

Athletics Wicklow

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Star Awards

2023



Greystones Lawn Tennis Club

Greystones

Friday

23rd February 2024





Contae Chill Mhantáin – Meanma Saor

County Wicklow – Free Spirits

Welcome to Greystones Lawn Tennis Club for the presentation of the Athletics Wicklow Annual Star Awards 2023 and the Athletics Wicklow Special Recognition, Volunteer and International Achievement and Recognition Awards 2023. Thanks to Greystones & District AC for hosting the 2023 awards. This booklet brings together many of the highlights of 2023 not only from Regional and National perspectives, but also internationally. County Wicklow athletes have flown the flag for the Garden County in Austria, Belgium, England, France, Israel, Poland, Portugal, Scotland, Slovenia and Spain in European, World and British and Irish Championships.

The star awardees of 2023 reflect the talents of Co. Wicklow athletes across the spectrum of disciplines within athletics – track and field, cross country, combined events, mountain and trail running and road running – and recognise the breadth of the achievements of Co. Wicklow athletes during the past year. The 2023 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 2023 and also to those who have achieved Championship Records and Personal Bests. Athletics Wicklow feels justifiably proud of the achievements of all our athletes. We also remember tonight the unexpected death of Brian Geraghty last July, the recipient of the 2022 Star Award for Masters Men and his contribution to Wicklow Athletics.

Choosing the awardees for 2023 was as usual a difficult task in several categories. Accordingly, it was decided to add International Junior Awards to mark their particular achievements during 2023.

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 and all those who volunteered their services at Wicklow Championships and the Juvenile League during 2023.

Bill Porter, Chairperson, Athletics Wicklow

Athletics Wicklow
Under 13 – Under 16 Girls Star Award
Jessica O'Connor – Roundwood & District A.C.



At the Leinster Indoors Championships at the TUS Midlands Arena in Athlone, there were 5 heats in the U13 Girls 600 m with 12 competitors in each. Jessica qualified by right from heat 5 in 1:55.60. In the final she placed 4th, missing out on a medal in the final sprint. In the High Jump she placed 5th of 18 competitors. In May at the Community Games National Mixed Distance Relays at Gormanston, Co Meath, Jessica was a member of the Wicklow team which won the **Bronze** medals in the Girls U14 Mixed Relay. At the Leinster Outdoors T&F Championships there was stiff qualification in the U13 Girls 600 m with 43 competitors divided in 4 heats. Jessica qualified in 2nd place in ht 3 in a time of 1:47.68. In the final there was disappointment again for Jessica with 4th place in a super time of 1:43.84, just 0.05 sec from the bronze medal. In the High Jump she placed 6th of 14 competitors. In the South Leinster Community Games, Jessica placed 4th for a **Bronze** medal in the U14 Girls 800 m to qualify for the National Community Games finals held at Carlow SETU in August. There, in the U14 800 m, she won a **Bronze** 4th place medal.

Athletics Wicklow
Special Recognition Award
Kate Brosnahan – Kilcoole A.C.



A special recognition award is being made by Athletics Wicklow to Kate Brosnahan of Kilcoole A.C. Kate has been on a challenging journey since her birth, first for survival in her earliest days through a life in wheelchairs and using a walking frame. Will and Sinead, her parents, through their love and affection have encouraged Kate throughout her journey. In 2022 after Covid, Kate with her brother Gavin joined Kilcoole A.C. The club accepted Kate's disabilities and respected her parents' request that she be treated no differently from the other young children in the club. Her coaches soon found that Kate was a strong and determined youngster. She quickly made friends in her training group who encouraged her along every step of the way. Kate has been an inspiration to her coaches in Kilcoole A.C. They admire her pluck in striving to overcome her physical difficulties. Kate regularly attends training irrespective of the weather. Kilcoole A.C. and her parents have seen the improvements that athletics have brought to her physical and mental well-being. Kate has continued to exceed expectations in many regards and always leaves training with a smile.

