

Athletics Wicklow

Star Awards 2011





Welcome



Photograph from Athletics Ireland

**Fionnuala Britton
Kilcoole A.C.
European Cross-Country Champion 2011**



Chill Mhantáin – Meanma Saor

Welcome to Roundwood for the presentations of the 2011 Athletics Wicklow Star Awards, the County Cross-Country Trophies, and the Outstanding Achievement Awards, as well as the Slí Cualann Fit4Life Awards. What a momentous year it has been for Athletics Wicklow and Ireland! Wicklow athletes have again represented Ireland at European and World Championship levels in Youth, Senior and Masters categories in track and field, cross-country and mountain running. Thus, Athletics Wicklow can look back on 2011 as one of achievement at the highest international levels. However, one achievement more than any other has brought particular joy to Kilcoole and Co. Wicklow – the crowning of Fionnuala Britton as European Cross-Country Champion in Velenje, Slovenia in December. It is a just reward for the years of honest hard training that she has undergone. Her win epitomises everything that is good about the sport we all love. I am confident that her achievement will inspire the young athletic talent in Co. Wicklow to follow in her footsteps. The 2011 star awardees reflect the many achievements of Co. Wicklow athletes during the past year. I congratulate all those receiving awards this evening.

To all those involved in organising the cross-country and track and field championships of Athletics Wicklow I extend a special thank you. I would also like to take this opportunity to thank all the officers of the Co. Board for their hard work during 2011 and all the volunteers who drive athletics in clubs throughout the county for their unstinting time and effort.

Bill Porter, Chairperson, Athletics Wicklow

I Am A Runner

I am runner.

Not because I chose to be
But because I am.

Not because I want to be
But because I have to be.

Not because it feels good
But because it hurts.

Not because I say I am
But because I am.

I am runner.

And that is what I will always be.
It is a part of me.

An addiction.

A drug.

A disease.

And no matter how hard I try, it won't go away.
And that's fine.

Because I don't want it to.
I am runner.

Anonymous (Live to Run)

Leap High, Jump Far

There are many different tactics
That you take to reach your dreams,
But to leap high and jump far
Is harder than it seems.

To take a long run down that path
And see your goal ahead,
It fills you with adrenaline
That keeps your dreams well fed.

That final step you push off hard
To soar into the sky,
There's not a better emotion
Than to feel like you can fly.

And as you suspend in the air
You're thinking just jump far,
Because you know you are the best
You have to set the bar!

Jamie Nicole Robinson, USA

Under 14 – Under 16 Girls Wicklow Star Award Winner

Ara Freeman - Greystones & District A.C.



Photograph Courtesy of Theresa Kinane

Ara Freeman is a sprinter. At the Athletics Leinster Indoors Championships she qualified for the final of the 60 m dash in 8.67 secs. In the final she won the U14 Silver medal in 8.53 secs, a mere 0.05 secs from the Gold medal. At the Athletics Ireland Indoors Championships she took 5th place in the final of the U14 60 m dash in 8.77 secs. Her outdoors season began at the Athletics Leinster Championships in the 80 m sprint. She qualified for the final with the fastest time of 10.72 secs and took the U14 Gold medal in the final in 10.99 secs. She also qualified for the final of the 200 m with the fastest time of 27.75 secs. In the final she won the U14 Gold medal in 27.91 secs. At the Athletics Ireland Juvenile Championships in Tullamore in July she was the second fastest qualifier for the final of the 80 m dash in 10.54 secs. In the final Ara won the National U14 Silver Medal in a time of 10.53 secs (-0.2 m/s). Two weeks later Ara qualified for the final of the Athletics Ireland 200 m Championship in the second fastest time of 27.16 secs. In the final she was just beaten on the line, taking the All-Ireland U14 Silver medal in 26.56 secs. Having won two Leinster Gold and one Leinster Silver medals and two All-Ireland Silver medals, Ara is certainly a young Wicklow athlete to watch in future years. May 2012 bring an even more bountiful medal haul!

We shout and pound the stands
For one to win
Loving her, whose hard
Grace-driven stride
Most mocks the clock.

From *The Sprinters*, © Lillian Morrison

**Under 14 – Under 16 Girls
Wicklow Star Award Winner 2011
Ara Freeman**

Under 14 – Under 16 Boys Wicklow Star Award Winner Conor Dempsey - Greystones & District A.C.



Photograph Courtesy of Greystones A.C.

Conor Dempsey has had an excellent year in athletics in 2011. He is a hurdler, sprinter and long jumper. At the Athletics Leinster Indoors Championships he won the U14 Long Jump title with a leap of 4.92 m. In the 60 m dash he won his heat in 8.60 secs and in the final took the U14 Silver medal in 8.34 secs. His third event was the 60 m hurdles in which he also took the Silver medal in 10.40 secs. Progressing to the Athletics Ireland Juvenile Indoors Championships in Nenagh Stadium, Conor won the U14 Long Jump Gold medal with a jump of 4.96 m. He clocked 8.41 secs in his heat of the 60 m dash to qualify for the final in which he placed 4th in 8.31 secs. In the 60 m hurdles he qualified for the final in 10.30 secs and took 6th place in the final in the same time. At the Athletics Leinster Outdoors Championships Conor won the U14 Gold Medal in the Long Jump with a leap of 4.79 m. In the 75 m hurdles he took the Silver medal in 13.85 secs. He qualified for the final of the 200 m in a time of 27.04 secs. In the final he placed 4th in 27.83 secs. At the Athletics Ireland Juvenile Outdoors Championships he qualified through to the final of the 200 m in 26.61 secs, but in the final had to settle for 7th place in 27.17 secs. With a tally of 2 Gold and 3 Silver Leinster medals and an All-Ireland Gold medal (and 2 x 4th placings in finals), Conor has made a significant mark for Co. Wicklow and Greystones & District A.C. This emerging talent in the long jump in particular holds much promise.

Sand, sand everywhere,
In my shoes and in my hair,
Jumping long is so much fun,
But the day has just begun.

