

# WIT GAA 2013 Awards Night

the double, winning the 40x20 and 60x30 A Team All Irelands. We also hosted the O'Connor Cup Ladies Football weekend in WIT Sports Campus which was a huge success.

In total our club had 16 teams that participated in 26 competitions throughout the year with over 630 people registered and 147 games played this year.

We were delighted to have Kilkenny's All Star, Jackie Tyrell to present the awards on the night.

Each year we celebrate the success on and off the field and this year was no exception as we held our 31st GAA Awards Ceremony in the Dome Sports & Social Club. The 2013 season will be remembered as yet another successful year for the GAA Club with the Camogie Club completing the Ashbourne Cup five in a row, Freshers All Ireland Ladies Football Shield and the handballers won



Freshers' Ladies' Football Player of the Year: Rebecca Donoghue



Senior Camogie Player of the Year: Sarah Anne Fitzgerald



Freshers' Hurling Player of the Year: Brendan Murphy



Senior Hurling Player of the Year: Cíarán Hough



Senior Ladies Football Player of the Year: Katie Redmond



WIT Freshers Ladies Football Shield winners



Senior Football Player of the Year: Ger Halley



Freshers' Camogie Player of the Year: Vikki Falconer



WIT Camogie Players group at the awards ceremony

►► It's FIVE IN A ROW FOR WIT CAMOGIE STARS

►► WIT Hosting the 2013 LGFA Finals Weekend

►► National Hurling and Camogie Development Centre

►► Intercollegiate Sporting Event of the Year Award

►► Features: Lorraine Keena, Eoin Murphy and Clara Donnelly

►► Reports on Camogie, Ladies and Mens Football, Handball, Hurling

►► GAA Student Scholarships & Player Awards

►► Waterford Camogie Academy

►► Individual Profiles





# WIT GAA Club

## Roll of Honour 1982-2013



**1982-1983**  
Division 3 Hurling League

**1983-1984**  
Division 2 Hurling League

**1984-1985**  
Division 3 Football League  
Division 2 Freshers Football League

**1985-1986**  
Division 1 Hurling League

**1986-1987**  
Division 1 Hurling League  
Hurling Championship  
Division 3 Hurling League  
Division 2 Freshers Football League  
Munster Freshers  
Football Championship

**1987-1988**  
Division 1 Ladies  
Football Championship  
Fitzgibbon Plate Hurling  
Division 1 Freshers Hurling League  
Munster Freshers  
Hurling Championship

**1988-1989**  
Division 1 Ladies Football League  
Division 1B (Intermediate)  
Hurling League  
Division 1 Freshers Hurling League  
Freshers Camogie League  
Munster Freshers  
Hurling Championship

**1989-1990**  
Purcell Cup Camogie  
Division 2B (Intermediate)  
Football League  
Division 2B (Intermediate)  
Hurling League

**1990-1991**  
Purcell Shield Camogie  
Division 1 Freshers Hurling League  
Division 2 Trench Football League

**1991-1992**  
Fitzgibbon Cup  
Purcell Cup Camogie  
Division 1 Camogie League  
Division 1 Hurling League

**1992-1993**  
Purcell Cup Camogie  
Division 1 Camogie League  
Freshers Football League  
Handball League and Championship

**1993-1994**  
Ashbourne Shield Camogie  
Division 1 Hurling League  
Munster Freshers  
Hurling Championship

**1994-1995**  
Fitzgibbon Cup  
Division 2B (Intermediate)  
Football League  
Freshers Camogie League

**1995-1996**  
Division 1 Freshers Hurling League  
Division 2 Football League  
Handball Ladies Singles Open

**1996-1997**  
Ashbourne Shield Camogie  
Division 1 Hurling League  
Division 1 Ladies Football League  
Division 1 Freshers Hurling League

**1997-1998**  
Division 1 Hurling League  
Division 1 Camogie League  
Division 1 Freshers Hurling League  
Division 3 Hurling League

**1998-1999**  
Fitzgibbon Cup  
Ashbourne Cup Camogie  
O'Connor Cup Plate Ladies Football  
Division 1 Camogie League  
Division 1 Ladies Football League  
Division 1 Freshers  
Football Championship

**1999-2000**  
Fitzgibbon Cup  
Division 1 Hurling League  
Division 1 Freshers Hurling League

**2000-2001**  
Ashbourne Cup

**2001-2002**  
Division 1 Hurling League  
Division 1 Freshers Ladies  
Football Shield

**2002-2003**  
Fitzgibbon Cup  
Division 1 Fresher Hurling League  
Division 2 Fresher Hurling League  
Division 3 Ladies Football

**2003-2004**  
Fitzgibbon Cup  
Intermediate Hurling  
Division 2 Fresher Hurling

**2004-2005**  
Intermediate Hurling League  
Fresher Camogie Cup

**2005-2006**  
Fitzgibbon Cup  
Division 1 Hurling League  
Fresher Camogie Shield  
Division 1 Fresher Hurling League

**2006-2007**  
Fresher Hurling Shield  
Fresher Camogie Shield

**2007-2008**  
Fitzgibbon Cup  
Division 1 Camogie League  
Fresher Ladies Football Shield

**2008-2009**  
Ashbourne Cup  
Division 1 Camogie League  
Freshers Ladies Football Plate

**2009-2010**  
Ashbourne Cup  
Division 1 Camogie League  
Freshers 1 Camogie League  
Munster Junior Football  
Handball : 60x30 A Team Open  
Mens A and Mens B Singles

**2010-2011**  
Ashbourne Cup  
Giles Cup  
Munster Junior Football  
Intermediate Hurling All Ireland  
Handball : 60x30 A Team Open

**2011-2012**  
Ashbourne Cup  
Munster Ladies Donaghys Cup  
Fresher 1 Camogie League  
Handball :  
60x30 Mens A Singles/Team Open

**2012-2013**  
Ashbourne Cup  
Freshers Ladies Football Shield  
Handball: 40x20 Mens A Team Open,  
60x30 Mens A Team Open.

"She's able to communicate well and understands young people. She has no snobbishness either and can deal with people no matter what demographic they come from."

"Even as a lecturer she's like that. Someone that cares what genuinely happens. It's not just lecturing. She would help people with applications for jobs. She's after helping so many people. A lot of them would have been involved in GAA club but a lot weren't either."

"I know people that were thinking about dropping out of college and she would have organised people to mentor them, help them get grinds, help them get settled in."

"It's a lot of little things that aren't the requirement of someone as a lecturer but she'll do it with people. It's an ability to relate and communicate and understand people is what I would say is the unique thing about her."

That is a serious reference but O'Donohoe does even more than all that. Waterford established an academy last year. Joey Carton and former WIT stalwart Trish Jackman weren't slow to call on the Westmeath native's expertise and attention to detail. O'Donohoe has helped install a programme that mixes the theory and practical side of development, from diet and time management to the actual skills of the game. It's all about education.

Most of her time in camogie now though is spent in the boardroom. Administration is, she jokes, "a necessary evil".

After arriving at WIT, she quickly became involved in the Comhairle Camógaíochta Árd Oideachais, the administrative body for third level camogie. She went on to be chairperson and secretary of the CCAO.

"It's like a lot of things. If you want them to happen, you might as well try to do something about it yourself."

She came to the attention of the national chiefs fairly quickly and was secretary of the Camogie Association's strategic planning committee. Under Liz Howard's presidency, she made it to the management committee.

It was Howard's successor, Joan O'Flynn that approached O'Donohoe for the vital role as chair of coaching and games development – a position she still holds and which ultimately led to a place on Central Council.

"It's really putting in place a coaching plan for the association at a national level, and working with Coaching Ireland as well, because there hadn't been prescribed coaching courses written up" explains O'Flynn.

"So it's about actually writing those up and implementing them, training tutors to deliver them within the Camogie Association at county, club and school level."

"It's about trying to find out what the coaching needs of the association are and developing a response to those. It's skilling people up to increase the standards of the game and develop better coaching."

"Sheila has had a long commitment to the game, particularly in terms of developing and nurturing players. She has a huge passion for the game. She is a serious hard worker in terms of delivering what needs to be done. And in terms of personal integrity, that is a very strong feature of her make-up."

Defining criteria for specific tasks is something O'Donohoe is good at and O'Flynn also called upon her to help when the All-Star selection policy was being changed.

You wonder where she gets the time. Because there is the little matter of the day job too. Senior lecturer at the department of business, accountancy and economics, she is head of a research centre with responsibility for three PHD students, while co-managing a Masters' programme.

That gives her less flexibility than used to be the case and it seems scarcely believable that the only casualty has been the hands-on coaching. So you wonder, what is the motivation?

"Primarily, you have to enjoy it and we've had some fantastic days with the college" enthuses Sheila. "The key thing is the development of young people, and when they go back to their clubs that they're not just better players, but better people. And it's a great joy when you meet them later on."

"I get to work in education and I think education is quite important, either in the classroom or outside of it."

"And then you meet a lot of really nice people."

You certainly do.



Sheila is raised high after Purcell Cup win in 1990

### Sporting Profile - Liam McGrath

**Course:** BBS Hons

**Nicknames:** None

**High Point in Sporting Career:**  
Winning minor football all Ireland

**Third Level Honours?**  
None, hopefully that'll all change

**Other Achievements?** Minor and under 21 mid and county medals, senior mid medal

**Other Sports?** Golf and a bit of soccer

**Favorite Player to Watch Growing Up?** John Mullane serious hurler always able to get a few scores no matter how things were going

**My Earliest Sporting Memory Is?** Playing an under 10 match with about 20 lads on each team pure carnage

**Funniest person in the WIT GAA Club is?** Hutchy

**When You Were Growing Up What Did You Want To Be?**  
A farmer, didn't last too long its pure hardship

**My Most Treasured Possession?** iPhone

**Biggest Insult?** Your lazy, I have heard it a fair bit at this stage

**My Signature food dish is?** Bacon and spuds – quality

**Stranded On An Island, What Are Your 3 Essential Items?**  
iPhone, gun, ball

**Stranded On An Island, Who Would You Most Like To Keep You Company?**  
Rhianna

**Favourite book?** Ronan O'Gara's autobiography

**Toughest opponent?** Michael Cahill





# SHEILA O'DONOHUE

## WINS THE GAA PRESIDENT'S AWARD

By Daragh ÓConchúir

It is difficult to believe that someone so influential – someone whose fingerprints are found on so much that is positive about camogie – can have as low a profile as Sheila O'Donohue. Her cover was blown last March though, when her contribution to the sport she loves was recognised at the GAA President's Awards last March.

