

Munster Development and Performance Squads 2018/19

Details for the 2018/19 Munster Development and Performance Squads are as follows:

		Development Squad	Performance squad
October 27 th 2018	Nenagh Indoor Stadium	11 am – 1pm	1pm-3pm
November 24 th 2018	Nenagh Indoor Stadium	11 am – 1pm	1pm-3pm
December 29 th 2018	Nenagh Indoor Stadium	11 am – 1pm	1pm-3pm
February 2 nd 2019	Templemore Track	11 am – 1pm	1pm-3pm
March 23 rd 2019	Templemore Track	11 am – 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, Shot, Long Jump, Pole Vault, Middle Distance & Walks*
Day 2	11am-1pm	Short Hurdles, High Jump, Pole Vault, Middle Distance & Walks*
Day 3	11am-1pm	Sprints, Shot, Long Jump, Javelin, Pole Vault, Middle Distance & Walks*
Day 4	11am-1pm	Sprints, Javelin, High Jump, Shot Putt, Middle Distance & Walks*
Day 5	11am-1pm	Short Hurdles, Shot Putt, Long Jump, Pole Vault, Middle Distance & Walks*

**Development Group for Walks will take place on each day with the Performance Walks Squad from 1pm to 3pm.*

Development Coaches

Kevin Cogley

Sprints

Noelle Morrissey	Short Hurdles
Pat Power	Long Jump
Martin O'Grady	High Jump
Dave Fratarolli/Alana Fratarolli	Shot Putt
Brian Scanlon/John Sheehan	Javelin
Eamon Flanagan	Pole Vault
Sean Finn	Middle Distance

The **Performance Squad** is for selected athletes only from the **U16 to U19** age groups (**2018 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. *The Performance Squad will run on the same dates as above but will cover all events.* The Performance squad will run from 1pm-3pm. *Hammer, Discus & Javelin athletes will be training in Borrisokane A.C. Grounds. There is no need to come to the Stadium, please report directly to the Throws Coaches in Borrisokane.*

Performance Coaches

Kevin Cogley	Sprints
Noelle Morrissey	Short & Long Hurdles
Pat Power	Long Jump
David Murphy	Triple Jump
Eamon Flanagan	Pole Vault
Martin O'Grady	High Jump
Sean Whitney	Discus
Brian Scanlon/John Sheehan	Javelin
Dave Fratarolli/Alana Fratarolli	Shot Putt
John O'Farrell	Hammer
Frank Lynch	Walks

A list of those athletes selected for the Performance squad is available below and also at this link – http://www.athleticsireland.ie/downloads/eshop/Selected_Athletes_-_Munster_Performance_Squad_2018.pdf.

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 which includes a Squad T-Shirt. T-Shirts will be available at the last session.

Selected athletes are asked to register by **Thursday 25th October** through the following link – <https://events.athleticsireland.ie/ps/event/MunsterPerformanceSquad201819>

For any queries or further information please contact Aisling Hoey - aislinghoey43@gmail.com