From *Long Jump*, © BeccaBelieved

**Under 14 – Under 16 Boys
Wicklow Star Award Winner 2011
Conor Dempsey**

Under 16 – Under 19 Girls Wicklow Star Award Winner

Claire Foley – Greystones & District A.C.



Photograph Courtesy of Athletics Ireland, © Sportsfile

Claire Foley is a sprinter. Right from the beginning of the year, 2011 proved to be a most rewarding one for all her hours of training. At the Athletics Leinster Indoors Championships she won the U17 Silver medal in the 60 m sprint in 8.14 secs. She also qualified for the final of the 200m in 27.39 secs and in the final added another Silver medal in 26.42 secs. At the Athletics Ireland Juvenile Indoors Championships Claire won the U17 Silver Medal in the 60 m dash in 7.92 secs [8.07 secs in heat] and placed 5th on time in the 200 m in 26.57 secs. Representing her school, St Gerard's Bray, she was a double Gold Medalist in the Inter Girls at the Leinster Schools Championships at Santry Stadium, winning the 100 m in 12.73 secs and the 200 m in 25.31 secs. At the All-Ireland Schools Championships at Tullamore Stadium, Claire won the Inter Girls Silver medal at 100 m in 12.57 secs (-3.1 m/s) and the Bronze medal in the 200 m in 25.47 secs (-1.1 m/s). Next came the Athletics Leinster Outdoors Championships where she took double Gold medals in the U17 sprints – 100 m [12.91 secs] and 200 m [**CBP** 25.12 secs]. Claire then moved up to the 300 m in which she won the Silver medal in 41.17 secs. At the Tailteann Games Schools Interprovincial Meeting Claire placed 4th in the 100 m in 12.51 secs, just 0.01 sec away from a Tailteann Bronze medal, and in the 200 m won the Bronze medal in 26.13 secs. In the Athletics Ireland National Juvenile Championships Claire qualified for the final of the 100 m in 12.99 secs and placed 5th equal in the final in 12.65 secs. Her disappointment was forgotten by her performance at 200 m when she qualified for the final in 26.39 secs and ran a storming 25.80 secs (-1.3 m/s) to take the All-Ireland U17 Silver medal. She was selected to run for Irish Schools at the SIAB U17 International at the Cardiff International Sports Stadium in July where she finished 7th in the 200 m in 26.38 secs (-1.6 m/s). However, as part of the Irish team in the 4 × 100 m relay, she gained a Silver medal.

Infinite striving to be the best is man's duty; it is its own reward.

Mohandas Gandhi

**Under 16 – Under 19 Girls
Wicklow Star Award Winner 2011
Claire Foley**

Under 16 – Under 19 Boys Wicklow Star Award Winner

Lorcan Murphy - Bray Runners & Sli Cualann A.C.



Photograph Courtesy of Lorcan Murphy

Lorcan Murphy is a high jumper. He is Bray Runner's first Juvenile Star Awardee. Lorcan had an exceptional year, improving his PB to a benchmark of 1.90 m [6ft 2¾in], i.e., above his own height. He would admit that his first love is basketball. In the 2009–10 season Lorcan was a member of the Presentation College Bray team that won the All-Ireland Cup U16 title, a member of the Irish National U16 squad (2009–10) and was named Basketball Ireland Boys School Player of the Year 2010. His agility on the basketball court gives him the spring required for success at high jump which he used to particular effect in 2011. Competing for Presentation College in the East Leinster Schools Championships he cleared 1.75 m to take the Inter Boys Bronze medal. He also took a Bronze medal in the Inter Boys 200 m. At the Leinster Schools finals at Santry Stadium he again cleared 1.75 m to take joint Bronze medal. In June, in perfect jumping conditions at the All-Ireland Schools Championships at Tullamore, he was tuned in and psyched up to jump. With great joy he cleared 1.90 m! At 1.93 m he almost cleared on one of his three trials, but had to settle for a well deserved All-Ireland Inter Boys Silver medal, when the other remaining athlete cleared this height. At the Athletics Leinster Junior Championships he took the Silver medal by clearing 1.85 m. At the Athletics Ireland Junior Championships he cleared 1.80 m to place 5th. At the Tailteann Games Schools Interprovincial Meeting he again jumped 1.85 m. The 2nd to 5th places were settled on count back at this height which placed Lorcan 4th. Unfortunately he was unable to compete in the Athletics Ireland Juvenile Championships in late July as these clashed with a basketball tournament in the USA. Next target 2.00 m [6ft 6¾in]?

It was basketball that really got me into high jumping. I still played basketball even after I really got into high jumping.

Matt Fisher, Minnesota Gopher, Big Ten High Jump Champion 2009

**Under 16 – Under 19 Boys
Wicklow Star Award Winner 2011
Lorcan Murphy**

Junior Women Wicklow Star Award Winner

**Philippa Rogan - Greystones & District A.C.
& Reading A.C.**



Photograph Courtesy of Philippa Rogan

In recent years Athletics Wicklow has been blessed with promising high jumpers. Philippa “Pippa” Rogan is the latest from the Greystones stable. Pippa attends school in Berkshire, England. She opened her championship season by placing 9th in the English Athletics U20 Indoors Championship in Birmingham with a jump of 1.61 m. She won the Berkshire County Outdoors Championships in May at a height of 1.66 m. A Gold medal at the Berkshire County Schools Championships in Reading followed with a clearance at 1.75 m, a PB. A week later at the Athletics Leinster Championships she won the U18 High Jump with a Championship Best Performance. The following week she placed 4th in the English U20 High Jump Championship at Gateshead with 1.75 m. Achieving the qualifying height for the World Youth Championships in France three times in fourteen days assured her selection for the WYC. On 1 July she set another PB of 1.76 m in winning the English Schools High Jump Championship at Bedford. At the Athletics Ireland National Juvenile Championships at Tullamore in July she won the U18 title with a leap of 1.71 m. This gained her selection for Ireland for the Celtic Games at the Antrim Forum. She also jumped higher than 1.70 m at two other meets in England in May 2011 – the National Junior League Brent Division at Hillingdon [1.72 m] and at the Southern Women’s League Premier at Braunton [1.73 m], placing 1st at both meetings.

