



**CORK
INSTITUTE OF
TECHNOLOGY**

INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ

**Irish Examiner
O'CONNOR CUP**



Higher Education Colleges Ladies Gaelic Football Championship Weekend
IRISH EXAMINER O'CONNOR, GILES, LYNCH & DONAGHY CUPS

Friday 20th & Saturday 21st March 2015

HOSTED BY CORK INSTITUTE OF TECHNOLOGY STUDENT GAA CLUB

Student **GAA** Club

vmware®





FIXTURES

FRIDAY 20TH MARCH

Time	Competition	Round	Venue	Team 1		Team 2
11:00am	Lynch Cup	Semi-Final	3 Pitch CIT	WIT	v	DIT
11:30am	Giles Cup	Semi-Final	4 Pitch CIT	ITT	v	TCD
12:00pm	O Connor Cup	Semi-Final	1 Pitch CIT	UCC	v	DCU(1)
2:30pm	Lynch Cup	Semi-Final	3 Pitch CIT	CIT	v	DCU(2)
3:00pm	Giles Cup	Semi-Final	4 Pitch CIT	AIT	v	St Pats
3:30pm	O Connor Cup	Semi-Final	1 Pitch CIT	UL	v	NUIG

SATURDAY 21ST MARCH

Time	Competition	Round	Venue	Team 1		Team 2
11:00am	Donaghy Cup	Final	4 Pitch CIT	Liverpool Hope University	v	St Pats (2)
11:45am	Lynch Cup	Final	1 Pitch CIT	CIT or DCU(2)	v	WIT or DIT
1:45pm	Giles Cup	Final	1 Pitch CIT	AIT or St Pats	v	ITT or TCD
3:45pm	O Connor Cup	Final	1 Pitch CIT	UCC or DCU(1)	v	UL or NUIG

The Referees for the Higher Education Ladies Gaelic Football Weekend 2015 are;

John Niland	Sligo
Niall McCormack	Laois
Keith Delahunty	Tipperary
Seamus Mulvihill	Kerry
Shaune Duane	Kildare
Shane Florish	Limerick



CONTENTS

Vice President for Academic Affairs, Cork Institute of Technology Address 4

Ladies Gaelic Football Association President Address 5

Address from the Chairperson of HEC 6

Address from the Chairperson CIT Ladies Football Club 7

Paths to the Finals 8

Eamon Ryan 10

Roll of Honour 11

Donaghy Cup - Liverpool Hope University 12

Donaghy Cup - St. Patrick’s College Drumcondra (2) 14

Lynch Cup - Waterford Institute of Technology 16

Lynch Cup - Dublin Institute of Technology 18

Lynch Cup - Cork Institute of Technology 20

Lynch Cup - Dublin City University (2) 22

Giles Cup - Institute of Technology Tralee 24

Giles Cup - Trinity College Dublin 26

Giles Cup - Athlone Institute of Technology 28

Giles Cup - St. Patrick’s College Drumcondra (1) 30

O’Connor Cup - University College Cork 32

O’Connor Cup - Dublin City University (1) 34

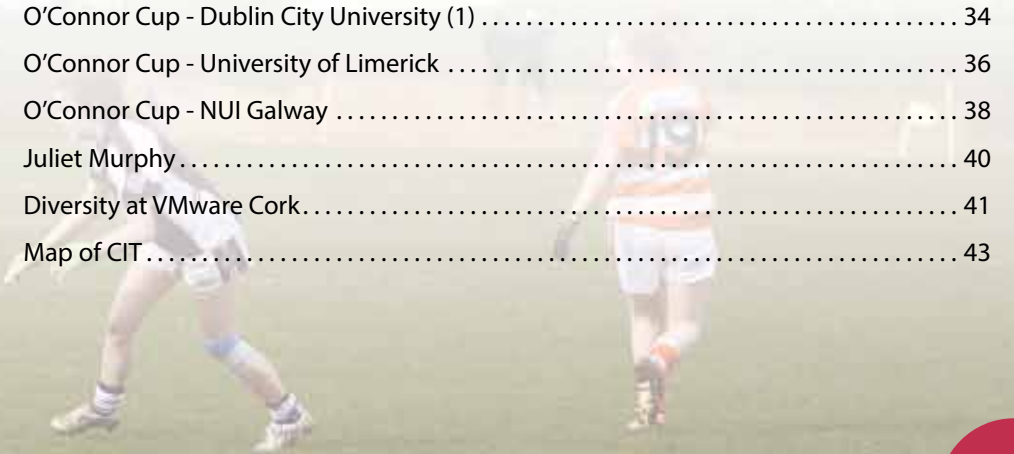
O’Connor Cup - University of Limerick 36

O’Connor Cup - NUI Galway 38

Juliet Murphy 40

Diversity at VMware Cork 41

Map of CIT 43





ADDRESS FROM THE VICE PRESIDENT FOR ACADEMIC AFFAIRS CORK INSTITUTE OF TECHNOLOGY

A chairde Gael,

Ba mhaith liom fáilte mór a chur romhaibh ar fad go Corcaigh agus go hInstitiúid Teicneolaíochta Chorcaí do chomórtais na deireadh seachtaine. Táimid ar fad ag tnúth le cluichí d'ardchaighdeán mar is dual do Pheil Ghaelach na mBan. Níl sárú le fáil leis na h-áiseanna spóirt a chuirimid ar fáil d'ár mic léinn anseo i CIT agus is breá linn iad a roinnt libh an deireadh seachtaine iontach seo.



Fearaimid fáilte ar leith roimh TG4 atá tar éis éacht a dhéanamh do Pheil Ghaelach na mBan tríd an tír. Gura fada buan sibh!

Ladies Gaelic Football is probably the fastest growing sport in Ireland, and among Irish people worldwide, in recent years. The skill, athleticism and high standard of sportsmanship are testimony to the high calibre of people playing the game, supported by a very professional and hardworking organisation. The O'Connor Cup Intervarsity weekend is a showcase event for your sport and we in CIT are proud to have been selected as hosts for the Finals. We welcome all players, management and supporters involved in the O'Connor, Giles, Lynch and Donaghy Cups. CIT Student GAA Club, camogie players, hurlers and footballers, together with the club sponsors VMware, will ensure a very efficient and enjoyable weekend will be had by all.

This is a great All-Ireland weekend, with teams travelling from England as well as from the four corners of Ireland. We know you will enjoy the competitions here in our Bishopstown campus and hopefully you will have time to sample the delights of Cork City while you are here.

Special thanks to the Organising Committee and to the CIT Grounds Staff who maintain our facilities to the highest standards, in spite of ever-increasing demand as venues for both training and games across all codes and to the highest level of competitions.

Go n-éirí an féile peile seo le gach éinne is go dté sibh ar fad slán abhaile!

CIT Abú !!

Barry O'Connor

Registrar & Vice President for Academic Affairs, CIT



LADIES GAELIC FOOTBALL ASSOCIATION PRESIDENT ADDRESS

It is with great pleasure that I welcome all of you here to the Cork Institute of Technology for the annual Third Level O'Connor Cup weekend.



This is the biggest weekend in Third Level Football and is so greatly anticipated by the players and alumni from the colleges and those from the wider Ladies Gaelic Football family. Having played Third Level Colleges football I understand the importance of the competition and the dedication and commitment of the players and the organisers of the competition. It gives me great pleasure to have seen the competition grown in status to the spectacle that we see today.

There are few honours greater in our sport than winning the Ladies HEC competition with your College, it is a massive achievement and something that is reflected by the commitment and dedication of the players that are competing.

On behalf of the Ladies Gaelic Football Association I would like to commend the Higher Education Committee on their work in assuring that the competition is organised to the highest possible standard in this and every other year. I would also like to thank the Cork Institute of Technology who have proven to be such amenable and efficient hosts.

This weekend we have four competitions reaching their finale with all 4 finals taking place on Saturday, this is a huge undertaking on behalf of the organising committee and the squads but it will make for a great spectacle for the many supporters that have journeyed from right around the country support the teams.

I would like to wish all of the colleges taking part in the Giles, Lynch, Donaghy and O'Connor Cups the very best of luck over the course of the weekend and hope that you all enjoy a memorable occasion whatever the result.

I would also like to thank TG4 show will show deferred coverage of the O'Connor Cup final, this is a vital promotional tool for the competition and will surely be rewarded by an outstanding spectacle from some of the very best athletes that our game has to offer.

Marie Hickey

President of Ladies Gaelic Football Association





ADDRESS FROM THE CHAIRPERSON OF HEC

On behalf of the Higher Education Colleges of the Ladies Gaelic Football Association it gives me great pleasure to welcome you all to the highlight of the year the 'O'Connor Cup weekend' hosted by CIT, Cork Institute of Technology, one of the most highly rated higher education colleges in Ireland, both in terms of facilities and great student-staff relations.



In line with our mission, "building our sport to enhance the lives of players and communities", the aim of the HEC is to promote Ladies Gaelic Football across all 3rd Level Institutions in Ireland. We have seen unprecedented growth over the past 3 years with 38 Affiliated Colleges, 58 Teams and over 1,600 Registered Players this year.

It's important to remind ourselves that the big game for our players is their education and it is hugely important for our students to enjoy our sport and have fun. It is also worth noting that the parallels between sport and academia have never been so clear with various studies and research carried out across the globe indicating team sport:

It is the only extracurricular activity to have a consistent and significant effect on student's grades and overall academic success.

It helps to build relationship with adults and with positive, school-oriented peers

It helps develop time-management skills, initiative and an ability to work with others regardless of students socio-economic backgrounds

"According to a survey (Ernst & Young) of executive women, 81% played sports growing up, and 69% said sports helped them to develop leadership skills that contributed to their professional success."

