

# Munster Development and Performance Squads 2016/17

Detail for the 2016/17 Munster Development and Performance Squads are as follows:

|                                |                              | Development Squad | Performance squad |
|--------------------------------|------------------------------|-------------------|-------------------|
| October 8 <sup>th</sup> 2016   | Cork Institute of Technology | 11am – 1pm        | 1pm-3pm           |
| December 3 <sup>rd</sup> 2016  | Nenagh Olympic Stadium       | 11am – 1pm        | 1pm-3pm           |
| December 27 <sup>th</sup> 2016 | Nenagh Olympic Stadium       | 11am – 1pm        | 1pm-3pm           |
| April 8 <sup>th</sup> 2017     | Waterford RSC                | 11am – 1pm        | 1pm-3pm           |

The **Development Squad** takes place from 11am – 1pm on each day and is open to all athletes aged 12 years +. The squad will cost €5 per athlete each day. Please check in at the venue from 10.30am. Events covered on the Development Squad are as follows:

|       |          |   |
|-------|----------|---|
| Day 1 | 11am-1pm | Sprints, Middle Distance, Shot, Long Jump       |
| Day 2 | 11am-1pm | Hurdles, Middle Distance, Javelin and High Jump |
| Day 3 | 11am-1pm | Sprints, Middle Distance, Shot, Long Jump       |
| Day 4 | 11am-1pm | Hurdles, Middle Distance, Javelin and High Jump |

## **Development Coaches**

|                  |               |
|------------------|---------------|
| Brid Golden      | Sprints       |
| Alan Golden      | Sprints       |
| Noelle Morrissey | Short Hurdles |
| Jacqui Freyne    | Long Jump     |
| Martin O'Grady   | High Jump     |
| Dave Fratarolli  | Shot Putt     |
| John Sheehan     | Javelin       |
| David Matthews   | Endurance     |

The **Performance Squad** is for selected athletes only from the U16 to U19 age groups. Athletes are selected from the Munster Indoors, Outdoors and schools track and field. The top 3 athletes in the Sprints, Hurdles, Long Jump, High Jump and Triple jump, and the top 4 athletes in the Walks, Pole Vault, Shot, Discus, Javelin and Hammer. Also 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> for MD events have been selected.

The Performance Squad will run on the same dates as above but will cover all events. The Performance squad will run from 1pm-3pm.

### **Performance Coaches**

|                  |               |
|------------------|---------------|
| Brid Golden      | Long Hurdles  |
| Alan Golden      | Sprints       |
| Noelle Morrissey | Short Hurdles |
| Jacqui Freyne    | Long Jump     |
| Jacqui Freyne    | Triple Jump   |
| Eamon Flanagan   | Pole Vault    |
| Martin O'Grady   | High Jump     |
| Jerry Horgan     | Discus        |
| John Sheehan     | Javelin       |
| Dave Fratarolli  | Shot Putt     |
| John O'Farrell   | Hammer        |
| Frank Lynch      | Walks         |

A list of those athletes selected for the Performance squad is available below. The athletes selected will have their names sent to their Club Secretary.

Those selected are asked to register and pay for the Performance squad online where the athlete will also select the event they wish to take part in. The cost of the Performance Squad is €25 and athletes must pay online.

Selected athletes are asked to register by October 5th through the following link - <https://events.athleticsireland.ie/ps/event/listings?view=OTHER>

Event coaches on the Performance Squad will submit a plan to AAI in advance of the Squad. This will be available for club coaches to view if they wish. To get a copy of event plan please contact Colin Byrne – [colinbyrne@athleticsireland.ie](mailto:colinbyrne@athleticsireland.ie) or Aisling Hoey - [aislinghoey43@gmail.com](mailto:aislinghoey43@gmail.com)

Please note that the 2016 dates for the Development and Performance squads may be subject to change depending on Munster Indoor competition dates.

