st Combined Events – 1st

### **All Ireland Track & Field Boys**

U/15 80mH - 1st 200m - 1st Discus – 1st Combined Events – 1st

### **All Ireland Schools Junior Boys**

80mH - 1st Long Jump – 1st Junior Boys Combined Events

### **Tailteann Games**

3rd in Long Jump & 3rd in 4 x 100m Relay

### **National Community Game**

U/16 Boys 100m - 1st

### **SIAB Schools Inter. Combined Events Jnr Boys Pentathlon**

2nd Irish Junior Boys Team – 2nd

### **Munster Records Indoor Boys**

U/15 60m (7.49) 60mH (8.85) Long Jump (6.35m) Outdoor Boys  
U/15 80mH (11.47)

### **East Munster Schools Junior Boys - Long Jump (6.11m)**

### **National Records AAI Indoors Boys**

U/15 Long Jump (6.14m) 60mH (8.5) AAI Outdoors Boys U/15 80mH (11.31)  
All Ireland Schools Junior Boys Long Jump (6.67m)





# THE MUNSTER STAR AWARDS

**Emma Hennessy**  
Nenagh Olympic A.C.



## 2013 Achievements

### Munster Track and Field

**Indoors** - High jump 3rd, Long jump 3rd

**Outdoors** - 80mH: 1st, 250mH: 3rd, High Jump: 1st,  
Long Jump: 2nd, Comb Events : 1st

**Schools Indoors** - Junior girls Long Jump: 3rd,  
Inter girls High Jump: 1st, 4x200m relay (Newport) 2nd

**Schools Outdoors** - Junior girls High Jump : 1st  
Junior girl's Triple jump; 2nd, 4x100m relay (Newport) 1st

### National Track and Field

**Indoors** - Long jump 3rd

**Outdoors** - Long jump 2nd

**Schools Outdoors** - Triple jump: 3rd, High jump: 4th.  
4x100m relay (Newport) : 1st, Best school: Junior Girls: Newport.

**Community Games National Finals** - U16 Girls High Jump: 2nd.

**Scottish Indoors** - Triple Jump: 2nd

**Picked for Tailteann Games Inter Girls High Jump**

**Eoin Looney**  
Kilmurray Ibrikane A.C.



## 2013 Achievements

1st - 800,1500 Munsters outdoor

1st - 1500 North Munster Schools outdoor

2nd - Mile in University of Limerick North Munster Schools

2nd - 1500 Munster Schools

2nd - 800 All Ireland outdoor

2nd - 800 Munsters indoor

5th - All Ireland Schools Cross Country

14th - SIAB Schools Cross Country Wales



# THE MUNSTER STAR AWARDS

## Mícheál Power

West Waterford A.C.



### 2013 Achievements

1st County Championships under 15

1st County Championships under 16

1st Munster Championships under 15 Led club and county to third place in the team race

3rd Munster Championships under 16 Led club and county to third place in the team race

## Eugene Moynihan

Marian A.C.



### 2013 Achievements

#### Munster:

O/55 800 and 3000m indoor gold

O/55 4 mile road gold

O/55 Cross Country gold individual and team

#### All Ireland:

O/55 800m indoor silver

O/55 Team Bronze Cross country

## Evan Crotty

Emerald A.C.



### 2013 Achievements

Munster Juvenile Indoor U19 60M 2nd 7.48

Munster Juvenile Indoor U19 200M 2nd 23.77

Munster Juvenile Indoor U19 400m 1st 52.13

Munster Junior Indoor 200m 2nd 23.78

Munster Junior Indoor 400m 2nd 52.46

All Ireland Juvenile Indoor 60m 3rd 7.1

All Ireland Juvenile Indoor 200m 3rd 22.93  
All Ireland Juvenile Indoor 400m 2nd 50.78



# THE MUNSTER STAR AWARDS

## Eoin O'Carroll

Tralee Harriers A.C.