I believe, the high standards, skills and competencies we perfect in sport are transferrable in all walks of life. Sport provides us with a learning environment where we can perfect our skills, become more self-aware and be better people.

Raising the profile of our games has been a key focus of the HEC for the past number of years. This year we are delighted to announce our new sponsors, the Irish Examiner who has come on board to help us raise the profile of colleges football and we look forward to working closely with them.

We launched our website in March and this will enable us to continue to raise the profile, increase participation, enhance social media presence, provide real-time results of all games, and encourage corporate social responsibility amongst young people by promoting volunteerism.

We have seen a significant growth in our social media presence with a social media following on twitter, facebook of over 1,000 followers and growing. 2013 O'Connor Cup Finals saw a viewership of 16,000 and a 50% increase in 2014 O'Connor Cup Finals viewership of 33,000 and would like to thank TG4 who will show deferred coverage of our games.

I would like to sincerely thank the organising committee of CIT under the passionate and enthusiastic Keith Ricken and Ladies Chairperson, Nicole Hickey for all their hard work in organising and hosting this weekend. With their excellent facilities they have created an environment where our players can perform to the best of their ability and we look forward to a showcase of athleticism and a high standard of competition.

I would like to acknowledge the hard work of my committee and our 2 new members, Donal Barry for his excellent PR skills and enthusiasm and Fiona Hudson for her significant contribution to the



running of the HEC through the eyes of an elite player which is invaluable. To Peter and Pat for your continued support and honesty and a special word of gratitude to our Runai, DJ Collins. DJ is the heartbeat of our committee and continues to make an outstanding contribution to the HEC and to the LGFA as a whole.

I would like to sincerely thank all the volunteers, players, coaches, supporters and parents who will give up so much of their time over this weekend and throughout the year.

There are few honours greater in our sport than winning the Ladies HEC competition with your College; it is a huge achievement. I would like to wish our referees, officials and especially all the coaches and players taking part in the Giles, Lynch, Donaghy and O'Connor Cup finals the very best of luck over the course of the weekend and I hope that you all enjoy a memorable occasion.

I would like to thank Helen O'Rourke, CEO and Pat Quill, past President of our Association and all the staff in the offices of the LGFA for their support throughout the year. We extend a warm welcome to our newly elected President, Marie Hickey and wish Marie every success in her tenure and look forward to her continued support of colleges football.

This year we be holding the inaugural Higher Education Colleges All-Star Banquet and the All-Star Committee under Peter Clarke with the assistance of our referees throughout the year have been nominating players for selection. The committee will be present at all games over the weekend. An announcement will be made shortly on our website of the date and venue for this prestigious event so keep an eye on www.helgfa.com

So let's go play great football, have some fun and make great memories that we can reflect on many years from now. Have a safe journey home.

Maureen King

An Caithlorleach

ADDRESS FROM THE CHAIRPERSON CIT LADIES FOOTBALL CLUB

On behalf of Cork Institute of Technology Ladies Football Club, I am delighted to welcome you all to CIT's Bishopstown Campus for the Higher Education Committee Ladies Football Championship Weekend 2015.

This weekend is the high point of the HEC calendar and promises to showcase some of the most skilled and talented ladies footballers from all corners of Ireland and the UK.

It is a great honour for CIT to be hosting this event; behind the scenes there have been countless hours of preparation by Keith Ricken and his fellow committee members to ensure the successful and smooth running of this weekend.

I would like to wish all of the participating teams and management the very best of luck in their respective games and hope that the weekend is both an enjoyable and memorable one for all.

Is mise le meas,

Nicole Hickey

Chairperson, CIT Ladies Football Club





PATHS TO THE FINALS – O'CONNOR CUP

Time	Venue	Round				
10 February 2015	UCC	i	UCC	v	MU	3.20 to 2.05
10 February 2015	NUIG	i	NUIG	v	MICL	0.12 to 1.07
10 February 2015	UL	i	UL	v	UCD	3.08 to 0.08
10 February 2015	QUB	i	QUB	v	DCU	0.07 to 1.12
26 February 2015	MU	ii	MU	v	NUIG	1.07 to 2.11
26 February 2015	MICL	ii	MICL	v	UCC	1.07 to 5.12
26 February 2015	UCD	ii	UCD	v	QUB	5.16 to 0.12
26 February 2015	DCU	ii	DCU	v	UL	0.07 to 2.14
03 March 2015	UCC	iii	UCC	v	NUIG	1.18 to 4.07
05 March 2015	MU	iii	MU	v	MICL	1.11 to 1.12
05 March 2015	halfway	iii	UL	v	QUB	QUB conceded
05 March 2015	UCD	iii	UCD	v	DCU	1.07 to 2.07
20 March 2015	Pitch 1, CIT	Semi Final	UCC	v	DCU	
20 March 2015	Pitch 1, CIT	Semi Final	UL	v	NUIG	
21 March 2015	Pitch 1, CIT	Final	Win M	v	Win N	

PATHS TO THE FINALS – GILES CUP

Time	Venue	Round				
10 February 2015	St Pats Drum	i	St Pats Drum	v	IT Carlow	2.09 to 1.11
10 February 2015	IT Sligo	i	IT Sligo	v	TCD	0.04 to 6.15
10 February 2015	halfway	i	UUJ	v	IT Tralee	0.08 to 7.12
10 February 2015	AIT	i	AIT	v	BYE	
19 February 2015	St Lomans	ii	IT Carlow	v	IT Sligo	7.26 to 2.03
25 February 2015	Clann a Gael	ii	TCD	v	St Pats Drum	1.07 to 0.08
25 February 2015	IT Tralee	ii	IT Tralee	v	AIT	2.12 to 2.13
25 February 2015	BYE	ii	BYE	v	UUJ	
05 March 2015	St Pats Drum	iii	St Pats Drum	v	IT Sligo	6.13 to 3.03
05 March 2015	IT Carlow	iii	IT Carlow	v	TCD	3.09 to 7.13
04 March 2015	St Lomans	iii	AIT	v	UUJ	4.18 to 0.04
05 March 2015	IT Tralee	iii	IT Tralee	v	BYE	
20 March 2015	Pitch 4, CIT	Semi Final	IT Tralee	v	TCD	
20 March 2015	Pitch 4, CIT	Semi Final	AIT	v	St Pats Drum	
21 March 2015	Pitch 1, CIT	Final	Win M	v	Win N	



PATHS TO THE FINALS – LYNCH CUP

Time	Venue	Round				
17 February 2015	CIT	i	CIT	v	UL 2	3.15 to 0.07
17 February 2015	UCD 2	i	UCD 2	v	WIT	3.06 to 4.12
17 February 2015	St. Margarets	i	DIT	v	DCU2	2.11 to 4.11
17 February 2015	DKIT	i	DKIT	v	bye	
25 February 2015	UL 2	ii	UL 2	v	UCD 2	6.09 to 4.03
25 February 2015	WIT	ii	WIT	v	CIT	4.07 to 1.13
25 February 2015	DCU2	ii	DCU2	v	DKIT	4.14 to 2.12
25 February 2015	bye	ii	bye	v	DIT	
04 March 2015	CIT	iii	CIT	v	UCD 2	UCD conceded
04 March 2015	UL 2	iii	UL 2	v	WIT	2.09 to 3.13
04 March 2015	DKIT	iii	DKIT	v	DIT	4.08 to 6.22
04 March 2015	DCU2	iii	DCU2	v	bye	
20 March 2015	Pitch 3, CIT	Semi Final	WIT	v	DIT	
20 March 2015	Pitch 3, CIT	Semi Final	DCU2	v	CIT	
21 March 2015	Pitch 1, CIT	Final	Win M	v	Win N	

PATHS TO THE FINALS – DONAGHY CUP

Time	Venue	Round				
11 February 2015	Marino	i	Marino	v	NUIG2	2.09 to 2.10
11 February 2015	LYIT	i	LYIT	v	MICL2	2.12 to 2.10
11 February 2015	UCC2	i	UCC2	v	RCSI	5.27 to 1.01
04 February 2015	St Pats Drum2	i	St Pats Drum2	v	IT Car2	4.18 to 1.05
04 February 2015	UCD 3	i	UCD 3	v	UUC	4.12 to 2.05
23 February 2015	IT Sligo	ii	NUIG2	v	St Marys Bel	3.05 to 1.05
18 February 2015	UCD	ii	MICL2	v	QUB 2	MICL walkover
16 February 2015	Clanna Gael	ii	RCSI	v	GMIT G	5.10 to 2.18
11 February 2015	IT Car2	ii	IT Car2	v	Mater Dei	2.10 to 1.09
11 February 2015	UUC	ii	UUC	v	TCD 2	3.13 to 3.07
25 February 2015	St Marys Bel	iii	St Marys Bel	v	Marino	
25 February 2015	QUB 2	iii	QUB 2	v	LYIT	LYIT walkover
25 February 2015	GMIT G	iii	GMIT G	v	UCC2	0.02 to 6.21
24 February 2015	Mater Dei	iii	Mater Dei	v	St Pats Drum2	2.04 to 3.07
18 February 2015	TCD 2	iii	TCD 2	v	UCD 3	0.05 to 10.09
26 February 2015	UCD 3	iv	St Pats Drum	v	UCD 3	3.13 to 2.05
04 March 2015	IT Sligo	v	NUIG 2	v	LYIT	1.12 to 2.03
04 March 2015	coin toss	v	UCC2	v	St Pats Drum	1.10 to 3.06
11 March 2015	NUIG	semi-final	NUIG 2	v	St Pats Drum	
21 March 2015	Pitch 4, CIT	final	Liverpool Hope	v	winner S	



LADIES FOOTBALL – A WORTHWHILE INVESTMENT

Eamonn Ryan

Over the past fifty years I have been actively involved in coaching hurling, football, camogie, athletics and swimming and have thoroughly enjoyed my involvement in all these sports. During my final years as a teacher ladies football became more and more popular in schools so it was a natural progression for me to give a helping hand when requested to do so by the coach of our school team. Even though I consider myself first and foremost a GAA person, nevertheless my involvement in Ladies' Football has increased dramatically since my first tentative steps at coaching the Cork team in 2004.



