Tipperary Star Awards 2024

Tipperary Athletics

Horse & Jockey Hotel

Friday 7th March 2025 @ 7.00pm

Chairpersons Welcome

It gives me great pleasure to welcome you all here tonight for our 8th Annual Tipperary Star Awards. I would like to extend my welcome and congratulations to all our Clubs, Schools and County Award Winners. You will see throughout the evening the fantastic array of talent we have in our County. Tipperary Athletics has progressed since the previous year and once again, we have many performances at home and abroad to be proud of, as you can see.

I would like to welcome John Flynn our board President, Mr Mossie Woulfe Chairman of Munster AAI and Cllr Declan Burgess, Cathaoirleach of Tipperary County Council.

I would also like to thank Ms. Valerie Connolly of Tipperary Sports Partnership, Enda Tracey of Tipperary Star whose newspaper has given great coverage of Tipperary athletics over the decades, Mr Colin Byrne our Regional Development Officer who keeps us updated with National and Regional Coaching workshops and events, Eamonn Wynne Sports editor of the Nationalist newspaper and Michael Guinan, who gives athletics a major blast on Tipp Mid-West Radio every Saturday morning. These people have been very supportive of Tipperary Athletics down through the years.

I also welcome Michael Dundon former editor of Tipperary Star – great Tipperary athletics supporter.

I would like to welcome you all here tonight to honor the recipients of the 2024 Tipperary Star Awards in Track & Field and Cross Country. Tonight belongs to the Stars and my congratulations to every one of them. Huge credit must go to their Parents, Guardians, Coaches and Club Officers who give so much of their time to these athletes and to promote the sport of Athletics in our County. I would also like to thank these

athletes and others like them for the enjoyment that they bring to all of us each time they compete.

To all our Competition Secretaries, PRO's and Top Table, I would like to extend my appreciation for all your assistance and help throughout last year. A special thanks to Aoife, Anne and Sharon for the enormous amount of work behind the scenes for the organisation of this Awards Night again this year. Many meetings were conducted to compile the information in the fine booklet for this night.

In Tipperary, we are fortunate to have the finest bunch of officials in the country when it comes to Road Running, Track & Field, Schools and Cross Country. I would also like to thank all our Clubs for their help in running each event.

Finally, on behalf of Tipperary AAI County Board I would like to wish you all a very enjoyable evening, safe home afterwards and a very enjoyable Athletic year for the remainder of 2025.

Owen Fanning

Tipperary
Tipperary Athletics

Athletics Ireland

Tipperary Star Award Winners 2024

Team Achievements 2024 (Certificates)

1. **Moyne A.C. Girls U/9 Long Jump 1st – Munster & National Gold Track & Field Pairs Championships -** Caoimhe Quinlan & Aisling Costigan
2. **Templemore A.C. Girls U/9 4x 100m Relay 1st - Munster Gold & National Gold Track & Field Championships –** Zahra May Carr, Amelia Hennessey, Kate Kavanagh, Doireann Barry, Victoria Maksymenkova
3. **Templemore A.C. Boys U/10 Turbo Javelin 1st – Munster Gold Track & Field Pairs Championships –** Leon Lawlor & Daniel Clarke
4. **Moyne A.C. Girls U/11 4x 200m Relay 1st – Munster Gold Indoor Championships** - Meadhbh Hall, Annie Ely, Orlaith Costigan, Lily Murphy, Aoibheann Doyle
5. **Moyne A.C. Girls U/11 4x 100m Relay 2nd – National Silver Track & Field Championships -** Meadhbh Hall, Annie Ely, Orlaith Costigan, Lily Murphy, Daisy Lyons, Ella-Mai Drennan
6. **Templemore A.C. Boys U/11 4x 100m Relay 1st - National Gold Track & Field Championships –** John Maher, Tommy Burke, Daniel Maher, Tadgh Barry, Louis Keeley, Adam Lynagh
7. **Templemore A.C. Boys U/12 Relay 1st – Munster Gold Cross Country Relay Championships –** John Maher, Cian Cowan, Eoghan Slevin, Luke Kavanagh, Louis Keeley
8. **Dundrum A.C. Boys U/14 XC Relay 1st – Munster Gold XC Relay Championships –** Albert Maher, Niall Quirke, Jesse Julian, Cian Fahey
9. **Moyne A.C. Girls U/17 4x 400m Relay 1st & 3rd - Munster Gold & National Bronze Track & Field Championships -** Emma Delaney, Dearbhla Gleeson, Niamh Cleere, Kate Delaney
10. **Nenagh Olympic A.C. Mixed U/17 Relay 1st & 3rd – Munster Gold Indoor & National Bronze Indoor Championships –** Ben Deegan, Chris Diasonama, Anna Paxman, Hannah Larkin
11. **Moyne A.C. Senior Women 5 Mile 3rd - National Bronze Road Championships –** Sharon Cantwell, Eileen McCullagh, Orla Healy
12. **Nenagh Olympic A.C. Men Club Team Novice XC 2nd – National Silver XC Championships –** Daniel Ellis, Cian Hodgins, Luke Purcell, Jamie Moloney, Mark Corcoran
13. **Thurles A.C. Men Club Team Senior XC 2nd – National Silver Senior XC Championships –** Thomas McCarthy, Cathal Kennedy, William Hughes, Darragh O'Leary, Caolan Curran, Denis McCullagh
14. **Dundrum A.C. Women Club Team Masters XC 1st – Munster Gold XC Master Championships –** Dymphna Ryan, Linda Grogan, Catherine Fogarty, Karen Coughlan, Emily Leahy, Laura McCarthy Armstrong, Mairead Julian

