

ANTRIM

Male 13-15

Callum Crawford Walker

Lagan Valley

Ulster & NI Indoors

Gold 600m

Silver High Jump

Ulster & NI Outdoors

Gold 600m

Callum won both the Indoor & Outdoor 600m titles and also won Silver in the High Jump at the Indoor Championships

Female 13-15

Roseanna Mc Guckian

Ballymena & Antrim

Ulster & NI Indoors

Gold 60m

Gold Long Jump

Gold Shot Putt

Ulster & NI Outdoors

Gold Long Jump

Gold Shot Putt

Roseanna won the Provincial Long Jump & Shot Putt titles indoors and Outdoors in 2009, and went on to take the National Outdoor Long Jump title in Tullamore

Male 16-19

Owen Mc Cabe

North Belfast Harriers

Ulster & NI Indoors

Gold Walk

Ulster & NI Outdoors

Gold Walk

Won both his Provincial Championships in his age group. Owen went on to take the Gold medal at the AAI Indoors in Magherafelt and later in the year took the Silver behind Joe Conway in the 5000m Walk in Tullamore. Owen won the Aviva Ulster Schools and again took Silver in the Irish Schools Championships.

Female 16-19

Hannah Todd

Ballymena & Antrim

Ulster & NI Indoors

Gold Long Jump

Gold Triple Jump

Ulster & NI Outdoors

Gold 100m

Gold Long Jump

Gold Triple Jump

Took 5 titles Indoor and Out at Provincial level in 2009. Went on to take a full set of medals at National level winning the Outdoor Triple Jump, taking Silver Indoors and Bronze later in the year at the Outdoors in the Long Jump. In the AAI Senior Indoor Championships held at the Odyssey this athlete took Bronze in the Triple Jump. In Schools competition at National level she took Silver in the Triple Jump while she anchored her team to victory in the Relay.

Armagh

Female 13-15

Emma Willis

Upper Bann

Ulster & NI Indoors

Gold 60m

Ulster & NI Outdoors

Gold 100m

Bronze 200m

This young sprinter took Gold in both the shot sprints at our provincial championships and added to this by winning Bronze in the 200m at Antrim in early June.

Male 16-19

Kenneth Anderson

Upper Bann

Ulster & NI Indoors

Gold 200m

Silver 60m

Bronze Long Jump

Ulster & NI Outdoors

Gold Triple Jump

Silver Long Jump

Competed well at Provincial level where the Upper Bann athlete won 2 Gold, 2 Silver and 1 Bronze.

Cavan

Male 13-15

Ciaran O Reilly

Shercock

Ulster & NI Indoors

Gold Shot Putt

Ulster & NI Outdoors

Gold Shot Putt
Gold Discus

Having won three provincial titles, Ciaran also took Gold in the Shot Putt at the National Indoor Championships in Nenagh.

Female 13-15

Aine Brady

Annalee

Ulster & NI Indoors

Gold 60m

Gold Long Jump

Ulster & NI Outdoors

Gold 60m

Gold Long Jump

Gold High Jump

This young athlete had an excellent season which seen her win five titles in the province and in her first year in National competition, Aine won two medals taking Gold in the Indoor Championships in Nenagh and Silver Outdoors.

Male 16-19

Cian O Reilly

Annalee

Ulster & NI Indoors

Gold Long Jump

Gold Triple Jump

Ulster & NI Outdoors

Gold 100m

Gold Long Jump

Gold Triple Jump

This young man has had an excellent year both on the track and across the country. He won both the Provincial Cross Country Championships last year. On the track he took three medals winning Gold over 1500m Indoors, while he won Silvers over 800m Indoors and 1500m Outdoors.

On the National scene Cian's best performance of the season seen him finish fourth in the National Junior Inter Clubs Cross Country in March while earlier in the year he took Silver in the U18 CC Championships in Tramore. On the track he took Silver in both the 1500 & 3000m.

Female 16-19

Diemante Zvalauskaite

Innyvale

Ulster & NI Indoors

Gold Shot Putt

Ulster & NI Outdoors

Gold Shot Putt

Gold Javelin

Having only taken up the sport a little over a year ago the Innyvale athlete has had great success in the throws at Provincial level winning the Shot Putt at both our championships and adding another title by winning the Javelin in Antrim. She has also made her mark at National level when winning the Silver medal in the U15 Shot in Nenagh.

Derry

Ryan Mc Parland

City of Derry

Ulster & NI Indoors

Gold 60m

Gold Long Jump

Gold 60m Hurdles

Ulster & NI Outdoors

Gold 100m

Gold 200m

Silver 80m Hurdles

Of the Six events he took part in at Provincial this City of Derry athlete took home five Gold and one Silver medal. Ryan's medals both indoor and out came in the 60m the Sprint Hurdles and the Long Jump. His record at National level also makes pretty good reading Indoor he took Silver in the Long Jump and Bronze in the 60m and Sprint Hurdles. Outdoors He won the 80m Hurdles title and later took Silver in the 100m.