There was a special moment at the Juvenile League at Rathdrum Rugby Club in November when Kate rose to the challenge of a 400 m race. She set off at her own pace finishing well behind the rest of the field but cheered on and clapped every metre of the final stretch to the finish line. To Will and Sinead it was the start of a new phase in Kate's long journey, seeing her stand in line for her bib number and race in Kilcoole colours. Both appreciated the support that Kate was given that evening by other parents and athletes from all Wicklow clubs towards her goal, the finish line. Kate has continued to compete in the Juvenile League and in the Awards Scheme where the different events pose different challenges. Athletics Wicklow and Kilcoole A.C. embrace Kate's efforts to ignore her disabilities but rather embrace her newly found abilities. Athletics Wicklow and Kilcoole A.C. look forward to Kate continuing to enjoy life through athletics and to aspire to maximise her potential. Athletics Wicklow hopes that this award will provide Kate with further inspiration towards every goal she sets.

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



For Ethan the first few months of 2023 were about recovery from his accident and getting back into training and running mode. He first tested his recovery at the Leinster T&F Championships at Tullamore in June:

- Boys U14, 800: **Bronze Medal**, 2:23.74
- Boys U14, 1500 m: 4th place, 4:56.01

Ethan's real strengths have been in cross country where the longer distances show his stamina and determination. His first test came at the Leinster Even Ages Cross Country at the Mountain View Golf Club, Ballyhale, Co. Kilkenny:

- Boys U14, 3000 m: **Silver medal**, 12:41

At the Leinster Uneven Ages Cross Country Championships, now running out of age, he had further success:

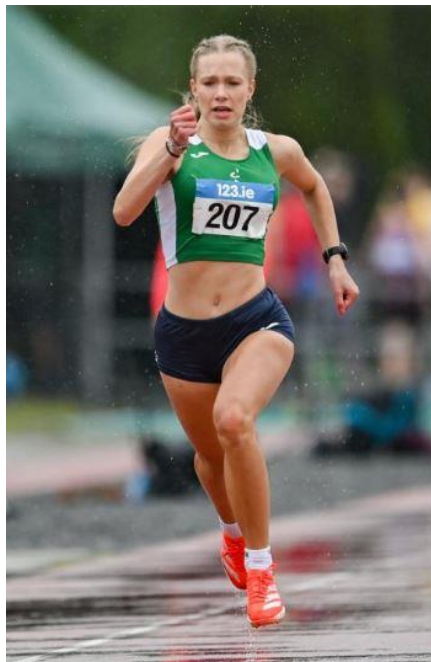
- Boys U15, 3500 m: **6th Place Bronze Medal**

At the Athletics Ireland National Even Ages Cross Country Championships at Gowran Demesne he added to his medal tally:

- Boys U14, 3000 m: **Silver medal**, 11:00

He rounded off 2023 at the National Uneven Ages, by placing 17th of 146 finishers in the Boys U15 race at the Navan Adventure Centre, Co. Meath in a time of 12:30.

Athletics Wicklow
Under 16 – Under 19 Girls Star Award
Maria Zakharenko – Kilcoole A.C.



Maria is a sprint athlete covering 200 m to 800 m. Her performances and medal haul in 2023 are truly impressive:

- Leinster Juvenile Indoors T&F, U17 200 m: **Silver Medal**, 25.77 sec
- Leinster Juvenile Indoors T&F, U17 400 m: **Gold Medal**, 58.29 sec, **CR**
- Leinster Juvenile Indoors T&F, U17 800 m: **Silver Medal**, 2:20.23
- Leinster U20 Indoors T&F, 400 m: **Silver Medal**, 58.33 sec
- National Juvenile Indoors T&F, U17 400 m: **Silver Medal**, 58.83 sec

Her focus then turned to Leinster and All-Ireland Schools Championships, running in the colours of Avondale Community College:

- Leinster Schools T&F, Intermediate Girls: 300 m, **Bronze Medal**, 41.74 sec
- Leinster Schools T&F, Intermediate Girls: 800 m, **Silver Medal**, 2:17.77

The action then turned to Leinster and National Juvenile Outdoors Championships:

- Leinster Juvenile T&F, U17 200 m: **Bronze Medal**, 25.90 sec
- Leinster Juvenile T&F, U17 400 m: **Gold Medal**, 58.01 sec
- Leinster Juvenile T&F, U17 800 m: **Bronze Medal**, 2:15.20 (PB)
- National Juvenile T&F, U17 200 m: **Gold medal**, 26.17 sec
- National Juvenile T&F, U17 400 m: **Gold Medal**, 56.94 sec (PB).