The honour brought joy to countless people whose lives O'Donohue has touched be it in her home village of Drumraney, her native club Maryland, the Westmeath, Waterford, UCD and WIT camogie communities, and those that have worked alongside her at national level.

That is testament to her professionalism, intelligence, vision and humanity and these are just some of the traits that have made her so instrumental in camogie's development.

She has contributed as a player, coach and administrator, and is an educator in the broadest sense. The emphasis for O'Donohue is always on a person's growth. Sport has a big role in that for her but stories abound of her willingness to help people out, whether that is in an academic, sporting or completely private context.

So there are a lot of people that issue a silent prayer of thanks to Phil Behan, the man who helped establish Maryland Camogie Club in a football stronghold. Sheila was very young at the time but went on to be chairperson as a 16-year-old.

She won a couple of junior championships and earned inter-county recognition but things got even better once she went to UCD to study business.

They had completed an Ashbourne Cup five-in-a-row the previous season – a feat that wasn't matched until WIT did it in Limerick this year – and though the run ended in her first season, O'Donohue went on to experience a wonderful three-in-a-row.

"I was very lucky" says O'Donohue. It is her stock response. She says she was lucky to be involved with her club too, lucky the county team was relatively strong in her time. And fortune is credited for much of her subsequent positive experiences. At some point, you have to look at the common denominator.

UCD played in the Dublin championship and that helped engender a real, club-type atmosphere. It was very similar to what she would see in WIT.

"You could see the club fitting into the community. I remember we went to Phoenix Park on bikes and played games. You got to know people in Dublin.

"In Waterford, it was easy to get involved. I remember walking down the corridor and Colm Bonnar and Eugene (McKenna) approached me to get involved. Camogie had equal status in the GAA club but because you didn't have your own pitches, you had to work with local clubs like Mount Sion, Ballygunner, Butlerstown and St Saviour's. That was good as it forces you to reach out."

It is 25 years ago since she started her first "proper job" as a lecturer in WIT and she has loved every minute of her time there. They have loved every minute of her presence too. She has nothing planned to celebrate the milestone, because she hadn't thought about it. No surprise there.

She was part of the management team including Bonnar that won a Freshers' title and the Purcell Cup followed in 1990 and 1992. It took another seven years of toil before the Ashbourne breakthrough was made and the thought of it still makes Sheila beam.

"I did enjoy being involved in coaching and management and the highlight was '99, winning the Ashbourne, but Colm was the engine behind it. I did my bit on the management but he was a brilliant coach.

"We had lost the year before, hosting it as well. I remember being so sickened in Walsh Park. But we left no stone unturned in '99 and that was great. To win the first time was a massive effort."

She continues to help out now. It might not be an official capacity, but if a player needs to be picked up from an airport, brought to hospital or as happened this year, specific boots need to be bought for UL's AstroTurf at the last second. She travels to most of the games, regardless of status or venue.

"Over the last eight years she would have been a massive advisor to me" says current manager, Helena Jacob, who, O'Donohue describes as the best camogie manager of the past 15 years.

"She wouldn't be directly involved in our management team but everyone considers it that she is. Within the GAA club, she'd be very well known but within the camogie club, everyone, if they had a problem away from sport or privately, they could go to Sheila. She is nearly a mother away from home for some of them.

"With myself, I would cherish her very much as a friend as well as somebody that will advise and help you on a sporting front.

"She does so much stuff within the college that a lot of people would never see, and is way past the duties of her job. A lot of people who would have met Sheila in college would still be friends with her, and would remain in contact with her.

"If you go to her with a problem or an issue, you can trust her that it will be dealt with professionally... sometimes with younger people or students, people think they're going to get themselves in trouble. She makes her own judgement and understands that someone can make a mistake.



Sheila O'Donohue is presented with her GAA President's Award

## Céad Míle Fáilte!

Welcome to another issue of "Sidelines", the publication that provides all the information you need about the WIT GAA Club. This is the 20th year of Sidelines and inside you will find articles on all the college teams and their progress in last years competitions. You can find out about player profiles, blasts from the past, articles on current and past players and lots more about the GAA scene here in Waterford IT.

The GAA office is located upstairs in the Courtyard Building on the main Campus. It is open Monday to Friday from 9.00 am to 5.30 pm so feel free to drop in if you have any questions or helpful suggestions. Also keep an eye on the display screen in the Atrium for times and dates of training, matches and any club activities. Our website ([www.wit.gaa.ie](http://www.wit.gaa.ie)), facebook page (**WIT GAA**) and Twitter page (**@WITGAA**) are updated regularly and feature information regarding all club activities.

The GAA club in Waterford IT is the perfect opportunity to continue participating in Gaelic Games, keep fit and make new friends for life. So make sure to get involved this year by joining the club and becoming an active member on and off the field, whether its playing, coaching or organising social events.

There is a team here for everyone who wants to play Gaelic games with over 18 teams competing in 28 competitions each year in Gaelic Football, Hurling, Ladies Football, Camogie and Handball. We hope that you will join the club and get the benefits of regular exercise, great craic and many new friends made in a great club.

We have had some great success and memories over the last year, winning the Ahbourne Cup for the fifth year in a row, winning the All Ireland Freshers' Ladies Football Shield, and winning both the 60x30 and 40x20 A Team handball All Irelands. Organisationally we hosted what was proclaimed as one of the best O'Connor Cups in years all in our new WIT sports campus.

I would like to take this opportunity to thank everyone who contributed to producing this edition of "Sidelines" and I wish all our teams every success for the coming year.



**Conor Phelan**

WIT GAA Development Officer

**Contact Details:**

Tel: **051 302239**

Fax : **051 353906**

Email: [gaa@wit.ie](mailto:gaa@wit.ie)



WITGAA



@WITGAA

## Directions to WIT Sports Campus

### From Dublin or Limerick,

Take the N25 signposted Cork across the new Suir Bridge.

Take the first left after the toll plaza, signposted Waterford South / Tramore.

Stay left onto the outer ring road. At the WIT West Campus roundabout, take the second exit, the Sports Campus is on your left and the car park is on your right.

### From Cork,

Take the N25, signposted Dublin, Rosslare, at the Kilmeaden roundabout take the second exit.

On that road take the first exit left, signposted Waterford South / Tramore.

Come across the flyover onto the outer ring road.

At the WIT West Campus roundabout take the second exit. The Sports Campus is on your left and the car park is on your right.

### From Waterford,

Take the old N25 Cork Road to the roundabout at Tom Murphy Car Sales.

Take third exit, travelling towards the roundabout on the old Kilmeaden Road.

Take the second exit which will bring you to the WIT Sports Campus roundabout.

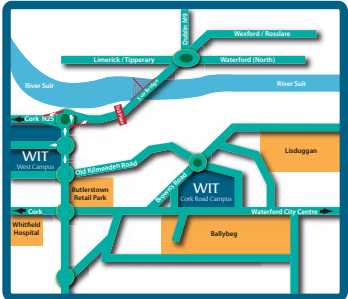
Take the first exit: WIT Sports Campus is on the left and the car park is on your right.

### The WIT Sports Campus Carriganore

WIT Sports Campus is a fantastic facility which is situated at Carriganore just outside Waterford city and about 10 minutes from the main campus of WIT. The doors of this wonderful facility were officially opened on the 25th of February 2011.

The facility boast some of the finest facilities in the country, There are 3 top quality sand based GAA pitches and another under construction. There are also two 300-seater stands for spectators, a full sized GAA 3G astro turf pitch, 3 fantastic grass training areas, 8 dressing rooms, meeting room, first aid room, physio rooms, and referee changing rooms. Further to this there is a sports hall, gym, high performance gym and many other fantastic facilities under construction.

WIT Sports Campus is a huge asset to us here at WIT GAA, as it gives us state of the art facilities to train in and also to play matches. It has also allowed us to host the Fitzgibbon Cup, Ashbourne Cup and O'Connor Cup weekends over the past 3 seasons.



## Contents

Roll of Honour 1982 to 2013	Page 2
Céad Míle Fáilte	Page 3
Directions to WIT Sports Campus	Page 3
WIT within touching distance of former glories in Fitzgibbon	Page 4
GAA Club Administration	Page 5
WIT wins historic Ashbourne Cup five in a row!!	Page 6
WIT GAA Coaching Corner	Page 8
Fresher Hurling Report	Page 9
WIT Hosting the 2013 LGFA 3rd Level Ladies Gaelic Finals Weekend	Page 10
WIT Fresher Ladies Footballers Crowned Shield Champions 2012-2013	Page 12
WIT GAA Club awarded the Intercollegiate Sporting Event of the Year 2013.	Page 13
National Hurling and Camogie Development Centre	Page 13
Faithful to the Cause (Lorraine Keena)	Page 14
WIT GAA Scholarships 2013	Page 15
A Model Footballer (Clara Donnelly)	Page 16
WIT Intercounty Ladies Footballers	Page 17
WIT GAA Club Social Scene	Page 17
WIT Intercounty Mens Footballers	Page 17
Trench Cup Report 2013	Page 18
WIT Intercounty Hurlers	Page 19
WIT Giles Cup Report 2013	Page 20
WIT Intercounty Camogie Players	Page 21
Freshers Football Roundup	Page 22
WIT Handballers Complete the First Double in History	Page 23
Freshers 2 Hurling Report	Page 23
The Mad Summer of Eoin Murphy	Page 24
Waterford Camogie Academy 2013	Page 25
Sheila O'Donohue wins GAA President's Award	Page 26
GAA Awards Night	Page 28



# WIT within touching distance of former glories in Fitzgibbon

The return of the WIT great, Colm Bonnar, back as Fitzgibbon manager saw an immediate rise in the fortune of our hurlers as they fell agonisingly short by two points to Mary Immaculate Limerick in the Fitzgibbon Cup Semi Final.