It's lack of faith that makes people afraid of meeting challenges, and I believed in myself.

Muhammad Ali (Cassius Marcellus Clay), Light Heavyweight Olympic Gold Medalist, Boxing, Rome 1960

**Junior Women
Wicklow Star Award Winner 2011
Philippa Rogan**

Junior Men Wicklow Star Award Winner

**Michael Kavanagh - Roundwood
& District A.C. & Slí Cualann A.C.**



Photograph Courtesy of Noel Conway

Michael 'Mikey' Kavanagh has truly come of age as a Cross-Country Junior athlete in 2011. Back in January he competed in the Athletics Ireland U19 Boys Cross-Country Championship at Tullamore which had been postponed from December due to the adverse snow conditions. Mikey finished in 8th place of 41 finishers. Returning to the cross-country scene in the autumn of 2011, in October Mikey finished 7th of the 81 finishers in the Athletics Leinster Novice Cross-Country Championship at Belvedere House, Mullingar, Co. Westmeath, joining the elite few athletes from Co. Wicklow to have finished in the top 10 in this event. His performance in the Athletics Leinster Intermediate Cross-Country Championship at Adamstown, Co. Wexford, was even more astonishing for a Junior athlete when he won the Bronze Medal in a field of over 80 experienced athletes. At the Athletics Ireland Inter-Counties Junior Cross-Country Championship at Sligo Racecourse in December he placed 9th – a top-10 finish for a Wicklow athlete in this Junior event has been a rare occurrence. In the National Novice Cross Country Championship at the Curragh he placed 25th in a field of over 253 finishers – a top 10% finish for any athlete in this highly competitive National event is a hallmark achievement. Closer to home Mikey achieved a remarkable double win in the Athletics Wicklow Novice and Intermediate Cross Country Championships, but was denied the treble by Noelie Kavanagh in a hard fought Senior Championship in which he took the Silver Medal. All of these cross-country achievements were recorded before his 19th birthday in December! Mikey was also the 6th finisher of 314 competitors, 2nd Junior, in the Streets of Wicklow 5K Road Race on Stephen's Day.

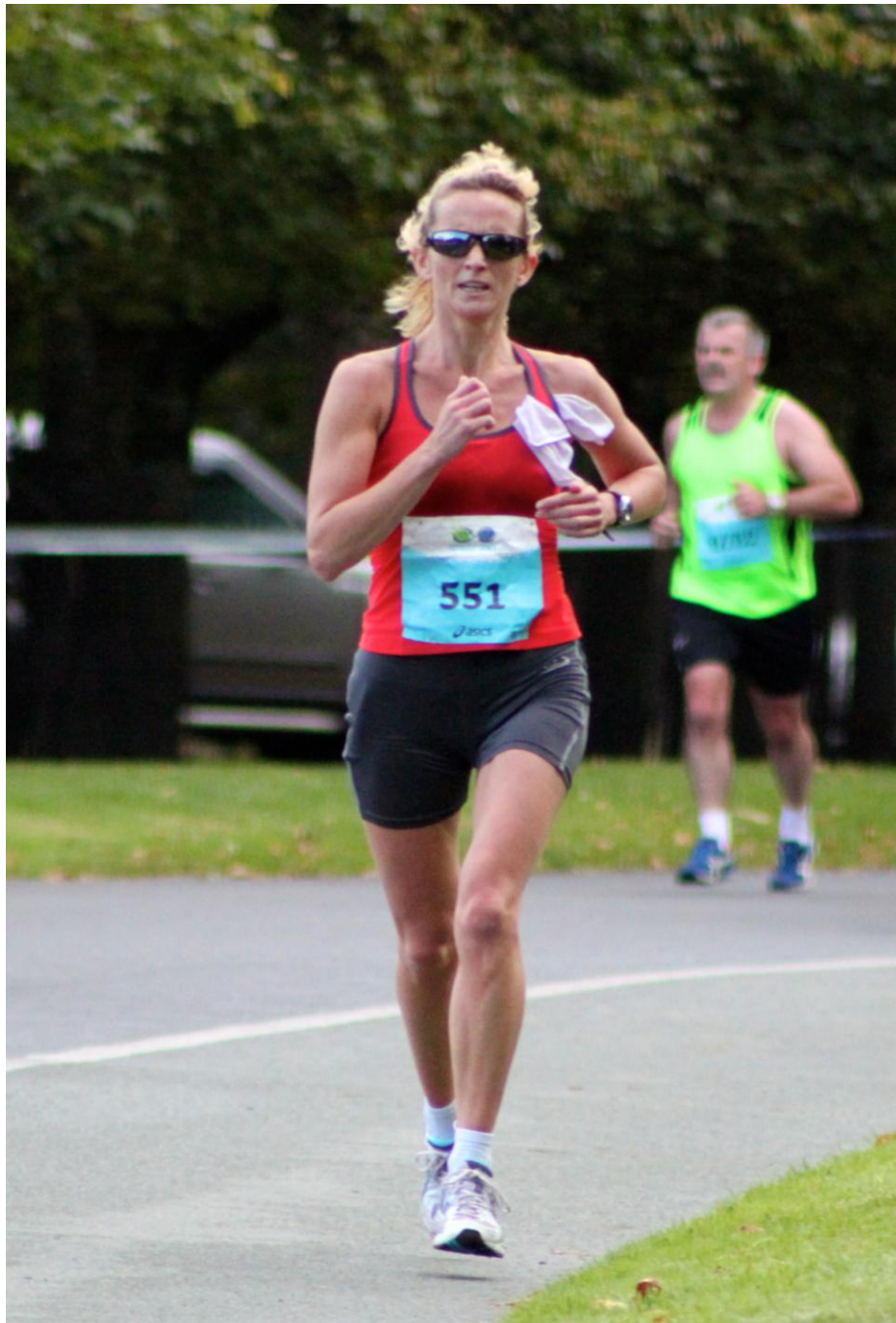
A long distance runner doesn't have to run fast
But he needs the energy to last and last
If it's cross country that he likes to do
he will need the stamina to pull him through
To run in the mud through the sleet and the rain
to jump and to leap for the lead he must gain
The fields to maneuver the rivers to cross
all this he must do without getting lost.