On the basis of her performances in 2023, Maria Zakharenko was selected for the National 2024/25 4 x 400m relay squad.

Athletics Wicklow
Under 16 – Under 19 Boys Star Award
Noah Harris – Parnell A.C.



Noah is a distance athlete who has had remarkable success in 2023. He has had success from 800 m up to 5000 m in track, cross country and hill running. His year started with the Leinster & All-Ireland Schools Cross Country and the Leinster and National Juvenile Indoors:

- Leinster Schools XC, Intermediate Boys: **Gold Medal**
- All-Ireland Schools XC, Intermediate Boys, 5000 m: 12th of 93 finishers
- Leinster Juvenile Indoors T&F, U17 800 m: **Silver Medal**, 2:03.63
- National Juvenile Indoors T&F, U17 800 m: **Bronze Medal**, 1:58.06 (PB)

The action then switched to the outdoors track season:

- Leinster Schools T&F, Intermediate Boys, 3000 m: **Gold Medal**, 9:00.55
- All-Ireland Schools T&F, Intermediate Boys, 3000 m: **Silver Medal**, 8:59.73
- Tailteann Interprovincial Games, 3000 m: **Gold Medal**, 8:53.94
- National Juvenile T&F, U17 1500 m: **Silver Medal**, 4:05.85 (PB)

More success came in the Leinster & National Cross-Country season:

- Leinster Juvenile Even Ages XC, U18 5000 m: **Bronze Medal**, 18:04
- Leinster Uneven Ages XC, U17 4500 m, **Gold Medal**, 15:57
- National Juvenile Even Ages XC, U18 5000 m, **9th Place Bronze Medal**
- National Juvenile Uneven Ages XC, U17 4500 m: **Silver Medal**.

Athletics Wicklow
Junior Women Star Award
Eleanor Foot – Bray Runners A.C.



Eleanor has made the steeplechase her specialty in recent years but also competes at 800 m, 1500 m, 3000 m and cross country. She had a busy and fruitful indoors season:

- Leinster U20 Indoors T&F, 1500 m: **Gold Medal**, 4:50.68
- National U20 Indoors T&F, 1500 m: **Gold Medal**, 4:43.11
- Leinster Juvenile Indoors T&F, U19 800 m: **Silver Medal**, 2:23.13
- Leinster Juvenile Indoors T&F, U19 1500 m: **Silver Medal**, 4:44.28
- National Juvenile Indoors T&F, U19 1500 m: **Gold Medal**, 4:51.97

In the outdoors T&F season, Eleanor concentrated on her steeplechase events with success at all levels from Schools Senior Girls to National Senior:

- Leinster Schools T&F, Senior Girls, 1500 m S/C: **Gold medal**, 5:23.74
- All-Ireland Schools T&F, Senior Girls, 1500 m S/C: **Gold Medal**, 5:12.56
- Leinster U20 T&F, 3000 m S/C: **Gold Medal**, 12:17.42
- National U20 T&F, 3000 m S/C: **Gold Medal**, 11:38.15
- National Juvenile T&F, U19 3000 m S/C: **Gold Medal**, 11:16.73 (PB)
- National **Senior** T&F, 3000 m S/C: **Silver Medal**, 11:17.20

She ended her athletic year with cross-country outings:

- Leinster Juvenile U19 XC, 5000 m: **9th Place Medal** of 58 finishers, 21:34
- Leinster U20 XC, 5000 m: **8th Place**
- National Juvenile U19 XC, 5000 m: **14th Place** of 48 finishers.

Athletics Wicklow
Junior Men Star Award
Daniel Quirk – Greystones & District A.C.



