

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 |
| Date tbc | venue tbc | 11 am – 1pm | 1pm-3pm |
| Date tbc | venue tbc | 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, Javelin, High Jump, Pole Vault, Middle Distance & Walks* |
| Day 3 | 11am-1pm | Sprints, Shot, Long Jump, Pole Vault, Middle Distance & Walks* |
| Day 4 | 11am-1pm | Short Hurdles, Javelin, High 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 |
| Mena | Sofia | Ashton College Cork |
| Lynch | Rachel | Ballincollig A.C. |
| Baganu | 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 Grammer School |
| 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'Keeffe | Sarah | Blarney Inniscara A.C. |
| Hickey | Ciara | Blarney Inniscara A.C. |
| O'Keeffe | 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. |

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| Hurley | Ciaran | Carrig na BhFear A.C. |
| Walsh | Katie | Carrig na BhFear A.C. |
| Collins | Catherina | Christ King Cork |
| English | Gavin | Clonmel A.C. |
| Ryan | Cathal | Col Chriost Ri |
| Long | Michael | Colaiste Ide agus Josef |
| 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. |
| Okwnegebe | 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. |
| Galvin | Colm | Hazelwood College |
| 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. |

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|-------------|-----------|--------------------------|
| 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. |
| 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. |

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| 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 | PS Inbhearsceine Kenmare |
| 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. |
| 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. |

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| 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. |
| 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. |