From The Cross Country Runner, © Anonymous

**Junior Men
Wicklow Star Award Winner 2011
Michael Kavanagh**

Masters Women Wicklow Star Award Winner

Joy Johnson - Inbhear Dee & Slí Cualann



Photograph Courtesy of Rick Johnson

Joy competed in the W40 category as a Masters athlete in 2011. At Rathdrum in September in the Athletics Leinster Senior 10K Road Race Championship, Joy won the Silver Medal in 42:10 and led the Slí Cualann and Wicklow teams home to Silver Medals in the Team and County categories. In the *Flora* Women's 10K Mini-Marathon in June in Dublin, Joy finished in 45th position in a time of 41:51, placing 6th in the W40 category – for comparison she finished in 69th position in 2010 in 42:49 [14th in the W35 category], 84th in 2009 in 44:47, and 81st in 2008 in 44:26. In October in the Athletics Ireland National Marathon, run in conjunction with the Dublin City Marathon, Joy placed 13th of the 56 finishers in the W40 category in 3:25:05. On the Wicklow home front Joy established herself as a front runner. In April she won the Athletics Wicklow W40 Gold Medal in the 5K Road Race Championship at Kilcoole in a time of 20:43. In May she won the Masters Women's Category of the Kilcoole A.C. 5 Mile Road Race in a time of 35:02. On the track she won the W40 Athletics Wicklow 3K Championship in 11:36. At the beginning of December Joy won the Athletics Wicklow Senior Cross-Country Championship at Avondale, Rathdrum. In the Streets of Wicklow 5K Road Race on Stephen's Day, Joy was the 2nd woman home in 20:01 behind Irish international athlete Róisín McGettigan and won the W35–W45 Category.

Learn from yesterday, live for today, hope for tomorrow.
The important thing is not to stop questioning oneself.

Albert Einstein, Nobel Laureate 1921 [1879–1955]

**Masters Women
Wicklow Star Award Winner 2011
Joy Johnson**

Masters Men Wicklow Star Award Winner

Michael Byrne - Parnell & Slí Cualann



Photograph Courtesy of Dominic Horan

Michael “Mick” Byrne now competes in the M50 Masters category. In truth the seemingly ever youthful Mick continues to compete as well as he ever did as a Senior athlete. Already on New Year’s Day 2011 he was setting out his stall for the year in the 6th Tom Brennan Memorial 5K Road Race in Phoenix Park, winning the M50 category in 16:40, a time that would have placed him 11th in the Senior Men’s category and would have won him the M40 category! On 16th January he won the 2010 Athletics Wicklow Masters Cross Country race in 23:16 and the M50 Gold Medal. A week later Mick won the Silver Medal in the snow-postponed 2010 Athletics Wicklow 10K Senior Cross-Country at Shanganagh Park in 36:26. In February, in very trying conditions at the Athletics Ireland Masters Cross Country Championships at ALSAA, Dublin, he placed 27th of 191 finishers and 7th in the M50 category in 30:50. In May at the Athletics Leinster Masters 6K Road Race Championships at Gowran, Co. Kilkenny, Mick won the M50 category Gold Medal in 20:19, a time that would have placed him 5th in the Novice Men’s race and would have won him the M40 category! In June he competed in the Wicklow Way Relay for the ‘Nifty Fifties’ finishing 2nd in the seventh leg in 83:58, *“a time not far slower than he ran in his prime”*. Also in June in the Dunshaughlin Michael Manning Memorial 10K he won the M50 category in a course record of 34:09, placing in the top 30 of 645 finishers. In September in the Mick Murphy Memorial 4 mile Road Race at Ferns he placed 33rd in 24:39 and 2nd in the M50 category. In the Streets of Wicklow 5K Road Race on Stephen’s Day, Mick won the M45–M50 category in 17:20. To all of this, one must add Mick Byrne’s impressive international achievements that single him out for an Outstanding Achievement Award (see later).