For further information please contact - Colin Byrne – [colinbyrne@athleticsireland.ie](mailto:colinbyrne@athleticsireland.ie) or Aisling Hoey - [aislinghoey43@gmail.com](mailto:aislinghoey43@gmail.com)

Aaron Quigley - Nenagh CBS  
Abbey Fitzgerald - Belgooly AC

Adam Dooley - Templemore AC  
Adam O'Dwyer - Moycarkey Coolcree AC  
Adam Power - Ferrybank AC  
Aine Cait Ni Cheallachai - Ballincollig AC  
Aine Cotter - Fanahan McSweeney AC  
Aine Kelleher - North Cork AC  
Aishat Onilogbo - Leevale AC  
Aisling Cassidy - Bandon  
Aisling Lowe - Ferrybank AC  
Alan O'Donovan - Riverstick Kinsale  
Alanah Deering - Nenagh Olympic AC  
Alex Foley - Waterford AC  
Alexandra Lapiy - Carrick on Suir  
Allanah Kelly - West Waterford AC  
Amy Crowley - Bandon AC  
Andre Christie - Col. an Spioraid Naoimh Cork  
Angharad Loughnane - Marian AC  
Ann Corcoran - Ursuline Waterford  
Anna Burke - Emerald AC  
Anna Courtney - Marian AC  
Anna Leamy - Grange Fermoy AC  
Anna O'Connor - Waterford A C  
Anna Ryan- Moycarkey Coolcree AC  
Anne Corcoran - Ferrybank A C  
Anthony Tobin - High School Clonmel  
Aoibheann O'Brien - Tralee Harriers AC  
Aoibhinn O'Connor - Liscarroll AC  
Aoife Carroll - Tralee Harriers  
Aoife Doyle - Carrick on Suir AC  
Aoife Lai - West Waterford AC  
Aoife Vaughen Witts - Borrisokane CC  
Ben Donovan - Abbey Striders AC  
Breana O'Gorman - Ursuline Thurles  
Brian Casey - Fmcsw  
Brian Lynch - Old AbbeyAC  
Brian Naughton - Nenagh Olympic  
Brian Riordan - Bandon AC  
Bronagh Kelly - Emerald AC  
Caitlin Hurley -West Muskerry AC  
Caoimhe Carmody - Marian AC  
Caoimhe Dwyer - West Waterford AC  
Cathal Locke - Crescent College Comp SJ  
Chloe Fennell - St. Augustines Dungarvan  
Chloe Lynch - Clonmel AC

Christian O'Connell - Limerick AC  
Christine McCarthy - Kenmare  
Cian Kingston - Bandon AC  
Cian O'Brien - Waterford AC  
Ciara Hickey - Blarney Inniscarra  
Ciara McKenna - West Waterford AC  
Ciara McKeon - Bandon A C  
Ciara Neville - Emerald AC  
Ciaran Nugent - Carrig na Bhfear  
Claire Rafter - Ursuline Thurles  
Cliona Blake - St John's AC  
Clodagh Walsh - Abbey Striders AC  
Colin Coleman - Newport AC  
Colm McCarthy - Clonmel AC  
Conor Morey - Leevale AC  
Corey Kissane - An Riocht A C  
Cormac Farrell - Waterford AC  
Cormac McCann - De La Salle Waterford  
Cormac O'Sullivan - Kenmare  
Courtney McGuire - Presentation Clonmel  
Craig Cloona - West Waterford AC  
Craig McAuliffe - Ferrybank AC  
Damien Hickey - Abbey Striders AC  
Dane Ryan - Nenagh CBS  
Daniel Hathaway - Bandon AC  
Daniel Landzaad - Bandon AC  
Daniel O'Mahony - Rochestown College  
Daniel Ryan - Moycarkey Coolcroe  
Darragh Courtney - St. Brendans AC  
Darragh Lowth - Tralee CBS  
Darragh Minter - St. Marys Clare  
Dave McNerney - Bandon AC  
David Fox - Christain Brothers Col. Cork  
David Kenny - Farranfore  
David O'Brien - Dooneen A C  
David Ryan - Moycarkey Coolcroe AC  
Dean Mulqueen - Derg AC  
Declan Ryan- Moycarkey Coolcroe  
Deirbhile Ryan - Gaelcholaiste Luimnigh  
Denise O'Connor - Tramore AC  
Des Kelleher - Colaiste Chriost Ri Cork  
Diarmuid Clancy - Abbey Striders AC  
Diarmuid Harty - West Waterford AC  
Dion Marcus - Killarney Valley AC