Daniel's specialty is triple jump, but he also does long jump and combined events. He had a busy indoors season:

- National U20 T&F, Triple Jump: **Gold Medal**, 12.64 m
- Leinster Juvenile Indoors T&F, U18 Triple Jump: **Gold Medal**, 12.63 m
- Leinster Juvenile Indoors T&F, Long Jump: **Gold Medal**, 6.10 m
- Leinster U20 Indoors T&F, Triple Jump: **Gold Medal**, 12.44 m
- Leinster U20 Indoors T&F, Long Jump: **Gold Medal**, 6.12 m
- National Juvenile Indoors T&F, U18 Triple Jump: **Gold medal**, 13.13 m
- National Juvenile Indoors T&F, U18 Long Jump: **Silver Medal**, 6.04 m

His outdoor season was equally as rewarding:

- Leinster Schools T&F, Senior Boys, Triple Jump: **Gold Medal**, 13.14 m
- All-Ireland Schools T&F, Senior Boys, Triple Jump: **Gold Medal**, 13.14 m
- Leinster Juvenile T&F, U18 Triple Jump: **Bronze Medal**, 8.58 m (injury)
- Leinster Juvenile T&F, U18 Javelin: **Gold medal**, 39.00 m
- Leinster Juvenile T&F, U18 Discus: **Bronze medal**, 18.75 m
- National Juvenile T&F, U18 Triple Jump: **Silver Medal**, 13.03 m
- National Juvenile T&F, U18 Long Jump: **Bronze Medal**, 6.26 m

He completed his sporting year with schools' combined events:

- Leinster Schools CE, Senior Boys, Pentathlon: **Gold Medal**, 2252 pts
- All-Ireland Schools CE, Senior Boys, Pentathlon: **Bronze Medal**, 2415 pts.

Athletics Wicklow
International Junior Women Star Award
Niamh Murray – Bray Runners A.C.



Niamh has made the 400 m her event, in which she has progressed substantially in 2023. While she was an U18, she mainly competed at U20 level:

- National U20 T&F, 400 m: **Gold Medal**, 55.18 sec
- AAI Games Indoors T&F, 400 m: 1st Place, 55.55 sec
- Leinster U20 Indoors T&F, 400 m: **Gold Medal**, 55.56 sec

At the AAI Indoors Games held at the TUS Midlands Arena, Athlone, there was a trial relay for the National U20 4 x 400 m relay team. Niamh ran the final leg, bringing the team home in 3:43.30, a National Junior Indoors Record (**NJIR**) and the qualifying standard for the European U20 Championships in Jerusalem in August. She also gained selection for the relay at the Dynamic New Athletics Meeting in Madrid.

Her outdoors season started with schools' athletics:

- Leinster Schools T&F, Senior Girls, 400 m: **Gold Medal**, 54.80 sec, meeting the qualifying standard for the European U20 Championships
- All-Ireland Schools T&F, Senior Girls, 400 m: **Gold Medal**, 55.11 sec
- National U20 Outdoors T&F, 400 m: **Gold Medal**, 55.25 sec.

Athletics Wicklow
International Junior Men Star Award
Jonas Stafford – Ashford A.C.



Jonas Stafford's progress in athletics since joining Ashford A.C. in September 2020 can only be described as meteoric. His athletic year started with schools' cross country representing East Glendalough School:

- Leinster School XC, Senior Boys: **Silver Medal**, 18:48
- All-Ireland Schools XC, Senior Boys, 5000 m: **Gold Medal**, 20:56

His track season began with the schools' championships and two championship records:

- Leinster Schools T&F, Senior Boys, 2000 m S/C: **Gold Medal**, 5:53.07 (**CR**)
- Leinster Schools T&F, Senior Boys, 5000 m: **Gold medal**, 14:30.91 (**CR**), meeting the qualifying standard for the European U20 Championships
- All-Ireland Schools T&F, Senior Boys, 5000 m: **Gold Medal**, 14:45.95
- National U20 Outdoors T&F, 3000 m S/C: **Gold Medal**, 9:09.05
- AAI Games Outdoors T&F, 2000 m S/C: 2nd Place, 5:52.10
- North Belfast Harriers 5000s, "A" 5000 m: 3rd place, 14:10.37 (PB)

He rounded off his national athletics by returning to cross country:

- National U20 XC, 5000 m: **Silver Medal**, 17:13, qualification for European XC.

Athletics Wicklow
Masters Women Star Award
Catherine O'Connor – Parnell A.C.



