

# Athletics Wicklow

## **Joma**<sup>®</sup>

### **Star Awards**

### **2022**



**Greystones Rugby Club**

**Friday  
February 24<sup>th</sup>, 2023**







## **Contae Chill Mhantáin – Meanma Saor**

### **County Wicklow – Free Spirits**

Welcome to Greystones Rugby Club for the presentation of the Athletics Wicklow Annual Star Awards 2022, the Athletics Wicklow Cross-Country and Road Race Championship Trophies 2022 and Athletics Wicklow Special Achievement/Recognition Awards. Thanks to Kilcoole AC for hosting the 2022 awards. This booklet brings together many of the highlights of 2022 not only from Regional and National perspectives, but also internationally. County Wicklow athletes have flown the flag for the Garden County at the European Championships in Munich, Germany, at the European Cross-Country Championships in Turin, Italy, at the European U18 Championships in Jerusalem, Israel, at the World Masters Championships in Tampere, Finland, at the European Masters Championships Non-Stadia in Grosseto, Italy, at the SIAB Schools International in Belfast, at the Franconville International in Paris, France, at the British & Irish Cross-Country Championships in Santry and at the British & Irish Mountain Running Championships at Ambleside, England.

The star awardees of 2022 reflect the talents of Co. Wicklow athletes across the spectrum of disciplines within athletics – track and field, cross country, combined events, mountain running and road running – and recognise the breadth of the achievements of Co. Wicklow athletes during the past year. The 2022 recipients have all shown excellence in their disciplines. On behalf of the Co. Board, I congratulate all those receiving awards this evening. While tonight we celebrate the achievements of the awardees, I would like to extend the sincere congratulations of the Co. Board to all Co. Wicklow athletes who have gained individual and team medals at Leinster and National levels in 2022 and also those who have achieved Championship records and personal bests. Athletics Wicklow feels justifiably proud of the achievements of all our athletes.

Choosing the awardees for 2022 was a difficult task in several categories. Accordingly, it was decided to make special recognition awards to several athletes to mark their particular achievements during 2022. In addition Athletics Wicklow is inaugurating volunteer awards.

Finally, I extend a most sincere thank you to the many dedicated officials and volunteers who officiate at Provincial and National levels for their professionalism. I thank all the officers of the Co. Board for their dedication and hard work during 2022.

***Bill Porter, Chairperson, Athletics Wicklow***

# **Under 13 – Under 16 Girls Wicklow Star Award Winner**

**Maya Birch – Kilcoole A.C.**



**Maya Birch  
Girls U16, 60 m Silver Medallist  
Leinster Indoors Championships  
TUS Arena, Athlone  
[Kindly supplied by Kilcoole AC]**

Maya Birch's discipline is sprints, 60 m and 200 m indoors and 100 m and 200 m outdoors. In 2022 she competed in the Girls U16 age group. Her first outing of the year was in February at the Athletics Leinster Indoors Championships at the TUS Arena in Athlone. She won her heat in the 60 m in 8.02 sec. In the final she took the Silver medal in a photo-finish in 7.96 sec, a PB, only 0.01 sec behind the winner Katie Doherty (Ratoath). She also won her heat of the 200 m in 26.39 sec and her semi-final in 26.22 sec. In the final she again placed 2<sup>nd</sup> to Katie Doherty for the Silver medal in 25.82 sec.

At the National Juvenile Indoors Championships at the TUS Arena in March, Maya won her heat of the 60 m in 8.03 sec. In the final she placed 4<sup>th</sup> in a photo-finish in which the first four athletes were covered by 0.09 sec. Such are the margins between a medal and no medal in the indoors 60 m dash. She fared better in the 200 m, winning her heat in 26.18 sec. In the final she took the Silver medal in 25.73 sec, a PB, losing out again to her 2022 nemesis Katie Doherty.

At the Leinster Schools Championships at Santry there was further success for Maya. Competing as a Junior in the colours of Temple Carrig School, she won the Silver medal in a time of 27.05 sec in windy conditions (-5.5 m/s). She was also a member of the Temple Carrig 4 x 300 m relay team which took Gold honours in a time of 2:58.88, a CBP.

At the Athletics Leinster Outdoors T&F Championships in Tullamore, Maya won her heat of the 100 m in 12.99 sec (-0.2 m/s) and in the final took the Silver medal in 12.87 sec (-0.7 m/s), a PB, again losing out to Katie Doherty. In the 200 m she won her heat in a time of 27.17 sec (-2.7 m/s) and in the final won the Bronze medal in 26.93 sec (-3.2 m/s).

At the National Juvenile Outdoors T&F Championships, things did not go quite to plan in the 100 m. Maya did not get a good start and placed 4<sup>th</sup> in her heat in 13.03 sec. In the 200 m Maya placed 2<sup>nd</sup> in her heat in 26.05 sec (0.6 m/s), a PB. In the final she won the Bronze medal in a time of 25.66 sec, a PB, but unfortunately with a non-legal following wind of 2.9 m/s.

Athletics Wicklow congratulates you on your medal tally in 2022 and wishes you further success in 2023.

**Athletics Wicklow**  
**Under 13 – Under 16 Girls**  
**Star Award Winner 2022**  
**Maya Birch**

# **Under 13 – Under 16 Boys Wicklow Star Award Winner Ethan Bramhill – Greystones & District A.C.**



**Ethan Bramhill, Gold Medallist  
Leinster U13 Boys Cross-Country Championship  
Mountain View Golf Club, Ballyhale, Co. Kilkenny  
5 November 2022**

**[Source: © Perry Williams]**

Ethan Bramhill emerged as a revelation to all of us in Co. Wicklow in 2021 during the cross-country season. He would continue to capture our attention during 2022. In 2022 he competed in the U13 age group.

With the lifting of Covid-19 restrictions Ethan's first outing was at the Leinster Indoors T&F Championships at the beginning of February in the TUS Arena in Athlone. He placed second in the third heat of the Boys U13 600 m in a time of 1:49.66, pipped on the line by 0.01 sec. The final was run at a fierce pace, Ethan placing 9<sup>th</sup> in a time of 1:51.63. Taken in perspective the experience was part of a learning curve for a lad who had only turned 11 years' old the previous November.

At the beginning of May he romped away with the Athletics Wicklow U13 boys 600 m title in a time of 1:48.8. He returned to the 600 m at the Athletics Leinster Outdoors Championships in Tullamore in mid-June. He won his heat in a time of 1:48.86. In the final he placed 7<sup>th</sup> in a time of 1:49.93.

During the cross-country season Ethan exhibited that his real forte lay more in endurance events. In the Athletics Wicklow Cross-Country Championships he won both the U13 title over 2.5 km and the U14 title over 3 km. The Athletics Leinster Even Ages Cross Country Championships were held at Bellurgan Park in Co. Louth. The soft going was made even worse by a torrential downpour during the girls U14 race which made conditions even more trying by the time the boys U14 3-km race started. Ethan placed 3<sup>rd</sup> of 87 finishers for a well-earned Bronze medal. The Gold and Silver medallists were both U14 athletes, 1 yr 10 mon and 1 yr 7 mon older than Nathan, respectively.

At the Athletics Leinster Uneven Ages Cross Country Championships held at the Mountain View Golf Club, Ballyhale, Co. Kilkenny, in his own U13 age group race over 2.5 km, Ethan romped home to take the winner's laurels and Gold medal.

At the National Even Ages XC Championships at the Rosapenna Golf Club, Downings, Co. Donegal, four days after his 12<sup>th</sup> birthday, he placed 33<sup>rd</sup> of 162 finishers. At the National Uneven Ages XC Championships at Garryanne, Conna, Co. Cork on a demanding course, Ethan took the 5<sup>th</sup> place Bronze medal. Athletics Wicklow applauds his performances in 2022.

**Athletics Wicklow**  
**Under 13 – Under 16 Boys**  
**Star Award Winner 2022**  
**Ethan Bramhill**

# **Under 16 – Under 19 Girls Wicklow Star Award Winner**

**Eleanor Foot – Bray Runners A.C.**



**Eleanor Foot, Girls U18 Gold Medallist, 2,000 m Steeplechase  
National Juvenile Championships, Tullamore, 3 July 2022  
[Source: © George Tewkesbury, Sportsfile]**



Eleanor Foot has made the steeplechase her speciality, albeit that she started 2022 with other events. She competed in the U18 age group in 2022. At the Leinster Juvenile Indoors Championships she took the Gold medal in the U18 1500 m in a time of 4:51.61. She next competed in cross country in the colours of Loreto Abbey Dalkey, placing 4<sup>th</sup> in the Intermediate girls at the East Leinster Schools in the Phoenix Park and 12<sup>th</sup> in the Leinster Schools XC at Santry Demesne over 3.5 km. At the Leinster Junior Indoors Championships she won the Silver medal in the 1500 m in a time of 4:49.46, a PB. At the final winter NIA live meeting at the National Indoor Arena, Abbotstown, she placed 3<sup>rd</sup> in the one mile in a time of 5:04.81, a PB.

The athletics stage then moved to schools' track and field championships. At the Leinster Schools' T&F Championships at Morton Stadium, Santry, representing Loreto Abbey Dalkey, she took the Inter Girls 1500 m steeplechase title in a time of 5:23.69. To this she added a Silver medal in the 1500 m, clocking 4:53.06. At the All-Ireland Schools finals, she became Schools' Champion in the 1500 m steeplechase in a time of 5:11.24.

As the reigning Leinster and All-Ireland Schools' Inter Girls Champion Eleanor represented her province in the Inter-Provincial Tailteann Games at Tullamore Stadium in the 1500 m steeplechase which she won in a time of 5:14.54 to gain a much-coveted Tailteann Gold medal. She did not compete in the Athletics Leinster T&F Championships as she was on international duty at the EFCVO U18 International at Franconville, a suburb of Paris, on the same weekend (but more on her international performances later).

At the Athletics Ireland National Juvenile Championships in the first two weeks of July Eleanor added two more medals to her collection. She won the U18 2000 m steeplechase in a time of 7:17.06. In the U18 girls 1500 m she took the Bronze medal in a time of 4:49.89, a PB. Athletics Wicklow wishes her continued success in 2023.

**Athletics Wicklow  
Under 16 – Under 19 Girls  
Star Award Winner 2022  
Eleanor Foot**

# **Under 16 – Under 19 Boys Wicklow Star Award Winner**

**Daniel Quirk – Greystones & District A.C.**



**Daniel Quirk, Boys U17 Long Jump  
National Juvenile Indoors Championships  
TUS Arena, Athlone, 2 April 2022  
[Source: © Sam Barnes, Sportsfile]**

Daniel Quirk's fortes are long jump and triple jump, but he also does hurdles and combined events effectively. He competed in the U17 age group in 2022. His medal tally in 2022 was outstanding.

His warm-up event for the season was the National Youths Indoors Heptathlon in January (60 m, HJ, LJ, Shot, 60 mH, PV, 1000 m). He gained a well-earned Bronze medal with 3,297 pts. At the Athletics Leinster Indoors Championships at the TUS Arena, Athlone, in February/March he added three Gold medals to his collection. He won the 60 mH in 9.06 sec and the Long Jump with a best of 5.91m. However, the *pièce de résistance* came in the Triple Jump with a best of 12.46 m, a 21cm improvement on the CBP.