It all began with a meeting in W13 with the announcement of Colm Bonnar back as Fitzgibbon manager who stood down after losing out to NUIG in the 2010 Fitzgibbon Final after extra time in Galway.

Hopes for the team weren't that high for the year ahead and after a brush with relegation they defeated St Pat's, Drumcondra in the relegation semi-final. The odds set out by the bookmakers for the Fitzgibbon reflected this with WIT quoted at 16/1.

Challenge matches against LIT, Kilkenny Development Squad, Clara, Wexford and a Waterford Crystal Clash against Cork set the team nicely up for their crunch clash against Carlow IT in the first Fitzgibbon match. We emerged deserving five-point winners of this well contested Fitzgibbon clash in Carlow IT.

The key moment of the match arrived in the 47th minute when Paudie Mahoney raced through at goal and he offloaded the sliotar to Martin O'Neill who duly sent the green flag waving.

At times the game wasn't pretty and both sides missed numerous chances whilst WIT lost key attacker Eoin Murphy through injury and he was in flying form up until that.

Both defences were on top throughout with captains James Dowling & Wayne Hutchinson flying at half back and they were ably assisted by Luke Harney.

The opening half which produced only nine points, four from play one impressive score being landed by Harney, with Waterford IT establishing a 0-6 to 0-3 interval lead backed by the wind.

IT Carlow levelled in the 41st minute as a free from centre-back Mark Ellis was touched to



Stephen Roche in celebratory mood.

the net by corner-forward Paul Buggy to leave the score at 1-5 to 0-8.

Waterford IT finished the stronger, though, with O'Neill's superb strike past former Kilkenny All-Ireland goalie PJ Ryan being supplemented by fine points from play by Gavin O'Brien, Jake Dillon and O'Neill himself.



Jake Dillon leads the charge.

In the next round we faced Cork IT who were considered one of the favourites for the competition but in a superb display of hurling and with it Waterford IT's first Fitzgibbon win at Carriagmore they finished ten points ahead of Cork.

In the quarter final Kilkenny's Eoin Murphy scored nine points as Waterford IT held off the stiff challenge of Limerick IT in an entertaining Fitzgibbon Cup quarter-final at a bitterly cold Carriganore.

Murphy, a member of Kilkenny's 2012 All-Ireland winning team, slotted over seven frees and two points from play as WIT set up a semi-final meeting with Mary Immaculate College the following Friday week at GMT. Waterford forwards Jake Dillon and Gavin O'Brien were also in excellent form for eight-time Fitzgibbon Cup winners WIT as the pair, operating in the full-forward line, slotted over three points each.

Tipperary's 2010 All-Ireland U21 medallist Ciaran Haugh enjoyed a productive afternoon too as he slotted over two long-range points from right half back. Wexford senior Harry Kehoe also fired over a brace of scores before half-time.

With 16 minutes on the watch, WIT were 0-10 to 0-2 clear but Jamie Fitzgibbon finished a

## Waterford Camogie Academy 2013



weather could deter the enthusiasm of the young girls as they undertook a series of skill tests on overhead catching, dribbling, jab lifting, soloing and striking out on the astro pitch under the guidance of members of the National Hurling and Camogie Development Centre including the captain of the 2012 victorious Wexford Senior team, Ursula Jacob as well as Jenny Simpson from Waterford's Intermediate camogie team. The second session of the Academy took place on May 25th and included a diverse range of team building exercises crafted by Aoife Lane as well as a practical session on the concept of warm up and some game time under the watchful eyes of WIT's Conor Phelan and Waterford star Karen Kelly. The subsequent session was held on July 11th and was led by Kilkenny's James Meagher, a very experienced coach and who has played a major part of WIT's recent Ashbourne achievements alongside WIT's Conor Phelan. On an evening more resembling of Mediterranean type weather the large group including some of the under 15 squad were put through their paces as they worked on the key skills of hand passing, tackling and shooting, all of which centered around working with the ball before undertaking some short sided games.

Due to the success of the under 16 side as they progressed in the All Ireland championship coupled with significant number of



inter-county blitzes for the under 14 squad the concluding sessions had to be postponed but which will be held in late August/September. As we go to print the under 16 side face Cork in the final of All Ireland B completion while the under 14s will head to Dublin on September 14th to participate in the All Ireland blitz event and will be hoping to build on their great performance last year when they were narrowly beaten in final. Sincere thanks to all of the coaches, to County Development Officer Sean Fleming along with fellow mentors Shane, Declan, Derek and Brendan. A special word of thanks to "Urma Sports" the sponsors of the specially commissioned jersey for the participants.

Coupled with this initiative and the recent success of local club Gaultier in capturing the Division 2 National Feile title the future for Waterford underage camogie is looking good.

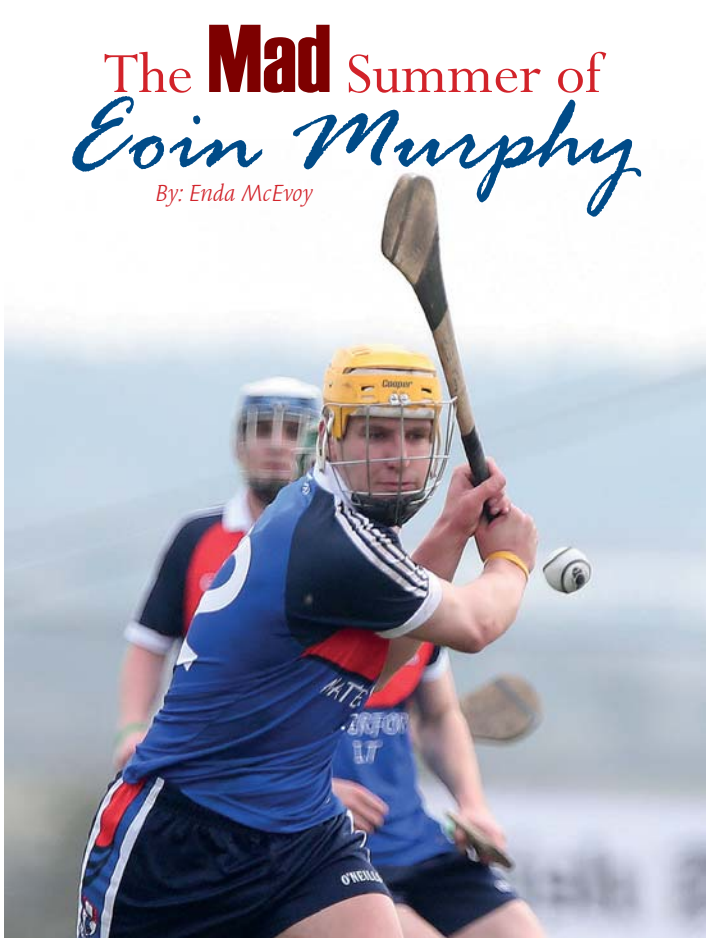


WIT's Fitzgibbon Cup 2013 panel



The Waterford Camogie Academy with Mary O'Connor (centre) and Ursula Jacob (right)





Something strange happened to Eoin Murphy this summer. He started it as an intercounty hurler and ended it as a passenger on a rollercoaster.

Saturday nights. Sunday afternoons. Packed houses. Raucous atmospheres. Wins. Draws. Defeats. Periods of extra time. Retaken penalties. Red cards. Square balls. Crazy.

By the time the madness had stopped he'd played in six and a half matches, including extra time against Waterford, yet after all of that he still didn't get to appear in Croke Park. In 2011, by way of contrast, Kilkenny played four matches en route to winning the All Ireland. Like we said, crazy.

No provincial or All Ireland medal for him, then, but a lifetime of memories nonetheless. And let's not overlook the fact that the Glenmore man, who's about to enter fourth year in Sports and Recreation Management at WIT, did have a medal to show for his efforts in 2013. Kilkenny retained their National League title and did so with Murphy between the posts in the final against Tipperary at Nowlan Park on the first Sunday in May. His memory of it? "Michael Fennelly hurled a stormer and we got a couple of breaks in the first half that kept us ahead." It was Murphy's first medal as a starter with the Kilkenny senior team (he won an All Ireland minor in 2008). He hopes it won't be his last.



A few weeks later he received the news he'd be making his championship debut against Offaly in the Leinster quarter-final in Tullamore. It couldn't have come as a surprise. At the same time, it was a shock. "As a young lad who hurls you dream of playing for the county, but you just don't imagine you'll get your start." Though he conceded four goals, none of them his fault, Kilkenny won with a bit to spare. But soon they were locked in a two-parter with Dublin in Portlaoise, drawing the first match and losing the second. That pitched the MacCarthy Cup holders into the qualifiers and pitted them against Tipperary, their closest rivals these past few years. The losers would be gone from the championship on the first weekend in July. It was a mega-occasion, one that Eoin will never forget.

