

Munster Star Awards 2009

Track and Field Awards

Track and Field Juvenile Awards

	Name	Club
Clare	Niamh Markham Ian Slobody	Ennis Track Kilmihil
Cork	Orla Finn Eric Stam	Riverstick/Kinsale Bandon
Kerry	Ailbhe Courtney Eoin O'Carroll	St. Brendan's Tralee Harriers
Limerick	Sarah Lavin Nathan Jege	Emerald Dooneen
Tipperary	Aoife Bartley Shane O'Dwyer	Carrick-on-Suir Carrick-on-Suir
Waterford	Ciara Giles Doran Thomas Barr	Ferrybank Ferrybank
Walks	Kate Veale	West Waterford
Triple Jump	Aoife Bartley	Carrick-on-Suir
Junior Men	Daniel Clifford	Farranfore M.V.
Under 23 Men	Alan O'Connor	Tralee Harriers
Senior Men	Patsy O'Connor	Tralee Harriers
Masters Men	Brendan Dennehy	Rising Sun
International	Robert Heffernan	Togher
Junior Women	Niamh Whelan	Ferrybank
Junior Women	Emer O'Connell	Blarney/Inniscarra
Under 23 Women	Katie O'Shea	Farranfore M.V.
Senior Women	Laura Crowe	An Ríocht
Masters Women	Liz Coomey	Bandon
Hall of Fame	Tom O'Riordan	Kerry
Officer/Official	Joe O'Flynn	Leevale

Munster Star Awards 2009 Cross Country Awards

Juvenile Male	Sean Tobin	Clonmel
Juvenile Female	Shannon Ryan	Dooneen
Junior Men	Liam Markham	Ennis Track
U/23 Men	Lebeta Debela	Limerick A.C.
Novice Men	Lebeta Debela	Limerick A.C.
Intermediate Men	Niall McCormack	Ferrybank
Senior Men	James McCarthy	East Cork
Master Men	Trevor Woods	St. Finbarr's
Junior Women	Kate Veale	West Waterford
Junior Women	Claire Madigan	St. Johns Clare
U/23 Women	Laura Crowe	An Ríocht
Novice Women	Lizzie Lee	Leevale
Intermediate Women	Marian Burke	St. Mary's Clare
Senior Women	Niamh O'Sullivan	An Ríocht
Master Women	Niamh O'Sullivan	An Ríocht

Club Awards 2009

Indoor

**Jun/Senior
Masters
Juvenile**

**Leevale
Rising Sun
Ferrybank**

Track and Field

**Jun/Senior
Masters
Juvenile**

**Ferrybank
West Waterford
Ferrybank**

County Awards

**Senior
Masters
Juvenile Indoor
Juvenile T/F**

**Cork
Cork
Tipperary
Cork**

Club Cross Country Awards

**Best Juvenile X-Country Club
Best Overall Senior Club X-Country & Road
Best Master Club Cross Country & Road**

**Togher
West Waterford
St. Finbarr's**

County Cross Country Award

**Best Juvenile County
Best Senior County**

**Cork
Cork**