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
## Munster Star Award Winners 2013

### Indoor & Track and Field Awards

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

Club Awards

Indoor
Juvenile Leevale A. C.
Junior/Senior Leevale A. C.
Masters Rising Sun A. C.

Track & Field
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) LJ 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
Trapee Harriers A.C.

2013 Achievements

Munster U23 Track and Field Championships
Shot Put U23  Gold 14.31m
Discus Throw U23  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
Trapee Harriers A.C.

2013 Achievements

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

1st Kerry U19 Cross Country

1st Kerry Junior Cross Country

3rd Munster U19 Cross Country

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

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**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
Míchéal Power  
West Waterford A.C.

<table>
<thead>
<tr>
<th><strong>2013 Achievements</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st County Championships under 15</td>
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<tr>
<td>1st County Championships under 16</td>
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<tr>
<td>1st Munster Championships under 15 Led club and county to third place in the team race</td>
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<tr>
<td>3rd Munster Championships under 16 Led club and county to third place in the team race</td>
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</tbody>
</table>

Eugene Moynihan  
Marian A.C.

<table>
<thead>
<tr>
<th><strong>2013 Achievements</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Munster:</td>
</tr>
<tr>
<td>O/55 800 and 3000m indoor gold</td>
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<tr>
<td>O/55 4 mile road gold</td>
</tr>
<tr>
<td>O/55 Cross Country gold individual and team</td>
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<tr>
<td>All Ireland:</td>
</tr>
<tr>
<td>O/55 800m indoor silver</td>
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<tr>
<td>O/55 Team Bronze Cross country</td>
</tr>
</tbody>
</table>

Evan Crotty  
Emerald A.C.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Munster Juvenile Indoor U19 60M 2nd 7.48</td>
</tr>
<tr>
<td>Munster Juvenile Indoor U19 200M 2nd 23.77</td>
</tr>
<tr>
<td>Munster Juvenile Indoor U19 400m 1st 52.13</td>
</tr>
<tr>
<td>Munster Junior Indoor 200m 2nd 23.78</td>
</tr>
<tr>
<td>Munster Junior Indoor 400m 2nd 52.46</td>
</tr>
<tr>
<td>All Ireland Juvenile Indoor 60m 3rd 7.1</td>
</tr>
<tr>
<td>All Ireland Juvenile Indoor 200m 3rd 22.93</td>
</tr>
<tr>
<td>All Ireland Juvenile Indoor 400m 2nd 50.78</td>
</tr>
</tbody>
</table>
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.
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 Castletelyons 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 400mhurdlles,1st 4x400m relay
- Celtic track and field International Varsity team selection.
- Member of leeval athletic club league team-All Ireland silver Medalists.
- UCC Athlete Development award recipient

**Patrick McSweeney**  
Bandon A.C.

![Patrick McSweeney](image)

**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
| **Patrick O'Shea**  
Iveragh A.C. | **2013 Achievements** |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td></td>
<td>1st County Cross Country</td>
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<td></td>
<td>1st County 5k Road</td>
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<td>1st Munster Cross Country</td>
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<td>1st Munster 4 Mile Road</td>
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<td>1st Munster half marathon</td>
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<td>3rd All Ireland 10k</td>
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<td>3rd European Half Marathon Czech Republic - 2nd Team (over 45)</td>
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<td>1st County 3000 track</td>
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<td>1st All Ireland 5000 track</td>
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<td>1st 5000 Track - World Police and Fire Games</td>
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<td>2nd 1500 Track - World Police and Fire Games</td>
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<td></td>
<td>1st 5k Cross Country - World Police and Fire Games</td>
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| **Paul Murphy**  
Ferrybank A.C. | **2013 Achievements** |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td></td>
<td><strong>Indoor:</strong></td>
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<tr>
<td></td>
<td>Munster Junior 200m - 1st, Munster U18 200m -1st</td>
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<td></td>
<td>Munster U18 400m - 1st , All Ireland U18 200m -3rd</td>
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<td></td>
<td>All Ireland U18 400m -3rd,</td>
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<td></td>
<td>Scottish indoors U18 400m - 1st ( New Championship Record 49.8 )</td>
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<td></td>
<td><strong>Outdoor:</strong></td>
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<tr>
<td></td>
<td>County U18 400m - 1st, Munster Junior 200m -2nd</td>
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<td></td>
<td>Munster U18 400m -1st, Munster U18 200m-1st</td>
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<td></td>
<td>Munster U18 4x100m-1st ,</td>
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<td></td>
<td>All Ireland U18 400m -1st ( New Championship Record 49.1 )</td>
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<td></td>
<td>All Ireland U18 200m -1st, All Ireland Senior 4x400m-1st</td>
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<td>Celtic Games International U18 400m - 2nd ( PB 48.5 )</td>
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<td><strong>Schools:</strong></td>
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<tr>
<td></td>
<td>East Munster Senior 400m -1st</td>
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<td></td>
<td>East Munster Senior 200m -1st</td>
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<td></td>
<td>Munster Senior 400m -1st</td>
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<td></td>
<td>Munster Senior 200m  -1st</td>
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<td></td>
<td>All Ireland Senior 200m-3rd</td>
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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

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.
THE
MUNSTER STAR
AWARDS