Ciara Armstrong

City of Derry

Ulster & NI Indoors

Bronze 60m

Ulster & NI Outdoors

Gold 80m

Silver 200m

This City of Derry athlete has a complete set of medals from the 2009 Track & Field season. At the Indoors in Magherafelt she took Bronze over in the 60m while Outdoors she won the 80m and finished 2nd over 200m.

Andrew Doyle

Mid Ulster

This athlete started 2009 by winning Gold in the Provincial Indoor and later in the year to Gold at the Outdoors in the Shot Discus & Hammer. At National level he took the Shot Putt title Indoors. He duly missed the AAI Outdoors as he was competing in the World Youth Championships in Italy. In Hammer qualification he threw 63.18m which seen him finish 19th of the 39 athletes entered, but unfortunately didn't make the final. At the Celtic International in Wales, he represented Ulster in

Shot Discus & Hammer. He comfortably won both the Shot and Hammer and set a new Celtic Games record of 61.77m with his third round effort.

Ulster & NI Indoors

Gold Shot Putt

Ulster & NI Outdoors

Gold Shot Putt

Gold Discus

Gold Hammer

Janelle Mc Guirk

Mid Ulster

Ulster & NI Indoors

Gold 60m

Gold 200m

Gold Long Jump

Ulster & NI Outdoors

Gold 200m

Gold Long Jump

Silver 100m

This Mid Ulster sprint and jumps athlete took 6 medals Five Gold and a Silver at our championships. At National level won two medals, Silver Indoors over 200m and Outdoors over the same distance she took Bronze.

Donegal

Male 13-15

John Kelly

Finn Valley

Ulster & NI Indoors

Gold Shot Putt

Ulster & NI Outdoors

Gold Shot Putt

Gold Discus

Silver Javelin

Adding to the medals he has won at Provincial level, this young athlete has this year established himself as one of the best throws athletes in the country in his age group. At the National Indoor Championships in Nenagh he had five efforts over the old Championship best performance with his best measured at 14m. Moving to the National Outdoor Championships where he was once again in record breakin form. On day one he added over 2m to the old figures taking Gold with 40.99, on the Sunday he moved to his favoured event the Shot and set a massive new pb and a championship best of 15.12. Later on that afternoon he competed in the Javelin and was only beaten to the title by clubmate Michael Gallagher.

Female 13-15

Amber Barrett

Cranford

Winning this award for the second year this Cranford athlete has had a great year which has seen her win three Gold, a Silver and a Bronze at provincial level. At National level she also had a terrific year winning three Silver medals in the 60m & Long Jump Indoors and in the Long Jump at the Outdoor Championships.

Ulster & NI Indoors

Gold Long Jump

Silver 60m

Ulster & NI Outdoors

Gold Long Jump

Gold 200m

Bronze 60m

Male 16-19

Pauric Mc Laughlin

Finn Valley

Ulster & NI Indoors

Gold 1500m

Silver 800m

Ulster & NI Outdoors

Gold 1500m

This athlete really made a breakthrough in 2009. Won three medals on the track at provincial level, and had an excellent year at National level. He started off by been a member of the Finn Valley Junior Mens Team that took Bronze at the Inter Clubs, he also was a valuable member of the St Eunan's Senior Boys who won the Irish Schools title. Individually in March he won the U19 1500m title, he followed this up by winning the Senior Boys Steeplechase at the Irish Schools. At the AAI Juvenile Championships He took Gold in the Steeplechase, Silver over 3k and Bronze in the 1500m.

Female 16-19

Louise Harvey

Tir Chonail

Ulster & NI Indoors

Gold 60m Hurdles

Gold High Jump

Ulster & NI Outdoors

Gold 100m Hurdles

Gold 250m Hurdles

Another athlete who has had a terrific season at Provincial & National level. During the the Indoor season she won two gold at provincial level and then went on to take Gold in the 60m Hurdles in Nenagh. Outdoors in our championships she won both the 100m and 250m Hurdles and later in the season took Gold in both Hurdle events at the National Championships. Louise was also a vital member of the Tir Chonail Ladies team that represented Ireland in the European Club Championships in Slovakia and retained their National League title in Tullamore at the tail end of the Track & Field season. Represented Ulster at the Celtic International in Wales.

DOWN

Male 13-15

Maria Kincaid

Dromore

Ulster & NI Indoors

Silver 800m

Ulster & NI Outdoors

Silver 800m

Bronze High Jump

Ulster & NI CC

Gold U13

This athlete had a good season which seen her win four medals at provincial level during the Cross County and Track & Field seasons.