Catherine has become a Masters' idol in Co. Wicklow. Among her many achievements in 2023 nationally one can list:

- Leinster 3 km Road Race : 3rd Overall and 1st W45 (10:46), **Gold Medal**
- National 5 mile: 2nd W45 (30:28), **Silver Medal**
- National 10 mile: 2nd W45 (1:04:26), **Silver Medal**
- National Half-Marathon: 2nd W45 (1:23:11), **Silver Medal**
- National Marathon Dublin: 2:52:47 (PB)
- Enniscorthy 10 km: 2nd overall (38:03)
- Bohermeen Half Marathon: 1st W45 (1:25.41)
- Fastlane 10 km: 3rd overall and 1st W45 (39:04)
- Thoroughbred 10 km: 1st Lady (39:04)
- Irish $\frac{3}{4}$ Marathon: 2nd Lady (2:17)

Athletics Wicklow
Masters Men Star Award
John Conway – Glendalough Harriers A.C.



John Conway is a Master Ultra-runner. This past year he undertook several challenging mountain/trail runs, among which were:

- Transalpine Run: This 268km alpine monster of a race started in Oberstdorf, Germany, travelling through Austria to South Tyrol, Italy, accumulating 15,000 m of ascent along the way, staged over 7 days. He completed the race in a cumulative time of 33 hrs, 45 min, 45 sec, placing 33rd of 147 finishers and 4th in the M40 category.
- The Bluestack Way 50 km (1600m ascent): The race route is essentially linear and follows the Bluestack Way from Donegal Castle to Ardara town square. The course is renowned for its variability in terrain with stoney trails, mountain bog and tarred side roads. John placed 2nd overall and 1st M40 in a time of 4 hrs 37 min.
- The Art O'Neill Challenge: This 60 km race starts in Dublin Castle proceeding to Kippure Estate and then over open mountain via Art's Cross to finish at Glenmalure. John completed the race in a time of 7:33:36, placing 6th overall.
- The International EcoTrail Wicklow: John finished this 31.1 km race (1200 m ascent) in 2:50:26, placing 3rd overall and 1st M40.

**Athletics Wicklow
Team of the Year
National Half Marathon
Senior Slí Cualann Team**

**Sarah Baryga
Catherine O'Connor
Donna Quinn**



Athlete	Time	Race Place	Total Time
Sarah Baryga	1:22:18	133 rd	4:15:43
Catherine O'Connor	1:23:13	148 th	
Donna Quinn	1:30:13	290 th	

Athletics Wicklow
Athlete of the Year
Fionnuala McCormack – Kilcoole A.C.



Two performances by Fionnuala in 2023 rightly bestow on her the accolade of Athletics Wicklow Athlete of the Year. The first was most certainly the Wicklow Performance of the Year on 3 December in the Valencia Marathon in which she clocked 2:26:19, 31 sec inside the marathon qualifying time for the Games of the XXXIII Olympiad in Paris and this just six months after the birth of her third child. By competing in Paris, she will become the first Irish Woman to compete at five successive Olympic Games, having made her debut in Beijing in the 3000 m Steeplechase in 2008, which many of us remember so well.

The second performance came in the mud of the Parc de Laeken in Brussels just seven days later at the 29th European Cross Country Championships in which she placed 4th in a time of 35:00 for the 8 km. It was a truly remarkable performance in dreadful underfoot conditions with 42.2 km still in her legs from the week before. For these performances she was named the Irish Times Sport Ireland Sportswoman of the month for December 2023.

Athletics Wicklow salutes Fionnuala and wishes her well in the build-up to Paris.

Athletics Wicklow

Volunteer Award

Adan Hartnett – Greystones & District A.C.



Aidan Hartnett (right), presented with his Volunteer Award 2023

Aidan Hartnett has been a member of Greystones & District for nigh 20 years. In his athletic years he was a sprinter and still has a particular passion for sprint events. Not unsurprisingly sprint coaching became his forte with Greystones AC. Aidan well understands the disappointment and frustration that athletes can feel when they underperform. His is an encouraging, sympathetic coach who can analyse where things went wrong and bring out the best in athletes to strive to fulfil their potential.

He has been a mainstay of the club over the years as other coaches and officials moved on to pastures new. He has been the Chairperson of the club for many years and has been a competent, dependable administrator. He is one of the club's Child Welfare Officers.

Many athletes in Co Wicklow past and present would recognize Aidan from Wicklow track and field championships at which he has officiated over many years. He is an excellent finish line judge, who remains calm under pressure, and is respected for his abilities in this regard. His recording of places and times ensures that results can be processed easily and efficiently. He has also acted as a finish line judge at Leinster and National Championships. He has always performed his duties as an official with efficiency, impartiality and professionalism.