Last Name	First Name	Club
Jackman	Sophie	Abbey CC/St. Senan's
Donohoe	Aisling	Abbey Striders A.C.
Walsh	Clodagh	Abbey Striders A.C.
Donovan	Ben	Abbey Striders A.C.
O'Connell	Mary	An Ríocht A.C.
O'Connor	Clodagh	An Ríocht A.C.
Mc Galey	Shane Og	An Ríocht A.C.
Reid	Katelyn	An Ríocht A.C.
Dee	Aoife	Ard Scoil na nDeise
Lynch	Rachel	Ballincollig A.C.
Bazunu	Stephanie	Ballincollig CS
McCourt	Lauren	Bandon A.C.
Chambers	Tristan	Bandon A.C.
Chambers	Dylan	Bandon A.C.
Tuthill	Nicola	Bandon A.C.
Sugrue	Niamh	Bandon A.C.
O'Connor	Diarmuid	Bandon A.C.
Hallahan	Max	Bandon A.C.
Harrington	Ruairi	Bandon A.C.
Chambers	Dylan	Bandon A.C.
Gale	Thomas	Bandon A.C.
Coomey	Christopher	Bandon A.C.
Komalfe	Stacy	Bandon A.C.
Peevers	Adam	Bandon Grammer School
Turner	Adam	Belgooly A.C.
Wenegieme	Favour	Belgooly A.C.
Halton	Philip	Belgooly A.C.
Eguaibor	Justin	Bishopstown CS
Kmita	Domink	Bishopstown CS
O'Keefe	Sarah	Blarney Inniscara A.C.
Hickey	Ciara	Blarney Inniscara A.C.
O'Keefe	Natasha	Blarney Inniscara A.C.
Costello	Katie	Borrisokane A.C.
Bester	Kellie	Carrick-On-Suir A.C.
Daly	Miriam	Carrick-On-Suir A.C.
Fitzgerald	Roseann	Carrick-On-Suir A.C.
Vermeer	Jake	Carrick-On-Suir A.C.
O'Shea	Rachel	Carrick-On-Suir A.C.
Vermeer	Lynn	Carrick-On-Suir A.C.
Pender	Jack	Carrick-On-Suir A.C.
Coffey	Orla	Carrig na BhFear A.C.
Quain	Martha	Carrig na BhFear A.C.
Nugent	Ciaran	Carrig na BhFear A.C.
Coffey	Emma	Carrig na BhFear A.C.

Kearney	Michelle	Carrig na BhFear A.C.
Daly	Blathnaid	Carrig na BhFear A.C.
Daly	Maebh	Carrig na BhFear A.C.
Constant	Sarah	Carrig na BhFear A.C.
Hurley	Ciaran	Carrig na BhFear A.C.
Walsh	Katie	Carrig na BhFear A.C.
English	Gavin	Clonmel A.C.
Long	Michael	Dooneen A.C.
Stevankova	Nikolka	Dooneen A.C.
Dickson	Sally	Dooneen A.C.
Oyimkanso	Adedeji	Dooneen A.C.
Lawal	Tessy	Dooneen A.C.
Lawal	Dior	Dooneen A.C.
Dillon	Ella	Dooneen A.C.
Okwnegbe	Jeff	Dooneen A.C.
Ryan	Shauna	Dooneen A.C.
O'Leary	Lauren	Emerald A.C.
Bolger	Zara	Emerald A.C.
Russell	Annie	Emerald A.C.
Sheehy	Ciara	Emerald A.C.
Prendeville	Rory	Emerald A.C.
Neville	Ciara	Emerald A.C.
Doherty	Ailbhe	Ennis Track A.C.
Ugwuera	Chisom	Ennis Track A.C.
Kehinde	Gabriel	Ennis Track A.C.
Benson	Shanice	Ennis Track A.C.
Odubote	Tony	Ennis Track A.C.
Keane	Jo	Ennis Track A.C.
Benson	Shaun	Ennis Track A.C.
Carroll	Ricky	Fanahan McSweeney
Foley	Siofra	Farranfore Maine Valley A.C.
Lenihan	Liath	Farranfore Maine Valley A.C.
Whelan	Conall	Farranfore Maine Valley A.C.
Murphy	Katie	Ferrybank A.C.
Monahan	Lorna	Ferrybank A.C.
Kiely	Zoe	Ferrybank A.C.
Igwe	Paula	Ferrybank A.C.
Heinen	Kylie	Ferrybank A.C.
Redmond	Amy	Ferrybank A.C.
Maher	Eoin	Ferrybank A.C.
Bagge	Jake	Ferrybank A.C.
Griffin	Maeve	Finisk Valley A.C.
Caulfield Dreier	Stefan	Glenstal Abbey
Greaney	Jack	Gneeveguilla A.C.
Leamy	Anna	Grange Fermoy A.C.
McCarthy	Christine	Kenmare & District A.C.
Randals	Gary	Kenmare & District A.C.
Littlejohn	Abby	Kenmare & District A.C.
Defaoite	Muireann	Kenmare & District A.C.
Kennelly	Ciara	Killarney Valley A.C.