The clink of medals around Daniel's neck continued at the National Juvenile Indoors Championships in March/April. He won the Triple Jump with a best of 12.21 m, his second CBP of the season. In the 60 mH he was second in his heat in 8.87 sec. In the final it came down to the photo finish for the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> places covered by 0.06 sec, Daniel missing out on the Bronze medal by 0.02 sec with a time of 8.78 sec. The U17 boys long jump was a closely fought competition. Daniel won the Silver medal with a best of 6.05 m.

At the Leinster Schools' T&F Championships at Santry in May, representing Temple Carrig School, Greystones, Daniel took two more Gold medals, winning the Intermediate Long Jump with a best of 6.05 m and the Inter Triple Jump with 12.66 m. The Athletics Leinster Junior Championships followed at SETU, Carlow. He again contested both events, winning the Triple Jump with a best of 12.68 m and placing 5<sup>th</sup> in the Long Jump with a best of 6.31 m. At the All-Ireland Schools' finals at Tullamore, Daniel gave another double-Gold performance, winning the Inter boys Long Jump with a best of 6.44 m and the Triple Jump with a best of 13.09 m.

At the Athletics Leinster Juvenile T&F Championships, he only contested the Triple Jump which he won with a best of 12.66 m. The following week Daniel represented Leinster Schools in the Tailteann Games Interprovincial Championships, winning the Gold medal in the Long Jump with a best of 6.60 m and the Silver medal in the Triple Jump with a best of 13.07 m. At the National Juvenile Championships at Tullamore there were further medals for Daniel. He won the U17 boys Triple Jump with a best of 12.60 m and added a Bronze medal in the Long Jump with a best of 6.17 m.

At the Leinster Schools' Combined Events in the Inter Boys Pentathlon Daniel gave a Silver medal performance with 2,947 pts (60mH, 8.87 s; LJ, 5.97m; 200m, 24.30 s; SP, 10.12m; 800m, 2:30.88). In the All-Ireland Schools' Inter Pentathlon he placed 7<sup>th</sup> with 3,077 pts. Keep up the medal haul in 2023 !

**Athletics Wicklow**  
**Under 16 – Under 19 Boys**  
**Star Award Winner 2021**  
**Daniel Quirk**

# **Junior Women Wicklow Star Award Winner**

**Niamh Murray - Bray Runners A.C.**



**Niamh Murray Winning 300 m,  
SIAB Schools International,  
Mary Peters Stadium, Belfast  
16 July 2022  
[Source: © The Front Row Union]**

Niamh Murray had a remarkable track season in 2022 both indoors and outdoors. She competed as an U18 athlete in 2022 and as an Intermediate athlete in schools' championships. To put her performances into context Niamh did not become a 17-year-old until the middle of December 2022.

Niamh started her athletic year at the Athletics Leinster Indoors Championships, held at the TUS Arena, Athlone, by winning two Gold medals. In the Girls U18 400 m she won her heat in a time of 63.75 sec. In the final she ran 5½ sec faster, winning in a time of 58.20. She won the 800 m in a time of 2:20.55. She subsequently decided to concentrate on what many consider to be one of the hardest track event, viz., the 400m. At the NIA Live Meetings Finale on 10 March, she placed second in the "A" heat, going under 58 sec for the first time with 57.42 sec, a PB.

A week later at the National Juvenile T&F Championships at the TUS Arena she concentrated all her efforts on the 400 m. She won her heat in a time of 58.04 sec. While the final which was won by Renee Crotty (Annalee AC), the photo-finish camera was required to confirm the next three placings which were covered by 0.06 sec. While Niamh was finally placed 4<sup>th</sup>, she again went under 58 sec with a time of 57.83 sec.

Her attention next turned to the Leinster Schools' Championships in which Intermediate girls run 300 m instead of 400 m. Running in the colours of Loreto Dalkey, Niamh won the Silver medal in a time of 41.46.

Niamh followed this with a spectacular performance in the 400 m at the Leinster Junior Championships at SETU, Carlow. In winning she recorded a time of 55.46 sec. This mark sliced 0.6 sec off the CBP which had stood to Joanne Cuddihy (KCH) for 20 years of 56.08. Joanne Cuddihy had just become an 18 year-old when she set her record, while Niamh was just 16 yr and 5 mon. This 400 m performance earned her selection for the EFCVO U18 International at Franconville, near Paris, and her first Irish vest (but more on her international exploits later).

As the Leinster Schools 300 m champion she was selected to represent her province in the Interprovincial Tailteann Games held at the Tullamore Harriers Stadium on 24 June. Niamh won the 300 m convincingly by over 1 sec in a time of 40.25 to earn a much sought after Tailteann Gold medal. Athletics Wicklow wishes you continued success in 2023 !

**Athletics Wicklow  
Junior Women  
Star Award Winner 2022  
Niamh Murray**

# **Junior Men Wicklow Star Award Winner**

**Jonas Stafford - Ashford A.C.**



**Jonas Stafford, Boys U18 National Cross Country  
Rosapenna Golf Course, Downings, Co. Donegal  
20 November 2022**

**[Source: © Ashford AC]**

Jonas Stafford came to the attention of Athletics Wicklow in 2021 with his middle distance and cross-country performances which indicated that he had great potential and a bright future in athletics if he continued to train, but none of us quite envisaged what would unfold at the end of 2022. Jonas competed as an U18 athlete in 2022 and as a Senior in Schools' competitions.

His season began at the Athletics Leinster Indoors Championships at the TUS Arena, Athlone, at the beginning of February in the U18 1500 m. He was in the leading group of three that broke away gradually from the field, but in a sprint last lap he had to settle for a well-earned Bronze medal in a time of 4:07.96.

Jonas then turned his attention to Schools Cross Country. Representing East Glendalough School, he won the East Leinster Schools Senior XC in the Phoenix Park. At the Leinster Schools XC Championships at Santry Demesne he placed 4<sup>th</sup> of the 93 finishers. At the All-Ireland Schools' XC Championships at the Mallusk Playing Fields, Belfast, he covered the 6 km course in a time of 22:04 to finish 6<sup>th</sup> of 75 finishers.

At the Leinster Schools' T&F Championships on 21 May he won the Senior 5000 m in a time of 15:20.50. A week later at SETU Carlow, Jonas won the Leinster Junior 3000 m in a time of 8:48.70. At the All-Ireland Schools' Championships on 4 June at Tullamore he won the Silver medal in the Senior 5000 m in a time of 15:18.50. He next competed in the Senior men's 3000 m at the Leevale AC T&F meeting held on 12 June at the MTU Arena, Cork, which he won in a time of 8:27.50, a PB.

At the National Juvenile T&F Championships at Tullamore, Jonas became the Boys U18 3000m champion, winning the Gold medal in a time of 8:41.02. In August he travelled to Leeds to compete in the BMC Regional Races Meeting at the South Leeds Stadium. He placed 4<sup>th</sup> in 3000 m in a time of 8:33.59.

On 20 November cross-country athletes assembled at the Rosapenna Golf Course, Downings, Co. Donegal for the National Even Ages Cross-Country Championships. The U18 Boys race was held jointly with the Junior Men's Championship race over a 6 km course. Initially, there was a pack of about 15 athletes in the leading group until Nick Griggs (Mid-Ulster) and Dean Casey (Ennis Track), two experienced Juniors, broke away. Jonas stayed with the next small group until he made his decisive break to secure third place in the Junior race and first place in the U18 Championship in a time of 16:11. His third place in the Junior race secured him automatic selection for the European U20 Cross-Country Championship in Turin in December (but more on that later). Jonas rounded off his running year on St Stephen's Day by winning the Streets of Wicklow 5 km road race in emphatic style by a 14 sec margin in a time of 15:06.

**Athletics Wicklow**  
**Junior Men**  
**Star Award Winner 2022**  
**Jonas Stafford**

# Athletics Wicklow Special Recognition Award

**Anna Watson - Bray Runners A.C.**



Anna Watson merits special recognition for two CBPs in 2022. At the Athletics Leinster Junior Championships at SETU, Carlow she won the 1500 m title in a time of 4:41.86, breaking the record set by Emma O'Brien (Inbhear Dee) in 2015 by 0.08 sec. At the Leinster Juvenile T&F Championships at Tullamore she won the U18 girls 3000 m title in a time of 10:03.89, demolishing a 35-year-old CBP set by Geraldine Hendricken (SLOT) in 1987 of 10:20.3 (HT) by 16.5 sec.

Among Anna's other notable performances in 2022 were Gold medals in the Leinster Schools Inter girls 3000 m at Santry Stadium in a time of 10:03.63, representing St Joseph of Cluny School, and in the National Juvenile T&F Championships at Tullamore in the Girls U18 3000 m in a time of 9:48.55. She also won Silver medals in the Leinster Schools Inter Cross Country over 3.5 km at Santry Demesne and in the Athletics Leinster U18 XC at Bellurgan Park over 4 km. To this one must add Bronze medals in the All-Ireland Schools Inter XC Championship at Mallusk and in the All-Ireland Schools T&F Championships Inter 3000 m at Tullamore in 10:03.92. Please stay injury-free in 2023!



# Athletics Wicklow Special Recognition Award

*Ailbhe Gordon - Greystones & District A.C.*



**Ailbhe Gordon, U17 Javelin Throw  
AAI Spring Throws, Templemore, Co Tipperary  
3 April 2022**

**[Source: © Sam Barnes/Sportsfile]**

Ailbhe Gordon has flown the flag for Co. Wicklow in throws during 2022. She competed in the U17 age group and in the Intermediate category in Schools Championships. Her particular forte is the Javelin throw but she also does Shot Putt. At the Leinster Schools Championships at Santry she took Silver in the Javelin (500 g) with a best throw of 38.22 m and repeated this Silver medal performance at the All-Ireland Schools Championships at Tullamore with a best throw of 36.46 m. At the Athletics Leinster Juvenile T&F Championships she won the Gold medal in the Javelin (500 g) with a best of 39.14 m. At the National Juvenile Championships, she became U17 Girls Javelin champion with a best of 37.58 m. In the Winter Throws Competition at Duboyne she also won the Javelin throw with a best of 35.00 m.

She added several medals to her annual tally in Shot Putt (3 kg) during the year. At the Athletics Leinster Indoors Championships at the TUS Arena, Athlone, she took Bronze in the SP with a best of 10.33 m. She also won Bronze in the Leinster Outdoors Championships with a best of 10.65 m. However, her season's best of 10.80 m at the National Juvenile Championships was only good enough for 4<sup>th</sup> place. At the Leinster Schools Championships she also took the Inter Bronze medal with a best of 10.26 m.

# **Masters Women Wicklow Star Award Winner**

**Catherine O'Connor - Slí Cualann A.C.**



**Catherine O'Connor**  
[Source: © Slí Cualann WebSite]

Catherine O'Connor competed in the W45 Master athlete age category during 2022. Catherine competes mainly in road races and in cross-country. Her athletic year 2022 is one that she can look back on with happy memories.

Her first race of 2022 was the Leinster Masters' XC Championship held at Cow Park, Dunboyne, over 4 km. She placed 4<sup>th</sup> of the 21 finishers in the W45 category. In the National 10 km Road Race Championship, held in conjunction with the Great Ireland Run in the Phoenix Park on 9 April, she placed 10<sup>th</sup> woman overall of 155 finishers in a time of 37:35 and took the Silver medal in the W45 category.