Aidan epitomizes volunteerism in every possible way. Athletics Wicklow salutes his contributions to club and county by this Volunteer Award which recognizes his valuable efforts and services as official and administrator.

Athletics Wicklow
International Achievement Award
Dominic Horan – Bray Runners A.C.



At the World Masters Athletics Championships at Toruń, Poland, Dominic placed 13th of 39 competitors in the M55 8,000m cross country in a time of 31:29 and was the third scoring athlete on the Irish M55 team, securing the **Silver** medal in the team standings. He also toed the line in the Toruń Arena in the M55 3,000 m in which there were 30 competitors, placing 14th in a time of 10:09.73.

Athletics Wicklow
International Achievement Award
Graham Bushe – Glendalough Harriers A.C.



At the World Masters Mountain Running Championships held on the island of Madeira, Portugal, Graham placed 15th in the M50 9.2 km (800m of ascent) uphill only race in a time of 60:37 and was the third scoring athlete on the Irish M50 team to take the team **Silver** medal in a closely contested event. Spain and Ireland finished equal on 30 pts, the Gold medal being decided on countback in Spain's favour, with Germany 3rd on 31 pts. He also competed in the 32.5 km race.

Athletics Wicklow
International Achievement Award
Maria Zakharenko – Kilcoole A.C.



Based on her performances in school athletics, Maria was selected to represent Ireland at the SIAB Schools International held at Grangemouth, Scotland in July. She was a member of the 4 x 300 m relay, running the third leg, which took the **Silver** medals in a time of 2:40.43. She also competed in the individual 300 m, placing 5th in a time of 41.6 sec.

Athletics Wicklow
International Achievement Award
Colm O'Neill – Greystones & District A.C.



On a blisteringly hot autumnal day Colm represented Ireland in U20 Junior Home International and British and Irish Mountain Running Championships at Peebles, Scotland, placing 13th and 3rd Irish scorer in a time of 27:58 for the 5.9 km course (275 m ascent). The Irish U20 team took the **Bronze** medals. He also represented Ireland at the World U20 Mountain and Trail Running Championships at Innsbruck, Austria. He placed 42nd in the Mountain Junior 6.7 km race (375 m ascent) in a time of 32:46, the second Irish scorer. The Irish team placed 10th. He further competed for Ireland in the International U18 Mountain Running Cup at Annecy, France, over a 4.6 km course (230 m ascent), placing 17th of 50 finishers and 2nd Irish team scorer in 19:16. The Irish team placed 8th.

Athletics Wicklow
International Achievement Award
Noah Harris – Parnell A.C.



It was a busy year for Noah internationally. He competed for Ireland at the SIAB Schools International Cross Country held at Sefton Park, Liverpool, in the 4 x 1500 m Mixed Relay, gaining a team **Bronze** medal. Next was the U18 International Mountain Running Cup in May at Annecy, France, where he placed 14th and 1st Irish finisher in a time of 19:05 for the 4.6 km course (230 m ascent). This was followed by selection for the SIAB Schools International held at Grangemouth, Scotland in July, where he competed in the 3000 m, taking the **Silver** medal in a time of 8:38.45. At the U17 Junior Home International and British and Irish Mountain Running Championships at Peebles, Scotland, he placed 9th and third scorer on the Irish team to lift the **Bronze** medals with 23 pts.

Athletics Wicklow
International Achievement Award
Emily Ryan – Parnell A.C.



Emily represented Ireland as a member of the senior IMRA team, albeit a W35 athlete, in the Inter-Celtic Trail de Guerledan Challenge held at Bon Repos sur Blavet, Brittany, France over a 26 km course (830 m ascent). She placed 18th of 50 competitors in the Women's race in a time of 2:58:38 and 5th in the Inter-Celtic category. The Irish team took the **Bronze** medals. A regular competitor in IMRA races she consistently places first or second in her age category.

Athletics Wicklow
International Achievement Award
William Belton – Parnell A.C.