The past decade has seen a huge surge of interest in the game with participation rates rising on a yearly basis. The overall standard of play has also continued to rise and there have been some really memorable championship games in recent years. The dedication, work ethic and skill levels of the modern player have ensured that interest in the fortunes of Intercounty teams is at an all-time high. The televising of championship games by TG4 has undoubtedly led to awareness and appreciation of the expertise and athletic abilities of the participants that was not there a generation ago. Outside of the All-Ireland final day however, crowds are disappointingly small at most games and this is a source of disappointment to players and mentors who invest so much time and effort in training and preparing for games. This is a problem which I feel has to be addressed sooner rather than later. The Sigerson, Fitzgibbon and Ashbourne Cup competitions have adorned the Gaelic game scene at third-level for the past hundred years and many an Intercounty star has had his or her first real introduction to intense, top-class sport on those iconic weekends, hosted by various colleges around the country. Since its inception in the late 1980's, the O'Connor Cup weekend has slowly but surely established itself on an equal footing with the aforementioned highly prestigious competitions- no mean feat in such a relatively short time and a further testament to the inherent attraction of the Ladies' Football game. This weekend with its various competitions, provides an ideal platform for young ambitious players to test themselves against the best and ultimately, perhaps, to launch themselves on the Intercounty scene.

As the various colleges pit themselves against each other on Friday and Saturday, I would like to wish all the players the very best of luck both on personal and collective level. They will remember this sporting weekend for the rest of their lives irrespective of the results of the various competitions. To be a participant at the O'Connor Cup weekend is a significant achievement for any player and, hopefully, all the girls involved this year will return to their clubs and counties enthused and inspired by their experiences at CIT and determined to work even harder at their sport in the years ahead.

Without wishing to strike a discordant note on this joyous weekend, I feel, nevertheless, that it is incumbent on us all to exhort females in general to offer more support to



lady footballers by attending the games in greater numbers and, also by becoming more involved in the coaching and administrative sides of the game. In truth, ladies' sport in general needs to be better supported and invested in by other females if it is to develop and flourish in a manner that will adequately cater for the needs and sporting aspirations of future generations of young Irish women.

ROLLS OF HONOUR

O'CONNOR CUP ROLL OF HONOUR

WINNER	RUNNER UP
1987 Mary Immaculate College Limerick	University College Cork
1988 University College Cork	Mary Immaculate College Limerick
1989 Waterford RTC	Mary Immaculate College Limerick
1990 University College Cork	Mary Immaculate College Limerick
1991 Thomond College	Mary Immaculate College Limerick
1992 Mary Immaculate College Limerick	Thomond College
1993 University of Limerick	Mary Immaculate College
1994 University of Limerick	Waterford RTC
1995 University of Limerick	Garda College
1996 University of Limerick	University of Ulster Jordanstown
1997 University of Limerick	Garda College
1998 IT Tralee	IT Sligo
1999 IT Tralee	University College Dublin
2000 IT Sligo	Waterford IT
2001 University College Dublin	IT Tralee
2002 University College Dublin	University of Limerick
2003 University College Dublin	University of Ulster Jordanstown
2004 University of Limerick	NUI Maynooth
2005 University College Dublin	NUI Galway
2006 University College Dublin	IT Sligo
2007 University of Limerick	University of Ulster Jordanstown
2008 University of Ulster Jordanstown	IT Sligo
2009 Dublin City University	University of Limerick
2010 Dublin City University	University of Ulster Jordanstown
2011 Dublin City University	University of Ulster Jordanstown
2012 University College Cork	University of Ulster Jordanstown
2013 Queens University Belfast	Dublin City University
2014 University of Limerick	Queens University Belfast

GILES CUP ROLL OF HONOUR

WINNER	RUNNER UP
2010 NUI Maynooth	Waterford IT
2011 Waterford IT	IT Tralee
2012 Mary Immaculate College Limerick	NUI Maynooth
2013 NUI Maynooth	IT Carlow
2014 Mary Immaculate College Limerick	NUI Maynooth

LYNCH CUP ROLL OF HONOUR

WINNER	RUNNER UP
1996 Mary Immaculate College Limerick	Dundalk RTC
1997 Sligo RTC	University College Galway
1998 Dublin IT	NUI Maynooth
1999 Garda College	Cork IT
2000 University College Cork	NUI Maynooth
2001 NUI Maynooth	Carlow IT
2002 Mary Immaculate College Limerick	St. Marys Strawberry Hill, London
2003 University College Dublin(2)	Trinity College Dublin
2004 Dublin City University	Athlone IT
2005 Trinity College Dublin	St Marys, Strawberry Hill, London
2006 Dublin City University	Liverpool Hope
2007 Dundalk IT	Liverpool Hope
2008 University College Cork	Liverpool Hope
2009 St. Marys	Dublin IT
2010 Mary Immaculate College Limerick	Dublin City University (2)
2011 Carlow IT	Dublin City University (2)
2012 Athlone IT	Trinity College Dublin
2013 Trinity College Dublin	Dublin IT
2014 St Patricks Drumcondra	Cork IT

DONAGHY CUP ROLL OF HONOUR

WINNER	RUNNER UP
2014 UU Coleraine	IT Sligo 2
2013 St Patricks Drumcondra 2	IT Sligo 2
2012 Marino	IT Sligo 2
2011 RCSI	NUIG 3
2010 UL 3	MICL 2
2009 QUB 2	TCD
2008 DIT	LIT
2007 UUIJ2	DIT
2006 GMTI Castlebar	Cavan College
2005 NUIG 3	UCC2
2004 LIT	GMTI Castlebar
2003 DIT	GMTI Castlebar



DONAGHY CUP



Liverpool Hope University



Captains Address

"It is a privilege to captain this team into an All-Ireland final. I have been a student at Liverpool Hope University for 4 years and it is an honour to return home and represent Ladies Gaelic football in Britain for my first time. The work and commitment has been exceptional from every girl on the panel. We have worked continuously from October to get to where we are today. Our first step was to win the League and then the British Championship, we now hope to go on and win the treble. Without the efforts of our management team we would not be where we are today. I would like to also thank our sponsors who have helped us financially to pay for gear and transport as without them our season would have been even more difficult. I look forward to the final which will be a highly competitive fixture and I would like to say good luck to all those involved." *Aine McAree*

College Colours

Green and Black

Captain

Aine McAree

Management

Shona McGonigle – Played her club football with Audh Ruadh, Ballyshanon (Donegal) and Erne Gaels, Belleek (Fermanagh) she currently plays for John Mitchels ladies Liverpool.

Colleen Gaffney – Played her club football with St. Marys Burren (Down) and now currently plays for John Mitchels Liverpool.

David McTeggart – Plays his club football with Oliver Plunketts (Louth).



NO	NAME	COURSE	CLUB	COUNTY
1	Katie Nolan	Education with Sports Studies and P.E	Kill	Kildare
2	Abbie McFadden	BA QTS with Special Educational Needs	St. Michaels	Donegal
3	Danielle Taggart	Drama with Childhood and Youth Studies	St. Enda's Omagh	Tyrone
4	Catriona McCarry	Sport and Exercise Science	St. Ergnats, Moneyglass	Antrim
5	Bronagh McAleer	Education Studies with SEN	Kildress Wolf Tones	Tyrone
6	Aine McAree	MA Youth and Community Work	Emyvale GFC	Monaghan
7	Grace Kelly	QTS with Sports Studies	Ballinascreen	Derry
8	Aoife Montague	Schools Direct Primary Teaching	St. Brigids	Antrim
9	Niamh Caughey	Education and Early Childhood Studies	Newtownbutler	Fermanagh
10	Aisling Cull	Sport and Physical Education	Tullylish GAC	Down
11	Vanessa Doyle	BSC Sports Psychology	Killeeshil	Tyrone
12	Nuala Moohan	Masters Social Work	N/A	Derry
13	Tessa Cadden	Education Studies with SEN	St. Patrick's Ladies Donagh	Fermanagh
14	Shannen O'Grady	Education Studies with SEN	Carrickcruppen	Armagh
15	Laura Bogue	Enviromental Science	Tempo	Fermanagh
17	Emma McGowan	Early Childhood with SEN	Sigerson	Tyrone
18	Ciara Callaghan	Primary Teaching with Early Childhood	Glenswilly	Donegal
19	Kim Donaghy	Primary Teaching with World Religions	N/A	Derry
20	Amy McElhatton	Primary Teaching with SEN	St. Macartans's	Tyrone
21	Nicole Furey Kane	Recreational Management and History	St. Brigids	Chicago
22	Caoimhe Murray	PGCE in Primary Teaching	Carrickcruppen	Armagh
23	Shannen Devlin	Sports and PE	Clg Lorras (Urris)	Donegal
24	Niamh Marley	Schools Direct Secondary PE	Lissummon	Armagh
25	Casey O'Dwyer	Education and Early Childhood Studies	Letterkenny Gaels	Donegal
26	Anita Sharkey	Biology with Childhood and Youth	Fintona	Tyrone
27	Carolyn Burke	Explorations in History	Dungiven	Derry
28	Rachael McAllister	Education and Early Childhood Studies	N/A	Derry
29	Cherie Martin	Health and Well-being, Sport Studies and PE	Enniskillen Gaels	Fermanagh