A week later in the Leinster 10-mile Championship, held in conjunction with the Battle of Clontarf Race at Raheny, she was first women overall and the W45 Gold medallist in a time of 1:02:06. At the Leinster Masters' Road Race Championship over 3 km at Gowran, Co. Kilkenny at the end of April Catherine placed 3<sup>rd</sup> overall and was the W45 Gold medallist in a time of 10:40.

The National 5-Mile Road Race Championship in the Phoenix Park had an early start time of 7.30 am. The runners were greeted with a shower of rain as the race began. However, this did not dampen Catherine's performance. She finished as 4<sup>th</sup> woman overall and the W45 Gold medallist in a time 30:05.

The Tullamore ½ Marathon incorporated the Leinster ½ Marathon Championship on 27 August. She won this race in a time of 1:23:27 and was Gold medallist in the W45 age category.

Outside of championship races Catherine put in other good performances. For example, at the Enniscorthy 10 km Road race in February she placed 3<sup>rd</sup> overall behind two Senior athletes as first W40 in a time of 38:37. In the Autumn Open Cross-Country Festival at the Sport Ireland Campus, Abbotstown, Catherine placed 23<sup>rd</sup> of 58 Master Women in the W35-W64 race and 6<sup>th</sup> in the W45 category. At the Waterford Half Marathon on 3 December, Catherine finished 5<sup>th</sup> women overall and 1<sup>st</sup> in the W45 category in a time of 1:22:31.

**Athletics Wicklow  
Master Women  
Star Award Winner 2022  
Catherine O'Connor**

# **Masters Men Wicklow Star Award Winner**

**Brian Geraghty - Slí Cualann A.C.**



**Brian Geraghty  
National Half Marathon  
Ratoath, 10 September 2022  
[Source: @Brian\_Geraghty / Twitter]**

Brian Geraghty competed in the M45 age category of Masters' athletes in 2022. He is principally a road runner.

In the National 5 km Road Race Championship in May in the Phoenix Park, Brian placed 11<sup>th</sup> overall of 156 male finishers in a time of 15:58 to take the Gold medal in the M45 category.

In July he toed the start in the National 10-Mile Road Race Championship which was part of the Athletics Ireland road race series. He placed 7<sup>th</sup> overall of 111 finishers in a time of 55:48. This performance earned him the Gold medal in the M45 age category.

The National Half Marathon, held on 10 August, was incorporated in the Ratoath AC Half Marathon. Brian placed 12<sup>th</sup> overall of 330 male finishers in a time of 1:12:37. He took the Silver medal in the M45 age category in which there were 78 finishers.

Apart from National Championships he competed in road races from 10 km to half marathon during 2022. In February he placed 2<sup>nd</sup> overall in the Enniscorthy 10 km road race in a time of 32:50 and took the prize for the 1<sup>st</sup> Master athlete in the M40-49 category.

In March he competed in the Meath Spring Half Marathon, organised by Bohermeen AC. Brian placed 10<sup>th</sup> overall of 814 male finishers and was the first M45 of 189 men in that age category.

The Streets of Kilkenny 5 km road race, held on 14 April, was part of the KIA race series. He placed 37<sup>th</sup> in a time of 15:43. Brian ranked 3<sup>rd</sup> in the M45 category in which there 64 finishers.

In the middle of June he competed in the Michael Manning Memorial 10 km road race at Dunshaughlin which was also part of the KIA race series. He placed 38<sup>th</sup> in the race in a time of 32:44 and was 3<sup>rd</sup> in the M45 category (99 M45 finishers).

In the Waterford Half Marathon on 3 December, Brian placed 12<sup>th</sup> overall and 1<sup>st</sup> in the M45 category in a time of 1:12:57. Athletics Wicklow wishes Brian continued success in 2023.

**Athletics Wicklow  
Masters Men  
Star Award Winner 2022  
Brian Geraghty**

# **Senior Women Wicklow Star Award Winner**

**Sile O'Byrne - Slí Cualann A.C.**



**Sile O'Byrne, Enniscorthy 10 km, February 2022  
2<sup>nd</sup> Senior Woman in 35:51  
[Source: © Sli Cualann FaceBook]**

Sile O'Byrne continued to impress as a senior athlete in 2022. She is primarily a road race and cross-country athlete.

Her competitive season began at the Ferrycarrig 5-Mile Road Race in Co. Wexford on 3 January in sunny conditions. A good way to blow away the cobwebs of the festive season! Here she won the race in a time of 28:57.

Sile then switched to cross country at Cow Park, Dunboyne, where she competed in the Leinster Intermediate Championship over 4 km. She won the Silver medal in a time of 14:32. She followed this with the Enniscorthy 10 km Road Race in February in which she placed 2<sup>nd</sup> woman overall in a time of 35:51.

Next was the half marathon organized by Bohermeen AC in Co. Meath on 13 March. She gave another commanding performance, placing 2<sup>nd</sup> overall in a time of 1:18:59. She followed this two weeks later with the Eirgrid Dunboyne 10 km Road Race in which she placed 3<sup>rd</sup> in a time of 36:30, a race won by Fionnuala McCormack.

The National 10 km Road Race Championship, incorporated with the Great Run Ireland race, was held in the Phoenix Park on 9 April. Sile placed 4<sup>th</sup> overall of 151 female finishers in a time of 36:07. She won the Silver medal as the 2<sup>nd</sup> senior athlete home. At the end of April the Leinster Road Race Championships took place at Gowran, Co. Kilkenny over 3 km for women. Here she became Leinster Novice Champion in a time of 10:21.

The National 5-Mile Road Race Championship was held on 12 June in the Phoenix Park. Sile finished 2<sup>nd</sup> woman overall in a time of 28:56 and took the Senior Silver medal.

A week later Sile competed in the Michael Manning Memorial 10 km road race at Dunshaughlin in which she placed 7<sup>th</sup> of 373 finishers in a time of 35:31. She placed as 4<sup>th</sup> Senior athlete.

Sile next competed in the St Coca's 5 km Road Race at Kilcock, Co. Kildare on 24 June. She placed 4<sup>th</sup> of 193 women in a time of 16:47, breaking 17 min for 5 km for the first time, quite a milestone. In the middle of July the action moved to the Bettystown 5-Mile Race in Co. Meath. Sile won this race in a time of 29:27 in a field of 190 finishers. Wishing Sile more success in 2023!

**Athletics Wicklow**  
**Senior Women**  
**Star Award Winner 2022**  
**Sile O'Byrne**

# **Senior Men Wicklow Star Award Winner**

**Derek Crammond - Slí Cualann A.C.**



**Derek Crammond, IMRA – Sorrell Hill Race  
22 June 2022  
[Source: © IMRA, Gavan Doherty]**



Derek Crammond is a multi-talented athlete who has succeeded at everything he has undertaken from cross-country, road races, hill/mountain running, trail running and the marathon.

Derek got back to competitive running after the Covid hiatus with a warm-up race in January in the Leinster Intermediate 8 km Cross Country Championship at Cow Park, Dunboyne, placing 19<sup>th</sup> in a time of 28:12. In April he ran in the Leinster Novice 5 km Road Championship at Gowran placing 5<sup>th</sup> in a time of 19:30.

In June he switched to hill running in IMRA events. Between June and September he competed in seven hill races either placing first overall or 2<sup>nd</sup> overall but 1<sup>st</sup> Senior athlete:

- Brockagh, 11 km, 49:40, 1<sup>st</sup> overall, June 2022
- Sorrell Hill, 9.5 km, 42:10, 2<sup>nd</sup> overall, 1<sup>st</sup> Senior, June 2022
- Djouce Earl's Drive, 7.8 km, 28:59, 1<sup>st</sup> overall, July 2022
- Djouce The Ayling Abyss, 10.6 km, 51:08, 1<sup>st</sup> overall, July 2022
- Coillte Crone Caper, 10.5 km, 51:39, 1<sup>st</sup> overall, July 2022
- Sugarbowl, 7.5 km, 33:57, 1<sup>st</sup> overall, August 2022
- Fraughen Rock Glen, 10.1 km, 1:19:31, 2<sup>nd</sup> overall, 1<sup>st</sup> Senior, September 2022

At the end of August he returned to road running with the Leinster ½ Marathon which was run in conjunction with the Tullamore ½ Marathon. He finished 3<sup>rd</sup> overall and 2<sup>nd</sup> Senior athlete to collect a Leinster Silver medal. His next major race was the ITRA (Irish Trail Running Association) EcoTrail Wicklow 18.6 km race on 24 September which started and finished on Bray seafront. He won this race, which had 279 finishers, in a time of 1:23:55.

His next challenge was the 37<sup>th</sup> Budapest Marathon on 9 October in the capital of Hungary. The course was essentially a two-lap race along both banks of the River Danube including a loop on Margaret Island. Derek finished 2<sup>nd</sup> overall in a time of 2:29:57, a tremendous time for a debut marathon by our 23-year-old.

His final race of the year was the IMRA Djouce Remembrance race in December over 8km which he won in a time of 31:02. Continue the success in 2023 !

**Athletics Wicklow  
Senior Men  
Star Award Winner 2022  
Derek Crammond**

# Athletics Wicklow Special Recognition Award Jessica O'Connor - Roundwood & District



Jessica O'Connor is the youngest awardee of the 2022 celebration. Athletics Wicklow has from time-to-time recognised achievements by an athlete who falls outside the defined age categories for awards. Jessica was an U12 athlete in 2022. At the Leinster Indoors T&F Championships at the TUS Arena, Athlone last February, she placed 6<sup>th</sup> in 9.32 sec in the 60 m sprint, having won her heat (9.43 s) and having placed 3<sup>rd</sup> in her semi-final (9.35 s). She went on to win her heat in the 600 m (1:55.72) and placed 6<sup>th</sup> in the final in a time of 1:58.61.

At the Leinster Outdoors T&F she placed 2<sup>nd</sup> in her heat of the 600 m (1:51.52) and went on to win the Silver medal in the final in a time of 1:49.13. In the 60 m Jessica placed 2<sup>nd</sup> in her heat in 9.36 sec and 3<sup>rd</sup> in her semi-final in 9.20 sec, but missed out on a small "q" place for the final by 0.01 sec. At the ALDI Community Games T&F Finals held at SETU, Carlow in August in glorious weather, Jessica fought all the way to the finish line in the 600 m for a well-earned 4<sup>th</sup> place medal.

Jessica ended her athletics year on a high. In the Athletics Leinster U12 Cross-Country Championship over 2 km in difficult conditions at Bellurgan Park, Co. Louth, she won the Bronze medal (133 finishers). In the U13 race at Ballyhale, Co. Kilkenny, she took the 5<sup>th</sup> place Bronze medal (118 finishers). In the National U12 XC at Rosapenna, Co. Donegal she placed 25<sup>th</sup> of 166 finishers (top 15%). Athletics Wicklow wishes Jessica success in 2023 !

# Athletics Wicklow Special Recognition Award

William Belton - Slí Cualann A.C.