### 2013 Achievements

**Kerry Senior Championships 2013**  
Senior Men Long Jump Gold 6.43m

**Munster AAI Jnr, U. 23, Snr. Masters Indoor Championships**  
Junior Men 60m Bronze 7.20m , Long Jump Bronze 6.74m

**Munster Championships 14 – 19 Indoors**  
U19 60M Gold 7.25sec, 200M Gold 23.39sec,  
Long Jump Gold 6.92m CBP

**Munster Junior & U23 Track and Field Championships**  
100 Meter Dash JUNIOR Gold 10.96 sec  
Long Jump JUNIOR Gold 7.12m CBP

**Munster U/12 to U/19 Track & Field Championships**  
U19 100 Meter Gold 11.23 sec, U19 200 Meter Gold 22.52sec  
U19 Long Jump Gold 6.64m

**National Indoor Juvenile Championships of Ireland**  
U.19 Boy's Long Jump Gold 6.56m,  
U.19 Boy's 200 m Silver 22.17sec

**National Woodie's DIY/Athletics Ireland Juvenile U12 -U19 Championships**  
U.19 Boy's 100 m Silver 11.18sec  
U.19 Boy's 200 m Gold 22.78sec  
U.19 Boy's Long Jump Gold 6.73m

## Jayne Pennefather

Leevale / Belgooly A.C.



### 2013 Achievements

**Munster Indoors**  
1st short hurdles, 1st long jump in indoor munsters

**Munster Outdoors**  
1st 400m hurdles and 100m hurdles outdoor.  
2nd all ireland clubs 400m hurdles  
3rd in schools all ireland 300m hurdles.



# THE MUNSTER STAR AWARDS

## **Thomas Bouchier**

Ferrybank AC



### **2013 Achievements**

- 1st Munster Indoor Track & Field Championships Shot Putt
- 1st Munster Indoor Track & Field Championships Weight for Distance
- 1st Defence Forces Indoor Track & Field Championships Shot Putt
- 3rd IUAA Indoor Track & Field Championships Weight for Distance
- 1st Defence Forces 1 Brigade Track & Field Championships Shot Putt
- 2nd IUAA Track & Field Championships Weight for Distance
- 1st Munster Track & Field Championships Weight for Height
- 3rd Munster Track & Field Championships Weight for Distance



# THE MUNSTER STAR AWARDS

## John Murphy

Liscarroll A.C.



### 2013 Achievements

#### Munster Indoor:

60m - 3rd, 200m - 1st, High Jump - 1st, Long Jump - 2nd

#### Munster Outdoor:

100m - 1st, 200m - 1st, High Jump - 1st, Long Jump - 1st

## Kevin Mulcaire

Ennis Track A.C.

### 2013 Achievements

1st intermediate Munster schools xc  
1st intermediate all Ireland schools xc  
PB of 8:44 for 3k

11th in EYOF, 1st in school inter Munster 3k

1st in school intermediate all Ireland 3k

1st in school intermediate Munster 3k and 1500

1st AAI track under 17 1500 all ireland

1st AAI track under 17 3000 all ireland, 1st AAI xc munster under 18

1st AAI xc munster under 17, 1st AAI xc all ireland under18

1st AAI xc allireland under 17, 3rd AAI Ireland junior(under20)

youngest ever athlete for ireland to ever go to euro xc

## Sarah Lavin

Emerald A.C.



### 2013 Achievements

European Junior Silver 100mH

Ranked 5th Junior in the world for 2013

National Senior 100mH and 60mH Title

National Junior 100mH and 60mH Record



# THE MUNSTER STAR AWARDS

**Laura Power**  
Ennis Track A.C.



## 2013 Achievements

**Munster indoor 2013** - Under 18 800m 1st and 1500m 2nd

### **Munster track and field 2013**

Under 18 800m 1st, 1500m 1st and 2000m steeplechase 2nd  
Junior 3000m steeplechase 2nd