15. **Clonmel A.C. Men Club Team Masters O/35 3rd – National Bronze Marathon –** William Maunsell, Joey Feery & Nigel O'Flaherty
16. **Tipperary Women Team Track & Field 1st – National League Gold –** Emma O'Neill (Carrick-on-Suir AC), Grace Fitzgerald (Tipperary Town AC) - 4x100m Relay; Kate Delaney (Moyne AC) - 2k Steeplechase; Emma Delaney (Moyne AC) - 400m & 4x400m Relay; Emily Davidson (Nenagh Olympic AC) - 4x100m; Niamh Madden (Nenagh Olympic AC) – Shot Putt & 1.5k Walk; Ava Palmer (Newport AC) - 4x100m Relay; Emer Brennan (Clonmel AC) - 400m Hurdles, 4x100m Relay & 4x400m Relay; Kaley Cozens (Templemore AC) – Hammer; Katie Bergin (Moyne AC) Joint Captain - 100m & 200m; Jade Barry (Carrick-on-Suir AC) - Javelin; Sophie Walker (Newport AC) – 100m, 200m, 4x100m Relay; Sarah Lane (Nenagh Olympic AC) 800m & 4x400m Relay; Jennifer O'Leary (Nenagh Olympic AC, 1500m & 4x400m Relay; Clara Miniter (Nenagh Olympic AC) – Discus; Clodagh Donohoe (Nenagh Olympic AC) Joint Captain, High & Triple Jump; Laura Frawley (Nenagh Olympic AC) - 100mH, Long Jump, Weight for Distance & 4x100m Relay; Niamh Cunneen (Nenagh Olympic AC) - 3000m; Miriam Daly (Carrick-on-Suir AC); Siabh Connolly (Nenagh Olympic AC) – Pole Vault, 4x400m Relay; Aoife Delargy (Nenagh Olympic AC) – 1,500m & 4x400m Relay; Anna Paxman (Nenagh Olympic AC) – 400m & 4x400m Relay
17. **Tipperary Men Team Track & Field 3rd – National League Bronze -** Ross Alexander (Coolquill AC) Race Walk; Kenneth Blower (Newport AC) 100m, 200m, Relay; David Ryan (Moycarkey Coolcroo AC) 400m & Relay; Adrian McGinley (Templemore AC) 400mH & 110mH; Cathal De Faoite (Clonmel AC) 800m & Relay; Mike Fitzgerald (Mooreabbey Milers AC) 800m & Relay; Alex Crowley (Thurles Crokes AC) 1500m & Relay; Sean Tobin (Clonmel AC) 1500m; Darragh McNamara (Newport AC) Long Jump; Cathal Ryan (Templemore AC) High Jump; Niall Kelly (Nenagh Olympic AC) Pole Vault; Ben Deegan (Nenagh Olympic AC) 200m & Relay; Joe Kenny (Templemore AC) Javelin; John Dwyer (Templemore AC) Discus & Shot; Larry O Grady (Mooreabbey Milers AC) Shot; Mark O'Brien (Borrisokane AC) WFD; Eamon Morrissey (Dundrum AC) 5000m; Dylan McLaughlin (Moyne AC) Relay; Sean Mockler (Moycarkey Coolcroo AC) Hammer; Dillon Walsh (Newport AC) Long Jump & Relay; Fionn Griffin (Newport AC) Relay; Jordan Collins (Templemore AC) Relay