In the Autumn Cross Country Masters Trial at Abbotstown in October, William placed 4th in his age category and was selected for the British & Irish Masters Cross Country held at Tollcross Park, Glasgow. He placed 16th in the M70 6,000 m race. The Irish M70 team took the **Bronze** medals. William also competed at the World Masters Championships at Toruń, Poland, in the M70 6 km cross country, placing 23rd of 38 finishers and 3rd Irish team scorer. The Irish team placed 5th of 8 teams.

Athletics Wicklow
International Achievement Award
Annmarie Kenny – Parnell A.C.



At the World Masters Athletics Championships at Toruń, Poland, Annmarie placed 13th and third scoring athlete in the W45 8,000m cross country in a time of 38:35, taking a W45 team **Gold** medals. She also placed 11th in the W45 10 km Road race in 45:39. She next competed at the World Masters Mountain Running Championships on the island of Madeira, Portugal. She placed 8th in the W45 9.2 km (800 m of ascent) uphill only race in a time of 1:10:12 and was the third scoring athlete on the Irish W45 to take the team **Gold** medal, 9 pts clear of second-placed Portugal. In the 44th Šmarna Mountain race (Tek na Šmarno Goro) in Slovenia in October, Annmarie placed 18th in the 10 km race (710m ascent), 4th W45, in a time of 1:12:59. She was the W45 **Silver** medallist in the 1.8 km uphill pre-event.

Athletics Wicklow
International Achievement Award
Ray Kenny – Parnell A.C.



Ray competed in the 8 km cross country at the World Masters Indoors Championships in Toruń, Poland, placing 11th and third scoring athlete in the M45 category. He secured team **Bronze** medals for Ireland. He also ran in the 10 km road race, placing 10th M45 in a time of 38:08. In October Ray competed in the 44th edition of the Šmarna Mountain race (44th Tek na Šmarno Goro) in Slovenia, which is part of the WMRA Grand Prix series. He finished the 10 km race in 28th place in a time of 57:57, 4th in the M45 category. He was the M45 **Bronze** medalist in the 1.8 km uphill pre-event.

Athletics Wicklow
International Achievement Award
Catherine O'Connor – Parnell A.C.



Catherine O'Connor is the most prolific Master Medallist in Co Wicklow. At the World Masters Championships in Toruń, Poland, she won the individual W45 **Silver** medal in the 8 km cross country in a time of 32:44, contributing to the Irish W45 team **Gold** medals. To this she added a further individual **Silver** medal in the W45 Half Marathon, clocking 1:21:57, and leading home the Irish W45 women to team **Gold** medals. In September at the European Masters Athletics Championships in Pescara, Italy, Catherine added more medal bling to her collection. She won the individual W45 **Silver** medal in the Half Marathon in a time of 1:25.32 and led home the Irish W45 team to the team **Silver** medals.

Athletics Wicklow
International Achievement Award
Niamh Murray – Bray Runners A.C.



2023 has been a remarkable year for Niamh. In February she competed at the U20 Dynamic New Athletics meeting in Madrid, Spain, in the Mixed 4 x 400 m relay, running the second leg. Ireland placed 2nd behind Great Britain in 3:28.25. She was selected as a traveling sub member of the 4 x 400m relay for the European Indoors Championships in Istanbul. The event was a straight final with the most experienced quartet. Next up for Niamh was the European U20 Championships in Jerusalem, Israel. In heat 1 of 4 in the 400m she clocked a PB of 54.75 in placing 5th. This saw her through to the SFs where she placed 8th in SF1 in 55.03. She ran the final leg in both the heat and the final of the 4 x 400 m relay, timed at 53.77 sec and 53.88 sec, respectively. Her disappointment in the individual 400 m was mitigated by news that she had been selected for the 4 x 400 m squad as a travelling sub to the World Athletics Championships in Budapest. At 17 yrs and 244 days she became the youngest ever Irish team member at these championships.

Athletics Wicklow
International Achievement Award
Jonas Stafford – Ashford A.C.



Jonas was selected for the 5000 m at the European U20 Championships in Jerusalem, Israel, in August. In difficult running conditions he placed 12th of 26 competitors in a time of 14:31.60. However, having made a team Silver medal debut at the European Cross Country Championships in 2022, his main target in 2023 was to make the U20 team for European Cross Country Championships in December in Brussels. Having taken the individual Silver medal in the National U20 Cross Country, he gained automatic selection. The day before the championships in the Parc de Laeken, the local organisers ran multiple trial races on the course which resulted in a quagmire suitable for hippopotami. In the very muddy trying conditions Jonas finished 10th and 3rd scorer, winning the team **Gold** medal for Ireland on 20 pts, with Great Britain 2nd on 24 pts.

