

ULSTER WINTER THROWS FESTIVAL 2020

The 2020 Ulster Winter Throws Festival took place on Saturday last and attracted eighty eight athletes from thirty one clubs in fifteen counties to a sunny, calm Finn Valley Centre. For some it was their first visit to Donegal and everyone seems to have enjoyed the experience. Many athletes achieved personal best performances in their chosen event and the stand out performance from a Donegal point of view was the new County Senior Discus Record of 44.36m by Finn Valley's Gavin Mc Loughlin beating the old figure of 42.62m set by Sean Carlin also of Finn Valley in the 1970's.

Others who had fine performances were AAI Senior Hammer Champions Brendan O' Donnell, County Senior Record Holder Adrienne Gallen who competed in the U/18 event on Saturday, Galway athlete Liam Shaw of Athenry had personal best performances in both the Shot and Discus events. Casey Mulvey of Innyvale in Cavan had a welcome return to form after a number of difficult weeks with victories in both the Shot and Discus events giving very good performance in both, Molly Coffey O' Connor, Clones was impressive in the U/16 Discus and Oisin Joyce, Lake District was very impressive in the U/16 Javelin with a 54.38m winning throw, while John Dwyer, Templemore was impressive in the hammer. James Kelly, Finn Valley a silver medalist in the recent AAI Senior Championships, showed that he is ready to move up another notch with a 16.33m victory in the shot.

From a family point of view Robert Anderson from Donegal town with his son Alex and daughters Ava and Alannagh took part in all four events and had gave some great performances. Alex was a silver medallist in the Hammer at last year's AAI Juvenile Championships and Robert was a medallist at the national Master's Championships.

Former International Ailish O' Brien travelled from Wexford with her daughter Ailish and her nephew Michael Kent while there were strong contingents from Adamstown AC, North Down AC, Templemore AC, Tuam AC, Lake District AC, Brow Rangers AC and Na Fianna AC. Louth was represented by throwers from Boyne AC and Dundalghan AC, Cavan was well represented by Annalee, Shercock and Innyvale athletic clubs while Monaghan had throwers from Glaslough Harriers and Clones on duty.

This is the third year that the event has been held and it has gone from strength to strength, the Ulster Spring Throws Festival will be the next event in the series and will be held on the weekend before St Patrick's Day.

SHOT

U/14 Girls

- 1. Ava Anderson, Tír Chonaill 11.62m**
- 2. Emma Mc Daid, Olympian 11.25m**
- 3. Alannagh Anderson, Tír Chonaill 9.60m**

U/14 Boys

- 1. Cian Crompton, Edenderry 14.41m**
- 2. Andrew Jensen, Finn Valley 12.75m**
- 3. Michael Kent, DMP 10.81m**

U/16 Girls

- 1. Ashleigh Mc Ardle, Lifford/Strabane 11.87m**
- 2. Beth Hammond, North Down 11.61m**
- 3. Una O' Donnell, Lifford/Strabane 11.18m**

U/16 Boys

- 1. Liam Shaw, Athenry, 14.72m**
- 2. Kacper Adamski, Tír Chonaill 13.28m**
- 3. Cian Mc Kenna, Glaslough Harriers 12.80m**

U/18 Girls

- 1. Casey Mulvey, Innyvale 14.08m**
- 2. Niamh Mc Corry, Annalee 12.23m**
- 3. Aoife Giles, Cranford 10.64m**

U/18 Boys

- 1. Liam Shaw, Athenry 13.45m**
- 2. Noah Mc Conway, Ennis Track 12.45m**
- 3. Euan Caniffe, Boyne 11.73m**

Junior Men

1. Robert Higgins, Na Fianna 11.20m

Senior Women

1. Emma Kelly, Brow Rangers 8.28m

Senior Men

1. James Kelly, Finn Valley 16.33m

2. Gavin Mc Loughlin, Finn Valley 14.71m

Master Women

O/45

1. Leonie Hegarty, Tuam 6.70m

O/50

1. Geraldine Finnegan, North East Runners 9.76m

2. Jean Daly, Na Fianna 7.87m

3. Belinda Mc Greal, Tuam 7.47m

O/65

1. Peggy Higgins, Corofin 5.80m

Master Men

O/40

1. Colm Donoghue, Lusk 9.43m

O/45

1. Ronan Mc Kenna, Glaslough Harriers 10.72m

2. Martin O' Donnell, Olympian 8.04m

3. Justin Lane, Tuam 6.61m

O/50

1. Joe Kelly, Brow Rangers 10.57m

2. Robert Anderson, Tír Chonaill 8.06

O/50

1. Ray Mc Greal, Tuam

O/60

1. Bosco Reid, Finn Valley

O/70

1. Murt Kelly, Brow Rangers

DISCUS

Girls U/14

1. Alannagh Anderson, Tír Chonaill 19.00m

2. Ava Anderson, Tír Chonaill 16.87m

Boys U/14

1. Cian Crampton, Edenderry 50.36m

2. Michael Kent, DMP 39.28m

Girls U/16

1. Molly Coffey O' Connor, Clones 32.69m

2. Una O' Donnell, Lifford/Strabane 24.30m

3. Hannah Whyte, Lifford/Strabane 20.18

Boys U/16

1. Liam Shaw, Athenry 46.63m

2. Cian Crampton, Edenderry 42.23m

3. Alex Anderson, Tír Chonaill 42.07m

Girls U/18

1. Casey Mulvey, Innyvale 41.70m

2. Aisling O'Brien, DMP 29.83m

3. Aoife Giles, Cranford 24.75m

Boys U/18

- 1. Euan Caniffe, Boyne 35.41m**
- 2. Noah Mc Conway, Ennis Track 34.83m**

Junior Men

- 1. Robert Higgins, Na Fianna 39.30m**

Senior Women

- 1. Emma Kelly, Brow Rangers 27.21m**

Senior Men

- 1. Gavin Mc Loughlin, Finn Valley 44.36m (New Donegal Senior Record)**

Master Women

O/45

- 1. Leonie Hegarty, Tuam 15.03m**

O/50

- 1. Jean Daly, Na Fianna 24.75m**
- 2. Geraldine Finnegan, North East Runners 20.91m**
- 3. Belinda Mc Greal, Tuam 15,83m**