### **Munster Cross Country**

Under 18 4th, Under 19 1st

### **Clare AAI Track and field 2013**

Under 18- Hurdles 2nd , 400m 1st , 1500m 1st

### **Clare AAI indoor**

Under 18 60m hurdles 1st , 800m 1st , 60m 3rd , 200m 3rd

Clare AAI Cross Country - Under 18- 1st

**Lauren Ryan**  
Dooneen A.C.



## 2013 Achievements

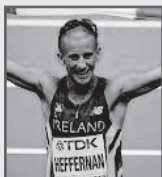
### **Munster:**

1st 60m Schools, 2nd 200m Schools, 2nd 75m Hurdles Schools,  
1st 100m Track & Field, 1st 200m Track & Field,  
1st 80m Hurdles Track & Field, 1st 250m Hurdles Track & Field

### **All Ireland:**

2nd 200m Schools, 4th 75m Hurdles Schools  
2nd 100m Track & Field, 2nd 200m Track & Field

**Rob Heffernan**  
Togher A.C.



## 2013 Achievements

### **World Championships**

Moscow, Russia 1st 50 km3:37:56



# THE MUNSTER STAR AWARDS

## **Louise Shanahan**

Leevale A.C.



### **2013 Achievements**

1st Munster Girls Under 17 Cross Country 2013  
2nd Munster under 18 championships  
1st Munster finisher in the under 17 All Ireland cross country championships in W.I.T in December.  
1st under 17 Munster and All Ireland, Indoor and Outdoor 800m.  
1st Munster and All Ireland U17 outdoor 1500m.  
1st junior indoor 1500m  
1st National junior indoor 800m champion.  
1st in the European Youth Olympics in the Netherlands in July with a new PB of 2.08.75 and winner of the 800m in the Celtic Games International in Colwyn Bay.

## **Mary Sweeney**

St. Finbar's A.C.



### **2013 Achievements**

2nd Munster Master women 0/50 x-country

## **Sharon Rynne**

Kilmurray IB A.C.



### **2013 Achievements**

1st in Clare Cross Country Senior Championships, Cooraclare.  
1st In the Munster Intermediate Cross Country Castlelyons Cork  
2nd in the Munster Novice Cross Country Championships Limerick Racecourse



# THE MUNSTER STAR AWARDS

## Christine Neville

Leevale A.C.

### 2013 Achievements

Munster U23 indoor champion for 200 and 400m

Munster U23 outdoor silver medalist 200m

All Ireland U23 indoor bronze medalist in 400m

Irish university championships-3rd 400mhurdles, 1st 4x400m relay

Celtic track and field International Varsities team selection.

Member of leevale athletic club league team-All Ireland silver Medalists.

UCC Athlete Development award recipient

## Patrick McSweeney

Bandon A.C.



### 2013 Achievements

Munster U23 Indoor Shot Putt Gold Medal

Munster U23 Indoor Weight for Distance Gold Medal

Munster U23 Outdoor Track & Field Shot Putt Gold Medal

Munster U23 Outdoor Track & Field Hammer Gold Medal

Munster U23 Outdoor Track & Field Weight for Distance Gold Medal

Munster U23 Outdoor Track & Field Weight for Height Gold Medal

Munster U23 Outdoor Track & Field Discus Silver Medal

Munster Senior Outdoor Track & Field Hammer Gold Medal

Munster Senior Outdoor Track & Field Weight for Distance Silver Medal

Munster Senior Outdoor Track & Field Weight for Height Silver Medal

Munster Senior Outdoor Track & Field Shot Putt Bronze Medal

All-Ireland U23 Indoor Shot Putt Gold Medal

All-Ireland U23 Indoor Weight for Distance Gold Medal

All-Ireland U23 Outdoor Track & Field Shot Putt Gold Medal

All-Ireland U23 Outdoor Track & Field Hammer Gold Medal

All-Ireland U23 Outdoor Track & Field Weight for Distance Gold Medal

All-Ireland U23 Outdoor Track & Field Weight for Height Gold Medal

Irish Universities Indoor Shot Putt Bronze Medal

Irish Universities Indoor Weight for Distance Silver Medal

Irish Universities Outdoor Track & Field Shot Putt Silver Medal

Irish Universities Outdoor Track & Field Weight for Distance Bronze Medal

Irish Universities International Shot Putt 3rd Place





# THE MUNSTER STAR AWARDS

## Patrick O'Shea

Iveragh A.C.