"We'd lost to Dublin the previous week, so what better way to settle your mind and get concentrating again than Tipperary at Nowlan Park? For me it was the standout moment of the year. The atmosphere. The huge crowd. People at home in Glenmore were heading off for Kilkenny at 2pm, even though the match didn't start till 7pm. The bus to the game and the crowds on the street. There will probably never be another championship match like it at Nowlan Park. It was amazing to be part of it."



A three-point win saw Kilkenny advance to meet Waterford seven days later at Semple Stadium. For Eoin, this was a strange one. A very strange one indeed, given that the opposition ranks included college colleagues like Noel Connors, Stephen O'Keeffe, Liam Lawlor and Jake Dillon. It was, he says, "very weird" to be facing them – particularly a classmate like Dillon, who lined out at wing-forward for Waterford. All summer they'd been in contact, but that state of affairs ceased the week leading up to the game. No text messages, just radio silence, though not before they agreed that, whatever the result, they'd all still be friends once the hurlyburly was over. Following Kilkenny's extra-time victory, Eoin met Dillon and the rest of them to commiserate. "They'd have done the same for me had the situation been reversed, and it nearly was."

Kilkenny got out of Semple Stadium by the skin of their teeth that night. They weren't so fortunate a fortnight later when Cork defeated them in the All Ireland quarter-final. That was the moment the rollercoaster stopped. Still, Eoin Murphy hasn't got much to complain about and he knows it. His rise to prominence has been, if not meteoric, then at any rate unusually swift. "A lot of players had to understudy for five or six years. Michael Fennelly, for example, was there for years. I've just been very lucky and am grateful for that, and I'm looking ahead to next year now. But I know there's no number one in Kilkenny. There's no number five or number six or whatever. You go from game to game and it's what you do in training that matters."

He's also very much looking forward to another Fitzgibbon Cup campaign with WIT after last season's semi-final heartbreak. No doubt about it, he says: if you're able for the Fitzgibbon, you're able for anything. "I think it brings you on that bit more compared to lads who aren't in college. It's a very tough competition to win. It's a very tough competition to even do well in. The weather makes it hard too. But it prepares lads for the year and gives them confidence to carry through to the intercounty scene and put down a marker for the championship. I've got addicted to it in Waterford. Is it the next best thing to winning an All Ireland? It might be. In fact, it's an All Ireland itself."

Two All Irelands for him to aim at in 2014, then.

brilliant LIT team move in the 27th minute for the game's only goal. At half-time, LIT trailed by 1-6 to 0-12 but they could never get closer than two points to WIT after the break.

O'Brien had the best goal chance of the second half but LIT goalkeeper Andrew Fahy did brilliantly to deny the corner forward from close range.

Crucially, WIT managed nine points into the breeze and they played some very smart hurling in the second half, with Dillon exceptional as the target man on the edge of the square.

Injuries at this stage were mounting up with James Dowling, Ger Teehan & Luke Harney all injured before the game.

In the semi final everything that could go wrong did against first time Fitzgibbon semi-finalists Mary I. They continued to impress in their maiden campaign, with a 1-17 to 1-15 win over eight-time champions Waterford IT.

The Limerick outfit were reduced to 14 men in the early minutes following a red card for Declan Hannon. Clare's John Conlon and Cork's Luke O'Farrell put in a superb innings over the hour, registering all bar four points of Mary I's tally to power the Limerick side to the decider. Conlon's 17th minute goal gave Mary Immaculate College a 1-7 to 0-8 half-time lead.

WIT hit with a major blow in the second quarter after the forced exit of Waterford defender Noel Connors due to injury followed soon after by the injury to Stephen O'Keeffe. Mary I continued to hold the lead in the third quarter, pushing 1-13 to 0-9 ahead with Conlon and O'Farrell continuing to impress. WIT fought back with Paraic Mahony, Eoin Murphy and Jake Dillon on target to help cut the deficit, with Michael Sheedy smashing home WIT's lone goal.

Mahony's sixth point levelled the contest late on, and it looked like extra-time was on the cards. However, St. Thomas, Galway clubman

Conor Cooney and O'Farrell fired vital points late on to ensure a historic win. Galway had again proved to be a grave yard for WIT's ambitions where luck, decisions and time deserted them but it certainly wasn't from the lack of want or trying that they failed in their wait for the Fitzgibbon Cup since 2008.

#### WIT Fitzgibbon Panel 2013:

**Stephen O'Keeffe**, (Waterford); **Stephen O'Keeffe** (Waterford), **Liam Lawlor** (Waterford), **Noel Connors** (Waterford), **Ciaran Haugh** (Tipperary), **Wayne Hutchinson** (Waterford), **James Dowling** (Kilkenny), **Luke Harney** (Kilkenny), **Stephen Roche** (Waterford), **Harry Kehoe** (Wexford), **Michael Sheedy** (Tipperary), **Eoin Murphy** (Kilkenny), **Martin O'Neill** (Waterford), **Jake Dillon** (Waterford), **Gavin O'Brien** (Waterford), **Kieran Hammersley** (Tipperary), **Cormac Heffernan** (Waterford), **Pauroic Mahony** (Waterford), **Luke O'Loughlin** (Galway), **Ger Teehan** (Kilkenny), **Tomas Hamill** (Tipperary), **Liam McGrath** (Tipperary), **Martin Power** (Kilkenny), **Martin Gaffeny** (Kilkenny), **Shaun Murphy** (Wexford), **Maurice Power** (Waterford), **Daniel Murphy** (Dublin), **John Cahill** (Kilkenny), **Aidan McGrath** (Tipperary), **Davin Phelan** (Waterford), **Tommy Kavanagh** (Tipperary), **John Whelan** (Galway), **Jim Walsh** (Waterford).



Eoin Murphy catches another high ball.

### Sporting Profile - Denise Gaule

**Course:** BBS Hons

**Nicknames:** G91, Gaule, Gaulers

**High Point in Sporting Career:** 2013 Ashbourne Final

**Third Level Honours?** 4 Ashbournes, 2 division 1 leagues, Freshers All -Ireland, 2 Ashbourne all-stars,

**Other Achievements?** Making it through the week after ashbourne, whoop whoop!!

**Other Sports?** Recently taken an interest in equestrian.

**Favourite Player to Watch Growing Up?** Eddie Brennan.

**My Earliest Sporting Memory Is?** Waking up in the cot Christmas morning 93 and seeing a lovely Ramie Dowling #class

**Funniest person in the WIT GAA Club is?** Aine 'alpha chief' Doran & Shelly Minaj

**When You Were Growing Up What Did You Want To Be?** Cashier at the local 5 and dime

**My Most Treasured Possession?** Kitty, my blind cat!

**My Signature food dish is?** Chicken with sweet chilli sauce

**Stranded On An Island, What Are Your 3 Essential Items?** Chewing gum, A penknife and some twine

**Stranded On An Island, Who Would You Most Like To Keep You Company?** Bobbi Hickey

**Favourite book?** Principles and Practices of Marketing 2nd edition

**Toughest opponent?** Edwina Keane

## Waterford Institute of Technology

# GAA CLUB

Cumann Lúthchleas Gael Institiúid Teicneolaíochta Phort Láirge

#### WIT STUDENT GAA CLUB OFFICIALS 2012/2013

**GAA CLUB EXECUTIVE**

Eugene McKenna Sinead Nealon Sheila O'Donohoe Kate Kelly

GAA Development Officer: Conor Phelan

Election of Officers	
<b>Camogie:</b> Chairperson: Lorraine Keena Secretary: Patricia Jackman <b>Football:</b> Chairperson: Stephen Prendergast Secretary: Brian Rodgers	<b>Hurling:</b> Chairperson: Stephen Prendergast Secretary: Brian Rodgers
<b>Management</b> Senior : Colm Bonnar, Alan Roche Patrick O'Flynn, Michael Kearney Inter: Patrick O'Flynn, Alan Roche Junior: Kieran Hammersley, Tommy Kavanagh Freshers 1: Ray O'Brien, Mark Cooney Freshers 2: Shane Dunphy, Richie McNamara	<b>Management</b> Senior: Helena Jacob, Ursula Jacob, Conor Phelan, James McGrath Inter: Jennie Simpson, Conor Phelan Freshers: Jennie Simpson, Conor Phelan
<b>Management:</b> Senior : Martin O'Connor, Paul Quirke, Brian Hanlon Junior: Brian Hanlon, Richie McNamara Freshers 1: Emmet Doherty, Pierce Connell, Sean Foley	<b>Management:</b> Senior: Helena Jacob, Ursula Jacob, Conor Phelan, James McGrath Inter: Jennie Simpson, Conor Phelan Freshers: Jennie Simpson, Conor Phelan
<b>Management</b> Senior: Noel Holohan, Peter McKenna Inter: Stephen O'Keeffe, Aaron Considine, Kieran Hackett Freshers 1: Stephaine Beausang, Stephen O'Keeffe Aaron Considine, Kieran Hackett	<b>Management</b> Senior: Noel Holohan, Peter McKenna Inter: Stephen O'Keeffe, Aaron Considine, Kieran Hackett Freshers 1: Stephaine Beausang, Stephen O'Keeffe Aaron Considine, Kieran Hackett





The 2013 season was a memorable one for WIT camogie club and a season to savour with memories to cherish, with team and individual achievements to celebrate. The Ashbourne Cup and Div 1 league titles were captured with flair and in dramatic style.

In sport there is something very special and almost magical about “three-in-a-row” something mystical about “four in a row” but there is something, possibly considered to be mythical, about winning “five in a row”. Admittedly, manager Helena Jacob took it “one game at a time” and always focussed on the immediate task in hand but there was that unspoken desire to make their own bit of history and achieve “the drive for five”!

With twenty three players still available from last years panel, the WIT Girls had a great base to start training again in early October under the watchful eye of the two Jacobs. Frank Flannery came on board later in the month to add a different dimension to training and provided a fresh approach for the team.

