

## CIT Sports Award Recipients 2015

### 11 Individual award winners

#### **Thomas Houlihan**

Course: Structural Engineering 4

Home Club: West Waterford AC

- Gold at 2015 IUAA Intervarsities – Pole Vault
- Gold Medal at the National U23 T&F Championship 2014
- Silver Medal at the National Senior T&F Championship 2014

#### **Richard Nolan**

Course: Electrical Engineering 3

Home Club: CIT

- Chairman of CIT Powerlifting Club, that successfully hosted the IDFPA Powerlifting Championships
- 1<sup>st</sup> Place in 110kg Senior Category Squat in the IDFPA National Championships
- Qualified to represent Ireland in June 2015 in UK

#### **Peter Halligan**

Course: Software Development 4

Home Club: CIT

- Successfully hosted CIT Rock-climbing Intervarsities 2015
- Rock-climbing Committee Member for past number of years
- Climbed in the IBL & Outdoors in Ireland & Germany

#### **Emma Farmer**

Course: Business Studies 4

Home Club: Aghada

- Captain of CIT Ladies team that reached the Lynch Cup Semi Final and won the All Ireland League
- Has played for Cork Ladies Football from U12 right through to Senior Level
- Winner of National League, Munster, and All Ireland Senior Medals with Cork

#### **Ryan (Roy) Downey**

Course: Business Studies 1

Home Club: Neptune BC

- Driving force behind Men's Fresher Plate Victory, being named the Finals MVP
- Pivotal member of CIT Senior Squad averaging 28.2 points per game in the league, highest in the country
- Selected for the Irish Premier League All Star team travelling to China summer 2015

**John Cronin**

Course: Marketing 4

Home Club: Lisgoold

- Captain for last two years of the Colleges Fitzgibbon Cup teams.
- Chairman of the CIT Hurling Club for the past two years
- Selected on the Stars of the future team in 2014

**Jamie Googan**

Course: Sport & Exercise 4

Home Club: Clonakilty Penguins

- Chairperson of CIT Swimming & Lifesaving Club for past two years
- Won several heats at Intervarsities in Galway, 2015
- 3 Gold in Community Games for Swimming & 7 time West Cork Champion

**Roisín Ormond**

Course: Biomedical Engineering 2

Home Club: Highfield RFC

- Munster U18's 2012 & Munster U19 Captain 2013 – Interpro's Winners
- Interpro's Winner with Munster Senior Ladies 2014
- All Ireland Cup Winners with CIT 2014

**John Corkery**

Course: Business & Management 4

Home Club: Aghabullogue

- Chairperson of CIT Football Club
- Secretary of CIT Football Club 2012-2014
- Munster U21 Medal with Cork 2014
- Member of CIT Sigerson Panel

**Andrew Verso**

Course: Marine & Plant Engineering 2

Home Club: Greystones Sailing Club

- Chairman of NMCI Sailing Club
- 2<sup>nd</sup> in the "O'Leary Winter League". 1<sup>st</sup> & 2<sup>nd</sup> in the RCYC "March League"
- The only Irish team to compete in the "Hydro Cup" in France

### **Mike Kearney**

Course: Recreation & Leisure 1

Home Club Ballyduff Upper

- Prominent member of the CIT Fresher's hurling team
- Member of Waterford Senior Hurling Panel 2015
- Part of the Waterford Minor Hurling team which captured its first All-Ireland in over five decades.

### **Fresher of the Year**

#### **Raymond Walsh (Athletics)**

Course: Recreation & Leisure Management 1

Home Club: Abbey Striders

- Silver in Cork City Sports July 2014, 10.94 Seconds
- All Ireland Schools Senior Relay Gold Medal & Runner Up
- Cork City Sports Athletics award for May 2014
- 3 All Ireland Schools Silver Medals for Inter 100m, 200m and relay
- Bank of Ireland Award for Senior Sports Star for School

### **"Risam Uile" Awards**

#### **Ladies Football Club**

- Hosted O'Connor Cup Weekend
- Division 3 All Ireland League Winners
- Lynch Cup Semi Finalists

#### **Powerlifting Club**

- Hosted the IDFPA National Single Lifts Event in February, the biggest in Ireland with over 400 competitors
- At the IDFPA National Singles, CIT won 13 gold medals, 3 Silver, & 8 Bronze. As a result a number of students have qualified to represent Ireland at the World Championships in England.
- At Powerlifting Intervarsities, CIT placed 2<sup>nd</sup> Overall, winning a grand total of 9 gold medals, 3 Silver & 3 Bronze

### **"Most Improved Club" Award**

#### **Rock-climbing Club**

- Hosted Rock-Climbing Intervarsities (first time this event was held outside of Dublin & Belfast)
- Attracted over 150 competitors, generating a profit for the Club
- Membership numbers and those attending weekly training have almost doubled since last year

## **“Club of the Year” Award**

### **CIT Equestrian Club**

- Co-hosted the highlight of the calendar of Irish student riding, the National Equestrian Intervarsity Championships.
- Intervarsities: Over 250 competitors from 20 colleges around the country descended on Maryville Stables, Carrigaline, for two days of intense competition to battle it out for the top spots in dressage, show jumping and prix Caprilli. A total of 78 horses have had to be sought to run this event, with each horse being used at least four times!
- Placed 6<sup>th</sup> college overall in the Prix Caprilli Competition
- Catered for Beginners, Intermediate and Advanced

## **Achievement Awards**

Irish Hockey Internationals 2015:

### **Clíodhna Sargent (Hockey)**

Course: Phd in Biological Sciences

Home Club: Cork Harlequins

### **Yvonne O’Byrne (Hockey)**

Course: Masters in Project Spraoi

Home: Cork Harlequins