

## Programme of Events

<b>Introduction:</b>	Dr Dan Collins Academic Administration & Student Affairs Manager
<b>Welcome</b>	Dr Barry O Connor President, Cork Institute of Technology
<b>Address by Guest Speaker</b>	Denis Fogarty Former Irish/Munster Pro Rugby Player
<b>Presentation of 12 Individual Awards</b>	Citations by Sports Office Staff Miriam Deasy, Dr Mai O'Leary, Keith Ricken, & Craig Harrington
<b>Fresher of the Year</b>	Craig Harrington
<b>Supreme Individual'</b>	Miriam Deasy
<b>International Recognition</b>	Craig Harrington
<b>Presentation of Alumni Achievement</b>	Citation by Liam Hodnett
<b>Address by Graduate recipient</b>	Aidan O'Mahony 5 Times All Ireland Senior Football Medal Winner with Kerry
<b>Presentation of Risam Uile &amp; Club of the Year Awards</b>	Citations by Sports Officer Miriam Deasy
<b>Presentation to 'Victory Scholars'</b>	Citation by Dr Mai O'Leary
<b>Closing</b>	Dr Áine Ní Shé Registrar & Vice President for Academic Affairs



# *Cork Institute of Technology*

## *Sports Awards*

29th April 2019

Tourism & Hospitality Building

## **Guest Speaker Denis Fogarty**

Former Irish Professional Rugby Player

**Bank of Ireland** 

# Sporting Year in Review

**AFL:** The Australian Football League Club is in its second year in CIT. Winners of the Cork Colleges Cup as well as the Irish Universities Cup. 17 players selected for the Irish Universities team.

**Athletics:** Hosted the biggest Munster Universities Road Relay Championships in history. 3 gold medals at the Inter- varsity Indoor T&F Championships. Ladies placed 2nd on the medal table. Men placed 6th at the Intervarsity XC championships. 2 gold medals at the Intervarsity outdoor T&F Championships.

**Badminton:** Competed in the Student Sport Ireland League (2 teams), ISBT Competition and the Intervarsities. SSI League Finalists , 5th team overall at ISBT's and Intervarsity quarter-finalists.

**Basketball:** CIT men's team were crowned Freshers Intervarsity Champions while the ladies team won the plate . Both teams secured MVP's for the tournament. The senior men's team reached the semi finals of the competitive intervarsity league while the senior ladies team reached the Intervarsity semi-finals!

**Boxing:** Twelve CIT students competed in the Irish Boxing Intervarsity Championships . The club returned with 1 gold and 3 silver medals from Ryan McCarthy, Stephen Lee, Benjamin Olar and Daniel Glavin.

**Ladies Football:** Played 13 Games - Beaten League ½ Finalists.

**Hurling:** Munster Junior Hurling Finalists, Fitzgibbon Cup ¼ Finalists, Fresher A Hurling Semi-Finalists and Fresher B All Ireland Runners Up.

**Canoeing:** Won "Most Improved Club" at the intervarsities. At the "Galway Fest"- had two 1st place finishers. At the "Colligan Race"- had a 1st place finisher.

**Camogie:** Division 2 League Winners, Purcell Cup Semi-Finalists and All Ireland Fresher Semi-Finalists.

**Darts:** Competed in the Winter league, the Spring league and the K Cabs shield.

**Equestrian:** Competed in the Colleges Tetrathlon which includes running, swimming, shooting & showjumping-two members placed in the running. We also competed in the intervarsities.

**Men's Football:** Fielded 6 Teams for 2018/19 – Five teams in Higher Education Leagues & Championships and one team in Cork County SFC. Munster Junior League Winners 2018/19.

**Golf:** Bronze medalists at the Golf Union of Ireland Intervarsity' Championships. Gary Ward finished in the top 15 at the highly competitive R&A Scholars Tournament.

**Handball:** Competed at all intervarsity competitions for 2018/19 with some impressive performances including Winning the USA Doubles Seniors and Mens A Singles in Wexford.

**Hockey:** Competed in the Hockey Ireland Intervarsity's. CIT men finished in 6th position overall.

**Karting & Motorsport:** Organised outings for all members to the National Kart Centre. Competitively CIT competed in the Student Sport Ireland Karting League finishing in the top 4 with 2 CIT students in the top 10 individual drivers.

**Kickboxing:** Competed in the Irish Open international event, which is the biggest Kickboxing competition In the World.

**Mixed Martial Arts:** Another great year for MMA with huge commitment from club members each week. The club enjoyed a wonderful seminar from SBG MMA Coach and suicide survivor Graham McCormack .

**Orienteering:** A highly active year for the club culminated with the Men's A Team winning the 2019 Orienteering Intervarsities! Great performances from all including a podium 2nd place in the Men's A race for Luis Sanchez, and 1st place in the Men's B race for Patryk Kurnik.

**Powerlifting:** Competed in the IDFPA National Full powers 1 & 2, IDFPA Push Pulls, winning a large number of medals at each event & also setting numerous National records. Two members won 4 golds & 2 national records at the World Championships in Virginia. Successfully hosted the IDFPA Push Pull in April. A number of members have been selected for the Irish Muscle Powers and members expected to be selected for the World Powerlifting Championships. Members successfully sat their international referee exams, have 8 National and 2 international referees.

**Rock-climbing:** CIT finished 2nd overall in 2019 Intervarsity's. Sarah Hoare and Ellen Griffin finished 2nd and 3rd in the Female Advanced category while club captain, Thomas Willock finished in 5th position in the Male Advanced category.

**Rowing:** James McCarthy, Padraic O'Sullivan and Richard Hourigan-Powell brought home gold medals from the Provinces Indoor Rowing Competition.

**Rugby:** Both CIT Men's teams fulfilled all of their league and Cup fixtures. The Freshers team were beaten by UCC by 2 points in the Cup Semi-Final and the Senior team were beaten by Champions NUIG Galway by 1 point in their semi-final. CIT Women's team began playing again this year and next year will have a team in both League and Cup.

**Sailing:** Competed in the IUSA Westerns, IUSA Southern and ITRA's. 3rd in Port of Los Angeles Harbor Cup. Student Yachting National Champions and our second team finished 4th. Qualified to represent Ireland at the Student Yachting World Cup in autumn. Awarded a "Southside & District Sports Award".

**NMCI Sailing:** Competed in the 51st EDHEC Sailing Cup in France as well as various IUSA competitions with the CIT Sailing Club.

**Surfing:** Organised regular surf trips to Garrestown and Inchydoney for experienced and beginner surfers. Trained with big wave surfer Ollie O' Flaherty in Lahinch over January break , well received by new club members.

**Swimming:** CIT students accessed the recreational swim over 300 times throughout the year!

**Tae Kwon Do:** Competed in the Intervarsities-winning a silver and bronze. Hosted a self defence seminar in CIT. Members attended gradings.

**Tennis:** Competed in the National Irish Intervarsities in DCU.

**Volleyball:** Competed in the Student Sport Ireland League, Mixed Volleyball league, Intervarsities, Munster Open and National Beach Volleyball competitions. SSI womens finalists. Men's Plate Finalists at Munster Open. Men's bronze and womens gold at the Intervarsities.