From the youngest to the oldest recipient of a special recognition award, William Belton epitomises that age is not a barrier to success. He competed in the M70 age category in cross-country and T&F in 2022. Nationally the small band of M70 athletes is highly competitive. In January at the Leinster Masters 4 km XC at Cow Park, Dunboyne, he was the M70 Silver medallist. At the National Masters Indoors Championships at TUS Arena, Athlone, he added a M70 Gold medal in the 1500 m (6:23.52) and a Silver medal in the 3000 m (13:36.95). In the National Masters XC at Castlelyons, Co. Cork, he placed 4<sup>th</sup> M70 athlete.

In March at the Leinster Masters Indoors Championships he became the M70 1500 m champion (6:31.73) and 3000 m champion (14:00.98). Next up were road races in April. He took the M70 Silver medal in the National 10 km championship (47:12) and the Bronze medal in the Leinster 5 km Masters Championship (28:22).

In May at the Leinster Masters T&F Championships he added Silver medals to his collection in the 800 m (3:09.99) and 3000 m (13:41.68). In the National 5 mile Road Race in June he won the M70 Gold medal in a time of 38:15. Next up was the World Masters Championships in Tampere, Finland (see later).

# Athletics Wicklow Men's Team of the Year

*Slí Cualann A.C. Senior Men*



**Slí Cualann Senior Men's Team**  
**Mountain View Golf Course, Ballyhale, Co. Kilkenny**  
**Left to Right: Tim Grummell, Joe Dowd, Donal Flannery, Robin Mooney**  
**[Source: Sli Cualann AC Facebook]**

A successful team needs not only front runners but also group of athletes who will all give of the best of their individual abilities on any day to score for the team. The achievement of the Slí Cualann Senior Men's Team in November in every way epitomises the team spirit and camaraderie of this group of athletes who shared a common passion to succeed for the team.

At the Athletics Leinster Senior Men's Cross-Country Championship on 5<sup>th</sup> November 2022 at the Mountainview Golf Club, Ballyhale, Co. Kilkenny, the Slí Cualann senior team's performance was outstanding in many respects. The conditions were nigh perfect for the 10 km race over 5 laps – sunshine, mild conditions, firm going, no wind. There was only one muddy spot on the course. A relatively small field of athletes just under 60 strong toed the line under starter's orders. With just four starters on the Slí Cualann team and with four to score, all had to finish to get into the team placings.

While there was no doubting the calibre of the athletes in this team – Joe Dowd (20), Donal Flannery (27), Robin Mooney (26) – together with their young master athlete Tim Grummell (37), what unfolded brought great joy to the Wicklow supporters. Joe Dowd found himself in the leading group with a band of seasoned cross-country athletes. Joe stayed the course to collect a well-deserved individual Bronze medal in a time of 35:58, just 16 sec behind the second-placed athlete, Philip Marron (Ratoath). Next home was Robin Mooney in 12<sup>th</sup> place in a time of 38:26. The 'veteran' Tim Grummell placed 22<sup>nd</sup> in 39:16 and Donal Flannery, 25<sup>th</sup> in a time of 39:35.

There was a wait for the final finisher to complete the course in a time for 56:18 before the team results could be calculated and verified. Joy erupted with the team declaration: 1<sup>st</sup>, Slí Cualann AC, 62 pts; 2<sup>nd</sup>, Tullamore Harriers, 70 pts; 3<sup>rd</sup> Kilkenny City Harriers, 84 pts. This was the first time that a Co. Wicklow club team had won the Leinster Senior Cross-Country Championship, certainly since the formation of Athletics Ireland in 1999 and possibly also since Leinster Championships were run under Eastern Region BLE from 1967.

As a footnote, in the National Novice Cross-Country Championship at Garryanne, Conna, Co. Cork, on 4 December, Joe Dowd finished 14<sup>th</sup> of 198 finishers – a name to watch in cross country in future years!

**Athletics Wicklow**  
**Men's Team of the Year**  
**Slí Cualann Senior**  
**Joe Dowd, Donal Flannery**  
**Tim Grummell, Robin Mooney**

# **Athletics Wicklow Women's Team of the Year**

**Slí Cualann A.C. Master W35**



**Slí Cualann W35 Team  
National 10-Mile Championship, Phoenix Park, 10 July 2022  
Left to Right: Sharon Wheeler (236), Hannah Nolan (90), Debbie Griffin (51)  
[Photo supplied by Bill Porter]**

As one gets older individual motivation may decrease but a group of similar age can motivate each other to get out and try for a common goal. At any National Championship one has little idea of who is going to turn up on the day to compete or how many athletes will finish given weather conditions or how many complete scoring teams will finish. In spite of these variables, there is a bond between team competitors to try one's best individually and for the team.

That is certainly true of the spirit of and friendship between the members of the Slí Cualann W35 team whose ages range from early forties to mid-fifties. The Irish Runner 10 Mile Road Race in the Phoenix Park on 10 July 2022 doubled as the National 10 Mile Road Race Championship. The race was run in sunshine with a great atmosphere. The runners started in waves.

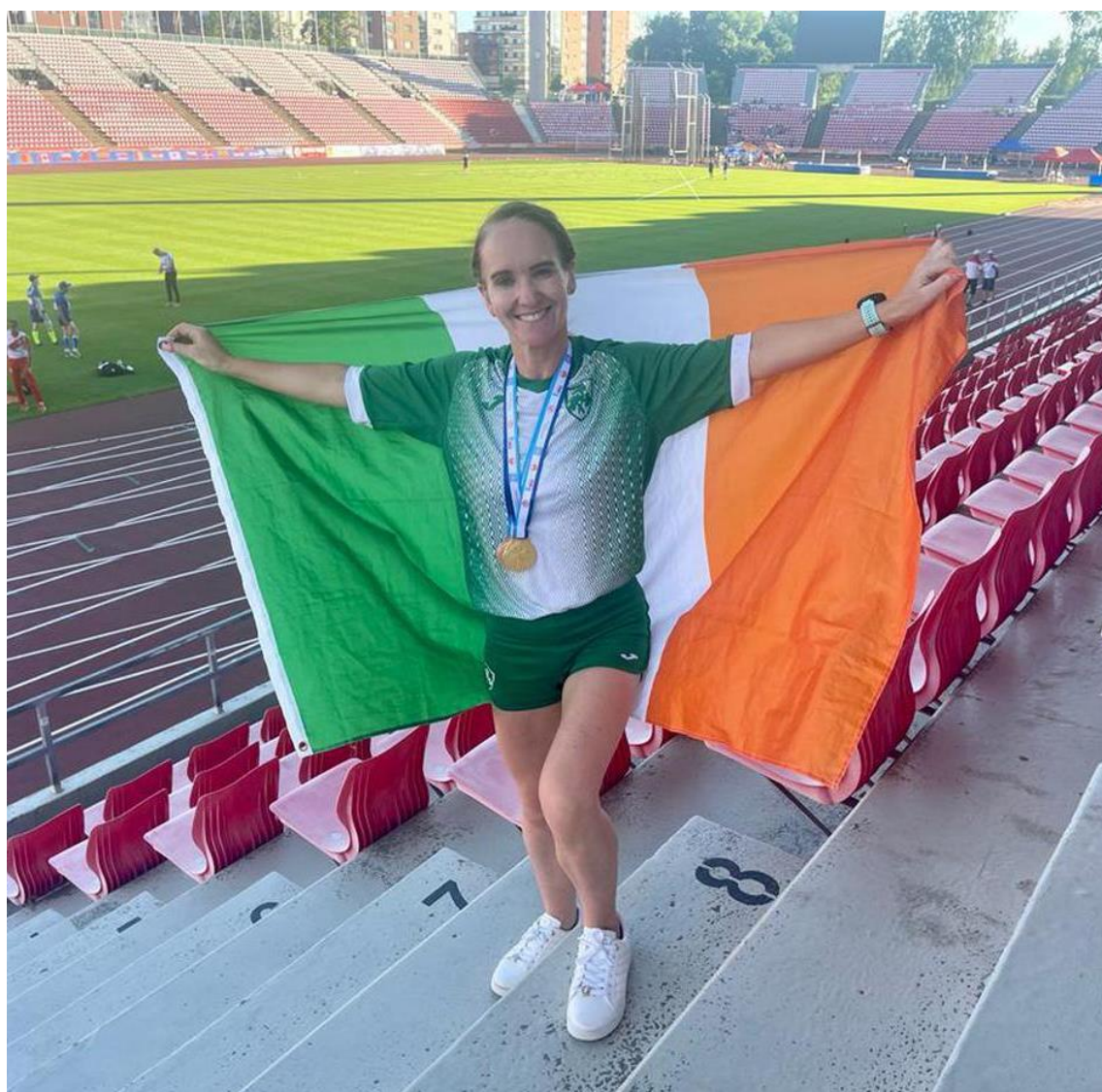
The Slí Cualann W35 team set off with no particular expectations other than the joy of running, possible personal bests and the craic. Seventy-two women finished in the championship race. Team placings were based on nett times. Hannah Nolan placed 13<sup>th</sup> overall, 12<sup>th</sup> in the championship race and Bronze medallist in the W40 category in a time of 1:11:27. Next to finish was Debbie Griffin in 18<sup>th</sup> place overall, 17<sup>th</sup> in the championship race, and Silver medallist in the W55 category in a time of 1:14:01. The third team member to finish was Sharon Wheeler, 50<sup>th</sup> overall, 38<sup>th</sup> in the Championship race, and 9<sup>th</sup> in the W40 category in a time of 1:22:12.

Team placings were based on the gross added times of three scoring athletes. The Slí Cualann AC W35 team won the Gold medals with a gross time of 3:37:39, the Silver medallists were Raheny Shamrock with a gross time of 4:08:56 and the Bronze medallists were Lucan Harriers with a gross time of 4:10:01. Athletics Wicklow wishes this team further Gold success in 2023 !

**Athletics Wicklow**  
**Men's Team of the Year**  
**Slí Cualann Master W35**  
**Hannah Nolan, Debbie Griffin, Sharon Wheeler**

# **Athletics Wicklow International Star Award Women**

**Catherine O'Connor - Slí Cualann A.C.**



**Catherine O'Connor  
Ratina Stadion, Tampere, Finland  
Wearing Individual Bronze and Team Gold medals in 8 km Cross Country  
[Source: © Wicklow People]**



Catherine O'Connor was in the form of her life internationally in 2022. In May her travels took her to Grosseto in Tuscany, Italy, for the European Masters Athletics Championships Non-Stadia (EMACNS). Grosseto is situated about 14 km inland from the Tyrrhenian Sea coast. Here Catherine competed in the Half Marathon. The ½ marathon circuit started and finished on the Via Uranio adjacent to the large sport centre on the Via Mercurio and took the athletes through the Sandro Pertini Park. The race was run in very warm conditions. Catherine placed 9<sup>th</sup> woman overall and 4<sup>th</sup> in the W45 age category, finishing only 4 sec behind Francesca Battacchi (ITA), the Bronze medallist, in a time of 1:23:53.

In July the athletics action took place about 2,250 km north of Grosseto in Finland. The 24<sup>th</sup> World Masters Athletics Championships (Stadia and Non-Stadia) took place at Tampere, about 180 km north of Helsinki, situated between Lake Näsijärvi and Lake Pyhäjärvi, from 29 June through 10 July. Tampere is the third most populous city in Finland after Helsinki and Espoo. Catherine competed in the Non-Stadia events. The cross-country events were held in a forest area at the Tampere Exhibition and Sport Centre, about 8 km from the T&F Ratina Stadion. On 30 June in the 8 km cross country for women in the W35 to W65 categories, Catherine won an individual Bronze medal in the W45 category in a time of 27:57. To this she added a Team Gold medal in the W40 age category in a gross overall time of 1:24:27 – Catherine O'Connor (W45), Zoë Quinn (W45, 28:07) and Michelle Kenny (W40, 28:21).