Stack	Elizabeth	Killarney Valley A.C.
Courtney	Ruth	Killarney Valley A.C.
Lee	Jordan	Killarney Valley A.C.
Leahy	Sarah	Killarney Valley A.C.
O'Dea	Siofra	Kilmurray Ibrickane A.C.
Mena	Sofia	Leevale A.C.
Collins	Catherina	Leevale A.C.
Onilogbo	Aishat	Leevale A.C.
Wall	Emily	Leevale A.C.
Cassidy	Aisling	Leevale A.C.
Onoh	Orlaith	Leevale A.C.
Murphy	Hannah	Leevale A.C.
Buckley	Sara	Leevale A.C.
Collins	Elena	Leevale A.C.
Umeh	Holly	Leevale A.C.
Sivakumar	Wymin	Leevale A.C.
Jones	Marc	Leevale A.C.
McInerney	David	Leevale A.C.
Okoh	David	Leevale A.C.
Aherne	Shane	Leevale A.C.
Collins	Hugh	Leevale A.C.
Ademola	Reece	Leevale A.C.
Osobase	Jonah	Leevale A.C.
Duggan	Ryan	Leevale A.C.
Fitzgerald	Abbey	Leevale A.C.
Scanlon	Cathal	Leevale A.C.
Hurley	Daniel	Leevale A.C.
O'Callaghan	Padraig	Leevale A.C.
Kirkby	James	Leevale A.C.
Naughton	Sean	Leevale A.C.
Morey	Conor	Leevale A.C.
Doyle	Colin	Leevale A.C.
Moynian	Katie	Leevale A.C.
O'Leary	Ryan	Leevale A.C.
O'Connell	Christian	Limerick A.C.
Hunt	Sinead	Lios Tuathail A.C.
Tony	Michale	Lios Tuathail A.C.
Pierse	Cliona	Lios Tuathail A.C.
Mahony	Sean	Lios Tuathail A.C.
O'Sullivan	Aoife	Liscarroll A.C.
Kellegher	Anna	Liscarroll A.C.
Perrott	Sophie	Liscarroll A.C.
Cusack	Vickie	Liscarroll A.C.
Ivory	Joe	Liscarroll A.C.
McDonnell	Laura	Marian A.C.
Murphy	Kate	Marian A.C.
Baltonis	Dovydas	Mercy Mount Hawk
Alamu	Blessing	Midleton A.C.
O'Brien	Lia	Midleton A.C.
Alamu	Emmanuel	Midleton A.C.
O'Riordan	Sean	Midleton A.C.
Joseph	David	Midleton A.C.