Athletics Wicklow
International Achievement Award
William Tyrell –Parnell A.C.



At the World Masters Athletics Championships at Toruń, Poland, Billy was a member of the Irish M65 Cross Country team which competed over the 8,000 m course. He placed 14th in a time of 36:34, the third Irish scorer. A cumulative team time of 1:41:49 was enough to secure the M65 team **Gold** medals by 5 sec.

Athletics Wicklow
International Recognition Award
François Kulik – Parnell A.C.



In March at the 9th World Masters Indoors Championships in Toruń, Poland, François competed in the M40 High Jump. He placed 6th with 1.85 m. The 5th, 6th and 7th places were decided on count-back. He also competed in the M40 pentathlon finishing in 8th place on 2849 pts (60 mH, 10.31 sec, 9th; Long Jump, 5.28 m, 9th; Shot Putt, 7.07 m, 17th; High Jump, 1.81 m, 1st; 1000 m, 3:05.54, 6th).

Athletics Wicklow
International Recognition Award
Ashling Smith – Bray Runners A.C.



At the 9th World Masters Indoors Championships in Arena Toruń, Poland, Ashling competed in the W50 1500 m. She placed 6th in a time of 5:35.42. On 10th September, she ran the New Balance Fifth Avenue Mile in New York. She placed 6th of 204 women in the W50 category and 1st international athlete in a time of 5:56.



Bord Lúthchleas Oganach na hÉireann

Juvenile Star Awardees

Co. Wicklow

Roll of Honour



Year	Name	Club
1970	Patrick Whiston	Presentation College Bray
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	Presentation College Bray
1979	Trevor Sargeant	Presentation College Bray
1980	Trevor Sargeant	Bray Striders
1981	Kevin O'Brien	Bray Striders
1982	Trevor Sargeant	Bray Striders
1983	Stephen O'Toole	Presentation College Bray
1984	Stephen Gilmore	Presentation College Bray
1985	Alan Keyes	Presentation College 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



Athletics Ireland

Juvenile Star Awardees

Co. Wicklow

Roll of Honour



Year	Name	Club
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 Covid	—
2021	Daniel Quirk	Greystones & District
2022	Daniel Quirk	Greystones & District
2023	Eleanor Foot	Bray Runners



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



Juvenile Athlete of the Year Award Winners

Year	Name	Club
1982	Trevor Sargeant	Bray Striders
2008	Tara Jameson	Inbhear Dee

Special Awards

Year	Award	Recipient	Club
2023	Juvenile Committee Special Recognition Award	Niamh Murray	Bray Runners
2023	European Cross Country U20 Gold Medal Team Recognition Award	Jonas Stafford	Ashford



Athletics Ireland Awards Roll of Honour



Year	Recipient	Award
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 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.

Year	Girl	Boy	Senior†
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	—	Daniel Quirk	—
2023			Drew Donohoe

† Inaugurated in 1999



Athletics Leinster Star Awards Co. Wicklow Roll of Honour



Athlete of the Year Award

Year	Recipient
2019	Fionnuala McCormack (née Britton)

Outstanding Achievement Award

Year	Recipient
2011	Fionnuala McCormack (née Britton)
2012	Fionnuala McCormack (née Britton)

Outstanding Service to Athletics Award

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

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



Athletics Wicklow Outstanding Service Awards



Year	Recipient	Club
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



Year	Recipient	Club
2022	Anne Marah	Roundwood & District
2022	Tom Cavanagh	Bray Runners
2023	Aidan Hartnett	Greystones & District



Federation of Irish Sports Volunteer in Sports Awards



Year	Recipient
2019	Theresa Kinane – Greystones & District

Athletics Wicklow



Ashford



Aughrim



Bray Runners



Glendalough Harriers



Greystones & District



Inbhear Dee



Kilcoole



Lakeshore Striders



Parnell



Roundwood & District



Slí Cualann



Solid Running



St Benedict Inbhear Mór



Tomnafinnoge



Hosts of the 2023 Athletics Wicklow Star Awards