On 10 July the Half Marathon was run over a two-lap course with a short additional section, starting and finishing near Tampere Exhibition and Sport Centre. Catherine added the Silver medal in the W45 age category to her World Masters medal tally in a time of 1:23:09 almost 1½ min clear of the Bronze medallist. The race took place in warm conditions. The team competition was decided on the gross time of three scoring athletes. The Irish team of Catherine O'Connor (W45), Donna Evans (W55, 1:32:20) and Tracy Guilfoyle (W55, 1:36:08) took the W45 Half Marathon Team Silver medals in a gross time of 4:31:38.

Athletics Wicklow looks forward to Catherine's exploits in 2023 !

**Athletics Wicklow  
International Award  
Winner 2022  
Catherine O'Connor**

# Athletics Wicklow International Star Award Men

Jonas Stafford - Ashford A.C.



**Ireland U20 Team, European Silver Medallists**

**L to R (Age on race day) : Dean Casey (19), Jonas Stafford (17), Mark Hanrahan (19)  
Sean McGinley (19), Nicholas Griggs (17), and Callum Morgan (19)**

**La Mandria Park, Turin, Italy**

**[Source: © Sam Barnes, Sportsfile]**

Jonas Stafford, based his sterling performance in the joint National U18 and Junior Cross Country Championship race at Rosapenna Golf Course, Downings, Co. Donegal on 20 November 2022, with his Bronze medal placing in the Junior race behind two of Ireland's leading distance Junior athletes Nicholas Griggs (Mid-Ulster) and Dean Casey (Ennis Track), earned automatic selection for the 28<sup>th</sup> European U20 Cross Country Championship at La Mandria Park, near Turin, Italy on 11 December 2022. He thus became the first male junior athlete from Co. Wicklow to represent Ireland internationally in cross country since 1999, when Noelie Kavanagh (Roundwood & District AC/Brehon AC) competed in the U20 World Cross-Country Championship over 8 km at Barnett Park Demesne/Queens University Playing Fields in Belfast on 28 March, finishing in a time of 30:38. There is a further link with 1999 as Noelie had placed 5<sup>th</sup> in the National Junior Cross Country at Stranorlar, Co. Donegal, on 21<sup>st</sup> February 1999 to gain his selection, albeit in horrendous weather and under-foot conditions compared to Jonas's race in Rosapenna.

The U20 race at La Mandria Park was a proud moment for Jonas, Ashford AC, Athletics Wicklow and Ireland. The official distance of the course was 5,722 m. The ground was very hard in places and there was a tough hill both up and down on the course. Jonas placed in the top third of the finishers in a highly commendable 33<sup>rd</sup> place in a time of 18:32 while many of the pre-race favourites dropped out. It was a great day for Ireland with Griggs and Casey taking the Silver and the Bronze medals, respectively, albeit that Griggs's stumble on the hard ground 30 m short of the finish line cost him the Gold medal. When Sean McGinley finished in 12<sup>th</sup> place, it sealed the U20 Team Silver medals for Ireland – 1. Great Britain & NI, 10 pts; 2. Ireland, 17 pts; 3. Spain, 20 pts.

One must put Jonas Stafford's performance in perspective as a member of the Irish U20 team. He was the youngest member of the team (albeit by 47 days – Nick Griggs, second youngest) and could potentially compete in two more European U20 Cross-Country Championships. In the last five editions of the European U20 Championship (2016-2019 & 2022) only 16 of the 30 U20 Irish representatives have had a higher placing in any year than Jonas's. Indeed, even an athlete as distinguished as Darragh McElhinney placed no better than 39<sup>th</sup> on his first two outings as an U20. Roll on Bruxelles 2023!

**Athletics Wicklow  
International Award  
Winner 2022  
Jonas Stafford**

# Athletics Wicklow International Performance Award

Niamh Murray - Bray Runners A.C.



**Niamh Murray**  
**Givat Ram Stadium, Hebrew University, Jerusalem, Israel**  
**[Photo taken by Aine Murray]**

Niamh Murray had a remarkable track season in 2022 as a 16-year-old [she did not become 17 until 18 December (curiously Nicholas Griggs shares the same birthday)]. Her performances in the U18 Leinster Indoors 400 m (58.20 sec) and the National Juvenile Indoors 400 m (57.83 sec) convinced her that she should concentrate on this event.

In May when she clocked 41.46 sec at the Leinster Schools Championships for 300 m [equivalent to about 57.20 – 57.40 sec for 400 m] and followed this with a 55.46 (CBP) for 400 m at the Leinster Junior Championships, she was selected to represent Ireland at the EFCVO U18 International at Franconville, a suburb of Paris, at the Stade Jean Rolland on 19 June. She lived up to the expectations of the selectors by winning the 400 m in a time of 55.67 sec.

Having twice broken by a clear margin the qualifying standard for 400 m of 57.40 sec set by European Athletics for the 3<sup>rd</sup> European U18 Championships at Jerusalem, Israel, she was selected to represent Ireland at these championships which took place at the Givat Ram Stadium of the Hebrew University from 4<sup>th</sup> to 7<sup>th</sup> July. On the first day there were 4 heats in the U18 Women 400 m with the first two from each heat plus the next four fastest advancing to two semi-finals. Niamh placed 4<sup>th</sup> in heat 4 in a time of 55.79 sec (q). The following day in she placed 5<sup>th</sup> in her semi-final in a remarkable time of 54.88 sec, qualifying as one of the next two fastest for the final. Her time was the 9<sup>th</sup> fastest time by an Irish woman in 2022 and ranked 59<sup>th</sup> on the All-time list. In the final she placed 8<sup>th</sup> in a time of 55.06 (her second best time ever).

At the Interprovincial Tailteann Games for Intermediate athletes on 24 June, Niamh won the 300 m in a time of 40.25 sec thereby gaining selection to represent Irish Schools at the SIAB Schools International at the Mary Peter's Track in Belfast on 16 July. She won the 300 m in a time of 38.89 (PB). [The SIAB record for 300 m of 38.10 was set in 2013 by Cheriece Hylton (ENG)]. Niamh was named Irish Schools Athlete of the Meeting. Her time ranked her 8<sup>th</sup> on the All-time list for 300 m, 5<sup>th</sup> best outdoors (four of top ten times were achieved indoors). Athletics Wicklow will be watching Niamh's performances in 2023 with much interest.

**Athletics Wicklow  
International Performance Award  
Winner 2022  
Niamh Murray**

# Athletics Wicklow

## International Recognition

British & Irish Masters Cross Country

Debbie Griffin (Slí Cualann A.C.)



The trials for selection for master athletes for the annual British & Irish Masters Cross Country Championships were held in conjunction with the Athletics Ireland Open Cross Country Festival on the Sports Ireland course at Abbotstown in October over 6 km for masters women aged 35–64. Debbie placed 3<sup>rd</sup> in the W55 age category to gain automatic selection for the Irish team to compete at the Five Nations Cross Country at Santry Demesne on 12 November. In the W55 race Debbie placed 11<sup>th</sup> in a time of 25:39, the 4<sup>th</sup> finisher of the Irish team. Ireland placed 3<sup>rd</sup> in the W55 team competition for the Bronze medals.

# Athletics Wicklow

## International Recognition

24<sup>th</sup> World Masters Championships

Ashling Smith (Bray Runners A.C.)



**Ireland's Gold Medal 4 x 400 m W50 Relay Team**  
L to R: Linda Nally (2862), Ashling Smith (2881),  
Katherine Markey (2850), Dara Carr (2799)  
Ratina Stadion, Tampere, Finland, 10 July 2022  
[Source: Courtesy of Linda Nally]

Ashling Smith was a member of the Irish W50 4 x 400 m relay team which won the Gold medals at the World Masters Championships in Tampere, Finland, in a time of 4:40.26, an Irish Masters W50 Record. Ashling also competed in the W50 1500 m in which she placed 4<sup>th</sup> in a time of 5:11.38.

# **Athletics Wicklow International Recognition**

**Franconville International Meeting**

**SIAB Schools International**

**Eleanor Foot (Bray Runners A.C.)**



**Niamh Murray (left) and Eleanor Foot (right)  
Franconville International Meeting**

Eleanor Foot gained two international caps for Ireland in 2022. She was selected for the Franconville International Meeting at the Stade Jean Rolland outside Paris on 19 June. She competed in the 2000 m Steeplechase placing 4<sup>th</sup> in a time of 7:04.09.

Having won the 1500 m steeplechase at the Interprovincial Tailteann Games, she was selected for the SIAB Schools International at the Mary Peters Track in Belfast on 16 July. She placed 4<sup>th</sup> in a time of 5:08.06.

She also represented Athletics Ireland at the AAA Championships in Bedford, England in August where she won the 1500 m steeplechase in a time of 4:57.95.



# Athletics Wicklow

## International Recognition

25<sup>th</sup> European Athletics Championships  
Fionnuala McCormack (Kilcoole A.C.)



**Marathon, Munich, Germany, 15 August 2022**  
[Source: © Getty Images]

The European Championships marked another milestone in Fionnuala's illustrious athletic career, her 43<sup>rd</sup> cap for Ireland. She is Ireland's second most capped athlete. Only Terry McHugh with 48 caps ranks above her on the All-Time list with 48. In Munich, Fionnuala finished 7<sup>th</sup> in the marathon in a time of 2:29.25, the best time by an Irish woman in 2022. She also recorded the second best ½ marathon time of 1:12.36 in Lisbon in May 2022. Her winning time in the Dunshaughlin 10 km of 32:08 was an Irish Masters W35 Road Record. Athletics Wicklow wishes Fionnuala all the best in her preparation for Paris 2024.

# **Athletics Wicklow**

## **International Recognition**

### **SIAB Schools International**

#### **Daniel Quirk (Greystones & District A.C.)**



**Daniel Quirk, Tailteann Games**

Having won the Long Jump and having placed 2<sup>nd</sup> in the Triple Jump at the Interprovincial Tailteann Games, Daniel was selected for both events at the SIAB Schools International at Mary Peters Track, Belfast on 16 July. He placed 4<sup>th</sup> in the Triple Jump with a best of 13.03 m. In the Long Jump he placed 5<sup>th</sup> with a best of 6.48 m.

# **Athletics Wicklow**

## **International Recognition**

**British & Irish Mountain Running  
Championships incorporating the Home  
Countries Team International**

**Tom McCarthy (Greystones & District A.C.)**



Tom McCarthy competed in the British & Irish Mountain Running trials on the Camaderry course at the Upper Lake, Glendalough on 23 July, placing third in the short course trial over 5 km with a 500 m ascent in a time of 23:42. He was subsequently selected for the Irish U17 team to compete in the British & Irish Mountain Running Championships held in the Lake District at Rothay Park, Ambleside, Cumbria on 3 September over a 4.8 km course with a 250 m ascent. He placed 16<sup>th</sup> in the U17 championship race in a time of 25:12, the second Irish team member to finish. Ireland placed 4<sup>th</sup> in the Home Countries Team International with 41 pts. Tim Grummell was a co-manager with the Irish teams.