League games came quickly and WIT travelled to UL for the first league game. UL, still hurting from last year’s defeat, sought to avenge this defeat against one of their main rivals. In the end, the Limerick side came out on top on a score line of 2.9 to 1.7 on the UL North Campus, a setting which later in the season staged one of the most memorable WIT comebacks. Defeat on Shannonside meant that an unbeaten streak was required in the remaining league games to progress to the knockout stages.

NUIG provided the opposition in the next match which took place in Clonad GAA grounds following a mutual agreement to play the game at a half way venue. WIT brought an almost full panel to Laois for this floodlit game, which was played in almost freezing temperatures and were much stronger than their opposition, running out comfortable winners, 5.16 to 0.06. Heading into the final group game, the



Brid Quinn wins the breaking ball

first Division 1 Camogie match of the season to be held in the WIT Sports Campus the home side knew that nothing but a victory would suffice against UCC, a team who also had ambitions of taking the second semi-final spot on offer. A flying start for WIT meant that a nine point lead was garnered at the break. However, a sequence of unbroken points during a determined period of resurgence for UCC saw the lead shrivel away to a mere three points with ten minutes remaining. At this critical point in the game, leaders stepped up to the plate for WIT as a goal reinstated a two-score deficit, with a final point putting the icing on the cake to see the home side run out winners, 4.7 to 0.12.

Following the defeat of UCC, WIT were pitted against UCD in Belfield on what was one of the coldest and harshest nights in November. This was a hard hitting game where UCD threw everything at WIT. WIT got a goal early in first half but went behind on three occasions during the sixty minutes. Shelly Farrell, Noelle Maher and Emma Comerford led the line up front getting some vital scores. Having held a narrow lead at half time, UCD clawed their way back into the



Sarah Anne collects the Div. 1 League Cup

game and went into the lead mid-way through the second half. Injuries to Jean Brady and Trish Jackman at this point may have scuppered the chances of many a team, but resilience, a quality which was set to become such a feature of this team later in the season, shone through, with Lorraine Keena, Sarah-Anne Fitzgerald and Denise Gaule leading by example at this critical period of the game. A brace of points from Shelley Farrell restored the lead and despite the best efforts of UCD to penetrate the WIT defence, Kristina Kenneallys clean sheet was maintained and a one point victory was rescued from the jaws of defeat.

The league final

The league final set up a rematch between UL and WIT, with the Limerick side coming out on top in the

teams opening match earlier in the season. Although some observers may have felt this game was merely a ‘league final’, the attitude, desire and commitment displayed in the WIT Sports Campus that evening exhibited the fact that both teams had one eye on the prospective Ashbourne Cup weekend. A tactical game, which was never short of physicality and exceptional work rate, ensued. With both defences keeping things tight at the back it was probable that the team capable of creating and taking a goal chance would create the perfect platform for victory. Indeed, this was the case for the home side as a goal midway through the second half gave WIT breathing space and they ran out winners 1.9 to 0.7 over their rivals.

Road to the Ashbourne Weekend

Attaining one of four spots in the Ashbourne Cup semi-finals is always the goal of all six Ashbourne teams at the start of any season. The draw pitted WIT in a group with NUIG and UUJ, whilst UL, UCC and UCD were drawn together in the other group. In an unusual move for the Ashbourne Qualifiers, the first round was played on November 28th when UUJ provided the opposition in a game played in freezing temperatures in Dublin. Despite a quick start for UUJ, who opened with 1.2 in the opening ten minutes, WIT soon began to dominate and held a convincing lead at the break. Despite the best efforts of the Northerners, they found it difficult to break down a WIT defence which was determined to minimize scoring chances. Up front, it was Denise Gaule, Siobhan Holland and Emma Comerford who led the scoring whilst Freshers Vikki Falconer and Sheila Ryan became accustomed to ‘Ashbourne Camogie’ and resembled seasoned campaigners by the end of the game.

A further eight weeks passed before WIT played their final group game against NUIG. With a string of challenge games and training sessions over the Christmas period for all teams, the pace was expected to be quicker as the Ashbourne Cup weekend drew closer. Indeed it was the Galway side who appeared to settle quicker in this game and made light of the fact that it was their first Ashbourne Cup game on an astro-turf pitch in the WIT Sports Campus, a move which was made in preparation for the Ashbourne Cup weekend games which were to be played on the 4G pitch in the UL North Campus. With both teams defeating UUJ in their opening games, this game determined who would occupy first and second place in the group. It was clear that NUIG had made significant improvements from the league with numerous players returning to create a formidable team and one which posed many problems for WIT. However, the tight WIT defence set up the platform for this victory with the concession of a measly four points over the sixty minutes. Emma Comerford led

WIT Handballers Complete First Double in History

Waterford Institute of Technology celebrated their greatest ever handball season last year as the double of 40 x 20 and 60 x 30 team events was collected for the first time ever by any college as Noel Holohan, Peter Funchion, Patrick Funchion and Ger McGrath played some fantastic handball to sign off on four very successful years in the college.

The winning run began in October when the 60 x 30 Intervarsity’s team of four competition was won for the fifth year in a row by WIT, after success in beating University of Limerick and Dublin City University last weekend in Talbot’s Inch, Co. Kilkenny. In the semi-final stage against University of Limerick , the quartet of Kilkenny and Wexford players proved far too strong for University of Limerick and a result of 60 points to 3 saw the men in the blue and white of WIT advance to the final.

The final took place on Sunday morning at 10 am in Talbot’s Inch and despite the cold weather outside, inside the alley the temperature was risen by Ger McGrath who got the ball rolling with a 21-10,21-3 win over Peter Hughes from DCU to give WIT a huge 42-13 lead. Next up for the WIT team was the Funchion brothers who are All Ireland under 21 doubles champions from this year and they blew Martin McElvaney and John Walsh out of the water with a huge 21-10, 21-4 win to give WIT a unsurpassable lead of 84-27 meaning that the final singles game between Noel Holohan and Ciaran Neary was not played.

From there it was all focus to the 40 x 20 team of four event a tournament that had passed the WIT side by in recent years but on this occasion the history books were to get a new chapter as the boys in blue were the top of the class.

The 40 x 20 event was played in St Joseph’s handball club in Wexford town and this was to be a first victory for WIT in the small alley team of four event in over 19 years.

The same quartet of players who competed in and won the Big Alley Team event a few weeks ago in Kilkenny, were again in action for WIT, namely Noel Holohan, Ger McGrath and brothers Patrick and Peter Funchion.

The quarter final saw WIT defeat IT Carlow by a comfortable margin in a ruthless display on Friday evening.

The semi-final, which took place on Saturday morning, was a real clash with a DCU team containing some big names from the handball scene including Peter Hughes and Terry McElvaney. WIT got off to a great start with Peter Funchion



Patrick Funchion, Noel Holohan, Ger McGrath and Peter Funchion at the GAA Awards night

powering past McElvaney. Noel Holohan and Ger McGrath both shared their game with Peter Hughes and John Horgan, leaving Patrick Funchion with the job of bringing home the semi-final with a two game win.

WIT completed a Lazarus like come back during the final after Galway’s Martin Mulkerrins gave UCD a 42-6 lead after the opening singles clash. After the first game of the doubles, it was looking all rosy in the garden for UCD as Noel Holohan and Peter Funchion could only manage to win their opening set 21-15. However, the second set provided a big springboard for the recovery as Funchion and Holohan both fired out some fine kill shots to romp to a 21-2 win in the second set, leaving the combined score of 59-48 in favour of UCD. Patrick Funchion wrapped up the win as he ground down Barry Nash from Clare in the opening set of the singles game to win 21-13. With the UCD lead cut to 72-69, Funchion burned UCD’s hopes with a 21-0 win in the final set as WIT completed a unique double.

This result was a major achievement for the WIT handball club that has re-emerged in the past five years with Nicky Anthony leading the charge. For the first time ever there was also a WIT team in the B team event and there are high hopes that these new players can continue the rise of handball in WIT.

For the first time since 1993, the 40 x 20 Open Team Event Cup was carried across Rice Bridge. Although the four lads from the famous team of four are now finished their studies in WIT there is a year’s grace in handball colleges event so the quadruple may pull on the WIT shirts once more and maybe they will be in the mix for number six in 2014.

Fresher Hurling Report

The Fresher 2 had a very good start to the league with a victory over UCC in Carriganore, the star on the day was Declan Cheasty who was top scorer with 3-2. The second saw us travelling to Dublin to face UCD, the lads suffered a heavy defeat to a very strong UCD team. This was result was to have a bigger effect on our season than we thought on the day, as it lead to us missing out on a semi-final spot on score difference.

We followed up the disappointing defeat to UCD with a fantastic win over CIT down in Cork. This was a very good performance from the lads; they showed real character against a good CIT team to



come out on top. We thought this was enough to see us through to a semi-final; however UCC’s win over UCD saw them go through only on score difference. This was of huge disappointment to the lads.

The championship saw us paired against CIT in the Quarter Final, we had to travel to Cork for this game. The conditions were terrible with heavy rain, high winds and even hail stones. The lads showed real determination to come out on top in what can only be described as storm like conditions. This was a very low scoring game with the lads winning on a score line of 0-8 to 0-3.

We were now through to a semi-final where we would face UCC, for this game we were able to bring in Jack Langton and Tucker Harahan who were unable to line out for the Fresher 1 because of club commitments. This was a very close game all through; we were unfortunate to come out on the losing side this time around. UCC’s goal scoring ability proved the difference on the day.

The fresher 2 had a successful year but were misfortunate on a few occasions, best performers for the year were Bryan Power, Davy Carroll, Shane Power, Declan Cheasty, Philip Lavery, Rob Byrne and Paudie Ahearne.