Judd	Samuel	Midleton A.C.
Ryan	Anna	Moycarkey Coolcree A.C.
Ryan	Dillon	Moycarkey Coolcree A.C.
O'Dwyer	Adam	Moycarkey Coolcree A.C.
O'Dwyer	Ben	Moycarkey Coolcree A.C.
Ryan	Jack	Moycarkey Coolcree A.C.
Mockler	Sean	Moycarkey Coolcree A.C.
Bergin	Katie	Moyne A.C.
Burke	Sean	Moyne A.C.
Tierney	Emily	Nenagh Olympic A.C.
Minter	Darragh	Nenagh Olympic A.C.
McEvoy	Joseph	Nenagh Olympic A.C.
Delaney	Joshua	Nenagh Olympic A.C.
Carolan	Sean	Nenagh Olympic A.C.
Naughton	Brian	Nenagh Olympic A.C.
Lane	Sarah	Nenagh Olympic A.C.
Egan	Joshua	Nenagh Olympic A.C.
Allen	Ruth	Newport A.C.
Power	Roisin	Newport A.C.
Lenihan	Megan	North Cork A.C.
Frawley	Sean	North Cork A.C.
Lynch	Brian	Old Abbey A.C.
Hand	Michael	Old Abbey A.C.
O'Reilly	Aoife	Kenmare & District A.C.
Coyle	Ava	Riverstick Kinsale A.C.
McMahon	Gearoid	Shannon A.C.
Collins	Andrew	Skibbereen A.C.
Villanyi	Gergo	St. Augustine's
Malik	Aaron	St. Brendan's A.C.
Courtney	Darragh	St. Brendan's A.C.
Malik	Riadh	St. Brendan's A.C.
O'Grady	Lauren	St. Brendan's A.C.
Lowth	Darragh	St. Brendan's A.C.
McGuire	Frank	St. Brendan's Killarney
Carr	Megan	St. Catherine's A.C.
O'Neill	Alex	St. Cronan's A.C.
Taylor	Kate	St. Cronan's A.C.
Greene	Daniel	St. John's A.C.
Galvin	Colm	St. Mary's A.C. Limerick
Foley	Niamh	St. Mary's A.C. Limerick
Ambrose	Patrick	St. Mary's A.C. Limerick
Meredith	Sophie	St. Mary's A.C. Limerick
Hennessy	Fiona	Templemore A.C.
Schoeman	Armand	Templemore A.C.
Dooley	Kyle	Templemore A.C.
Carroll	Mark	Templemore A.C.
Dooley	Adam	Templemore A.C.
Barnett	Jack	Templemore A.C.
Hennessy	Siobhan	Templemore A.C.
Varnili	Azuolas	Templemore A.C.
Towey	Neassa	Templemore A.C.
Mullen	Jimmy	Templemore A.C.

Moloney	Kieran	Thurles Crokes A.C.
Siegel	Dawid	Tralee CBS
Doyle	Fiona	Tralee Harriers A.C.
Falvey	Rebecca	Tralee Harriers A.C.
Dennison	Elinor	Tralee Harriers A.C.
Cronin	Leanne	Tralee Harriers A.C.
Griffin	Cillian	Tralee Harriers A.C.
Kissane	Jordan	Tralee Harriers A.C.
O'Carroll	Luke	Tralee Harriers A.C.
Commane	Conor	Tralee Harriers A.C.
O'Reilly	Orla	Tralee Harriers A.C.
Oyebanji	Basit	Tralee Harriers A.C.
Shalemba	Mervyn	Tralee Harriers A.C.
Bowler	Rachel	Tralee Harriers A.C.
Monagle	Shane	Tramore A.C.
Hartery	Mark	Tramore A.C.
O'Mahony	Emily	Waterford A.C.
Jacob	Sarah	Waterford A.C.
Kenny	Eoin	Waterford A.C.
Murphy	James	Waterford A.C.
Baylon	Lance	Waterford A.C.
Myers	Emily	Waterford A.C.
Sullivan	Evan	Waterford A.C.
Cawley	Shane	Waterford A.C.
Farrell	Cormac	Waterford A.C.
Caulfield	Claire	Waterford A.C.
Heery	Ruth	Waterford A.C.
Costello	Jake	Waterford A.C.
O'Connor	Orla	Waterford A.C.
Ali	Hassan	Waterford A.C.
Ryan	Cathal	West Muskerry A.C.
Ryan	Cathal	West Muskerry A.C.
Killagrew	Kate	West Waterford A.C.
Kelly	Alannah	West Waterford A.C.
Fitzgerald	Patrick	West Waterford A.C.
O'Neill	Sam	West Waterford A.C.
Curran	Darragh	West Waterford A.C.
Buenaventura	Eoin	West Waterford A.C.
Buenaventura	Ciaran	West Waterford A.C.
Harty	Diarmuid	West Waterford A.C.
Buenaventura	Owen	West Waterford A.C.
McCraith	Ryan	West Waterford A.C.
Lai	Aoife	West Waterford A.C.
Barrett	Kerry	Youghal A.C.
Cahill	Tirna	Youghal A.C.