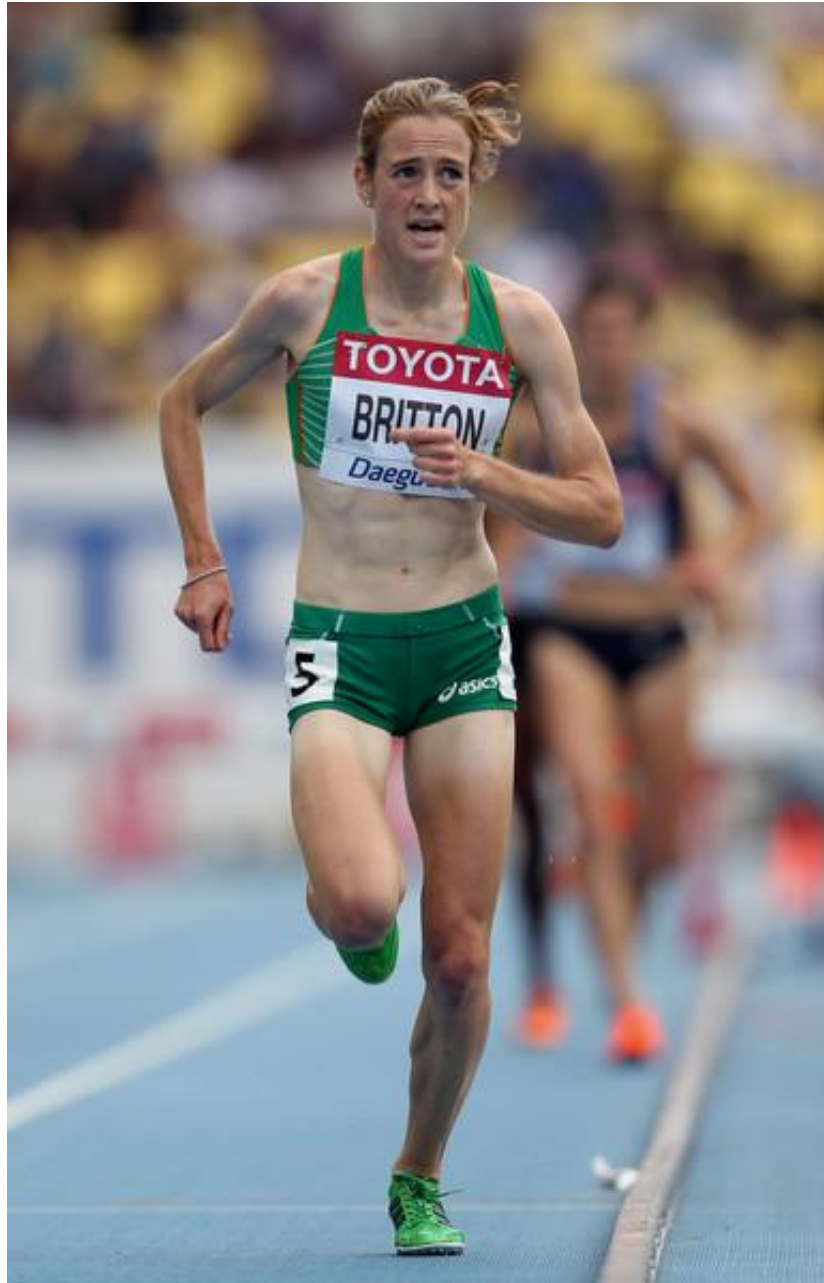
To give any less than your best is to sacrifice a gift.

Steve Prefontaine, American middle- and long-distance runner, who held seven US track records from 2–10K

**Masters Men
Wicklow Star Award Winner 2011
Michael Byrne**

Senior Women Wicklow Star Award Winner

Fionnuala Britton - Kilcoole A.C.



Photograph © Michael Steele/Getty Images AsiaPac

Success is a personal standard, reaching for the highest that is in us, becoming all that we can be.

Hilary H. "Zig" Ziglar, American motivational speaker

The Olympic motto “Citius, Altius, Fortius” – “Faster, Higher, Stronger” – embodies everything that Fionnuala Britton has achieved in 2011, with a total of 7 personal best times. Fionnuala got her year off to an emphatic start in winning the 6th Tom Brennan Memorial 5K race in the Phoenix Park on New Year’s Day, knocking 16 secs off the course record. In mid-January she was named *The Irish Times*–Irish Sports Council ‘Sportswoman of the Month’ for December 2010, following her impressive performance in the senior race at the European Cross Country Championships in the Algarve. At the end of the month she competed in the Celtic Cup in Cardiff, winning the 1500 m in 4:21.85, a PB indoors. On 5 February in Stuttgart, Germany, she set a PB of 9:00.70 for 3000 m indoors. On 6 March at the 35th Cross Internacional das Amendoeiras em Flor, Albufeira, Portugal, Fionnuala was the Silver Medalist over 6K in 19:43. In April Fionnuala took the 10K Road Championship of Ireland, incorporated into the Great Ireland Run in the Phoenix Park, in a time of 34:10, a PB. Also in April, with a storming middle 2-mile leg of 10:21, she contributed in no small way to Kilcoole A.C.’s first ever win in the Senior Women’s Road Relay Championship of Ireland at Raheny. At the end of May at the FBK Games in Hengelo, The Netherlands, she set a PB for 5000 m of 15:31.26, which she would improve in July at the Flanders Cup Meeting, Ghent, Belgium to 15:21.45. Fionnuala achieved the required World and Olympic standards for the 3000m S/C at the Samsung Diamond League Meeting in New York in June, finishing 5th in 9:37.60, a PB. At the Athletics Ireland National Senior Championships she took the Bronze Medal in the 1500 m in 4:18.03, another PB. In October Fionnuala won the Sheila Brennan Trophy Race at the Gerry Farnan Cross Country Festival in 15:41 over 3 miles. In early November she placed 6th behind two Kenyan and three Ethiopian athletes in the very competitive VIII Cross Internacional de Atapuerca in Burgos, Castile, Spain in 25:32 over 7.8K. At the end of the month she was the Bronze medalist behind an Ethiopian and a Kenyan in the 22nd Cross de l’Acier Cross Country race at Fort des Dunes, Leffrinckoucke, Nord-Pas-de-Calais, France in a time of 21:21 over 6.6K. All that without mention of her impressive Irish international appearances!

**Senior Women
Wicklow Star Award Winner 2011
Fionnuala Britton**

Senior Men Wicklow Star Award Winner

Richard Hourihan - Kilcoole A.C.



Photograph Courtesy of Dominic Horan

In 2011 Richard Hourihan finally made his mark as a senior athlete. A former Bray Runner and Slí Cualann athlete as a juvenile and junior, he now competes with Kilcoole A.C. In September at the Athletics Leinster Senior Road Race Championship at Rathdrum, Richard took the Winner's Laurels, winning the Gold Medal in 34:05, a remarkable achievement for a Co. Wicklow Senior athlete. In January in the Raheny Shamrocks 5 Mile Road Race, one of the major road races of the year with over 1500 competitors, he placed 35th at the tape, 28th Senior, in 27.22. At Enniscorthy in February he was the 7th Senior home in the My Sport 10K Road Race in 34:17. In April in the Athletics Wicklow 5K Road Race Championships he took the Senior Bronze Medal in 16:30. In May Richard finished 4th in the Kilcoole A.C. 5 mile Road Race. At the Athletics Leinster Senior Championships in June he placed 7th in the 5000 m in 17:07.84. At the end of that month in the Nike 5000 m Challenge at the 32nd Darmstadt City Run, Germany, he placed 10th of 298 Senior competitors in 16:58.6. At the beginning of September, Richard competed in the Athletics Ireland Half Marathon Challenge and National Championship, placing 66th of 690 finishers [48th Senior] in 1:17:03. In October in the Athletics Wicklow Novice 6K Cross-Country Championships at Ballese, Rathdrum, he won the Bronze Medal in 19:50. Two weeks later at Roundwood Richard won the Silver Medal in the Athletics Wicklow Intermediate 8K Cross-Country Championship in a time of 27:29.