WIT Freshers 2 Hurling Panel 2013:

Bryan Power (Waterford), Philip Lavery (Waterford), Rob Byrne (Kildare), Damian Murphy (Offaly), James Gittens (Kilkenny), David Carroll (Kilkenny), Conor Brophy (Kilkenny), Shane Power (Waterford), Paudie Fogarty (Tipperary), Niall Sinnott (Laois), Declan Cheasty (Waterford), Padraig Ahearne (Waterford), Adam Kennedy (Kilkenny), Ciaran Brennan (Kilkenny), Kevin Casey (Waterford), Alex Harte (Tipperary), Declan Barry (Limerick), Jack Langton (Kilkenny), Tucker Harahan (Kilkenny), Alan Ward (Galway), Niall Coen (Galway), Aaron Cullinane (Kilkenny), Aaron Lonergan (Tipperary), Alan Lagrue (Kildare), Andrew Carron (Kilkenny), Anthony Redmond (Wexford), Barry Horgan (Kerry), Conor Keane (Galway), David O’Gorman (Kilkenny), Donnacha Dowling (Laois), Ian McCormack (Westmeath), James Daly (Limerick), Nicky Creane (Kilkenny), Rob Nolan (Cork), Ryan Gleeson (Wexford), Ryan McKenna (Kilkenny), Sam Linehan (Waterford), Sean Taylor (Wexford), Shane O’Neill (Kilkenny).





While the WIT Fresher Footballer's did not bring home any silverware this year, there were plenty of positives to be taken from this group of players. The league started with four league games which included, Mary I, UCC, CIT and LIT while challenge games included IT Carlow, Kildalton Agricultural College and Tipperary minors before facing IT Blanchardstown in the championship. The team had representations from a variety of counties including Wexford, Laois, Wicklow, Kildare, Waterford, Galway, Tipperary and Carlow.

With such a big turnout at the beginning of the year, we were able to field a strong Fresher 1 panel during the league which gave all the lads an opportunity to stake a claim for the championship team post-Christmas.

The league started in early October with a home game v Mary I, this was a good chance to have a proper look at lads in a competitive environment. The result did not go our way but there was a load of positives to be taken from it. The lads battled hard throughout but were unable to match a side full of Cork and Kerry county players. Final score WIT 0-6, Mary I 4-9. The second game against LIT was a game that WIT produced a near perfect performance beating LIT comfortably in the end. Final score WIT 2-19, LIT 0-0. Next up was UCC away, losing by 4 points. Failure to take their chances resulted in WIT being on the wrong side of the score line at full time despite their best efforts. Final score WIT 0-13, UCC 2-11

WIT's last game was against CIT. They needed to win this game to have any chance to progress into the final stages of the league. Huge credit has to be given to the lads in the second half as they came out all guns blazing and totally dominated CIT all over the field and winning the game on a score line of WIT 3-12, CIT 0-7. Unfortunately with other results in the group going against WIT they did not make the knockout stages of the league. The CIT result was proof that the side were going in the right direction with huge improvements being made in each of the games as they progressed.



WIT Fresher's Football Panel 2013:

Aaron Brennan Aaron Brown, Aaron Lonergan, Adam Gray, Andrew Forde, Barry Miley, Cathal Flynn, Cormac Flynn, Damien O'Brien, Daniel Dawson, Daniel Marsh, Dean Higgins, Dylan Hassett, Dylan Reilly, Eric Crowley, Evan Collins, Finbarr Butler, Gary Delaney, Gary Lane, Jack Walshe, Jamie Malone, Joseph Molloy, Kavan Dee, Kelvin McNally, Ken Brazil, Kevin Kealy, Kieran Dumphy, Mark Nolan, Martin Scully, Niall O'Riordan, Pádraig, Ahearne, Padraig O'Toole, Paul Curtis, Philip Cluxton Corley, Rioghan Crosbie, Robert Meagher, Ronan Murphy, Rory Galvin, Ryan Gleeson, Samusi Jinadu, Sean Taylor, Sean Daffy, Sean Lane, Sean Murphy, Shane Burke, Shane Carroll, Steve O'Lohan, Tony Lenighan, Tony Mc Donnell, Ultan Walsh, William Molloy



Trish Jackman strikes over the winning free.

the scoring up front and appeared to revel in the full forward position. Kate O Donoghue and Jean Brady were also to the fore and their tireless work rate around the middle of the field, in combination with a strong performance in the half back line made it difficult for NUIG to create scoring opportunities. In the end, a 3.10 to 0.04 victory was achieved, with the sight of Katie Power making a welcome return in the closing minutes bolstering the team selections options ahead of the Ashbourne Cup Semi Final against UCD.

The Ashbourne Semi Final

With only one point separating the sides in the league semi final three months previously, a close game was expected between WIT and UCD, the last side to win the Ashbourne Cup prior to WIT's four successive victories. From the start it was clear that both sides were evenly matched and WIT held the lead by the minimum at the break. The game ebbed and flowed wonderfully on the astro-turf surface and as the game neared the end, the physicality increased as both sides vied to save their Ashbourne ambitions. Midway through the second half, a goal from midfielder Shelly Farrell created a four point lead. However UCD found a goal of their own and they continued to come forward with wave after wave of attack. At this point it was Sarah-Anne Fitzgerald and Lorraine Keena who thundered into the game, with Katrina Parrock impressing upon the game on her move to midfield. Indeed, as WIT opened up a three point lead it was a case of all hands on deck at the back as UCD searched for a goal in the dying minutes of the game to grab a draw. Tensions increased all around the field and it was a time for cool heads and concentration as UCD tried to muster a goal scoring opportunity. With less than sixty seconds remaining their chance came. As Grace Walsh surged through the WIT defence, the ball was offloaded to sharpshooter Suzie O Carroll, who swivelled on the 13m to her favoured left hand side and unleashed a thunderous shot which appeared destined for the left hand corner of the WIT net. However, Kristina Kenneally showed why she has occupied the WIT goal for the last four years as she dived to her right hand side and at full stretch tipped the ball over the bar. If ever there was a moment in a game when a team needed a lift it was this and one sensed that a goal for UCD at this point would have created an impenetrable level of momentum for the Dublin based side. The puckout was won by WIT's Denise Gaule, with her ability to win aerial duels proving to be vital in the latter stages of this game, and a free was won fifty-five metres from goal. A point was scored with the final puck of the game and

WIT had emerged as winners from an exceptional game of camogie on a scoreline of 2.13 to 2.10. Observers afterwards commented on the incredible match winning save made by the WIT netminder as the champions marched on to the final where they were set to face UL in the final for the second year in succession, and the third match between the sides in the 2012-2013 season.

The Ashbourne Final

In a thrilling final on Sunday 17th February, Waterford Institute of Technology faced the University of Limerick in the Ashbourne Cup Final, a game which was later described as one of the finest finals in the history of the competition. UL, with home advantage, faced the defending champions for the second successive year and few observers could have ever predicted the thrilling match which was about to ensue prior to throw in, with numerous twists and turns insuring that the game went right down to the wire.

Playing with the wind, UL got a dream start in the first half with a 1.3 in the opening ten minutes. In this period, WIT's sole score came from the stick of the lively Noelle Maher who found enough space in the small parallelogram to swivel and shoot from ten metres, and was a shade unlucky to see her shot whistle over the crossbar. Despite trailing by five points, WIT slowly came to grips with the pace of the game, with Kate O Donoghue beginning to stamp her authority on midfeld proceedings. Although the final pass seemed to elude the forward division at times, the accuracy of Emma Comerford from placed balls kept the champions in touch. With one minute to go in the first half, UL led 1.5 to 0.4, and looked like taking a two-score advantage into the break. However, an exceptional block from centre forward Katie Power, which saw her run ten metres to block an opponent, resulted in the aforementioned player winning a free, which was pointed by Patricia Jackman, and left WIT trailing by three points at the break, 1.5 to 0.5.

With the breeze at their backs, a quick start was vital for WIT. The switching of Shelly Farrell to corner forward at the break yielded immediate dividend as the Thomastown speedster pounced on a goal mouth scramble to raise a green flag within two minutes of the resumption. Not to be deterred by this early setback, UL continued to come forward and restored their lead with three quick points. A goal from Katrina Parrock midway through the second half saw WIT go ahead once more. Excellent points by the industrious Jean Brady and Brid Quinn maintained this lead and one may have felt the momentum was with the champions at this stage as they held a two point lead with less than ten minutes remaining. However, another twist was added to the tale in this game when a UL free found its way to the back of the WIT net and the home side found themselves ahead once again by the minimum. With time running out, WIT struggled to find a chance for an equalising score. A crossfield ball from Brid Quinn was struck in the path of Katrina Parrock who soared high into the air amongst three defenders to pluck the ball from the air. Upon landing the Wexford star earned herself a free which was pointed by the ever-accurate Emma Comerford. UL made one last effort to snatch victory but their final delivery was cut off by Vikki Falconer who cleared, and the game was headed to extra-time.

A quick start in extra for WIT saw them open their account with points by Comerford and Jackman. UL continued to press forward but the backline continued to stand their ground, with Lorraine Keena and Ruth Jones preventing any goal chances. The champions failed to score for the remainder of the first half and a sole Comerford free in the second half meant that WIT failed to create daylight on the scoreboard and UL continued to take their points when the opportunities presented themselves. As tensions increased, neither side could find the

winning score and the sides were in deadlock once again when the whistle was sounded, meaning that an additional two periods of time was required.

WIT couldn't find a score in the opening periods of extra time, a mere five minutes, and UL held a two point lead at the break. Another UL point followed without reply and with ninety seconds on the clock, a goal was now needed as WIT's Ashbourne Cup hopes hung by the slenderest of threads. Ruth Jones won possession near midfield and the corner back cleared a crossfield ball to Brid Quinn, who found Shelly Farrell and the corner forward rounded her opponent before delivering an incisive handpass to Denise Gaule. From a seemingly impossible angle, Gaule unleashed a bullet of a shot from her left-hand side which rocketed past the UL goalkeeper into the top right hand corner of the goal, as fine a goal as one would ever see in any match.