### 2013 Achievements

1st County Cross Country  
1st County 5k Road  
1st Munster Cross Country  
1st Munster 4 Mile Road  
1st Munster half marathon  
3rd All Ireland 10k  
3rd European Half Marathon Czech Republic - 2nd Team (over 45)  
1st County 3000 track  
1st All Ireland 5000 track  
1st 5000 Track - World Police and Fire Games  
2nd 1500 Track - World Police and Fire Games  
1st 5k Cross Country - World Police and Fire Games

## Paul Murphy

Ferrybank A.C.



### 2013 Achievements

#### Indoor:

Munster Junior 200m - 1st, Munster U18 200m -1st  
Munster U18 400m - 1st , All Ireland U18 200m -3rd  
All Ireland U18 400m -3rd,  
Scottish indoors U18 400m - 1st ( New Championship Record 49.8 )

#### Outdoor:

County U18 400m - 1st, Munster Junior 200m -2nd  
Munster U18 400m -1st, Munster U18 200m-1st  
Munster U18 4x100m-1st ,  
All Ireland U18 400m -1st ( New Championship Record 49.1 )  
All Ireland U18 200m -1st, All Ireland Senior 4x400m-1st  
Celtic Games International U18 400m - 2nd ( PB 48.5 )

#### Schools:

East Munster Senior 400m -1st  
East Munster Senior 200m -1st  
Munster Senior 400m -1st  
Munster Senior 200m -1st  
All Ireland Senior 200m-3rd



# THE MUNSTER STAR AWARDS

## Siobhán Whelan

Ferrybank A.C.

### 2013 Achievements

#### Munster Indoors Under 18:

Gold – 60m Final, Gold – 200m  
Gold – Triple Jump, Silver – Long Jump

#### All Ireland Indoors Under 18:

Bronze – Triple Jump

#### Munster Outdoors Under 18:

Gold – Triple Jump, Silver – Long Jump  
Silver – 100m, Bronze – 200m

#### Munster Schools Outdoors Senior:

Silver – Triple Jump, Silver – Long Jump

## Jack Murphy

Leevale A.C.



### 2013 Achievements

#### Munster indoors:

1st place in 60m Hurdles (9.29s), High Jump (1.70m) and Long Jump (6.00m)

#### All Ireland indoors:

1st place in High Jump (1.75m) and Long Jump (6.01m)  
2nd place in 60m Hurdles (8.79s)

#### Munster outdoors:

1st place in 100m Hurdles (14.03s), High Jump (1.85m) and  
Long Jump (6.24m)

#### All Ireland outdoors:

1st place in 100m Hurdles (13.75s), High Jump (1.71m) and  
Long Jump (5.99m)

#### Celtic Games international in Wales:

2nd place in 100m Hurdles (13.77s).



# THE MUNSTER STAR AWARDS

## John Treacy

Waterford



## Hall of Fame

As a two time World Cross Country champion, John Treacy needs little introduction. Amongst his finest moments was indeed his retention of the World Cross Country title in Limerick in 1979 in front of a passionate home crowd.

Having won two individual bronze medals at the World Junior Cross Country championships, Treacy went on to much success on the track, over the mud and indeed on the road, culminating in an Olympic Silver medal in the marathon in Los Angeles in 1984.

Testament to his talent and success is his long standing Irish record in the marathon which still holds firm today. John Treacy, Waterford's finest ever athlete, is a true, worthy entrant in to the Munster Athletics Hall of Fame.

## Mossie Woulfe

Limerick



## Patsy O'Connor Officer Award

Mossie is involved in Athletics for over 30 years, with St. Marys AC and recently St. Itas AC. He is Chairman of Limerick Athletics County Board since 1984 and holds this position up to the present time.

He was elected as Munster chairman in and around 2000 and is still in this position.

He is also starter for Athletic meets, at County since 1995, and at Munster and National some time after that.

He organises Primary School Cross Country in the County and for the past 3 years has organised a series of Road races known as "Feet on the Street" to develop athletics in Limerick City and County.

He was involved with Special Olympics the year they were held in Dublin.

For Mossie's involvement in Athletics over the years he is a worthy recipient of this award.



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