Tipperary Star Award Winners 2024

Munster & National Record Breakers (Certificates)

- **Sarah Bartley, Carrick-on-Suir A.C. –** Munster T&F Girls U/15 Triple Jump (9.31m)
- **Cara Ryan, Clonmel A.C. –** National Indoors Girls U/15 Pentathlon (3,141)
- **Joe Burke, Templemore A.C. –** Munster Schools T&F Intermediate Boys 100m (10.85), 200m (22.05), Munster T&F Boys U/17 200m (21.95), National T&F Boys U/18 200m (21.31)
- **Laura Frawley, Nenagh Olympic A.C. –** Munster Womens U/23 Indoor WFD (7.21), Munster Womens T&F U/23 WFD (7.05), National Womens T&F U/23 WFD (6.91), National Womens Indoors U/23 WFD (6.90), National Senior Womens Indoors (WFD 6.97), National Womens Senior T&F WFD (7.30)
- **John Dwyer, Templemore A.C. -** National Indoors Masters M/40 WFD (7.04m)
- **Ross Alexander, Coolquill A.C. –** National Senior M/40 1,500m Walk (7.03.04), National Senior M/40 30km Walk (2hr 51.28), National Senior M/40 35k Walk (3hr 28.16)
- **Michael Fitzgerald, Mooreabbey Milers A.C. –** Munster Indoor Masters M/35 400m (56.04)
- **Ber Spillane, Moyne A.C.** – Munster T&F Masters W/40 400m (1.03.62)

Juvenile Awards

Best Juvenile Cross Country	Dundrum A.C.
Most Improved Juvenile Cross Country	Newport A.C.
Best Juvenile "B" Cross Country	Dundrum A.C.
Best Juvenile Indoor	Newport A.C.
Most Improved Juvenile Indoor	Newport A.C.
Best Juvenile T&F	Newport A.C.
Most Improved Track & Field	Roscrea A.C.
Best Juvenile "B" Track & Field	Templemore A.C.

Tipperary Star Award Winners 2024

Home Countries Competitions (Medallions)

- **Cara Ryan, Clonmel A.C. –** SIAB Combined Pentathlon
- **Niamh Madden, Nenagh Olympic A.C. –** SIAB T&F Shot Put
- **Emily Stapleton, Borrisokane A.C. –** SIAB T&F Hammer
- **Bobby Gleeson, Templemore A.C. –** SIAB T&F Hammer
- **Joe Burke, Templemore A.C. –** SIAB T&F 200m
- **Cian Hodgins, Nenagh Olympic A.C. –** Celtic International XC

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MARY DOYLE MEMORIAL CUP – U/14 XC

Athlete	Achievements
 Neasa Moloney **Mooreabbey Milers A.C.**	U14 Cross Country County – Gold U15 Cross Country County – Gold U14 Munster Cross Country – 31st U15 Munster Cross Country – Bronze (9th) U15 National Cross Country – 49th (Part of Munster U15 Squad)
 Albert Maher **Dundrum A.C.**	U14 Cross Country County – Gold U15 Cross Country County – Gold U14 Cross Country Munster – Bronze & County Team Bronze (6th) U15 Cross Country Munster – Bronze & County Team (7th) U14 Cross Country National – Bronze & Provincial Gold with Munster (12th)

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Tom Healy Memorial Cup – U/14 T&F