Female 13-15

Ayran Meurtash

Dromore

Ulster & NI Indoors

Gold Shot Putt

Ulster & NI Outdoors

Silver Shot Putt

This Dromora athlete had a good Track & Field season winning Gold & Silver in the Shot Putt at our Championships and backed this up by winning Silver at the National Indoor Championships in Nenagh.

Female 16-19

Joanne Mills

East Down

Ulster & NI Outdoors

Gold 3k

Ulster & NI CC

Gold U17

Gold U18

This young lady, had a very productive Cross Country season last year which seen he win both the U17 & U18 Championships at Provincial level and then went to National level where in an exciting race in the U17 age group finished second to Mary Mulhare of North Laois.

Male 16-19

Andrew Mc Neill

Regent House

Ulster & NI Indoors

Gold Triple Jump

Silver Long Jump

This Regent House athlete had a good indoor season which seen him win the U19 Triple Jump title and take Silver in the Long Jump

Fermanagh

Male 12-15

Jordan Hylton

Portora

Ulster & NI Indoors

Gold 60m

Gold Long Jump

The Portora athlete won both the 60m and Long Jump at the Provincial Indoors at the Oddysey Arena. This athlete also took the Silver medal in the Minor Boys 100m at the Ulster Schools.

Male 16-19

Stuart Connor

St Michaels

Ulster & NI Indoors

Gold 60m

Gold 200m

Gold Shot Putt

Ulster & NI Outdoors

Gold 100m

Gold 200m

Gold Shot Putt

Had an excellent year both indoor and out. His Indoor season seen him take Gold in three events at Provincial level, he then went to the nationals where he won Gold over 60 & 200m and also took the Silver medal in the Shot Putt. Stuart began his outdoor season in the Ulster Schools Championships Stuart finished third in both the 100m and Shot. At the Irish Schools Championships he finished third in the 100 and later in the day anchored team to the Schools first Irish Relay title. He took three titles in the Ulster & NI Age Group Championships, and later went on to convincingly take the 100m title at the National Championships. At international level Stuart was the Captain of the Irish Schools team and represented Ulster in the 100m and Sprint Relay at the Celtic Games in Wales, finishing 2nd in the 100.

Monaghan

Male 13-15

Garbann Mc Kenna

Glaslough Harriers

Ulster & NI Indoors

Gold 60m Hurdles

Silver 60m

Silver High Jump

Ulster & NI Outdoors

Gold 80m

Gold 80m Hurdles

Gold Long Jump

This Glaslough Harriers athlete won a total of 5 Gold and 1 Silver at our provincial championships

At the National Indoor Championships he was involved photo finish in the Boys U13 60m where three athletes received Gold medals, he also took Gold in the Hurdles in these Championships. At the National Outdoors he again took Gold in the Short Sprint & Sprint Hurdles and added to these by taking Silver in the Long Jump. He rounded off an excellent year by winning Gold in the Hurdles at the National Community Games Finals.

Female 13-15

Alicia Boylan

Oriel

Ulster & NI Indoors

Gold Walk

Ulster & NI Outdoors

Gold Walk

Having won both her Walks at provincial level, this athlete took the Bronze medal in the National Indoors in Magherafelt, and later in the year took Gold at the Outdoors in Tullamore. This athlete also won the Junior Ulster & Irish Schools Walks titles and finished off her season by showing that she is also an established runner by winning the Girls National Community Games Marathon.

Male 16-18

Cillian Mc Carron

County Monaghan AC

Ulster & NI Indoors

Gold 60m

Gold 200m

Ulster & NI Outdoors

Silver 100m

Silver 200m

At Provincial level this athlete took two titles at our indoor championships and finished second over 100m & 200m at the outdoor championships in Antrim.

Female 16-18

Aoibhinn Gissane

Monaghan Phoenix

Ulster & NI Indoors

Gold Walk

Ulster & NI Outdoors

Gold Walk

Took the Gold in G U18 Walk at the Ulster & NI Indoor at Magherafelt, and took Silver in Nenagh at the Nationals. At the Age Group Championships in Antrim she again took the Gold medal in her age group, and then went on to take Bronze in the AAI Championships held in Tullamore.

Tyrone

Male 13-15

Liam Mc Gillan

Strabane Track Club

Ulster & NI Indoors

Silver 60m
Silver Long Jump
Ulster & NI Outdoors
Gold Triple Jump

A gold and two silver for this athlete at provincial level, taking his Gold in the Triple Jump. This young man is winning his second award tonight.