DONAGHY CUP



St. Patrick's College Drumcondra (2)



Captains Address

"When we first met as a group at the start of the year the O' Connor Cup weekend was our long term aim .The away wins against UCD, UCC and NUIG really gave us huge confidence going forward . St Patrick's College is a community centered on the GAA and it's a really unique environment to study and play in .I suppose that today is the same as any other game in that we're looking to perform and do both ourselves and Coláiste Phádraig proud." *Niamh Kelly*

Bainisteoir

Gerard Gibbons

College Colours

Blue and Yellow

Captain

Niamh Kelly

Roghnóirí

Peter Roche, Ronan Daly, Orlaith Higgins,
Aoife Darcy & Maggie-Mai Smith



NO	NAME	COURSE	CLUB	COUNTY
1	Jane Daly	BA	Na Fianna	Dublin
2	Eadaoin Fitzgerald	B. Ed	Shelmaliars	Wexford
3	Aoife Halligan	B. Ed	Roche Emmets	Louth
4	Mary Reynolds	B. Ed	Killoe	Longford
5	Laura Griffin	B. Ed	Boardsmill	Meath
6	Rebecca Lenehan	B. Ed	Swinford	Mayo
7	Sinead Huges	B. Ed	St Helens	Longford
8	Niamh Kelly	B. Ed	Moy Davitts	Mayo
9	Mairead O Dowd	BA	Shannon Gaels	Roscommon
10	Caroline Sharkey	B. Ed	Naomh Mhuire	Donegal
11	Grace Malone	B. Ed	Dee Rangers	Meath
12	Ellen O Brien	BA	Adamstown	Wexford
13	Ashley O Sullivan	BA	Whitehall	Dublin
14	Ailbhe Boyle	B. Ed	O'Neil Shamrocks	Monaghan
15	Rachael Bridges	B. Ed	St Martins	Wexford
17	Sarah Shannon	B. Ed	Carrickedmond	Monaghan
18	Kate Mc Intyre	B. Ed	St. Finbars	Cavan
19	Elsa Mc Dermott	B. Ed	St Martins	Wexford
20	Hannah Gallagher	B. Ed	Naomh Mhuire	Donegal
21	Aine Coll	B. Ed	Cloich Cheann Fhaola	Donegal
22	Jane Barret	B. Ed	St Martins	Wexford
23	Aine Smyth	B. Ed	Mullinalaghta	Longford
24	Breda Jones	B. Ed	Geraldines	Louth
25	Ciara O Rourke	B. Ed	Na Fianna	Dublin
26	Roisin Tobin	B. Ed	Shelmaliars	Wexford
27	Niamh Mohan	B. Ed	Geevagh	Sligo
28	Eimear Mullen	BA	Fethard	Wexford
29	Sarah Jane Winder	B. Ed	Balintinglass	Wicklow
30	Laura Mc Nally	B. Ed	Stabannon	Louth
31	Ciara Carthy	B. Ed	Araghmore	Mayo
32	Claire Dollard	B. Ed	Park Ratheniska	Laois
33	Brona Gaffney	B. Ed	Crosserlough	Cavan
34	Christine Carolan	B. Ed	St Mochtas	Louth



LYNCH CUP

Waterford Institute of Technology



Captains Address

"It's always been a huge privilege for me to represent W.I.T and I'm honoured to be joint captain of the 2015 Lynch Cup panel. We are really looking forward to competing in such a prestigious college weekend and we would especially like to thank our hosts C.I.T. I want to recognise the tremendous work done by everyone at the W.I.T sports campus foremost our management team of Tom, Alan and Kieran and to Noel and Conor who work tirelessly throughout the year. I would like to take this opportunity to wish all the teams a successful and enjoyable competition." *Clara Donnelly*



"To play and represent a team is an honour; it is an even prouder moment for me to stand alongside Clara Donnelly as a Co-captain of a superb WIT Lynch cup panel. On behalf of myself and this great bunch of girls we would like to thank Tom, Alan, Kieran, Anne physio, Noel Holohan and Conor Phelan for all their support, hard work and enthusiasm. Many thanks must also go to this talented group of girls that have played their socks off to get us this far. Finally we would like to thank CIT the hosts for their facilities and we wish all the teams the very best of luck representing their colleges in this very memorable and exciting weekend." *Aisling Murphy*





NO	NAME	COURSE	CLUB	COUNTY
1	Miriam Walton	Agricultural Science	Ballingarry	Tipperary
2	Aileen Sheehan	Psychiatric Nursing	Rathmore	Kerry
3	Aine Byrne	Exercise & Health Studies	Tinahely	Wicklow
4	Sharon Towey	Recreation & Sports Management	Kilmovee Shamrocks	Roscommon
5	Paula Faulkner	Business	Baltinglass	Wicklow
6	Clara Donnelly	MA in Social Studies	Shelmaliers	Wexford
7	Karen Mullins	Research Masters	Moycarkey Borris	Tipperary
8	Danielle Downey	Recreation & Sport Management	Naomh Ában	Cork
9	Michaela Nolan	Exercise & Health Studies	Castledermot	Kildare
10	Julie McLoughlin	Exercise & Health Studies	Glann Gaels	Westmeath
11	Aisling Murphy	Childcare	Gusserane	Wexford
12	Aine O'Reilly	Business	Arklow Geraldines	Wicklow
13	Aleisha Cullen	Business	Crossabeg/Ballymurn	Wexford
14	Laura Fitzgerald	Agricultural Science	Mourneabbey	Cork
15	Katie Redmond	Exercise & Health Studies	Crossabeg/Ballymurn	Wexford
16				
17	Sally Anne Foskin	Intellectual Disability Nursing	Roanmore	Waterford
18	Sarah Banville	Recreation & Sport Management	Taghmon/Camross	Wexford
19	Eimear Fennell	Criminal Justice	Abbeyside	Waterford
20	Aimee Pollard	Exercise & Health	Fethard	Tipperary
21	Orla Meagher	Social Care	Sliabhnamon	Tipperary
22	Helen O'Connor	Intellectual Disability Nursing	Boherbue	Cork
23	Rachel Cross	Intellectual Disability Nursing	The Heath	Laois
24	Grainne Cronin	BSC in Science	Galtee Gaels	Limerick
25	Casey Tobin	Sports Coaching & Performance	Eire Og	Carlow
26	Rebecca Bowes	Exercise & Health Studies	Coolkenno	Wicklow
27	Aine O'Neill	Exercise & Health Studies	Rathcoffey	Kildare
28	Clodagh McGovern	Accounting	Abbeyside	Waterford

Manager

Thomas Grinsell

Coach

Alan Malone

Selector

Kieran MaGuire

Physio

Anne Whelan

GDO

Conor Phelan/Noel Holohan

Captains

Aisling Murphy & Clara Donnelly



LYNCH CUP



Dublin Institute of Technology



College Colours

Blue, White, Yellow

Manager

Pat Stritch

Selector

Sarah Stritch

Backroom Team

Chloe Liddy O'Connor, Marie Hartigan





NO	NAME	COURSE	CLUB	COUNTY
1	Sinead Kellet	International Business and French	Whitehall Colmcilles	Dublin
2	Lisa Gilman	Clinical Measurement	Newmarket Ladies	Cork
3	Ciara Grogan	Business and Law	Killygarry	Cavan
4	Niamh Harney	Induction to Nursing	St.Sylvesters	Dublin
5	Chloe Troy	Business Studies	Kilmore	Wexford
6	Niamh McGettigan	Human Nutrition and Dietetics	St.Patricks	Wicklow
7	Aoife Curran	Childcare Special Needs	O'Dwyers	Dublin
8	Caitriona Murphy	Human Nutrition and Dietetics	Cuala	Dublin
9	Emer Heaney	Neutraceuticals in Health and Nutrition	Ballymore	Longford
10	Amy Murphy	Food Innovation	Clara Ladies	Wicklow
11	Meaghan Dunne	Journalism and a Language	Sarsfields Mountmellick	Laois
12	Katie Murphy	Marketing	Ballyboden St.Endas	Dublin
13	Kate Dwyer	Business Management	St.Margarets	Dublin
14	Naoise De Graff	Networking Technologies	Simonstown	Meath
15	Amy Ring	MSc Supply Chain Management and Logistics	Foxrock Cabinteely	Dublin
16	Sarah McNiffe	Business Studies	Celbridge	Kildare
17	Niamh Halton	Business & Management	Loch Gowna	Cavan
18	Olivia Crosson	Business & Management	Foxrock Cabinteely	Dublin
19	Jane Butterly	Business & Managemet	St.Maurs	Dublin
20	Sinead Comerford	Marketing	Castleknock	Dublin
21	Aisling Ni Ceallaigh	Int. and Furniture Design	Bennekerry/Tinryland ladies	Carlow
22	Siobhan Ryan	Business & Management	St.James	Wexford
23	Sarah Brady	Biomedical Science	St.Marys Tusk	Roscommon
24	Heather O'Neill	Nutraceuticals for Health and Nutrition	Naomh Barróg	Dublin
25	Denise Torrades	Physics with Energy and Environment	St.Pats	Sligo
26	Sarah Kenny	Human Nutrition and Dietetics	Spa	Kerry



LYNCH CUP



Cork Institute of Technology



Captains Address

"It is a great honour to be chosen to Captain the Cork Institute of Technology Lynch Cup team of 2015. On behalf of the team I would like to welcome all the players, management and supporters of the fourteen teams that made it through to the weekend and wish everyone involved with the organising committee every success in the hosting of this prestigious competition.