O/65

- 1. Peggy Higgins, Corofin**

Master Men

O/40

- 1. Colm Donoghue, Lusk 26.40m**

O/45

- 1. Ronan Mc Kenna, Glaslough Harriers 25.04m**
- 2. Justin Lane, Tuam 16.34m**

O/45

1. Joe Kelly, Brow Rangers 31,58m

O/55

1. Ray Mc Greal, Tuam 21.03m

O/60

1. Paul Herron, Sparta 41.16m

2. Bosco Reid, Finn valley 30.89m

3. Jim Herron, Sparta 27.39m

O/70

1. Murty Kelly, Brow Rangers, 30.94m

JAVELIN

U/14 Girls

1. Enya Silkena, Dundealgan 34.07m

2. Emer Mc Fadden, Lifford/Strabane 27.00m

3. Rihanna Waters Moran, Lake District 26.58m

U/14 Boys

1. Stephen Slevin, Finn Valley 25.75m

2. Eoghain O'Donnell, Olympian 23.35m

U/16 Girls

1. Hannah Whyte, Lifford/Strabane 26.28m

2. Morgan Wilson, North Down 24.83m

2. Hannah Lawden, North Down 24.81m

U/16 Boys

1. Oisin Joyce, Lake District 54.38m

2. Blaine Lynch, Finn Valley 48.76m

U/18 Girls

1. Niamh Mc Corry, Annalee 26.94m

2. Aoife Giles, Cranford 23.88m

3. Laragh Faul, Olympian 21.17m

U/18 Boys

1. Euan Caniffe, Boyne

2. Cormac O' Donnell, Lifford/Strabane

Junior Men

1. Robert Higgins, Na Fianna 24.90m

Master Women

1. Jean Daly, Na Fianna 14.87m

2. Leonie Hegarty, Tuam 13.38m

3. Belinda Mc Greal, Tuam 13.14m

O/60

1. Danae Herron, Sparta 21.02m

O/65

1. Peggy Higgins, Corofin 12.06m

Master Men

O/40

1. Colm Donoghue, Lusk 15.50m

O/45

1. Martin O' Donnell, Olympian 25.63m

O/50

1. Robert Anderson, Tir Chonaill 20.76m

2. Joe Kelly, Brow Rangers 15.50m

O/55

1. Ray Mc Greal, Tuam 22.35m

O/60

1. Pat O' Mahoney, Adamstown 28.25m

2. Bosco Reid, Finn Valley 28.01m

O/70

1. Murty Kelly, Brow Rangers 15.50m

O/80

1. Frank Stewart, Sparta 25.36m

HAMMER

U/14 Girls

1. Caoimhe Gallen, Lifford/Strabane 46.30m

2. Muireann Mc Bride, Lifford/Strabane 38.29m

3. Charlee Williams, Shercock 24.53m

U/14 Boys

1. Thomas Williams, Shercock 41.87m

U/16 Girls

1. Kayleigh Cozens, Templemore 34.10m

2. Molly Coffee O' Connor, Clones 33.73m

3. Laura Dumphy, Fr Murphy 32.01m

U/16 Boys

1. Jack Kelly, Brow Rangers 45.24m

2. Emmet O' Neill, Carrick-On-Suir 43.04m

3. Alex Anderson, Tír Chonaill 39.23m

U/18 Girls

1. Adrienne Gallen, Lifford/Strabane 54.98m

U/18 Boys

- 1. Jude Mc Crossan, Lifford/Strabane 48.81m**
- 2. Cormac O' Donnell, Lifford/Strabane 48.56m**
- 3. Noah Mc Conway, Ennis Track 44.31m**

U/20 Women

- 1. Siobhan Hennessy, Templemore 24.08m**

U/20 Men

- 1. Robert Higgins, Na Fianna 56.82m**
- 2. Azouus Varulle, Templemore 43.13m**
- 3. Brian Naughton, Nenagh Olympic 39.73m**

Senior Men

- 1. Brendan O' Donnell, Lifford/Strabane 60.59m**
- 2. Conor Breslin, Finn Valley 39.86m**
- 3. Mark O' Brien, Templemore 32.65m**

Master Women

O/40

- 1. Katie Cozens, Templemore 17.61m**

O/45

- 1. Leonie Hegarty, Tuam 20.04m**

O/50

- 1. Jean Daly, Na Fianna 32.65m**
- 2. Belinda Mc Greal, Tuam 26.91m**

O/65

- 1. Peggy Higgins, Corofin 12.77m**

Master Men

O/35

1. John Dwyer, Templemore 48.88m

O/40

1. Colm Donoghue, Lusk 29.47m

O/45

1. Justin Lane, Tuam 19.23m

O/50

1. Joe Kelly, Brow Rangers 33.85m

2. Robert Anderson, Tír Chonaill 30.08m

O/60

1. Eamon Mc Evoy, Adamstown 39.22m

2. Bosco Reid, Finn Valley 35.05m

O/70

1. Murt Kelly, Brow Rangers 29.13m