The drama was set to continue and when Gaule won a free sixty metres from goal, Patricia Jackman stepped up to slot over a point which left WIT leading 3.13 to 2.15 with fifteen seconds remaining. Soon after the resultant puckout, the final whistle was sounded and WIT were champions once again in an enthralling game of camogie, where both teams gave everything and displayed tremendous, skill, heart and hard work.

The Ashbourne Cup returned home to WIT for a historic fifth time in five consecutive years, a feat not previously seen in the modern era. This most recent win also marks WIT's seventh victory in their relatively short participation in this competition, the first in 1999 and the second in 2001.

Great commendation must be given to the Ashbourne management of 2013 which consisted of Helena Jacob, Ursula Jacob, Conor Phelan and James McGrath, without whose guidance this feat would never have been achieved. A huge thanks also to Frank Flannary for his support and advice throughout the year.

WIT Ashbourne Cup Panel 2013:

Kristina Kenneally (Tipperary), Vikki Falconer (Waterford), Lorraine Keena (Offaly), Ruth Jones (Kilkenny), Patricia Jackman (Waterford), Sarah-Anne Fitzgerald (Laois), Shelia Ryan (Tipperary), Katie O Donoghue (Cork), Jean Brady (Offaly), Katrina Parrock (Wexford), Denise Gaule (Kilkenny), Shelly Farrell (Kilkenny), Katie Power (Kilkenny), Noelle Maher (Kilkenny), Emma Comerford (Kilkenny), Stefanie Beausang (Cork), Siobhan Holland (Kilkenny), Louise Sinnot (Wexford), Maeve O'Keefe (Cork), Brid Quinn (Tipperary), Andrea Mangan (Cork), Una Jackman (Waterford), Deirdre Phelan (Kilkenny), Jane Cullen (Kilkenny), Maeve Mansfield (Kilkenny), Amanda Scallan (Wexford), Sheena Ryan (Tipperary), Aine Doran (Kilkenny), Orla McEniry (Tipperary), Caroline Booth (Kilkenny), Anne-Marie Lennon (Kilkenny), Ciara Hallahan (Waterford), Aileen Cass (Kilkenny) , Maggie Hogan (Laois)



Shelly Farrell breaks through the UL defence



# WIT GAA Coaching Corner

Last year saw WIT GAA Club run a Foundation GAA Course and Level 1 GAA Course delivered in WIT Sports Campus in early October. Both courses in WIT went very well, with over 12 attending the foundation course which was delivered by John Burns and Ray O'Brien. We had 15 young coaches attending the Level 1 course which was delivered by Eoin Breathnach, John Quinn and David Robinson. WIT GAA Club is currently planning Coach Education Courses for this October with a particular emphasis on the level 1 course.

The Foundation Award is the introductory award for coaches of Gaelic Games. The course is aimed at beginner coaches and will enable participants to assist a coach in the organisation of activities to develop hurling or football. The course is seven and a half hours in duration and covers four key modules, as well as introductory and conclusion modules

The Award 1 Coach Education course is the second award on the coaching pathway of Gaelic Games. The course is aimed at coaches that have progressed through the Foundation Award and have experience as a coach. The Award 1 course has been designed to take account of the different playing capacities that exist between children (up to 12 years), youths (age 13 – 18) and Adults (age 19+) and the competencies that a coach is required to display when working with each of the playing populations. Therefore, coaches can specialise in coaching the particular players that they are involved with.

Limited GAA Coaching places now available. GAA Foundation course (€15) and GAA Level 1 course (€30) are subsidised by WIT for present and past students/coaches. Anyone interested in doing these contact Conor Phelan- [cphelan@wit.ie](mailto:cphelan@wit.ie), look on the WITGAA face book page or visit [www.wit.gaa.ie](http://www.wit.gaa.ie)

Finally we would like to thank all the tutors who have delivered courses this year and we look forward to working with you all in 2013.



## Foreign Students Learn About the GAA

This year we had a number of foreign visitors to WIT all of whom wanted hurling/gaelic football demos which we did with pleasure. We had students from France, Spain, Italy and as far away as the USA.



# WIT Intercounty Camogie Players

## Ruth Jones (Kilkenny):

A Kilkenny native who had an excellent second year on the Ashbourne Cup team. To indicate the player she is she played the Ashbourne Cup final this year with a broken rib. She is a player that has a big future ahead of her as she can play in a number of positions with ease.

## Sarah Anne Fitzgerald (Laois):

Sarah Anne has been on the Laois Senior Team for the past 6 years and has been a true leader in WIT. Sarah Anne was captain of this year's victorious Ashbourne Cup team. She has won 4 Ashbourne Cup medals during her 4 years in WIT.

## Lorraine Keena (Offaly):

A dual star for her native county Offaly. She has been a huge ambassador for the WIT GAA club over the last 5 years. She is one of three players that has won 5 Ashbourne Cup medals in a row, the exception for her is that she played in all 5 Ashbourne cup campaigns.

## Patricia Jackman (Waterford):

The "Olympian" as she is known by her team mates is a role model on and off the field. She is the holder of 4 Ashbourne Cup medals and 4 Ashbourne All Star awards. She can play in multiple positions in both attack and defence. She is a true leader.

## Jean Brady (Offaly):

Jean has been a member of the Offaly panel for the last few years. Jean has been a revelation for WIT since coming on the scene. This is a player that can play anywhere, this year she played in the forwards, midfield and backs showing how versatile she is. Her work rate and ability to come out of a ruck with the ball in super.

## Katrina Parrock (Wexford):

Since Katrina has come to WIT she has been one for the driving forces of the Ashbourne Cup team. She is a role model to fellow players and always performs on the big stage. She has a great ability to get goals and take on her attackers. She has been a great ambassador for WIT during her 4 years.

## Katie Power (Kilkenny):

Katie was also a member of the Kilkenny squad for the last number of years. Katies score taking and ability to make space for others with her vision was second to none. Playing anywhere in the forward line she has given a master class in attacking play on a number of years.

## Shelly Farrell (Kilkenny):

Shelly is also a member of the Kilkenny senior camogie squad. She has pace to burn and can play anywhere from midfield to corner forward. She is having a great year for both college and county this year, scoring at every chance.

## Denise Gaule (Kilkenny):

She has won numerous medals while donning the Black and Amber. Denise is a leader on and off the pitch for WIT. Her performances in this year's championship were outstanding, not to mention her ability to catch ball. She has been one of the most consistent performers on the team over the past number of years.

## Emma Comerford (Kilkenny)

Emma is another member of the current Kilkenny Senior Camogie team and plays a pivotal role in WIT's game plan. At corner forward/half forward she has the strength and skill to win games on her own. Her free taking ability under pressure has been a big reason why WIT has been successful over the last 2 years.

## Maggie Hogan (Laois):

Maggie is also a member of the Laois senior camogie squad. She can play anywhere from corner back to corner forward. Her vision and ability to read the game is second to none making a big addition to the squad.

## Ann-Marie Lennon (Kilkenny):

Anne-Marie is another versatile player; she can play in goal or even on the full back line. She likes to think of herself as a female version of JJ Delaney when playing on the full back line. She is one of the main characters in the squad keeping everyone in good form.

## Vikki Falconer (Waterford):

Vikki was a huge addition to the panel this year as a Fresher. She fitted in straight away into the Ashbourne team with her pace and her strength to win the dirty ball a huge advantage. This is another girl that has a big future ahead in the coming years.

## Shelia Ryan (Tipperary):

Sheila is one of those tight defenders where she reads the game so well and giving forwards a hard time. She has made a huge impression since joining the panel this year for both the Div 1 and 2 teams. Even when she had a bad shoulder injury during the year she was back within a couple of days, showing what kind of girl she is.

## Noelle Maher (Kilkenny):

Noelle is one of those players you don't want to mark as she is a fast player with great first touch and like to take on players. She settled into the squad straight away and became one of the KIT gang.

## Brid Quinn (Tipperary):

This was Brides first year on the panel. She is one of those players if she gets the ball in her hand she makes things happen. She is a work horse setting up scores over the campaign. She has been outstanding all year no matter who she marked and a girl who always has a good word to say about everyone.

## Maeve Mansfield (Kilkenny)

This is a girl that slotted into the Ashbourne set up straight away even though it was her first year. She is character who always kept everyone in good form! Playing anywhere in the forwards, she gave some great performances on the freshers team and Div 2 team.

## Sporting Profile - Dylan Hassett

**Course:** Exercise and Health

**Nicknames:** Had one or two this year thanks to the lads but I won't mention those.

**High Point in Sporting Career:** There is a few that come to mind. But being made fresher captain is well up there.

**Third Level Honours?** I haven't had many yet but being made captain of the freshers football team was a big honour.

**Other Achievements?**

Beer Pong Champion Of "Manor Village 2012-13".

**Other Sports?** I played basketball for a few years but mainly stick with football.

**Favourite Player to Watch Growing Up?** Marc Ó Sé from Kerry is one of my favourite players to watch but being from Westmeath I'd have to say Dessie Dolan.

**My Earliest Sporting Memory Is?** Going to watch Offaly and Kilkenny play in the 99 Leinster hurling final.

**Funniest person in the WIT GAA Club is?** There's two Sean Daffy and Adam Gray. Both gave us some laughs on the way home from the matches and the Freshers selector Pierce isn't too far behind with his filthy jokes.

**When You Were Growing Up What Did You Want To Be?** I've always wanted to teach P.E.

**My Most Treasured Possession?** Protein shaker or my sunglasses for them drives down from home with my main man Daniel Marsh

**Biggest Insult?** Being called slow.

**My Signature food dish is?** Pasta with pork chops, pasta and rashers, pasta and tuna and sweet corn and pasta and pasta. Basically pasta with anything.