Dion Ryan - Waterford A C  
Dovydas Baltonis - Mercy Mount Hawk Tralee  
Eimear Loughman - Dundrum AC  
Elaina Norris - Farranfore AC  
Elaine Shannon - Kilmurry Ibknth Cl  
Elaine Yelverton - St. Marys Newport  
Elinor Dennison - Kenmare & District AC  
Elizabeth Stack - Killarney Valley AC  
Ellen Larkin - Emerald AC  
Ellie Rochford - Emerald AC  
Ella Stack - Bandon A C  
Emer Delargy - Templemore  
Emily Cahill - St. Cronan's AC  
Emily Goff - Ferrybank AC  
Emily Horgan - Bandon AC  
Emily Nolan - Carrick on Suir AC  
Emily O'Mahony - Waterford A C  
Emily Tierney - Nenagh Olympics AC  
Emma Caulfield - Waterford A C  
Emma Coffey - Carraig na bhFear  
Emma Doyle - Emerald AC  
Emma Kelleher - BIAC  
Emma Moore Kelly - Clonmel  
Eoghan Flynn - Waterford AC  
Eoin Hartnett - Midleton AC  
Eoin Kenny - Waterford AC  
Eoin Killigrew - West Waterford AC  
Evan Byrne - Douglas Community School  
Fiachra Harrington - Bandon AC  
Fiona Doyle - Star of the Laune  
Fiona Hennessy - Templemore  
Frank O'Brien - Midleton AC  
Gary Cronin - Gneeveguilla AC  
Gearoid McMahon, Shannon AC  
George Kenny - St Munchins Limerick  
Grace O'Donnell - West Limerick AC  
Guste Jakuciunaite - Fanahan McSweeney AC  
Gwyneth Blair - Waterford AC  
Hannah Finnerty - St. Marys Nenagh  
Hannah Murphy - Leevale AC  
Hasan Ali - Waterford AC  
Hugo Blair - Waterford AC  
Isabelle Cummins - Ferrybank AC  
Jack Hallahan - Midleton AC

Jack Hickey - Moyne AC  
Jack O'Connor - Leevale AC  
Jack Pender - Carrick on Suir  
Jack Ryan - Moycarkey Coolcroe  
Jade O'Farrell Bond - Borrisokane AC  
Jake Vermeer - Carrick on Suir  
James French - Bandon Grammar School  
James Mintern - Colaiste Christ Ri Cork  
James Murphy - Waterford A C  
James Sheehan - CnaF  
Jamie Mitchel - Emerald AC  
Jason Roche - Tralee Harriers AC  
Jean Kelly - Dundrum AC  
Jessica Strain - Middleton AC  
Joe Gibson - Bandon Grammar School  
Joey Henchy - Bandon Grammar School  
John Forde - Leevale AC  
John Muckian - Bandon AC  
John Walsh - Tralee CBS  
Joseph McEvoy - Nenagh Olympic AC  
Joseph Minter - St. Marys Clare  
Joseph Spratt - Limerick AC  
Josh Rockett - West Waterford  
Kate Bernard - Bandon A C  
Kate Hickey - West Waterford  
Kate Moynihan - Liscarroll AC  
Kate Taylor - St Cronan's  
Kathleen Heery - Waterford AC  
Katie Costello - Borrisokane CC  
Katie Murphy - Ferrybank A C  
Katie Walsh - Carrig Na Bhfear  
Kevin Caulfield - Tulla AC  
Kevin Michael Jelenak - Togher AC  
Kevin O'Leary - Liscarroll AC  
Kieran Maher - Marian AC  
Kieran O'Donovan - Colaiste an Chraoibhin  
Fermoy  
Kila Curran - Dooneen AC  
Killian Nolan - Youghal AC  
Krista Meade - Ursuline Waterford  
Lance Gabriel Baylon - Waterford A C  
Laoise Bennis - Hazelwood Col. Dromcollogher  
Laura Burns - Leevale AC  
Laura Cussen - Old Abbey AC

Laura McDonnell - Marian AC  
Laura Murphy - Leevale AC  
Laura Sheehan - Carraig na bhFear  
Lauren McConway - St. Cronans AC  
Lauren O'Grady - St. Brendans  
Lauren O'Leary - Emerald AC  
Lauren O'Mahoney - St Marys Midleton  
Lauren Ryan - Dooneen A C  
Lauren Whelan - Emerald AC  
Liam McDonagh - Moycarkey Coolcree  
Liam Meade - Templemore AC  
Liam Saul - Carrigaline Community School  
Lorna Monahan - Ferrybank AC  
Louis Byrne - Tralee Harriers  
Luke Herke - Templemore AC  
Luke O'Brien - Waterford AC  
Luke Ring - Leevale  
Maebh Daly - Carrig Na Bhfear  
Maeve Aherne - Loreto Fermoy  
Mark Hartery - Tramore AC  
Marc Jones - Ballymore Cobh AC  
Martha Quain - CnaF  
Martin Kehoe - Carrick on Suir  
Matilde Gomez - Templemore AC  
Mei Ming - St. Marys Mallow  
Melissa Hough - Borrisokane CC  
Michael Hand - Old Abbey AC  
Michael O'Flynn - North Cork A C  
Michael Tony - Lios Tuathail AC  
Miriam Daly - Carrick on Suir AC  
Moirá Barrett - Bandon AC  
Mollie Hutchinson - Ferrybank AC  
Molly Healy - Leevale AC  
Naoise O'Flaithertaigh - Bandon AC  
Nessa Wheeler - Colaiste Daibheid Cork  
Niall Blackwell - Meanscoil san Nioclas An Rinn  
Niamh Denn - Waterford AC  
Niamh Moriarty - Dooneen A C  
Nikolia O'Connor - Tralee Harriers AC  
Noelle Lenihan - North Cork A C  
Nuala Fitzgibbon - Thurles Crokes AC  
Oisín Kiely - Ferrybank AC  
Olivia Humphries - Dooneen A C  
Olivia Tuthill - Bandon A C