Athlete	Achievements
 Yvandri Kruger **Nenagh Olympic A.C.**	U14 Indoors County Shotput – Gold (9.77) U14 Indoors Munster Shotput - Bronze U14 Indoors National Shotput – 9th (9.62) U14 T&F County – Discus (Gold), Shotput (Gold 10.27) U14 T&F Munster - Hammer (Silver 24.13 PB), Shotput (Silver 11.05) U14 T&F National - Shotput (6th 11.13 PB), Hammer (5th 23.59m)
 Matthew Mellerick **Newport A.C.**	Indoors County - 60m (1st), 200m (2nd), Long Jump (2nd), Relay (1st) T&F County – 80m (1st), 200m (1st), Long Jump (1st), Relay (1st) T&F Munster – Long Jump (3rd), Relay (2nd) T&F National – Long Jump (1st)

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Pauline Martin O' Rourke Memorial Cup - 15-19 T&F

Athlete	Achievements
 Cara Ryan **Clonmel A.C.**	Indoors County – 60mH, High Jump, Shot Putt, Long Jump, 200m (1st) Indoors Munster – 60mH, High Jump, Pentatlon (1st); Long Jump (2nd) Indoors National – High Jump, Pentatlon (1st); Long Jump (2nd) T&F County – High Jump, Long Jump, Shot Putt, 80mH (1st) T&F Munster – High Jump, Long Jump, Pentatlon (1st); 80mH (2nd) T&F National – High Jump, Pentatlon (1st); Long Jump (2nd); 80mH (3rd)
 Donal Ryan **Templemore A.C.**	Indoors County – High Jump (1st) Indoors Munster – High Jump (1st) Indoors National – High Jump (1st) T&F County – High Jump (1st) T&F Munster – High Jump (1st) T&F National – High Jump (1st)

Tipperary Star Award Winners 2024

Aine Hennessy Memorial Cup - 15-19 Cross Country

Athlete	Achievements
 Alana Spillane **Moyne A.C.**	U17 Cross Country County - Gold U18 Cross Country County - Gold U17 Cross Country Munster – Bronze (8th) U17 Cross Country National – Provincial Bronze with Munster (31st)
 Diarmuid Moloney **Nenagh Olympic A.C.**	U18 Cross Country County – Silver U18 Cross Country Munster – Silver U18 Cross Country National – Bronze (5th) U19 Cross Country National – 16th Junior Cross Country National – Team Bronze (13th) Junior Cross Country Munster – Bronze & Club & County Gold

Tipperary Star Award Winners 2024

Sean Naughton Memorial Cup – Junior

Athlete	Achievements
 Joe Burke **Templemore A.C.**	U20 Indoors National - 200m (Gold) U17 Indoors Munster – 60m (Gold), 200m (Gold) East Munster Schools – 100m (Gold), 200m (Gold) Munster Schools – 100m (Gold), 200m (Gold) Tailteann Games – 100m (Bronze), 200m (Gold) U17 T&F Munster – 100m (Gold), 200m (Gold & Munster Record 21.95) National Seniors – 200m (21.42 – European Standard) European U18 in Slovakia – Bronze Medal 200m (21.31) & new National Irish Record National U20 T&F – 200m (Gold – 21.65)