Male 16-18

Ben Mc Gillan

Strabane Track Club

Ulster & NI Indoors
Gold 60m
Gold Long Jump
Ulster & NI Outdoors
Gold Triple Jump
Silver 100m

Three Gold and a Silver was won by this Strabane athlete at our championships throughout the year. He added to his medal tally, by winning a Gold, a Silver and two Bronze at AAI Championships in 2009. Represented Ireland in the International Schools at Antrim where he won the Bronze in the Triple Jump.

Female 16-18

Rachel Mc Elhinney

Strabane Track Club

Ulster & NI Indoors
Silver Triple Jump
Silver Shot Putt
Bronze Long Jump

Ulster & NI Outdoors
Silver Discus
Silver Javelin

This athlete won medals in five different events at our championships throughout the year. She is receiving this award for the third year in a row.

Exceptional Performance Awards

Ciara Mageean

City of Lisburn

Retained the National Senior 1500m Indoor title, Irish Schools Cross Country, Irish Schools 800 & 1500m Senior Girls Gold Medallist.

European Youth Olympic 1500m Champion

World Youth 800m Silver Medalist

Broke Sonia O Sullivan's National Junior 800m Record at Irish Schools Championships and then re wrote the figures again by running 2:03.07 In winning her Silver in Bresscone. This time places her 2nd on the World Youth lists in 2009.

When winning Gold at the EYO she set a new National Junior Record of 4:15.46, and also bettered the Championship Best Performance of 2000 Olympic 5000m Gold Medalist Gabriella Szabo. Third on World Youth list and 2nd on European Junior list in 2009

Christine Mc Mahon Ballymena & Antrim

The highlight for this young Hurdler's season was a Silver medal at the European Youth Olympics in the 400m Hurdles. She was also a vital member of the Sprint relay team that took Bronze at these championships. During 2009 she also gained Senior International experience as she was a member of the 4 x 400m squad at the European Indoors in Turin. At National level she won her first Senior medal when finishing third in the 400m Hurdles.

Joanne Mills Ballymena & Antrim

This athlete was a member of the Irish team at the European Youth Olympics where she won a Bronze medal in 4 x 100m Relay, and also competed in the Long Jump Late in the season she won the 300m at the UK Schools Games. On the National scene she won four titles at the AAI Juvenile Championships, she won the Inter Girls Long Jump and was a member of the Ballyclare High team that won the relay at the Irish Schools in Tullamore. This athlete won her first National Senior Medal by finishing 3rd in the Irish Indoor Championships at the Odyssey. At the Ulster & Northern Ireland Senior Championships she took Silver in the Long Jump. In the Provincial Age Group Championships she took Gold in the 60m, 200m & LJ.

Ciaran Dolan St Michael's

Represented Ireland at the European Youth Olympics, he won the Long Jump at the Celtic International in Wales and finished 2nd in the same event at the UK Schools. Other successes seen this athlete win the AAI U18 Indoor Long Jump title, win 2 Gold and a Silver at the Irish Schools Championships in May.

James Treanor Monaghan Phoenix

This Monaghan Phoenix athlete won the Schools International 3k Walk in convincing fashion at the Antrim Forum, and the following day travelled to Tullamore where he won the U17 Walk at the AAI Championships. Earlier in the year he finished second in the National Indoor Championships. At provincial level he won Silver at the Indoors while he took Gold at our Outdoor championships.

Mark English

This middle distance athlete has had an excellent track season.

At our Provincial won 3 Gold medals, at the AAI Juvenile Championships he won 2Gold and 1 Silver medal. At the AAI Junior Championships he took Silver over 800m. On the International front he won both the Schools International and the Celtic Games 800m, and in the latter broke James Nolan's record which was set back in 1994.

Paul Sexton Annalee

This Annalee athlete won three gold and a bronze at our Provincial Championships, winning the Sprint Hurdles titles Indoors and Out, he won the 80m in Antrim and finished third in the 60m in Magherafelt.

Senior Athletes of the Year

Jason Smyth

City of Derry

The Paralympic 100 & 200m Gold Medalist had another fine season which seen in him win the National Senior 100m and gaining the Standard for next years European Championships in Barcelona when winning the National U23 100m title in 10.43 seconds. He also was a vital part of the City of Derry that won the Division One National League.

Mary Mc Loone

Tir Chonaill

This athlete represented Ireland at the European League, she was also a prominent member of the Tir Chonaill squad that represented Ireland at the European Club Championships and spearheaded the club's successful defence of the National League. At National level, she won the Triple Jump and finished second in the Long Jump at the Odyssey, while outdoors she retained her Triple Jump title and took Silver in both the Long Jump and 100m Hurdles. This athlete also won the Ulster & Northern Ireland Senior 200m and also finished second in the 100m.

Hall of Fame

Bernie O Callaghan

Hugo Duggan

Derek Graham see attached article