# **Athletics Wicklow**

## **International Recognition**

**British & Irish Mountain Running  
Championships incorporating the Home  
Countries Team International**

**Luke Weldon (Greystones & District A.C.)**



Luke Weldon competed in the trial for the European U20 Championships held at Crone Wood on 30 April placing 9<sup>th</sup> in 37:38 over a 5.5 km course with a 520 m ascent and 102 m descent, but outside the target time for selection. He also competed in the trial for the WMRA International U18 Cup held at Glendalough over a 4.5 km course, placing 5<sup>th</sup> in a time of 24:16, just outside the target time for selection. However, his performances gained him selection for U20 Irish team for the British & Irish Mountain Running Championships at Rothay Park, Ambleside, Cumbria on 3 September. Luke placed 18<sup>th</sup> in the U20 race in a time of 29:53 over a 5.72 km course with a 296 m ascent. Ireland placed 5<sup>th</sup> in the Home Countries International.

# **Athletics Wicklow International Recognition**

## **65<sup>th</sup> Trofeo Ezio Vanoni International Mountain Running Relay**

**Derek Crammond (Slí Cualann A.C.)**



**Derek Crammond, Hill Running  
[Source: IMRA, © Action Photography]**

Derek Crammond was selected by IMRA to represent Ireland as a member of the Irish Mountain Running teams for the 65<sup>th</sup> Trofeo Ezio Vanoni International Mountain Running Relay, with three athletes to a team, on 23<sup>rd</sup> October at Morbego, Italy. The course over 7.25 km for each team member had a climb of 435 m. The Ireland "A" team comprised Aaron McGrady, Derek Crammond and Matthew McConnell. Derek ran the second leg in a time of 35:24. The Ireland "A" placed 14<sup>th</sup> of 125 teams in a gross time of 1:44:27.

# Athletics Wicklow

## International Recognition

24<sup>th</sup> World Masters Championships

William Belton (Slí Cualann A.C.)



**William Belton (M70 and left of him, Tuure Väli-Torala (FIN, M75)  
Tampere, Finland**

William Belton competed in the 6 km cross-country (non-stadia) at the World Masters Championships in Tampere, Finland, placing 21<sup>st</sup> in the M70 category in a time of 26.19. He was the first Co. Wicklow athlete to compete in this age category at the World Masters Championships.

# Athletics Wicklow Volunteer Award

**Anne Marah - Roundwood & District A.C.**



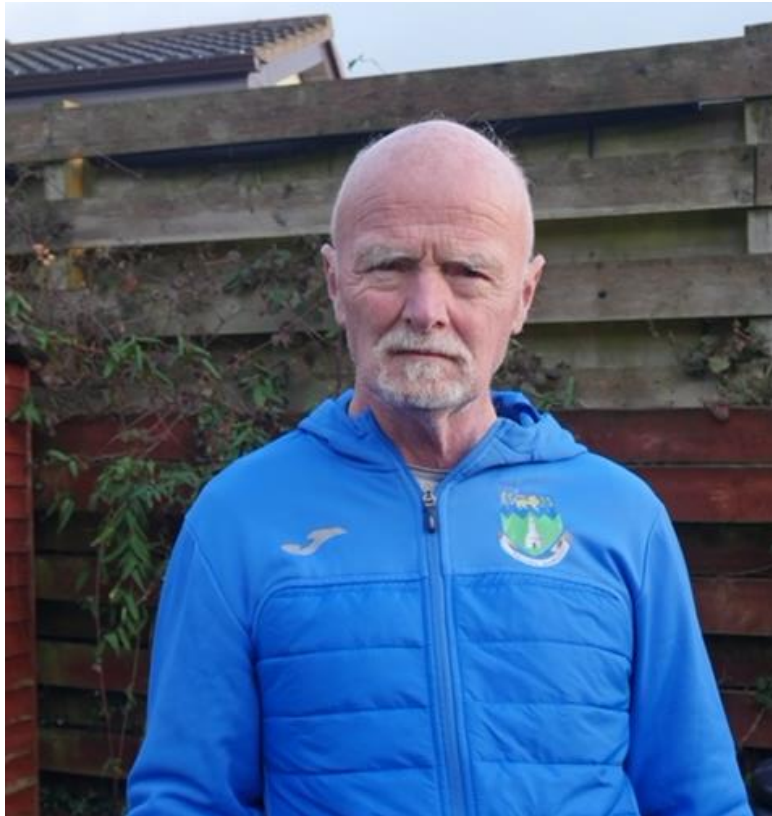
Anne Marah has been a loyal servant of athletics in County Wicklow over many years. She has always been willing to assist when volunteers were required whether at cross country championships or track and field championships, whether these were Co. Wicklow Championships or the county was hosting Leinster or National Championships. She has also been a staunch volunteer at and supporter of Community Games at community and county levels. She has performed her duties as an official with efficiency, impartiality and professionalism.

Anne has on too numerous occasions to mention been the person collecting gate money. It is never the most rewarding task getting people to part with money no matter how small the fee. She has always done this with a smile, aplomb and a touch of humour. As a club volunteer she has been a stalwart of Roundwood & District AC over many years, constantly encouraging Roundwood athletes to try their very best.

Anne Maher receives this Volunteer Award from Athletics Wicklow in recognition of her services to athletics in Co. Wicklow.

# Athletics Wicklow Volunteer Award

**Tom Cavanagh - Bray Runners A.C.**



Tom Cavanagh has over the past decade, as maturity has dampened down his competitiveness as an athlete, devoted more of his energies and time to assisting with athletics as a volunteer whether at county or club level.

No matter the task he is one of the first to put his name forward. Whether marshalling on a course, keeping cross-county athletes in line in a finishing chute, raking a sand pit, assisting with car parking or helping people who get stranded during the Women's mini-marathon or the Dublin City Marathon, he also remembers that he is acting as a representative of county or club.

Tom is dependable, punctual and efficient. Even in the most trying of situations he is courteous and smiling. Holding championships is not just about being there when it is happening. There is preparation beforehand and dismantling and packing up afterwards. He is often one of the first to arrive and one of the last to leave. Athletics Wicklow salutes his contribution as a Volunteer by this award.



# **Athletics Wicklow Outstanding Service Award**

**Anne Marie Kelly - Inbhear Dee A.C.**



**Ann Marie Kelly, Outstanding Service Awardee 2022  
With Dermot Brennan (Left, Secretary) & Bill Porter (Right, Chairman)  
[Photograph courtesy of Sile O'Byrne]**

Anne-Marie Kelly has been a stalwart of Inbhear Dee AC. She joined the club in 2009 as a parent volunteer. Whether coaching throws or club Sunday runs, athletes are the centre of her commitment to Inbhear Dee. She has been the club's Child Welfare Officer, Competition Secretary, Little Athletics Coach and Social Media Secretary. Inclusivity has been a goal of everything she does whether it involves refugees, the visually impaired, children with hearing difficulties or children with mental or physical disabilities. To Anne-Marie athletics is for all. She has enthusiastically embraced the Athletics Wicklow juvenile league, encouraging all participants to complete each race whether first or last. Anne Marie has been at the heart of Inbhear Dee – the annual Streets of Wicklow or fund-raising for good causes such as for the recent Türkiye-Syria earthquake.

Anne-Marie is an exemplar of an excellent official ensuring that all athletes are treated with respect and all in an equally firm manner. She not only officiates at Athletics Wicklow cross-country events, Juvenile League meetings, Road Race Championships and Track and Field Championships, but has been a regular volunteer official at Athletics Leinster Championships and Schools' Championships. This can involve real commitment with long days until the last group of athletes has finished. She always performs her duties with aplomb and a smile. An official's day does not begin when athletes turn up at an event, but often up to an hour in advance to ensure that all the required equipment is available for the smooth running of the event and at the end of the day gathered up and put back in storage.

COVID-19 presented problems for all of us. She always offered sound, reasoned, common-sense advice in planning championships during those difficult times. Anne-Marie has fulfilled an important function on the County Board, that of Child Welfare Officer, ensuring that the protection and welfare of children is of paramount importance within clubs by providing information and advice. She has always been willing to help new Club Welfare Officers bed into their responsibilities with encouragement, providing information on courses, garda vetting and various child welfare/protection guidelines and legislation.

At championships Anne-Marie turns up with barmbrack, cake and other delightful edibles for her flock of athletes, always ensuring that the starter at county or Leinster championships gets a piece with a cup of coffee to keep him going !

All clubs experience difficult times when people step back from running a club. Anne-Marie has shown determination, resilience, and enthusiasm in keeping the Inbhear Dee banner flying. She has always been willing to share her knowledge and experience to recruit people to help and has been a mentor to new members and volunteers. Anne Marie epitomises excellence in everything she does as a volunteer, coach and official, a most deserving recipient of the Athletics Wicklow 2022 Outstanding Service Award.

**Athletics Wicklow  
Outstanding Service Award 2022  
Anne Marie Kelly**

# Athletics Wicklow

## Cross Country Cups 2022

**Junior Women**  
*Slí Cualann Cup*

**Bray Runners AC**

Eleanor Foot  
Niamh Murray  
Ciara Murray

**Junior Men**  
*Micky Phillips Cup*

**Greystones & District AC**

Luke Weldon  
Colm O'Neill  
Tom McCarthy

**Novice Women**  
*Brehon Cup*

**Kilcoole AC**

Nikki Barrie  
Anna McNally  
Lucianne Hughes

**Novice Men**  
*Cyril Smyth Cup*

**Parnell AC**

Alan Dalton  
Ray Kenny  
Niall Coppingar  
Tony Monaghan

**Intermediate Women**  
*Sean Murphy Memorial Cup*

**Parnell AC**

Rebecca Harris  
Emily Ryan  
Debbie Griffin

**Intermediate Men**  
*Remax Cup*

**Parnell AC**

Derek Crammond  
Donal Flannery  
Ray Kenny  
Mick Finnan

# Athletics Wicklow Cross Country Cups 2022

## **Masters Women** *Sean Byrne Memorial Cup*

### **Parnell AC**

Catherine O'Connor  
Rebecca Harris  
Emily Ryan

## **Masters Men** *Sean Clifford Cup*

### **Parnell AC**

Darren Mooney  
Alan Dalton  
Clive Quinn  
Robert Murphy

## **Senior Women** *Ellie Brady Cup*

### **Parnell AC**

Catherine O'Connor  
Emily Ryan  
Debbie Griffin

## **Senior Men** *Joe Jacob Cup*

### **Parnell AC**

Derek Crammond  
Alan Duffy  
Alan Dalton  
Donal Flannery

# Athletics Wicklow Road Race Cups 2022

## **Masters Women** *Cyril Smyth Cup*

### **Parnell AC**

Hannah Nolan  
Laura Hunt  
Sharon Wheeler

## **Masters Men** *Pat McCourt & Barry Keane Cup*

### **Parnell AC**

Robert Murphy  
Darren Mooney  
Alan Dalton  
Michael Finnan

## **Senior Women** *St Benedicts Cup*

### **Parnell AC**

Sile O'Byrne  
Lynne Whelehan-Sheehan  
Emily Ryan

## **Senior Men** *David Pegman & Peter Gibney Cup*

### **Parnell AC**

Derek Crammond  
Terence Byrne  
Patrick Kinsella  
Ben Kinsella

**Athletics Wicklow  
Cross Country  
Roll of Honour  
2008 – 2022**

<b>Junior Women</b>		<b>Junior Men</b>	
<b>Year</b>	<b>Winners</b>	<b>Year</b>	<b>Winners</b>
2008	Inbhear Dee	2008	Not Contested
2009	Inbhear Dee	2009	Roundwood
2010	Greystones & District	2010	Parnell
2011	Not Contested	2011	Parnell
2012	Not Contested	2012	Greystones & District
2013	Not Contested	2013	Parnell
2014	Not Contested	2014	Parnell
2015	Inbhear Dee	2015	Not Contested
2016	Not Contested	2016	Not Contested
2017	Inbhear Dee	2017	Not Contested
2018	Not contested	2018	Greystones & District
2019	Greystones & District	2019	Not Contested
2020	Not held	2020	Not held
2021	Bray Runners	2021	Not Contested
2022	Bray Runners	2022	Greystones & District