Victory isn't defined by wins or losses. It is defined by effort. If you can truthfully say, *'I did the best I could, I gave everything I had'*, then you're a winner.

Wolfgang Schadler, Liechtenstein, three-time Winter Olympian, Luge

**Senior Men
Wicklow Star Award Winner 2011
Richard Hourihan**

Athletics Wicklow Outstanding Achievement Award 2011

**Philippa Rogan
Greystones & District A.C. & Reading A.C.**



Photograph Courtesy of Philippa Rogan

Philippa “Pippa” Rogan represented Ireland twice in 2011, a considerable achievement for a juvenile athlete. She competed in the high jump at the 7th World Youth Championships held in the Stadium Lille Métropole, Lille, France from 6–10 July, 2011. Between 11 June–1 July she had achieved the qualifying standard of 1.75 m for the WYC four times. In the qualifying round at Lille, Pippa cleared 1.62 m and 1.67 m at her first attempts, but had three failures at 1.72 m, which proved to be the cut-off qualifying height for the final. She finished 17th of the 30 competitors in the event. At the Woodie’s DIY Athletics Ireland Juvenile Championships at Tullamore on 23 July, Pippa won the U18 high jump with a clearance at 1.71 m and was selected for the Athletics Ireland team for the Celtic Games which were held at the Antrim Forum on 13 August. She became the Celtic Games Champion with a height of 1.65 m.

All who have accomplished great things have had a great aim, have fixed their gaze on a goal which was high, one which sometimes seemed impossible.

Orison Sweet Marden (1850-1924), American writer on will power and positive thinking

In order to succeed, we must first believe that we can.

Michael Korda, Writer and Novelist

Athletics Wicklow Outstanding Achievement Award

**Stephanie Reilly
Inbhear Dee & Slí Cualann**



Photograph © Getty Images

Champions are made from something they have deep
inside them - a desire, a dream, a vision

Mohammed Ali, Olympic Boxing Champion, Rome 1960

Stephanie Reilly is the full-time Bulldogs head coach for the men's and women's cross-country and track and field programmes at Bryant University, Smithfield, Rhode Island. Stephanie gained two international vests in 2011. In June at the 3rd European Team Championship, 1st League, at Izmir, Turkey, Stephanie placed 4th of 12 team competitors in the 3000 m steeplechase in 9:53.79. At the 13th World Track & Field Championships in Daegu, South Korea, she finished 8th in heat 3 of the 3000 m steeplechase in 9:55.49. In other respects it has been a very memorable year for Stephanie. She entered 2011 as the world leader in women's indoor 3000 m, having recorded 9:17.02 at the Boston University Mini-meet in Boston on 18 December. It augured well for 2011, a year in which she achieved a bumper bundle of personal bests at distances from 800 m to 5000 m. She already laid down markers for her track season in early January with indoors PBs at 800 m (2:10.67) at the RCC Tiger All-Comers TF Meet in Roxbury and in Boston at 1500 m (4:18.92). At the end of January at the Boston University Terrier Invitational in Boston she ran 9:11.24 for 3000 m indoors, a PB. Stephanie was named USA Track & Field's '*New England Athlete of the Month*' for January. Twice in February Stephanie ran PBs for the 1 mile indoors, at the New Balance Games in Boston (4:37.37) and at the NYU Team Challenge in New York (Armory) (4:37.36). At the Columbia Last Chance Meet at New York (Armory) on 4 March, she clocked 15:46.47 for 5000 m indoors, already her 6th PB in 2011. In April she ran another PB of 16:23 for 5K road at the B.A.A. Road Race in Holyoke, MA. At the Diamond League Grand Prix in New York on 11 June, Stephanie clocked a PB by 6 secs for the 3000 m steeplechase of 9:42.91, achieving both the London 2012 Olympic Games and IAAF-specified World Championships qualifying standards. At the Toronto International T&F Games in July, she recorded a PB in the 1500 m of 4:14.37, a 5-second improvement. Returning to Ireland for the National Senior Championships at Santry, she won the Silver Medal in the 1500 m in 4:16.43. On 13 August at Falmouth, MA in the 16th New Balance Women's Elite Mile Stephanie clocked 4:36.02 for yet another PB. Athletics Wicklow looks forward to London 2012 and wishes Stephanie Reilly all the best in her build up to the Olympic Games and especially at the Games in July/August.

Athletics Wicklow Outstanding Achievement Award

Úna Britton - Kilcoole A.C.