Tipperary Star Award Winners 2024

Senior

Athlete	Achievements
 Laura Frawley **Nenagh Olympic A.C.**	National Indoor U23 - High Jump (Gold 1.65m), Long Jump (Gold 5.51m), WFD (Gold 6.90m CR), Shot (Bronze 10.34m) National Indoor Senior - Pentathlon (Silver 3379 pts), WFD 28Lbs (Silver 6.97 CR) National Munster Indoors - WFD 28Lbs (Gold 7.21m CR) Indoor Varsities - Pentathlon (Gold 3273 pts), WFD 20Lbs (Silver 9.04m CR), Long Jump (Bronze 5.74m) T&F Varsities – Pentathlon (Gold 3211 pts ULR), Long Jump (Silver 5.67m), 100mH (Silver 15.28 PB), High Jump (Bronze 1.59m), WFD 20Lbs. (Silver 8.35m), Jumps Team Award (UL) T&F Munster U23 – WFD (7.05m CR) T&F National Senior - WFD 28Lbs (Bronze 7.30m CR), Heptathlon (Gold 4831pts), Hurdles (14.91 PB), 200m (26.47 PB), 800m (2.42 PB) National League T&F – Tipperary Ladies Team (Gold) T&F National U23 - Long Jump (Silver 5.77m), High Jump (Silver 1.65m), WFD (Gold 6.91m CR), Shot (Silver 10.52m), Javelin (Bronze 28.92m)
 David Ryan Moycarkey Coolcroo A.C.	David is a talented and accomplished sprinter, specializing in the 400m. Notable for his exceptional speed and determination, he has made a significant mark in Irish athletics. Last season, he was part of the 4x400m relay squad. Individually, he claimed a silver medal at the National Indoor Championships in Abbotstown. Additionally, David finished 6th at the National Outdoor Championships, further cementing his position as one of the top athletes in the country. His consistent performances have earned him a place among the top 10 ranked sprinters in Ireland for the men's 400m.

Tipperary Star Award Winners 2024

Master Female

Athlete	Achievements
 Ber Spillane **Moyne A.C.**	County Master Indoors - 60m & 200m (Gold) Munster Master Indoors - 200m & 400m (Gold), 60m (Silver) National Master Indoors – 400m (Silver), 60m (Bronze) European Master Indoors - 4 x 200m relay 4th setting a W35 National record County T&F – 200m & 400m (Gold) Munster T&F – 200m & 400m (Gold), 100m (Silver)

Master Male

Athlete	Achievements
 William Maunsell **Clonmel A.C.**	National Marathon Championships - 3rd setting a new Tipperary record of 2:14:22 and taking the O/35 gold and 10th overall in the elite field Led his club team to Bronze O35 National Marathon medal Won Cork Half Marathon 15th Overall in London Marathon Elite race in 2:16:33 5 Marathons in 5 days on 5 continents (all sub 2:45) World Record for Antartica Marathon 2:38:42

Tipperary Star Award Winners 2024

International Achievement Awards

Athletes

Joe Burke
Templemore A.C.
European U/18 200m

Daire O'Donnell
Nenagh Olympic A.C.
European U/18 800m & International U/18 800m

Sean Tobin
Clonmel A.C.
European Senior Cross Country

Athletes

Jennifer O'Leary
Nenagh Olympic A.C.
European U/18 1,500m & International U/18 800m

Stuart Tobin
Nenagh Olympic A.C
European U/18 400mH

John Dwyer
Templemore A.C.
European Masters Hammer & Discus

Tipperary Star Award Winners 2024

International Achievement Awards

Athletes

Matt Alexander
Coolquill A.C.
European Masters Road &
Cross Country Relay

Athletes

Sharlene Mawdsley
Newport A.C.
World Indoor, World Relay & European,
Olympic Games

Tipperary Star Award Winners 2024

International Award

Athlete	Achievements
Sharlene Mawdsley OLY **Newport A.C.**	What an amazing year for the recipient of the 2024 overall International Award – Newport AC's Sharlene Mawdsley. Sharlene's first major championship in 2024 was the World Indoor Championships in Glasgow where she advanced to the 400m final on merit however was then disqualified for obstruction in the semifinals. This didn't, however, stop the Newport athlete and showing true class she took part in the 4x400m relay the following day which she helped to a 5th place finish. In May at the 2024 World Relays in Nassau, Bahamas, Sharlene played a key part on the Irish 4x400m mixed relay team when they won Bronze in a National Record time of 3.11.53. She was also part of the 4x400m relay team who finished in 7th place. At the European Outdoor Championships in June in Rome, a thrilling mixed 4 x 400m mixed relay final culminated in a famous Irish victory crossing the line in an Irish record time of 3.09.92 with her running the second fastest female split of the night at 49.40. She was also part of the 4x400m relay team who won a fantastic Silver in another national record of 3.22.71. Sharlene also completed in the 400m finishing in 8th place. The highlight of the year by far was Sharlenes participation in the Olympic Games in Paris where she gave amazing performances in the 4x400m mixed relay, 4x400m relay & 400m. A thrilling final in the 4x400m relay culminated in a 4th place and an Irish record of 3.19.90. Congratulations Sharlene. Thank you for all the wonderful competitions which we have all enjoyed immensely and thank you for being such a great role model for all our athletes. We wish you continued success in 2025 and in the future.