<b>Novice Women</b>		<b>Novice Men</b>	
<b>Year</b>	<b>Winners</b>	<b>Year</b>	<b>Winners</b>
2008	Inbhear Dee	2008	Inbhear Dee
2009	Inbhear Dee	2009	Inbhear Dee
2010	Kilcoole	2010	Roundwood
2011	Bray Runners	2011	Inbhear Dee
2012	Parnell	2012	Kilcoole
2013	Kilcoole	2013	Parnell
2014	Parnell	2014	Parnell
2015	Parnell	2015	Parnell
2016	Parnell	2016	Kilcoole
2017	Parnell	2017	Parnell
2018	Ashford	2018	Inbhear Dee
2019	Parnell	2019	Kilcoole
2020	Not held	2020	Not held
2021	Glendalough Harriers	2021	Parnell
2022	Kilcoole	2022	Parnell

<b>Intermediate Women</b>		<b>Intermediate Men</b>	
<b>Year</b>	<b>Winners</b>	<b>Year</b>	<b>Winners</b>
2008	Kilcoole	2008	Parnell
2009	Inbhear Dee	2009	Kilcoole
2010	Inbhear Dee	2010	Kilcoole
2011	Bray Runners	2011	Inbhear Dee
2012	Parnell	2012	Kilcoole

<b>Year</b>	<b>Winners</b>
2013	Kilcoole
2014	Parnell
2015	Parnell
2016	Glendalough Harriers
2017	Kilcoole
2018	Parnell
2019	Parnell
2020	Not held
2021	Glendalough Harriers
2022	Parnell

<b>Year</b>	<b>Winners</b>
2013	Kilcoole
2014	Parnell
2015	Parnell
2016	Parnell
2017	Kilcoole
2018	Kilcoole
2019	Parnell
2020	Not held
2021	Inbhear Dee
2022	Parnell

### **Masters Women**

<b>Year</b>	<b>Winners</b>
2008	Inbhear Dee
2009	Inbhear Dee
2010	Parnell
2011	Kilcoole
2012	Bray Runners
2013	Bray Runners
2014	Bray Runners
2015	Bray Runners
2016	Bray Runners
2017	Bray Runners
2018	Glendalough Harriers
2019	Parnell
2020	Not held
2021	Parnell
2022	Parnell

### **Masters Men**

<b>Year</b>	<b>Winners</b>
2008	Inbhear Dee
2009	Parnell
2010	Bray Runners
2011	Bray Runners
2012	Bray Runners
2013	Parnell
2014	Parnell
2015	Bray Runners
2016	Parnell
2017	Kilcoole
2018	Kilcoole
2019	Kilcoole
2020	Not held
2021	Parnell
2022	Parnell

### **Senior Women**

<b>Year</b>	<b>Winners</b>
2008	Bray Runners
2009	Inbhear Dee
2010	Kilcoole
2011	Kilcoole
2012	Kilcoole
2013	Bray Runners
2014	Parnell
2015	Parnell
2016	Parnell
2017	Parnell
2018	Parnell
2019	Parnell
2020	Not held
2021	Parnell
2022	Parnell

### **Senior Men**

<b>Year</b>	<b>Winners</b>
2008	Parnell
2009	Parnell
2010	Bray Runners
2011	Bray Runners
2012	Bray Runners
2013	Bray Runners
2014	Bray Runners
2015	Bray Runners
2016	Parnell
2017	Kilcoole
2018	Parnell
2019	Bray Runners
2020	Not held
2021	Parnell
2022	Parnell

# Athletics Wicklow Road Race Roll of Honour 2010 – 2022

## Masters Women

<b>Year</b>	<b>Winners</b>
2010	Bray Runners
2011	Inbhear Dee
2012	Inbhear Dee
2013	Bray Runners
2014	Kilcoole
2015	Ashford
2016	Kilcoole
2017	Kilcoole
2018	Inbhear Mór
2019	Glendalough Harriers
2020	Parnell
2021	Parnell
2022	Parnell

## Masters Men

<b>Year</b>	<b>Winners</b>
2010	Inbhear Dee
2011	Parnell
2012	Inbhear Dee
2013	Parnell
2014	Inbhear Dee
2015	Kilcoole
2016	Bray Runners
2017	Kilcoole
2018	Kilcoole
2019	Kilcoole
2020	Parnell
2021	Parnell
2022	Parnell

## Senior Women

<b>Year</b>	<b>Winners</b>
2010	Inbhear Dee
2011	Bray Runners
2012	Kilcoole
2013	Parnell
2014	Parnell
2015	Bray Runners
2016	Kilcoole
2017	Parnell
2018	Parnell
2019	Inbhear Dee
2020	Parnell
2021	Parnell
2022	Parnell

## Senior Men

<b>Year</b>	<b>Winners</b>
2010	Inbhear Dee
2011	Bray Runners
2012	Parnell
2013	Bray Runners
2014	Parnell
2015	Kilcoole
2016	Parnell
2017	Parnell
2018	Parnell
2019	Bray Runners
2020	Parnell
2021	Parnell
2022	Parnell





## Co. Wicklow Holders of Athletics Leinster Championship Best Performances/Records 2022



### INDOORS

#### Girls/Women

Event	Category	Record	Year	Location	Name	Club
60 m	U15	7.7 HT	1998	Nenagh	Clare Murphy	Inbhear Dee
Triple Jump	U17	10.69 m	2019	NIA	Ellen McNally	Greystones & District
60 m	Junior	7.44	2015	Athlone	Ara Freeman	Slí Cualann

#### Boys/Men

Event	Category	Record	Year	Location	Name	Club
60 m	U15	7.2 HT	1998	Nenagh	Darragh Graham	Inbhear Dee
60 m	U16	7.2 HT	1999	Nenagh	Darragh Graham	Inbhear Dee
<b>Triple Jump</b>	<b>U17</b>	<b>12.62 m</b>	<b>2022</b>	<b>Athlone</b>	<b>Daniel Quirk</b>	<b>Greystones</b>
High Jump	M35	1.88 m	2019	Athlone	François Kulik	Slí Cualann
Triple Jump	M35	10.95 m	2017	NIA	François Kulik	Slí Cualann
4 x 400 m	M35	4:28.17	2017	NIA	John O'Toole John Baldwin Mark Walsh Darragh Page	Kilcoole

### OUTDOORS

#### Girls/Women

Event	Category	Record	Year	Location	Name	Club
800 m	U16	2.18.0HT	1990	Tullamore	Blánaid Quigley	Bray Striders
200 m	U17	25.12	2011	Tullamore	Claire Foley	Greystones
2000 m S/C	U17	7.14.15	2016	Tullamore	Amy O'Brien	Inbhear Dee
3000m	U17	10:20.49	2021	IT Carlow	Anna Watson	Bray Runners
2000 m S/C	U18	7:17.74	2019	Tullamore	Róisín Treacy	Ashford
<b>3000m</b>	<b>U18</b>	<b>10:03.89</b>	<b>2022</b>	<b>Tullamore</b>	<b>Anna Watson</b>	<b>Bray Runners</b>
High Jump	U18	1.75m	2011	Tullamore	Philippa Rogan	Greystones
Triple Jump	U18	11.49m	2000	Tullamore	Carol Loscher	Roundwood
800 m	U19	2.15.55	2017	Tullamore	Emma O'Brien	Inbhear Dee
<b>400 m</b>	<b>Junior</b>	<b>55.46</b>	<b>2022</b>	<b>SETU Carlow</b>	<b>Niamh Murray</b>	<b>Bray Runners</b>
<b>1500m</b>	<b>Junior</b>	<b>4:41.86</b>	<b>2022</b>	<b>SETU Carlow</b>	<b>Anna Watson</b>	<b>Bray Runners</b>

Event	Category	Record	Year	Location	Name	Club
1,500 m S/C*	Junior	6.25.49	2006	Claremont Stadium, Navan	Úna Britton	Slí Cualann
2,000 m S/C*	Junior	7.12.70	2002	Claremont Stadium, Navan	Fionnuala McCormack (née Britton)	Kilcoole
3,000 m S/C	Junior	10.55.86	2008	Tullamore	Tara Jameson	Slí Cualann
3,000 m	U23†	9.49.00	2004	Scanlon Park, Kilkenny	Fionnuala McCormack (née Britton)	Slí Cualann
3,000 m S/C	Senior	11:10.18	2017	Tullamore	Niamh Kearney	Slí Cualann

\*Event discontinued; † Not held since 2019

## Boys/Men

Event	Category	Record	Year	Location	Name	Club
High Jump	U12	1.43 m	2002	Claremont Stadium, Navan	Terence O'Neill	Kilcoole
Shot Putt	U13	12.45 m	1997	Scanlon Park, Kilkenny	Rory Nolan	Shillelagh
200 m*	U13	24.28	2014	Tullamore	Ben Mooney	Greystones
200 m	U16	22.6 HT	1999	Tullamore	Darragh Graham	Inbhear Dee
1500 m	U17	4.01.0 HT	1988	Tullamore	Nigel Brunton	Bray Striders
Javelin	U18	64.41 m	2013	Tullamore	Stephen Rice	Greystones
Javelin	U19	55.87 m	1999	Tullamore	David Kelly	Kilcoole
Shot Putt	Junior	14.44 m	1990	Tullamore	Willie Tyrrell	St Benedict
Javelin	Junior	55.02 m	2001	Scanlon Park, Kilkenny	Joe Diskin	Kilcoole
200 m	Junior	21.64	2002	Carlow	Darragh Graham	Inbhear Dee
5000 m	Junior	16.08.76	2007	Tullamore	Jason O'Byrne	Slí Cualann
800 m	Junior	1.56.51	2010	Tullamore	Michael Dowling	Slí Cualann
Javelin	U23†	65.40 m	2003	Scanlon Park, Kilkenny	Joe Diskin	Slí Cualann
High Jump	M35	1.75 m	2018	Tullamore	François Kulik	Slí Cualann
High Jump	M35	= 1.75 m	2019	Tullamore	François Kulik	Slí Cualann
400 mH	M40	59.82	2008	Tullamore	Stephen Flavin	Slí Cualann
800 m	M45	2.06.27	2008	Tullamore	Gerry Kinsella	Slí Cualann
Discus	M45	38.25 m	2009	Tullamore	Dave Sweeney	Slí Cualann
800 m	M55	2.22.77	2017	Tullamore	John Baldwin	Kilcoole
400 m	M60	1:07.71	2013	Tullamore	Terry Kavanagh	Slí Cualann