As captain I wish to take this opportunity to thank Cork Institute of Technology for their continuing commitment to developing Gaelic games within the institute and for all the support given to the development of Ladies Football. In particular we want to express our appreciation for the cooperation and support shown to us by the Academic, Administrative of the Institute and the CIT Sports Office Staff of Keith, Miriam, Norma and Fintan. Sincere gratitude also must go to our sponsors VMWare International for their generous financial support of all our GAA teams.

I want also to sincerely thank the Lynch Cup team management of Irene Hogan, Denis Lordan, Norma Buckley and Christine Nolan not only for their help on the field, but also their friendship and support throughout our studies here at CIT. Thanks too to our back-room staff of Faolán Smyth, Dr John O Riordan and Physio's Caroline Coughlan and Mary Gleasure for their huge effort to date and hope to honour all their commitment to us by giving everything we have on the field of play.

Finally, I want to thank the entire panel for their commitment and dedication throughout the year – CIT Abú." *Emma Farmer*



NO	NAME	COURSE	CLUB	COUNTY
1	Maureen O'Sullivan	Recreation and Leisure	Beara	Cork
2	Claire Walsh	Nutrition and Health Sciences	Brian Borus	Tipperary
3	Niamh O'Sullivan	Social Care	Rosscarbery	Cork
4	Amie Dudley	Recreation and Leisure	Ardfinnan	Tipperary
5	Yvonne Burgoyne	Biomedical Engineering	St. Vals	Cork
6	Aoife Walsh	Recreation and Leisure	Inch Rovers	Cork
7	Sinead Cotter	Biomedical Engineering	St. Vals	Cork
8	Clodagh Quinlan	Recreation and Leisure	Southern Gaels	Kerry
9	Cliona O'Dwyer	Culinary Studies	Brian Borus	Tipperary
10	Jacinta Crowley	Accounting	Courcey Rovers	Cork
11	Emma Farmer	Business	Aghada	Cork
12	Roisin McGrath	Recreation and Leisure	Moyle Rovers	Tipperary
13	Nicole Hickey	Business	Glanmire	Cork
14	Jessica O'Shea	Recreation and Leisure	Inch Rovers	Cork
15	Shauna Hanafin	Business Information Systems	John Mitchells	Kerry
16	Karen Walsh	Montessori Teaching	Inch Rovers	Cork
17	Grainne Twomey	Nutrition and Health Sciences	St. Vals	Cork
18	Marykate Morrissey	Hospitality Management	Na Deise	Waterford
19	Christine O'Sullivan	Business	Beara	Cork
20	Jenny Quinn	Recreation and Leisure	Clonakilty	Cork
21	Danielle Murphy	Pharmaceutical Biotechnology	Kinsale	Cork
22	Rachel O'Sullivan	Applied Bioscience	Spa	Kerry
23	Patricia Kelly	Culinary Arts	Comeragh Rangers	Waterford
24	Meabh Daly	Nutrition and Health Sciences	Southern Gaels	Kerry
25	Jane O'Brien	Business	Ardmore	Waterford
26	Aoife Doyle	Recreation and Leisure	Clonmel Commercial	Tipperary
27	Chloe Murphy	Business Administration	Douglas	Cork
28	Michelle O'Sullivan	Tourism	Carrigtwohill	Cork
29	Michelle Gilbert	Applied Bioscience	Causeway	Kerry
30	Erin Sheehan	Recreation and Leisure	Abbeystown	Kerry

Management

Denis Lordan, Christine Nolan, Norma Buckley, Irene Hogan

College Colours

Red and White

Captain

Emma Farmer



LYNCH CUP

Dublin City University (2)



Manager

Jammie Costello

Selector/Logistics

Joanne Courtney

ATT

Jack Smith, Emma Doherty

College Colours

Navy and Yellow

Captain

Fiona O'Sullivan



NO	NAME	COURSE	CLUB	COUNTY
1	Amy Mahony	PE and Maths	Castleknock	Dublin
2	Niamh Lister	Communication Studies	Simonstown	Meath
3	Fiona O'Sullivan	PE and Biology	Beara	Cork
4	Aoife O'Reilly	Professional Masters of Education	Fingallians	Dublin
5	Michelle Noonan	General Nursing	Carrickedomd	Longford
6	Kaneshia Mc Kinney	PE and Biology	St.Eunans	Donegal
7	Anne Marie Louge	PE and Maths	Glenfin	Donegal
8	Caoimhe O'Sullivan	PE and Biology	Listowel Emmets	Kerry
9	Michelle Farrell	Health and society	Colmcille	Longford
11	Sinead Farrell	Journalism (Masters)	Rathcline	Longford
12	Muireann Scully	PE and Maths	Kildangan/Nurney	Kildare
13	Lisa Tully	MSc Digital marketing	Westport	Mayo
14	Shaunagh Brady	Athetic Therapy & Training	St. Mary's	Sligo
15	Nicole Feery	Actuarial Maths	Tyrrellspass	Westmeath
17	Ailbhe Clancy	Common Entry into Science	Glencar/Manorhamilton	Leitrim
18	Kate Flynn	Business Studies	summerhill	meath
19	Danika Doonan	Enterprise Computing	Templeport	Cavan
20	Kate Caulfield	Business Studies	Gusserane	Wexford
21	Emma Duffy	Journalism	Knockbride	Cavan
22	Aoife Norris	PE and Biology	Naomh Molaoise	Offaly
23	Deirbhile Osborne	Education and Training	Naomh Fionnbarra	Louth
24	Aodhnait Kehoe	PE and Maths	Gusserane	Wexford
25	Lorna Colgan	Business Studies	St. Margaret's	Dublin
26	Leanne Duncan	Accounting and finance	the downs	westmeath
27	Michelle Guckian	PE and Biology	St. Marys Kiltoghert	Leitrim
28	Ellen McGowan	Sports Science and Health	Scoil Ui Chonaill	Dublin
29	Deirdre Geaney	Athletic therapy & Training	Dingle	Kerry
30	Una Galligan	General Nursing	Crosserlough	Cavan
31	Kate Fitzgibbon	Education and Training	O'Toole's	Dublin



GILES CUP

Institute of Technology Tralee



Captains Address

"My name is Sarah Miley and it is a great honour for me to be the captain of the IT Tralee ladies football team for the Giles Cup 2015. I have been playing ladies football since I was 10 years old and my current club is Clara Ladies GFC, in County Wicklow. I am also a current member of the Wicklow senior ladies football panel and have been for the past 5 years.

On behalf of the IT Tralee ladies team and management I would like to wish CIT every success in hosting the 2015 HEC Ladies Gaelic Football Championship third level inter-varieties. Tralee are delighted to have qualified for this finals weekend and we would like to extend our gratitude to CIT as hosts for all the hard work they have put in. This is a great undertaking for any college involved.

On behalf of our panel, I would like to thank everyone who supported us as a team in our fundraising events and a special thanks to our sponsors of Gala Food store and Gally's Tralee.

I would like to take this opportunity to say thank you to my teammates for all their hard work and dedication throughout the last few months. It's been a privilege working with you and we really are a football family.

Most importantly I would like thank our management team of Dave, Kate and Giles for being incredibly patient, supportive and encouraging since last September. They've driven us as a team and without them we wouldn't be where we are today.

Finally, I would like to wish the best of luck to all the competing teams during this weekend in all competitions. *"Sarah Miley"*



NO	NAME	COURSE	CLUB	COUNTY
1	Hazel Fogarty	Health and Leisure	St. Ailbes	Limerick
2	Sarah Higgins	Business Studies	Austin Stacks	Kerry
3	Martina O'Brien	Health and Leisure	Clann na Gaeil	Roscommon
4	Fiona Brady	Wildlife Biology	Michael Glaveys	Roscommon
5	Sarah Miley	Health and Leisure	Clara	Wicklow
6	Kate Harrington	Health and Leisure	Inch Rovers	Cork
7	Kate Mannix	Health and Leisure	Newmarket	Cork
8	Darina Keane	Health and Leisure	Minivea-Abbey	Galway
9	Aoife Newell	Health and Leisure	Corofin	Galway
10	Kelly Gorman	Health and Leisure	Dunsany	Meath
11	Carla Behan	Health and Leisure	Kilmihil	Clare
12	Shauna Kelly	Health and Leisure	Boherbue	Cork
13	Miriam O'Keefe	Adapted Physical Activity	Finuige	Kerry
14	Maria Quirke	Health and Leisure	Na Gaeil	Kerry
15	Katie MacAuliffe	Health and Leisure	Kerins O'Rahillys	Kerry
16	Leonie Higgins	Health and Leisure	Corofin	Galway
17	Jennifer Drumm	Information Systems Management	Castleisland Desmonds	Kerry
18	Vera Loughnane	Health and Leisure	Feakle	Clare
19	Niamh Kearney	Business Studies	Spa	Kerry
20	Marina Cawley	Health and Leisure	Claremorris	Mayo
21	Tracey Rogers	Health and Leisure	Roche Emmetts	Louth
22	Orfhlaith McNulty	TV, Radio and Media	St. Pats	Wicklow
23	Sharon Reidy	Sports and Recreation	Austin Stacks	Kerry
24	Siobhan O'Leary	Health and Leisure	John Mitchels	Kerry
25	Katelyn O'Sullivan	Health and Leisure	John Mitchels	Kerry

