

Leevale Athletes who represented Ireland in International Competition in 2012



Derval O'Rourke (Leevale AC): Derval represented Ireland in a number of international events during 2012. She got her international season off to a great start at the World Indoor Championships in Istanbul, Turkey in March. Here she finished 6th in the Semi Final of the 60mH. Next she went on to compete in the **London 2012 Olympic Games** in the 100mH. At the games Derval proved that she is truly a championship runner by breaking her season's best by some distance to qualify for the semis of the 100mH. In The Semifinal she finished in 5th just missing out of a final berth. Her Semi was won by the eventual champion Sally Pearson of Australia. This was Derval's 3rd Olympic Games having previously competed in Athens and Beijing.



Ciaran O'Lionaird (Leevale AC): Ciaran started his international season at the World Indoor Championships in Istanbul Turkey where he competed in the 1500m. His International season reached a climax with his competing in the **2012 London Olympic Games**, where he competed in the 1500m. Unfortunately his training was curtailed prior to the games, due to an Achilles injury, so he failed to progress beyond the heats. However Ciaran is still very young and Rio de Janeiro will be firmly in his sights.



Carmel Parnell (Leevale AC): The evergreen Carmel, yet again, represented Ireland in the British & Irish Masters International Cross Country in Belfast last November. Again she won the individual gold in her category. This brings her individual gold medal tally to an unprecedented 8 in this international championship. Carmel must surely be the most successful International Masters Cross Country runner that Ireland has ever produced.



Lizzie Lee (Leevale AC): Under coach Donie Walsh Lizzie Lee continues to show continuous improvement. This year she reached new heights. She finished a magnificent runner up in an enthralling race at the National Intercounties Championship in Meath. This earned her selection on the Irish Senior Women's Team for the European Cross Country Championships held in Budapest. Lizzie was one of the stars of the team that won the Gold Medal for Ireland. This was Ireland first Team Gold Medal ever in a Major Championship.



Luke Hickey (Leevale AC): On May the 12th. Leevale's Luke Hickey got his first taste of International championship race walking at the World Cup of Race Walking at Saransk, Russia. Luke competed in the junior men's 10K event. He also competed earlier in the year in Dundice, Slovakia, where he finished in 4th position. Luke took bronze in the 2012 National Senior 10k walk. He is the current Irish Schools and U19 5000 m champion and recently took a massive 47 sec off his 5000 m PB at the Munster Indoor Championships. Luke is coached by Robbie Heffernan.



Orla Barry (Leevale AC): Orla has consistently been the top Paralympic Discus Thrower in Europe for the past 5 years. Orla is currently world champion. She won gold at last year's IPC European Athletics Championships in the discus event and ranked her number one in the world. The climax of her year was undoubtedly her brilliant Bronze Medal Performance in the F57/58 category at the **London 2012 Paralympic Games**. Orla currently holds the European discus record with a massive throw of 30.48m from a seated position. Prior to the Games Orla featured in the RTE programme "London Calling"



Jill Hodgins (Leevale AC): Jill won the Seville Marathon in Spain on Sunday, the 19th of February 2012. In doing so, Jill set a new personal best time of 2 hours 46 minutes 58 seconds to win the €6,000 first prize. (Half split 01:22:44). Her previous best was 2:52.21 set in the New York Marathon in 2009. Previous Marathon times were 3:14.35 in Dublin in 2006 and 3:06.35 in Toronto in 2008. She is the latest athlete to join the Marathon Mission squad with Athletics Ireland.