\*Event discontinued after 2015; † U23 Championships not held since 2019



## Co. Wicklow Holders of Athletics Ireland Juvenile Championship Best Performances/Records 2022



### INDOORS

Event	Category	Record	Year	Location	Name	Club
4 x 200 m	U13	1.59.4 HT	2000	Nenagh	Claire Shannon Mary Sheelan Lynsey Porter Chloe Kinsella	Inbhear Dee
High Jump	U15	1.65 m	1997	Nenagh	Carol Loscher	Roundwood
<b>Triple Jump</b>	<b>U17</b>	<b>12.21m</b>	<b>2022</b>	<b>Athlone</b>	<b>Daniel Quirk</b>	<b>Greystones</b>
1,000 m†	U14	2.43.8 HT	1996	Nenagh	Thomas McKeown	West Wicklow

†Event discontinued after 1996

### OUTDOORS

Event	Category	Record	Year	Location	Name	Club
Triple Jump†	U11	8.72 m	1972	Claremorris	F. Hurley (Girl)	St Benedict
High Jump*	U11	1.43 m	1976	Santry	P. O'Connor (Boy)	St Benedict
Long Jump	U12	5.19 m	1984	Santry	Stephen Gilmore	Bray
Ball Throw‡	U12	50.62 m	1974	Claremorris	F. Doyle (Boy)	St Benedict
200 m	U15	22.1 HT	1999	Tullamore	Darragh Graham	Inbhear Dee
3,000 m	U17	8.29.16	1989	Tullamore	Nigel Brunton	Bray Striders

\*Not held 1987–2000; re-introduced 2001, then discontinued

†Discontinued after 1972

‡Discontinued 1975–2000; re-introduced 2001, discontinued after 2012



## Co. Wicklow Holders of National Indoors/Outdoors Records 2022



Event	Category	Record	Year	Location	Name	Club
3,000 m S/C	U23	9.49.20	2006	Göteborg	Fionnuala McCormack (née Britton)	Slí Cualann
3,000 m S/C	Senior	9.28.29	2007	Heusden	Róisín McGettigan	Slí Cualann
High Jump	M35 (i)	1.90m	2019	NIA	François Kulik	Slí Cualann
<b>10 km Road</b>	<b>W35</b>	<b>32:08</b>	<b>2022</b>	<b>Dunshaughlin</b>	<b>Fionnuala McCormack</b>	<b>Kilcoole</b>
<b>4 x 400 m</b>	<b>W50</b>	<b>4:40.26</b>	<b>2022</b>	<b>Tampere</b>	<b>Linda Nally Katherine Markey <u>Ashling Smith</u> Dara Cara</b>	<b>Ireland</b>



# **BLOE/Athletics Ireland Juvenile Star Awardees Co. Wicklow Roll of Honour**



<b>Year</b>	<b>Name</b>	<b>Club</b>
1970	Patrick Whiston	Pres. Bray A.C.
1971	Anne Weadick	St Benedict
1972	Elizabeth Hurley	St Benedict
1973	Elizabeth Hurley	St Benedict
1974	Carmel Scallan	St Benedict
1975	Ann Byrne	St Benedict
1976	Ann Byrne	St Benedict
1977	Ann Byrne	St Benedict
1978	Patrick Collins	Pres. Bray A.C.
1979	Trevor Sargeant	Pres. Bray A.C.
1980	Trevor Sargeant	Bray Striders
1981	Kevin O'Brien	Bray Striders
1982	Trevor Sargeant	Bray Striders
1983	Stephen O'Toole	Pres. Bray A.C.
1984	Stephen Gilmore	Pres. Bray A.C.
1985	Alan Keyes	Presentation Bray
1986	Nigel Brunton	Bray Striders
1987	Nigel Brunton	Bray Striders
1988	William Tyrell	St Benedict
1989	Nigel Brunton	Bray Striders
1990	Barbara Kealy	Bray Striders
1991	David Nolan	Presentation Bray
1992	Stephanie O'Reilly	Inbhear Dee
1993	Alan O'Reilly	St Benedict
1994	David Nolan	Bray Striders
1995	Thomas McKeown	West Wicklow
1996	Gail Doyle	Inbhear Dee
1997	Carol Loscher	Roundwood & District
1998	Róisín McGettigan	Inbhear Dee
1999	Darragh Graham	Inbhear Dee



# **BLOE/Athletics Ireland Juvenile Star Awardees Co. Wicklow Roll of Honour**



<b>Year</b>	<b>Name</b>	<b>Club</b>
2000	Carol Loscher	Roundwood & District
2001	Fionnuala Britton	Kilcoole
2002	Darragh Graham	Inbhear Dee
2003	Marian Earls	Inbhear Dee
2004	Des Earls	Inbhear Dee
2005	Lynsey Porter	Inbhear Dee
2006	Tara Jameson	Inbhear Dee
2007	Tara Jameson	Inbhear Dee
2008	Tara Jameson	Inbhear Dee
2009	Niamh Kearney	Greystones & District
2010	Niamh Kearney	Greystones & District
2011	Phillipa Rogan	Greystones & District
2012	Conor Dempsey	Greystones & District
2013	Conor Dempsey	Greystones & District
2014	Alana Ryan	Greystones & District
2015	Alana Ryan	Greystones & District
2016	Emma O'Brien	Inbhear Dee
2017	Richael Browne	Greystones & District
2018	Alana Ryan	Greystones & District
2019	Róisín Treacy	Ashford
2020	Not held	—
2021	Daniel Quirk	Greystones & District
2022		

## **Juvenile Athlete of the Year Award Winners**

<b>Year</b>	<b>Name</b>	<b>Club</b>
1982	Trevor Sargeant	Bray Striders
2008	Tara Jameson	Inbhear Dee



## Athletics Leinster Star Awardees Co. Wicklow Roll of Honour

The Athletics Leinster Awards are selected solely based on performance in Athletics Leinster Championships. These awards were inaugurated for juvenile athletes in 1990. Senior Awards started in 1999.

<b>Year</b>	<b>Girl</b>	<b>Boy</b>	<b>Seniort†</b>
1990	Blánaid Quigley	Keith Byrne	—
1991	Blánaid Quigley	Keith Byrne	—
1992	Blánaid Quigley	Barry Cleary	—
1993	Gail Doyle	Alan O'Reilly	—
1994	Gail Doyle	Killian Smyth	—
1995	Róisín McGettigan	Christopher Rice	—
1996	Gail Doyle	Killian Smyth	—
1997	Róisín McGettigan	Thomas McKeown	—
1998	Róisín McGettigan	Thomas McKeown	—
1999	Carol Loscher	Darragh Graham	David Kelly
2000	Carol Loscher	Darragh Graham	Noel Kavanagh
2001	Fionnuala Britton	Brian Farrell	Joseph Diskin
2002	Marion Earls	Des Earls	Darragh Graham
2003	Marion Earls	Mark Flynn	Fionnuala Britton
2004	Lynsey Porter	Des Earls	Fionnuala Britton
2005	Lynsey Porter	John Flemming	Darragh Graham
2006	Tara Jameson	Michael O'Connor	Fionnuala Britton
2007	Ellie Hartnett	Ferdia Kenny	Brian Farrell
2008	Ellie Hartnett	Jonathan Phillips	Tara Jameson
2009	Claire Earls	Ferdia Kenny	Caoimhe Basquille
2010	Caoimhe Basquille	Ferdia Kenny	Richard Owens
2011	Claire Foley	Ronan Marah	Jim Boland
2012	Lynda Earls	Jamie Cullen	Jim Boland
2013	Ara Freeman	Conor Dempsey	Laura Kavanagh
2014	Amaris Borel	Conor Dempsey	David Coyle
2015	Alana Ryan	Conor Dempsey	Tim Grummell
2016	Richael Browne	Josh Pyper	Aoife Conroy
2017	Alana Ryan	Joseph O'Shea	Aoife Conroy
2018	Ellen McNally	Joe Prendergast	Richael Browne
2019	Róisín Treacy	Jack McGlone	Niamh Kearney
2020	Covid - Not held	Covid - Not held	Covid - Not held
2021	Covid - Not held	Covid - Not held	Covid - Not Held
2022			

† Inaugurated in 1999



## **Athletics Leinster Star Awards Co. Wicklow Roll of Honour**



### **Athlete of the Year Award**

<b>Year</b>	<b>Recipient</b>
2019	Fionnuala McCormack (née Britton)

### **Outstanding Achievement Award**

<b>Year</b>	<b>Recipient</b>
2011	Fionnuala McCormack (née Britton)
2012	Fionnuala McCormack (née Britton)

### **Outstanding Service to Athletics Award**

An Outstanding Service Award may be made every 3<sup>rd</sup> year to an official in County Wicklow on the nomination of the Athletics Wicklow Board to Athletics Leinster.

<b>Year</b>	<b>Recipient</b>
2003	Breda Synnott
2006	Noreen O'Reilly
2009	Bill Porter
2012	Cyril J Smyth
2015	Theresa Kinane
2018	Terry Kavanagh
2023	





## Athletics Ireland Awards Roll of Honour



<b>Year</b>	<b>Recipient</b>	<b>Award</b>
2007	Fionnuala Britton	Cross-Country/Road Athlete of the Year
2008	Fionnuala Britton	Cross-Country/Road Athlete of the Year
2011	Fionnuala Britton	Endurance Athlete of the Year
2012	Fionnuala Britton	Track & Field Athlete of the Year
2012	Fionnuala Britton	Endurance Athlete of the Year
2014	Fionnuala Britton	Endurance Athlete of the Year
2016	Fionnuala McCormack	Team of the Year: European Senior Cross-Country Team 2015 – Bronze medallists Fionnuala McCormack, Lizzie Lee, Caroline Crowley, Ciara Durkan
2021	Cyril J Smyth	Official of the Year



## Athletics Wicklow Outstanding Service Awards



<b>Year</b>	<b>Recipient</b>
2011	Cyril J Smyth – Bray Runners
2013	Terry Kavanagh – Roundwood & District
2018	Dermot Brennan – Bray Runners
2019	Breda Dickinson – St Benedict Inbhear Mór
2021	Pat Kavanagh – St Benedict Inbhear Mór
2022	Anne Marie Kelly – Inbhear Dee



## Athletics Wicklow Volunteer Awards



<b>Year</b>	<b>Recipient</b>
2022	Anne Marah – Roundwood & District
2022	Tom Cavanagh – Bray Runners



## Federation of Irish Sports Volunteer in Sports Awards



<b>Year</b>	<b>Recipient</b>
2019	Theresa Kinane – Greystones & District

# Athletics Wicklow



Ashford  
Athletic Club

Ashford



Aughrim



Bray Runners



Glendalough  
Harriers



Greystones &  
District



Inbhear Dee



Kilcoole



Lakeshore  
Striders



Parnell



Roundwood &  
District



Slí Cualann



Solid Running



St Benedict  
Inbhear Mór



Tomnafinnogoe



**Kilcoole AC**

**Hosts of the 2022  
Athletics Wicklow  
Star Awards**