Ondrej Olah - Templemore AC  
Orla O'Connor - Waterford A C  
Orlaith O'Brien - Waterford AC  
Padraig McCarthy - Pobalscoil naTrionoide  
Youghal  
Padraig O'Callaghan - Leevale  
Patrick Fitzgerald - Waterford AC  
Patrick Hayes - Glenstal Abbey School  
Paul O'Shaughnessy 16 Dooneen A C  
Paul Sullivan - Waterford AC  
Paulina Seikyte - Fanahan McSweeney AC  
Peter Paul Sauerland - Pobalscoil Chorca  
Dhuibhne  
Phoebe Murphy - Ferrybank AC  
Rachel Bowler - Tralee Harriers  
Rachel Stephens - Waterford A C  
Rachel Walsh - Carrick on Suir AC  
Rebecca Kearney - Carrig na Bhfear  
Rebecca O'Connell - Liscarroll  
Rebecca Ryan - Nenagh Olympic AC  
Riadh Malik - St. Brendans AC  
Riain Patterson - High School Clonmel  
Ricky Mulcaire - St. Flannan's Ennis  
Robbie Mulhall - Leevale AC  
Robert Campbell - Intermediate School Killorglin  
Robert Kennedy - Templemore AC  
Roisin O'Callaghan - Middleton AC  
Rory Clarke - Glenstal Abbey School  
Roseann Fitzgerald - Carrick on Suir AC  
Ross Stanton - Gaelcholaiste Mhuire AG Cork  
Ruth Courtney - Killarney Valley AC  
Ruth Heery - Waterford A C  
Ryan MacCraith - West Waterford AC  
Sadbh O'Mahoney - Nenagh Olympic AC  
Sally Smith - Bandon Grammar School  
Sam O'Neill - West Waterford AC  
Sarah Leahy - Killarney Valley AC  
Sarah O'Keefe - Liscarroll AC  
Saran Mangalashthira - Davis College Mallow  
Scott Cave - Ennis Track A C  
Seamus Ahern - St Nicholas AC  
Sean Carolan - Nenagh Olympic  
Sean Curran - Dungarvan CBS  
Sean Harris - Limerick AC



Sean McCarthy - Emerald AC  
Sean Mockler - Moycarkey Coolcree  
Sean O'Callaghan - Colaiste Chriost Ri Cork  
Shane Monagle - Tramore AC  
Sharlene Mawdsley - Newport  
Shauna Linehan - North Cork AC  
Shawn Benson - Ennis Track Club  
Sinead O'Regan - Ferrybank A C  
Sinead Warren - Gneevilla Ac  
Siobhan Hennessy - Templemore AC  
Sophie Meredith - St Mary's Lk  
Stephen Maher - Ennis Track AC  
Stephen O'Callaghan - Gaelcholaiste Mhuire AG  
Cork  
T. J. Quigley - Clonmel AC  
Tadhg Brennan - De La Salle Waterford  
Tara Healy - Leevale AC  
Tara O'Keeffe - Midleton AC  
Taylor Murphy - Leevale AC  
Tess O'Hara - West Waterford AC  
Thomas Clancy - St John's AC  
Thomas Krawczyk - Ballymore Cobh AC  
Tirna Cahill - Youghal AC  
Tomas O'Neill - Scoil Mhuire Kanturk  
Tony Odubote - Ennis Track A C  
Travis Coomey - Bandon AC  
Una Samuels - Leevale AC  
Vickie Cusack - Liscarroll AC  
Yuri Kanash - St Augustines Dungarvan  
Zara Bolger - Emerald AC  
Zara Lappin - Dooneen AC  
Zoe Kiely - Ferrybank AC