Team Manager

David O'Dea

Coaches

Kate Feeney and Giles O'Grady

College Colours

Navy, Sky Blue and Pink

Captain

Sarah Miley

Logistics

Charlotte Higgins

First Aid

Charlotte Higgins

GAA Development Officer:

Eamon Fitzgerald



GILES CUP

Trinity College Dublin



Captains Address

"It is an honour and a privilege to captain such a great bunch of hard-working girls with such heart and passion for college football. We owe a debt of gratitude to our brilliant management team for the extreme work they have put in this year. Since winning the Lynch Cup in 2013, ladies football in TCD has gone from strength to strength with the club continuing to cater for two teams and hopefully we can build on that success again this year. I would like to take this opportunity to wish all the teams in their respective competitions the very best of luck for the

weekend and I'm sure that there will be some brilliant football on show in the state of the art facilities here in CIT." *Michelle Peel*

Manager

Davy Burke

Captain

Michelle Peel

Performance Analyst

Jessica Comerford

College Colours

Red and Black

Selectors

Jonathan Burke, Paul "Keno" Kennedy

Physiotherapist

Sarah Cotter



NO	NAME	COURSE	CLUB	COUNTY
1	Aisling Byrne	Modern Irish & French (TMS)	St. Bridgid's	Laois
2	Rachel Coleman Horgan	Microbiology	Laune Rangers	Kerry
3	Amie Giles	Pharmacy	Coralstown Kinnegad	Westmeath
4	Ellen Beirne	Medicine	Strokestown	Roscommon
5	Aoife Mc Govern	Physiotherapy	Templeport	Cavan
6	Michelle Peel	Occupational Therapy	Ashbourne/Donaghmore	Meath
7	Sinead O'Sullivan	Neuroscience (PhD)	Southern Gaels	Kerry
8	Aine Haberlin	Law	St. Conleth's	Laois
9	Sarah Mc Caffrey	Psychology & French	Clontarf	Dublin
10	Meabh Downey	Pharmacy	Na Fianna	Meath
11	Nicole Owens	Spanish and Sociology (TSM)	St. Sylvester's	Dublin
12	Molly Brannock	Science	Doora-Barefield	Clare
13	Rebecca McDonnell	Sports Management and Coaching	Clan na Gael Fontenoy	Dublin
14	Aisling Reynolds	Occupational Therapy	Ballymore	Longford
15	Caitriona Smith	Occupational Therapy	Killygarry	Cavan
17	Emma Jones	Speech & Language Therapy	Tulsk	Roscommon
18	Petra Mc Cafferty	Physiotherapy	An Tearmann	Donegal
19	Sarah Dempsey	Radiation Therapy	Killeshin	Laois
20	Marie Murphy	Radiation Therapy	Dromtariffe	Cork
21	Roisin Boyce	Physiotherapy	Milford	Donegal
22	Ailbhe Finnerty	Pharmacy	Salthill/Knocknacarra	Galway
23	Stacey Flood	Management of Technology in Business	Clan na Gael Fontenoy	Dublin
24	Anna Mc Hugh	French & Spanish (TSM)	Skerries Harps	Dublin
25	Ciara Sexton	BESS	Rochfortbridge	Westmeath





GILES CUP

Athlone Institute of Technology



Captains Address

"It is an absolute honour for me to be captain of the fantastic panel of players we have here in AIT this year. This is my fourth year competing in the Higher Education Ladies Football Championship and third year competing for an All-Ireland triumph! We won the Lynch Cup in my first year here in college, so the goal is to win the Giles Cup in my last year!!

I'd like to wish all the teams competing in this year's competition the very best of luck and may the best teams win!" *Kiera Ward*

Manager

Con Moynihan

Physio

Gerry Joyce

Dev Officer

Garry Sammon

College Colours

Blue and White

Captain

Kiera Ward



NO	NAME	COURSE	CLUB	COUNTY
1	Richael Timothy	Sports Science	St Croans	Roscommon
2	Kiera Ward	Sports Science	Drumlane	Cavan
3	Katie Henshaw	Social Care	Athlone	Westmeath
4	Aisling Cosgrove	Sports Therapy	Slashers	Longford
5	Amy Loughman	Business Studies	Mountmellick	Laois
6	Denise Tierney	Biovetinary Science	Eadestown GAA	Kildare
7	Aisling Hynes	Sports and Rec	Miltown	Galway
8	Roisin Howley	Sports Therapy	Burren Gaels	Clare
9	Laura Kiernan	Sports Science	Miltown	Westmeath
10	Aisling Donelley	Social Care	St James	Galway
11	Aisling Kehoe	Nursing	Portlaoise	Laois
12	Blathnaid Keogh	Social Care	Clan Na Gael	Meath
13	Donna Murray	Sports and Rec	Tullamore	Offaly
14	Caoileann Byrne	Sports Science	St Marys	Roscommon
15	Kelly Boyce Jordan	Sports Science	Miltown	Westmeath
16	Keeley Cunningham	Sports Science	Tullamore	Offaly
17	Gillian Hawdon	Sports Therapy	Trim	Meath
18	Karen Walsh	Social Care	Miltown	Westmeath
19	Trudi McLaughlin	Biovetinary science	Cardonagh	Donegal
20	Kayleigh Elgar	Biovetinary Science	Ballylinan	Laois
21	Laura Scanlon	Sports and Rec	Glinsk	Galway
22	Toni Mc Adam	Dental Nursing	Garda GAA	Dublin
23	Sharon Mannion	ACCA	Naomh Cirain	Offaly
24	Laura O Dowd	Sports therapy	Ballinamore	Leitrim





GILES CUP



St. Patrick's College Drumcondra (1)



Management

Peadar Cody, Ciarán Kilkenny, Keith McGinty, Thomas Carmody

College Colours

Blue, yellow and white

Captain

Amanda Kinsella





NO	NAME	COURSE	CLUB	COUNTY
1	Rebecca Byrne	Bachelor of Education	Thurles	Tipperary
2	Ciara Neville	Bachelor of Education	Shelmaliars	Wexford
3	Laura Bagnall	Bachelor of Education	Boardsmill	Meath
4	Sophie Martin	Bachelor of Education	Westmanstown	Dublin
5	Emma Troy	Bachelor of Education	Boardsmill	Meath
6	Shauna Ennis	Bachelor of Education	Na Fianna	Meath
7	Síofra Cleary	Bachelor of Education	Donaghmore Ashbourne	Meath
8	Amanda Kinsella ©	Bachelor of Arts	Bennekerry/Tinryland	Carlow
19	Ciara Ruddy	Bachelor of Education	Ballyboden	Dublin
10	Aoibheann Leahy	Bachelor of Education	Navan O'Mahoneys	Meath
11	Shauna Murphy	Bachelor of Education	Shelmaliars	Wexford
12	Aoife Connaughton	Bachelor of Education	Breaffy	Mayo
13	Aoife Darcy	Bachelor of Education	Clonguish	Longford
14	Muireann Ní Scannaill	Bachelor of Education	St. Margarets	Dublin
15	Colette Donohoe	Bachelor of Education	Lavey	Cavan
16	Kelsey Maguire	Bachelor of Education	Sean Mac Diarmuida	Monaghan
17	Grace Kelly	Bachelor of Education	Moydavitts	Mayo
18	Alanah McDonnell	Bachelor of Education	Naomh Conaill	Donegal
20	Orlaith Higgins	Bachelor of Education	Castleknock	Dublin
22	Michelle Brett	Bachelor of Education	Curry	Sligo
23	Aine Cullen	Bachelor of Arts	Kilanerin	Wexford
24	Hannah Carr	Bachelor of Arts	St. Eunan's	Donegal
25	Megan Smith	Bachelor of Education	Shelmaliars	Wexford
26	Tiarna Lavelle	Bachelor of Education	Tyolland	Monaghan
27	Maggie Mai Smith	Bachelor of Arts	Ballymachugh	Cavan
28	Ceola Fallon	Bachelor of Education	Swinford	Mayo
29	Michaela McGinn	Bachelor of Education	Doohamlet O'Neills	Monaghan
30	Emma McDonald	Bachelor of Education	Crossabeg/Ballymurn	Wexford
31	Michaela O'Hanlon	Bachelor of Arts	O'Tooles	Dublin
32	Kelsey Mulligan	Bachelor of Education	Na Cealla Beaga	Donegal
33	Grainne Duffy	Bachelor of Arts	Fingallians	Dublin
34	Clare Kealy	Bachelor of Education	Myshall	Carlow



O'CONNOR CUP



University College Cork



Captains Address

"It is a great honour for me to lead this bunch of girls in the O'Connor Cup for 2015. A big thank you to our managers who have invested a lot of time and effort in getting us ready.

Thanks to all the girls for their commitment and I hope that everyone who is part of the weekend takes away great memories of Cork. A special word for my club and home county of Laois who have given me the opportunity to play at this level.