Tipperary Star Award Winners 2024

Hall of Fame

John Flynn

Moyne A.C.

This year's recipient of the Tipperary Star Awards, Hall of Fame Award, is John Flynn of Moyne Athletic Club. John has been part of the athletics scene since he first captured the County Novice Cross Country title in 1965 in Holycross and despite the passing of 60 years, he has continued to dedicate his life to athletics.

That title in 1965 was the start of a stellar athletics career. In that year alone he finished 3rd in the County Junior in Ballynonty, 11th in the Munster Youths in Kenmare, winning his first Munster medal part of the Tipperary team that finished 3rd and captured his first national medal in Navan at the All-Ireland Youths Championship as part of the Tipperary County team that finished 3rd, John himself finishing in 19th overall (not bad for a 17 year old).

John continued his excellent performances into the following years with individual medals in the County Youths, U23, Junior and Intermediate Championships along with Munster and National medals with Tipperary at Novice and Junior level. A very consistent performer at County level saw him also finish 6th (1967 Two-Mile-Borris), 3rd (1968 Golden) and 4th (1969 Knockavilla) in the County Senior Cross Country but he had to wait until 1977 to claim the coveted club team title with Moyne. This was the start of a four-year dominance by Moyne and John was a member of all four successful teams. In 1977 Moyne AC won the County 5-mile road championship, in 1984 Moyne AC won the County and Munster Intermediate Cross Country titles and, in each case, John was a pivotal member of these teams. He also never failed to support any Tipperary team and was a member of numerous cross country and road medal winning teams right up to master level where he also performed with distinction, winning many County and Munster individual and team medals. John also had the distinction of capturing the 1,500m title at the All-Ireland Masters Indoor Championships in Nenagh in 1995 and in 1997 was 2nd in the 1,500m and 3rd in the 800m at the National Masters Indoor Championships.

While cross country was his first love, John was and is always a club person and whenever a call went out, he never failed to respond, no matter what the terrain.

Tipperary Star Award Winners 2024

Hall of Fame

John Flynn

Moyne A.C.

While his athletic career speaks for itself, John has been the "Mr Athletics" of Moyne AC. Back in 1978 John was a guiding light in bringing a ladies section to the club and how this section repaid him over the years - 10 County Senior Cross Country Titles in a row from 1986/87 to 1996/97, National Novice and Intermediate Cross Country Titles, numerous County Cross Country; Road titles, Munster medalists - but without doubt it was the passion he had that drove these ladies to those heights and continues to drive them to this day.

He is involved as a coach to our juvenile athletes and has been instrumental in the success of our U9, U10 and U11 athletes at County, Munster and National level, particularly at Track & Field where the U10 Girls 4 x 100mts team won National Gold in 2023. He continues to be a driving force behind our senior athletes, encouraging and supporting and instilling pride in the green and gold.

He has served on the Committee of the club since 1973 and has held many of the main positions driving the club forward into the force it is today. He has also served his time on the Committees of Tipperary Athletics and Munster Athletics and is currently Moyne AC club President and Tipperary Athletics President. John can be found down at "the track" most nights of the week such is his fondness for athletics. No doubt the facilities the club boasts today goes down to the sheer energy and effort put in by John. John has also been recognized nationally - in 2007 he was one of eight inaugural winners of a National Award for Volunteers in Sport and presented with his trophy by the then Minister for Arts, Sport and Tourism at a reception in Farmleigh House.

Moyne AC is John Flynn and speaking to any local about the club, the first name mentioned is John. That also goes for many of the athletic fraternity around the County and Country. So many athletes have passed through the club, but their one abiding memory is the support he has given them, the confidence he has instilled in them and the great memories travelling to all corners of the Country and of course the success.

The club are delighted to join in with Tipperary Athletics in acknowledging this Award. Congratulations John. A very well-deserved accolade and here is to many more years of coaching and being a guiding light for the club.