Photograph © WicklowNews.net

Úna Britton has blossomed as a senior athlete in 2011, culminating in her selection for the European Cross Country Championships. At the Munster Universities Cross Country Championships at Cork Institute of Technology in February, Úna won the Women's Gold Medal by over a minute, leading the University of Limerick team to team Gold medals. In April, Úna ran the last leg for Kilcoole A.C. in the 39th Road Relay Championship of Ireland at Raheny, holding off strong opposition in a most competitive race for Kilcoole A.C. to win its first ever road relay title. At the Irish Universities Track & Field Championships held at the Antrim Forum at the end of April, Úna won the Silver Medal in the 1500 m in a time of 4:58.20 and placed 4th in the 3000 m in 10:32.00. She collected a second Silver medal with her UL team-mates in the 4 × 400 m in which she ran the 3rd leg. At the Leinster Senior Championships at Tullamore in June, Úna took the Silver Medal in the 1500 m in 4:47.42. At the Athletics Ireland National U23 Championships at the end of June in Tullamore, she placed 7th in the 1500 m in 4:54.02. At the National Senior Championships in August she placed 10th in the 1500 m in 4:41.69. In mid-November at the IUAA Road Relays [1-2-2-1 miles] at NUI Maynooth she ran the first of the middle 2-mile legs in 11:19, helping the UL quartet to 4th place. At the Athletics Ireland Inter-Counties Cross-Country Championships at Sligo Racecourse on 27th November she placed 7th in the Senior Women's 8K race in 32:27, taking the Silver Medal in the U23 category. It was the performance that would gain her selection for the European U23 6K Cross Country Championship in Velenje, Slovenia on 11 December. Úna placed 38th in her debut European Championship in 22:35, the 2nd placing Irish athlete. As a proud sister, she then watched and cheered on Fionnuala to her European Senior Cross Country title. Certainly 2012 holds much promise for this young Kilcoole athlete. May 2012 bring Úna further representation for Ireland.

So many of our dreams at first seem impossible, then they seem improbable, and then when we summon the will, they soon become inevitable.

Christopher Reeve (Superman), 1952–2004

Athletics Wicklow Outstanding Achievement Award

Cormac Conroy - Slí Cualann A.C.



Photograph © IMRA

It is not the mountain we conquer, but ourselves.
Sir Edmund Hillary (1919-2008), New Zealand mountaineer

Cormac Conroy has completed some 38 Irish Mountain Running Association mountain races in Ireland over the past five years with an average placing of 21st. At the 11th World Mountain Running Association World Masters Mountain Running Championships at Paluzza, Italy (a 310m total climb – distance 11K) Cormac finished in 31st place in the M40 race in a time of 58:25. Together with Neil Carthy (15th) and John Brennan (18th), the Irish trio won the team Silver medals in the M40 Category.



Left to Right: John Brennan, Cormac Conroy, Neil Carthy

Photograph © IMRA

In May 2011 Cormac ran the IMRA Prince William's Seat race (Co. Wicklow), a 317 m climb – distance 7.3K, finishing 49th in 35:10. In June in the IMRA Tibbradden race (Co. Dublin), a 365 m climb – distance 11.3K, he placed 4th in 47:35. He followed this a week later with the IMRA Sorrell Hill race, a 392 m climb – distance 9.5K, in which he placed 10th in 45:11. At the Athletics Leinster Masters 6K Cross-Country Championship in October at Belvedere House, Mullingar, Co. Westmeath, he placed 4th in the M40 category in 20:19. In November at the Athletics Leinster 8K Intermediate Cross-Country Championship at Adamstown, Co. Wexford, he placed 10th in a time of 29:01.

Athletics Wicklow Outstanding Achievement Award

Michael Byrne

Parnell A.C. & Slí Cualann A.C.



Photograph © Gérard Legrand et Hubert Minig

A gem cannot be perfected without friction,
nor a man perfected without trials

Chinese Proverb

Like great wine that matures with age, Mick Byrne continued to astound all of his admirers in 2011. Mick competes in the M50 Masters category. He wore an Irish vest three times in 2011. In mid-March Mick competed at the 8th European Veterans Indoors Athletic Championships at Ghent, Belgium. Curiously these championships incorporate outdoors cross-country races. Mick placed 8th of 46 competitors in the M50 cross-country event in a time of 17:52 (the winner's time was 17:18). In mid-May at the European Veterans Association Championships Non-Stadia, the 10K Championship was held at Yutz in the Moselle Department in Lorraine in North-Eastern France near the border with Luxembourg. There were 44 competitors from 12 countries in the M50 category in this 10K championship. Mick won the EVA Bronze medal in a time of 33:38, just 10 secs behind the Silver Medalist from Switzerland. The next day Mick competed in the half marathon (21.1K) at Thionville which borders Yutz on the other side of the River Moselle. There were 44 finishers from 12 countries in the M50 category. Having warmed-up sufficiently the day before, Mick won the EVA Silver Medal in a time of 1:13:39, just 41 secs behind Beat Elmer (Sui) who had won the Silver Medal in the 10K race. Unfortunately since the summer Mick has been plagued with an Achilles tendon problem, which severely curtailed his usual road race and cross country appearances in the autumnal months of 2011. Athletics Wicklow wishes Mick a speedy recovery to full fitness. Hopefully he will continue to be an inspiration to all Master athletes in Co. Wicklow for many years to come.

May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
May the rains fall soft upon your fields,
And, until we meet again,
May God hold you in the hollow of His hand.

Athletics Wicklow Supreme Achievement Award

Fionnuala Britton - Kilcoole A.C.



Photograph © WENN.com

“Great Britton” Wins Gold

Fionnuala Britton has represented Ireland with distinction in 2011. She has proudly worn her Irish vest on several occasions. The IAAF World Cross Country Championships were held in Porta Umbría in Andalusia, Spain, on 20 March. In the Senior Women's 8K race Fionnuala placed 16th in 26:25, the 2nd European to finish. African athletes filled 12 of the first 15 positions. At the Diamond League Grand Prix in New York on 11 June, Fionnuala posted a PB of 9:37.60 in placing 5th in the 3000 m steeplechase, achieving both the London 2012 Olympic Games [9:43.00] and IAAF-specified World Championships qualifying standards. Fionnuala next represented Ireland at the 3rd European Team Championships, 1st League, which were held in Izmir, Turkey on the 18–19 June. Fionnuala placed 2nd of the 12 team competitors in the 5000 m in a time of 15:37.78, tantalising close to the winner from Turkey, Bekele Alemitu (15:37.15), an Ethiopia-born athlete. This was the top individual performance by an Irish athlete in these championships, helping to secure Ireland's 10th place in this team competition and its place in the 1st League in 2013. In August at the 13th IAAF World Track & Field Championships in Daegu, South Korea, in very humid conditions, Fionnuala finished 6th in 9:41.17 in the first of three heats of the 3000 m steeplechase. Unfortunately this proved to be one spot outside a fastest qualifying spot for the final, giving her 16th place overall (the first four and a single fastest qualifier came from each of the three heats). In November at the Athletics Ireland Annual Athletic Awards, Fionnuala was crowned '*Endurance Athlete of the Year*' for 2011. Saving the best for last, on 11 December in Velenje, Slovenia at the SPAR 18th European Cross Country Championships, Fionnuala Britton struck Gold for Ireland, becoming Ireland's second champion in this event since Catherina McKiernan won the inaugural championship at Alnwick, Northumberland, in 1994. Although qualified for the London 2012 Olympic Games in the 3000 m steeplechase, Fionnuala is intent on making the IAAF "A" standards for the 5000 m [15:20.00] and/or 10,000 m [31:45.00]. Athletics Wicklow salutes its European Champion and wishes her well in her pursuit of these qualifying standards for London 2012!