Finally, thanks to CIT for hosting and every success to them for the weekend"

Alison Taylor

Manager

Shane Ronayne

Selectors

Grace Kearney, Ed Burke & Pat O'Leary

GAA Officer

John Grainger

College Colours

Red & Black

S&C Coach

Jimmy Delaney

Medical

Dr Con Murphy, Richard Mooney, Jim McEvoy

Sponsor

Bank OF Ireland

Captain

Alison Taylor



NO	NAME	COURSE	CLUB	COUNTY
1	Clodagh Walsh	Biochemistry	Ballyduff	Waterford
2	Marie Ambrose	Sports Studies&Physical Education	St.Vals	Cork
3	Roisin Phelan	Dentistry	Aghada	Cork
4	Méabh Cahalane	Commerce and French	Éire Óg	Cork
5	Vera Foley	PHD Science	St.Vals	Cork
6	Aine O'Sullivan	Food Marketing and Entrepreneurship	Beara	Cork
7	Lydia Williams	Sports Studies&Physical Education	Inch Rovers	Cork
8	Maire O'Callaghan	Biological Sciences	Mourneabbey	Cork
9	Aine O'Leary	Sports Studies&Physical Education	Clonakilty	Cork
10	Orlagh Farmer	Sports Studies&Physical Education	Midleton	Cork
11	Doireann O'Sullivan	Sports Studies&Physical Education	Mourneabbey	Cork
12	Alison Taylor	Pharmacy	Portlaoise	Laois
13	Katie O'Dea	Environmental and Earth System Science	Dromtariffe	Cork
14	Megan O'Connell	Arts	Southern Gaels	Kerry
15	Jennifer Barry	Arts	Bride Rovers	Cork
16	Grace Cronin	Commerce and French	Kinsale	Cork
17	Orla Devitt	Food Science	Éire Óg Ennis	Clare
18	Gerladine Doolan	Arts International	Shelmaliars	Wexford
19	Aobha Hickey	Chemistry	Ballincollig	Cork
20	Aine Browne	Food Science	Kilrush	Clare
21	Julie Dennehy	Sports Studies&Physical Education	Boherbue	Cork
22	Aoife Geaney	BIS	Dingle	Kerry
23	Tessa Crowley	Business Information Systems	Valley Rovers	Cork
24	Miriam O'Callaghan	Occupational Theraphy	Mourneabbey	Cork
25	Mary Ann Doherty	Nutritional Sciences	Laune Rangers	Kerry
26	Stephanie Carroll	Arts	St. Ailbes	Limerick
27	Laura Crowley	Early years and Childhood Studies	Rockbán	Cork
28	Orla McAuliffe	Social Science	Boherbue	Cork
29	Aisling Hahessy	Occupational Theraphy	Comeragh Rangers	Waterford
30	Denise Burns	Biological and Chemical Science	Inbhearsceine Gaels	Kerry
31	Orlaith Lynch	Sports Studies&Physical Education	The Banner	Clare



O'CONNOR CUP

Dublin City University (1)



Management

Greg McGonigle, Bobby McNulty, Jonny Cooper

Team Colours

Yellow and Navy

Captain

Laura McEnaney

Athletic Therapists

Amy Russell, Laura Langton





NO	NAME	COURSE	CLUB	COUNTY
1	Aisling Tarpey	Physical Education with Biology	St Mary's	Mayo
2	Amy Bell	General Nursing	Hollymount	Mayo
3	Aoife O Reily	Master of education	Fingallians	Dublin
4	Brid O Sullivan	Physical Education with Biology	Mourneabbey	Cork
5	Carol Hegarty	ATT	Kilmoremy	Mayo
6	Claire O Brien	Analytical Science	St. Brigids (Roscommon)	Offaly
7	Clodagh McManamon	Physical Education with Biology	Burrishoole	Mayo
8	Deirdre Murphy	Psychology	St Brigids	Dublin
9	Eabha Rutledge	Gno & Gaeilge	Kilmacud Crokes	Dublin
10	Grainne O Loughlin	Science Education	St.Michaels	Sligo
11	Kate Fitzgibbon	Education & Training	O Tooles	Dublin
12	Katie Murray	common entry into science	clontarf	Dublin
13	Laura Fleming	pe and maths	st ciarans	Roscommon
14	Laura McEnaney	PE and Biology	Corduff	Monaghan
15	Leah Caffrey	Common entry into science	Na Fianna	Dublin
16	Leah Mullins	General Nursing	St Brigids	Dublin
17	Leona Ryder	ATT	Burrishoole	Mayo
18	Lindsay Peat	PEB	Parnells	Dublin
19	Lorraine o Shea	PEM	Mullinahone	Tipperary
20	Lucy Collins	ATT	Na Fianna	Dublin
21	Michelle Guckian	Physical Education with Biology	St. Marys	Leitrim
22	Niamh Rickard	Health Science Colaiste Dhulaigh	Fingallians	Dublin
23	Sarah Rowe	PEB	Kilmoremy	Mayo
24	Sinead Greene	PE and Biology	templeport	Cavan
25	Siobhan Woods	Psychology	Raheny	Dublin





O'CONNOR CUP

University of Limerick



Bainisteoir

DJ Collins & Fiona McHale

Strength & Conditioning

Hugh Glimore, Kris Beattie & Kate Keaney

Goalkeeper Coach

Kevin Deenihan

Physiotherapist

Kathryn Fahy & Jamie Bowman

GAA Development Officer

Deirdre Murphy

Sponsor

Castletroy Park Hotel, Limerick

Captain

Niamh O'Dea



NO	NAME	COURSE	CLUB	COUNTY
1	Elaine Murphy	Physical Education	Hollymount	Mayo
2	Siobhán Condon	Physiotherapy	Aherlow	Tipperary
3	Laurie Ryan	Science Education	The Banner	Clare
4	Beulah McManus	Research Masters	Clonakilty	Cork
5	Julia White	Physical Education	Douglas	Cork
6	Naimh Richardson	Biomedical Engineering	Murroe Boher	Limerick
7	Laura O'Sullivan	Physical Education	Sneem/Kenmare	Kerry
8	Lorraine Scanlon	Physical Education	Castlesisland Desmonds	Kerry
9	Jennifer Grant	Physical Education	Brian Borus	Tipperary
10	Aine Tighe	Masters in Sports Performance	Kiltubrid	Letrim
11	Niamh O'Dea	Physical Education	Banner Ladies	Clare
12	Aileen Wall	Arts (Irish & English)	Ballymacarbry	Waterford
13	Claire O'Sullivan	Physiotherapy	Sneem-Kenmare	Kerry
14	Anna Galvin	Sports Sciences	Southern Gaels	Kerry
15	Roisin Leonard	Physical Education	Corofin	Galway
16	Edel Murphy	Research PhD	Laune Rangers	Kerry
17	Emma Buckley	Sports Sciences	Cahir	Tipperary
18	Charlotte Cooney	Business	Claregalway	Galway
19	Caroline McCarthy	Physiotherapy	Sneem/Kenmare	Kerry
20	Emer Hillery	Science Education	Liscannor Ladies	Clare
21	Ailish Considine	Art & Design with Graphic Design	Kilmihill	Clare
22	Maria Curley	Sports Sciences	Templemore	Tipperary
23	Sarah Everard	Physical Education	Moyle Rovers	Tipperary
24	Aisling McCarthy	Physiotherapy	Cahir	Tipperary
25	Amy Hopkins	Physical Education	The Neale	Mayo
26	Rachel Monaghan	Nursiing	Drumcliffe/Rosses Point Sligo	Sligo
27	Lisa Crowley	Arts	Liscarroll	Cork
28	Jennifer Kane	Psychology	Lavey	Cavan
29	Grainne Carty	Science Education	Tourlestrane	Sligo
30	Ciara Corrigan	Science Education	Shelmalier	Wexford
31	Niamh McCarthy	Science Education	Dromcollogher Broadford	Limerick
32	Vicki McEnery	Maths Science	Garrycastle	Westmeath
33	Kate Keane	Sports Sciences	Four Masters	Donegal



O'CONNOR CUP

NUI Galway



Captains Address

"On behalf of NUI Galway may I take this opportunity to thank our panel of players and management for the effort that has been carried out to get NUI Galway to the semi finals of the O Connor cup. I would like to thank Keith Ricken and all the staff in CIT for hosting this great weekend of ladies football at third level. Hopefully NUI Galway will be in action on Saturday afternoon and finally lets hope all players from all teams enjoy the weekend and leave with happy memories."

Niamh Friel

Management

Kevin McKittrick, Hanban Iqbal, David Henry, Danny McGarvey, Annette Clarke

College Colours

Burgundy and White

Captain

Niamh Friel



NAME	COURSE	CLUB	COUNTY
Niamh Friel	Civil Law	Termon	Donegal
Catherine Boyle	Arts	St Eunans	Donegal
Rose Boyle	Arts	St Eunans	Donegal
Emer Gallagher	Arts	Termon	Donegal
Deirdre Brennan	Science	Claregalway	Galway
Tara Hession	Arts	Claregalway	Galway
Amy Rohan	Science	Claregalway	Galway
Sarah Conneally	Professional Masters of Education	Dunmore McHales	Galway
Nicola Kilgariff	Biomedical Engineering	Dunmore McHales	Galway
Anna Finnegan	Science	St Brigids GAC	Antrim
Joanne Cregg	Science	Michael Glaveys	Roscommon
Leanna Mangan	Arts	Castleisland Desmonds	Kerry
Orla Mallon	Marine Science	Aodh Ruadh	Tyrone
Emer Fogarty	Arts	St Laurence's GAA	Kildare
Aife Kavanagh	Medicine	Kilmacud Crokes	Dublin
Rhona Julian	Health and Safety	St Brigids	Laois
Olivia Divilly	Occupational Therapy	Kilkerrin Clonberne	Galway
Doireann Hughes	Biomedical Science	Carnacon	Mayo
Sinead Daly	Accounting	St Rynaghs	Offaly
Alice Shally	Biomedical Science	Hollymount	Mayo
Orla Kemple	Medicine	Mountbellew	Galway
Cira McManamon	General Nursing	Burrishoole	Mayo
Eimear Wallace	Biomedical Science	Naomh Padraig An Fhairche	Galway
Ann-Marie Coleman	Masters in Rural Sustainability		Sligo
Teresa Mullins	Science	Monivea/Abbey	Galway
Chelsi Curran	Science	Baileboro	Cavan
Abbie McCarey	Podiatry	Scotstown	Monaghan
Brid O Connor	General Nursing	Na gaeil	Kerry



JULIET MURPHY

Juliet Murphy graduated from CIT in 2002 with a 1st class Bachelor of Business Degree having completing her Diploma in Recreation and Leisure Management the previous year. During her time here in CIT she was a very active member of the CIT Ladies Basketball and Ladies Football Club and indeed both clubs would agree that many of the successes they had could be attributed in no small way to her involvement. She is also a graduate of Mary Immaculate College Limerick, where during her time there she helped steer them to Lynch Cup Success.