Athletics Wicklow Cross Country Cups 2011

*Junior Women
Slí Cualann Cup*

No Team

*Junior Men
Micky Philips Cup*

Parnell

James Tyrell
Donal Flannery
Patrick Kinsella

Athletics Wicklow Cross Country Cups 2011

***Novice Women
Brehon Cup***

Bray Runners

Suzanne Foot
Rachel Gilliland
Noelle Thorpe

***Novice Men
Cyril Smyth Cup***

Inbhear Dee

Cathal Daly
Tim Grummell
Sean Dunne
Ben Mooney

Athletics Wicklow Cross Country Cups 2011

Intermediate Women Sean Murphy Memorial Cup

Bray Runners

Rachel Gilliland
Noelle Thorpe
Grainne Cunningham

Intermediate Men Remax Cup

Inbhear Dee

Cathal Daly
Tim Grummell
Ben Mooney
Sean Dunne

Athletics Wicklow

Cross Country Cups 2011

Masters Women
Sean Byrne Memorial Cup

Kilcoole

Louise Cullen
Sandra Pegman
Anne McFadden

Masters Men
Sean Clifford Cup

Bray Runners

Joe Cawley
Fin Kirwan
Martin Francis

Athletics Wicklow Cross Country Cups 2011

***Senior Women
Ellie Brady Cup***

Kilcoole

Joanna Cullen
Aisling Grownney
Michelle Lambkin

***Senior Men
Joe Jacob Cup***

Bray Runners

Richard Owens
Vincent O'Sullivan
Fin Kirwan
Gary Condon



Athletics Leinster Star Awards 2011

Congratulations to the following athletes who won the
Leinster Star Awards for Co. Wicklow 2011

Juvenile Girl

Claire Foley
Greystones & District A.C.

Juvenile Boy

Ronan Marah
Roundwood & District A.C.

Senior/Master

Jim Boland
Slí Cualann A.C.

Outstanding Achievement Award

Fionnuala Britton
Kilcoole A.C.
European Cross Country Champion
Velenje, Slovenia

Fit4Life

Overall Award Winners 2011

11 Races over Road, Cross Country, Trail & Track
1 Race a month – 6 best results decided the overall places.

Congratulations to all of the athletes who completed six races
You are all winners !

WOMEN

Senior Women

1st Michelle Lambkin Kilcoole A.C.
2nd Niamh Ó Ceallaigh Crusaders A.C.

Over 35 Women

1st Claire Gibbons Sliabh Buidhe Rovers A.C. [Wexford]

Over 40 Women

1st Joy Johnson Inbhear Dee A.C.
2nd Tara Bell King Inbhear Dee A.C.
3rd Maria Byrne Greystones & District A.C.

Over 45 Women

1st Mairead Wynne Parnell A.C.
2nd Miriam Mahon Greystones & District A.C.
3rd Orla Caffrey Greystones & District A.C.

Over 50 Women

1st Jackie Patrick Greystones & District A.C.
2nd Ann Bolger Sliabh Buidhe Rovers A.C. [Wexford]

MEN

Junior Men

1 st	Jamie Cullen	Greystones & District A.C.
2 nd	Robert Bell-King	Inbhear Dee A.C.
3 rd	James Byrne	Inbhear Dee A.C.

Senior Men

1 st	Paul Gibbons	Sliabh Buidhe Rovers A.C. [Wexford]
2 nd	William Brosnahan	Kilcoole A.C.
3 rd	Patrick Mullen	Kilcoole A.C.

Over 35 men

1 st	Myles Gibbons	Sliabh Buidhe Rovers A.C. [Wexford]
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Over 40 men

1 st	Dominic Horan	Bray Runners A.C.
2 nd	Ronan King	Inbhear Dee A.C.
3 rd	P.J. Doyle	Slí Cualann A.C.

Over 45 Men

1 st	Sean Dunne	Inbhear Dee A.C.
2 nd	John Baldwin	Kilcoole A.C.
3 rd	Tom Byrne	Inbhear Dee A.C.

Over 50 Men

1 st	Jim Boland	Slí Cualann A.C.
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Awards to those who completed 6 of the 11 races:

Rory Kelly	Junior Men	Inbhear Dee A.C.
Paul Kelly	Over 40 Men	Inbhear Dee A.C.
Paul Byrne	Over 40 Men	Kilcoole A.C.
Michelle Mooney	Over 40 Women	Greystones & District A.C.



Chill Mhantáin – Meanma Saor

Athletics Wicklow wishes all athletes in Co. Wicklow a Happy, Healthy and Prosperous New Year

We look forward to hearing of your successes in Provincial, National and International Competition in 2012

Athletics Wicklow



Bray Runners



Enniskerry



Greystones & District

Inbhear Dee A.C.



Inbhear Dee



Kilcoole



Lakeshore Striders



Parnell



Roundwood & District



Slí Cualann



St Benedict



**Hosts of the 2011
Athletics Wicklow
Star Awards**