Juliet was a member of the Donoughmore Senior Ladies football team has won 12 Senior County titles, 5 Munster Club Championships and 2 Senior All-Irelands with her club. She was a member of the Cork Senior Ladies Football Teams winning 10 Munster titles, 8 Senior All-Irelands and 9 National League medals, captaining the side from 2004-2007. That's a record most people only dream of but it doesn't finish there as she also dabbled a bit with the basketball to the extent that she became a key figure on the Irish International Basketball scene at U15, U18, U21's and graduated up the ranks to play with the Irish Seniors. Juliet was also a key member of the Donoughmore basketball club which captured the National League Div 1 & National Cups.

Former Ladies Footballer of the Year and a holder of a number of All Stars success and Juliet go hand in hand and her achievements to date are nothing short of remarkable. So much so that she is certainly a serious contender for one of the greatest all round female athletes Cork has ever produced. Currently owner of a very successful fitness centre's based in Ballincollig, we caught up with her recently to ask her about her days playing college football.

'In my early days in CIT college football really helped me to settle in and to get to know people both within and outside my course. We were very fortunate as we had coaches like Fiona O'Driscoll and Keith Ricken involved with us. It was a rude awakening training with Fiona as it was my first introduction to 8am training sessions. It was so difficult to get out of bed those bitterly cold December mornings! At that time we had I think, two pitches both equally boggy. However, the trainings were always worth it. They both had a very professional approach and the sessions were always good fun too.

My first experience of the O'Connor however it somewhat of a blur. It just seemed to pass me by! The gear and free food was high on the priority list. At the time, as a fresher, I know I did not fully appreciate College football and just how competitive the whole thing was.

I consider myself very fortunate to have gotten another try, this time with Mary Immaculate College, no less than a decade later! Richard Bowles as coach this time & what a great man he is to keep football going with such enthusiasm. While my time in MI was short (3 terms)



we certainly got the most out of playing football. We had a tremendous win in Ballymun in our Lynch Cup final against DCU. The weekend was just fantastic.

I certainly think that playing football in college is a brilliant experience. You get an opportunity to play against top class players from around the Country and it's almost like the Premier ship with the prospect of new blood coming in the following year. It is great exposure for young players to play against and train with people at such a high level.

I have many fond memories of sport in CIT. A stroll to Keith's office to chat about a match or the Spanish Inquisition from Noel Collins after matches was all part of college life.

I would like to acknowledge CIT's massive contribution to sport and GAA through their continued development of their facilities. I have on many occasions enjoyed playing Club and Intercounty games there. It is a credit to the college and all those who contributed to it.

Good luck to CIT and all the Colleges playing this weekend.'

DIVERSITY AT VMWARE CORK

Proud sponsors of CIT Student GAA Club

VMwomen is a global initiative from VMware to increase diversity and in turn innovation, in order to achieve better business outcomes. Research demonstrates that diversity drives business outcomes and improves financial performance and increases innovation. We know that achievement of our business goals depends on our ability to attract, engage, and advance talented people from diverse backgrounds and perspectives.



Late last year VMware Cork held a diversity event onsite in their offices in Ballincollig. Over 200 hundred people from all over Cork attended. The event was filled with a plethora of interesting presentations, a panel discussion and ended with an informative and thought provoking unconscious bias training session. The event was also attended by some local school children from Scoil Mhuire Girls Primary School in Ballincollig who were part of VMware Corks all girls Coderdojo programme which is now getting ready to head into its third term!

Also, as many of you are aware, research has found that girls tend to pick less STEM subjects (Science, Technology, Engineering & Math) when they have to make subject choices in secondary school with the main reason being the fear they won't like these subjects. By giving them the opportunity to learn coding in a fun and collaborative environment it gives them an appetite for Technology, of the STEM subjects, and hopefully



will encourage them to investigate and consider these subjects further. If anyone is interested to learn more, this programme is run at VMware by Cynthia O'Keeffe, Regional Staffing Operations Manager and a team of passionate volunteers.

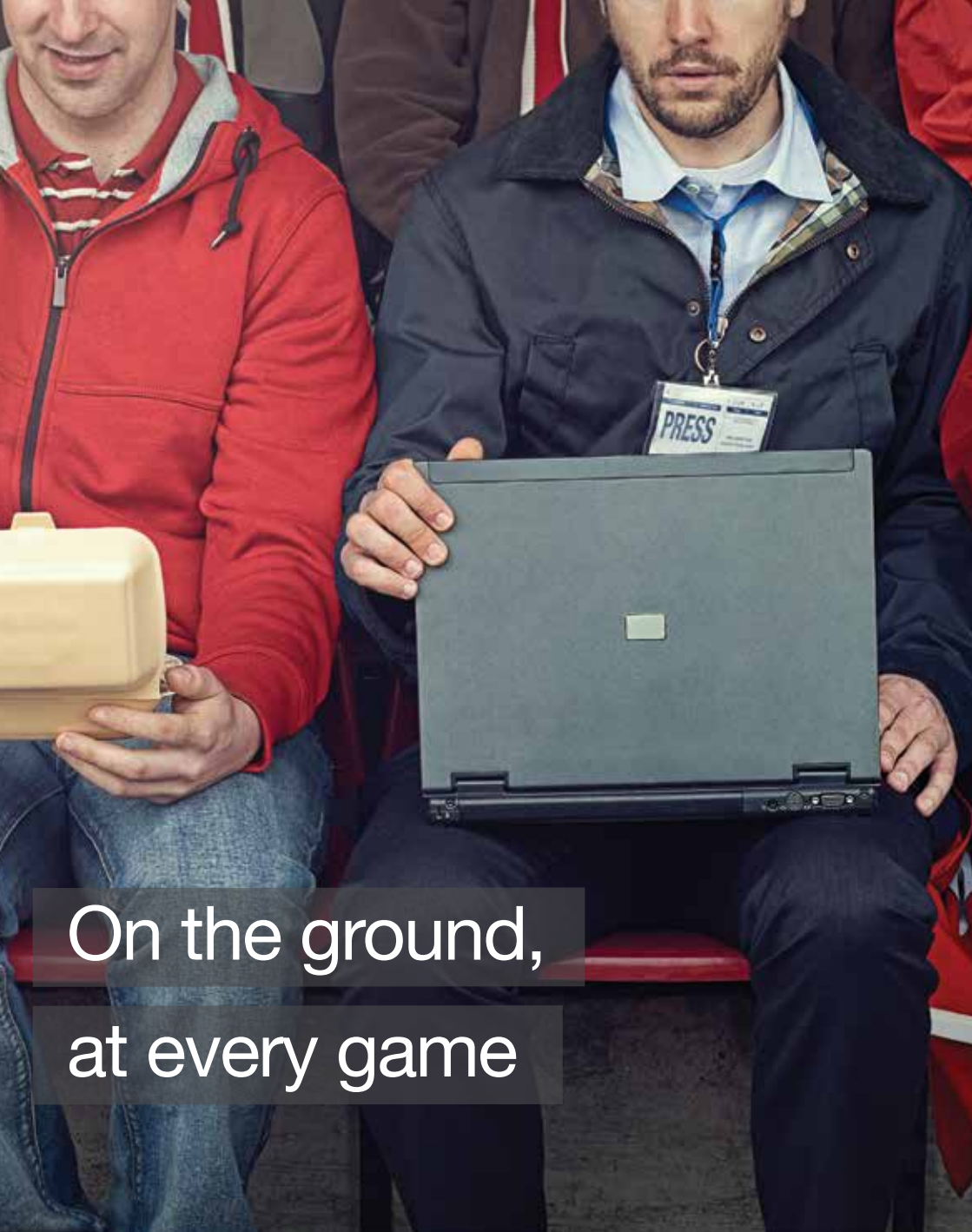
'I Wish' is a city and regional schools initiative to inspire Girls to choose STEM subjects. 'I Wish' was founded as a partnership between Cork Institute of Technology, University College Cork, IT@Cork, Cork Chamber of Commerce and Cork City Council and was held on February 12th. The event attended by over 1,000 transition year students was a huge success and VMware's Karen Egan (Sr, Director Technical Support EMEA) and Mary Sullivan (Director, EMEA Business Operations) did a great job of inspiring the attendees to consider a career in STEM. They discussed what it is like to work in the IT Industry, specifically at VMware and the girls had fun managing mobile devices when we demonstrated our Airwatch software.

John Dolan, Vice President, Worldwide Global Technical Support commented on VMware's diversity initiatives stating, *"VMware Cork continue to strive to ensure the workplace is the most varied, dynamic and diverse place it can be for the good of employees and business strategy. Collaboration is key when it comes to topics such as diversity and these events and initiatives held by VMware Cork address some thought provoking issues, questions, ideas and actions. We are delighted and proud to sponsor CIT and we wish the ladies all the best in the competition."*






- [illegible]



On the ground,
at every game

We put more writers at the heart of every GAA game so you can experience a breadth of coverage you won't find anywhere else.

Irish Examiner

 irishexaminer.com