**Stranded On An Island, What Are Your 3 Essential Items?** 314 crew, pasta and my international rules jersey.

**Stranded On An Island, Who Would You Most Like To Keep You Company?** My girlfriend.

**Favourite book?** Fifty Shades of Grey.

**Toughest opponent?** Aran Lynham in FIFA. Man basically has a degree in the game.





# WIT Giles Cup Report 2013

However there was still some influential new players who came on board and these players in first year of WIT bonded together nicely and collected the shield title at the Fresher's blitz with Emma Corcoran captaining the side to glory. This win also saw players like Rebeeca Donoghue, Eadoin Miskella , Shauna O'Donoghue and Louise Dineen come to the fore, with Rebecca Donoghue being rewarded for her hard work, good play and dedication to WIT ladies football with the freshers player of the year award. A big thank you to Stephanie Beausang, Peter McKenna , Aaron Considine,Stephen O'Keeffe and

The league campaign for the senior team began with a two point defeat away to Tralee IT in Cloughduv in county Cork, while the second game in the group also ended in a heavy defeat this time at the hands of Trinity College Dublin.

The players and management knew that they had to put in a huge amount of effort and work as a group to become a team of players that could compete at Giles Cup level. Once again the dedication of the WIT girls could not be faulted as they trained in sun, rain, and even trained in blizzard like conditions one night in Carriganore.

Eventually championship time of the year rolled around and fresh from a post Christmas training camp the WIT girls headed for Carlow IT for round one of the championship in a confident mood. Despite a 25 point hammering from the same opposition in the league WIT played some incredible football in what was an absorbing contest in Carlow IT. Niamh Arthur played the role of sweeper between the half back line and full back line very well and snuffed out numerous chances for the Carlow IT girls. This combined with Clara Donnelly and Kellie Mullan making big impressions in the midfield area, while up front Maria Delahunty and Katie Redmond were in inspired form.

Two sin binning offences in the second half cost WIT dearly in the game and eventually favourites Carlow won the game but the heart and determination shown by WIT that night was among the best ever shown by the Deise college.



Emma Corcoran breaks away.



### WIT Giles Cup Panel 2013:

Trish Jackman, (Gaultir); Onora Mulcahy, (Rockbah); Noelle Connolly, (Glenmaddy); Aisling Greene, (Donoughmore); Kellie Mullan, (St.James); Emma Sargent Kelly, (Eadestown); Aoife Tormey, (Clonard); Stefanie Beausang, (Carrigtwohill); Clara Donnelley, (Shelmaliers); Emma Corcoran, (St. Rynaghs); Margerat Revins, (Ardmore); Pamela Martin, (Sarsfields); Marie Delahunty, (Dungarvan); Katie Redmond, (Crossabeg); Niamh Arthur, (Arklow Geraldine's); Eadaoin Miskella, (St.Annes); Rebecca Donoghue, (Na Fianna); Shauna O'Donoghue, (Balyna); Sarah Fitzgerald, (St.Annes); Danielle Downey, (Macroom); Anna Louise Duggan, (Leixlip); Ciara Dunican, (Shamrocks); Eimear O'Sullivan, (Ballincollig); Sinead Corcoran, (Drom & Inch); Melissa Gilbert, (Tinahely); Maeve O'Keeffe, (St.Catherines); Andrea Mangan, (St.Catherines); Lorraine Keena, (Kilcormac/Killotty); Sarah-Anne Fitzgerald, (Camross); Louise Dineen, (Boherbue); Orla Meagher, (Sliabhnamban).



Aoife Tormey heads for a score.

The danger was now that WIT would sit back and reflect and fail to prepare for the big game the following week against Tralee IT in Carriganore, with the winner of this game knowing that a place in the semi final of the Giles cup was at stake.

Tralee and WIT have had some royal battles over the past three years and yet again another epic tussle was in store , with Tralee IT holding the early lead before WIT really got going with the wind in their backs in the second half. A one point lead was greeted with huge celebrations as WIT ensured qualification for the Giles Cup weekend for the fourth successive year and with WIT hosting the event it was vital to have the home side involved.

However a tough challenge was to await WIT as Maynooth were drawn to meet WIT in the semi final .In all honesty it was to be a game to forget for WIT as Maynooth simply out classed WIT and Carlow IT in the weekend making them the stand out team of the Giles Cup weekend while WIT were left bitterly disappointed.

WIT has built a strong base for ladies football in the past few years and past glories of O'Connor Cup in the 80's and Giles cup success in 2011 can be repeated in the coming years however more hard work and dedication than ever will be needed in the coming years to continue the rise of most played field sport for women in Ireland in WIT.

# Fresher Hurling Report

The fresher hurlers had a disappointing season after a very promising start to the league. In the first game we travelled away to UL who looked to be very strong on paper. Our lads put in a marvellous performance only losing out by a solitary point on a score line of 4-18 to 4-17. Next up was LIT at home where we suffered a very heavy defeat to a very strong LIT side. UCC were the next visitors to Carriganore and this was a tough game which saw an understrength WIT side only narrowly lose out by 6 points.



Our next match was an away tie with Mary Immaculate College, which saw us record our first victory of the year in very tough conditions. This was to be our only win of the year in competitive action as we travelled to CIT for the last game of the league very under strength due to injury and other issues; we suffered a heavy defeat at the hands of a very good CIT side.

Then came the championship where we were drawn to face the winners of St. Pats and Carlow IT, this turned out to be a game that was narrowly won by an unknown St. Pats team. This meant we had to travel to Dublin to face a team that we knew little about. This proved to be a very tough task against a very defensive side. St. Pats had the better start and our lads were on the back foot from the off, the early sending off of our wing back Mike O'Dwyer was a huge set back to us and we found it very difficult to make any impression on the scoreboard. With the elements at our back in the 2nd half we stage a mini comeback but it was all in vain as the teachers were happy to sit back and soak up our pressure with their blanket defence. This was a disappointing defeat for us on a score line of 0-19 to 1-10.



### WIT Freshers' Hurling Panel 2013:

Richie Walsh (Tipperary), Barry Whelan (Waterford), Ciaran Doyle (Kilkenny), Rob O'Leary (Wexford), Mike O'Dwyer (Tipperary), Andrew Kenny (Wexford), Liam Corry (Cork), Jim Power (Waterford), Tom Fox (Tipperary), James Doyle (Kilkenny), Gary Moore (Wexford), Brendan Murphy (Offaly), Jerry Lane (Cork), Mark Lanigan (Tipperary), Martin Hennessy (Cork), Finbarr Butler (Cork), Bryan Power (Waterford), Mark Russell (Waterford), Jack Walshe (Waterford), Richard Hurley (Waterford), Shane Power (Waterford), Alan Kelly (Offaly), Alex Harte (Tipperary), Kelvin Lynch (Limerick), Alan Ward (Galway), Declan Cheasty (Waterford), Charles O'Dwyer (Laois), Aidan O'Connell (Tipperary), Ciaran Brennan (Kilkenny), Conor Brophy (Kilkenny), Adam Kennedy (Kilkenny), David Carroll (Kilkenny), Nicky Creane (Kilkenny), James Gittens (Kilkenny), Kevin Casey (Waterford), Niall Coen (Galway), Padraig Fogarty (Tipperary), Ryan McKenna (Kilkenny), Rob Byrne (Kildare), Sam Linehan (Waterford)

### Sporting Profile - Stef Beausang

**Course:** Exercise and Health Studies

**Nicknames:** Stef, Beau, Beausy, Schhhneck, Buzzy, Beausangalang

**High Point in Sporting Career:** Winning Giles Cup 2011 or winning the Ashbourne at home in Carriganore in 2012!

**Third Level Honours?** 1 Giles Cup Ladies Football 2011, 3 Ashbourne Cup Camogie '11,'12 & '13

**Other Achievements?** 1 U16 Ladies Football All Ireland, 1 Aisling McGinn All Ireland, 1 All Ireland Interprovincial with Munster Camogie, few camogie and football county titles!

**Other Sports?** Synchronized swimming, aqua aerobics, bob sleighing!

**Favourite Player to Watch Growing Up?** John Gardiner #controversial



**My Earliest Sporting Memory Is?** Playing football in San Francisco (of all places!) as a shhhmall tot!

**Funniest person in the WIT GAA Club is?** Marie "The Catch" Dargan!!!

**When You Were Growing Up What Did You Want To Be?** Professional Ballerina! YOLO!!!

**My Most Treasured Possession?** Phone!

**Biggest Insult?** Being put in goal for camogie after the Leaving Cert because I "got on the heavy side!"

**My Signature food dish is?** Pasta Carbonara!

**Stranded On An Island, What Are Your 3 Essential Items?** Football, hurley and groundhog snacks!

**Stranded On An Island, Who Would You Most Like To Keep You Company?** Brick Heck from the Middle! ".\*whispers\* stranded!"

**Favourite book?** How to play like Briege Corkery for Dummies

**Toughest opponent?** Briege Corkery- quickest way to get fit is running after her cloud of smoke!



# WIT Hosting the 2013 LGFA 3rd Level Ladies Gaelic Finals Weekend

Waterford Institute of Technology had the honour of hosting the 2013 Third Level Colleges' Ladies Gaelic Football finals weekend this year. This was a weekend packed full of drama and top class Gaelic Football as the semi final and final matches of the O'Connor Cup, Giles Cup and Lynch Cup unfolded on the weekend of Friday the 15th and Saturday the 16th of March 2013. This was the first time that the final of the O'Connor Cup was televised live on TG4 and it was a huge honour for the Waterford IT club to act as host. All 9 games over the weekend were played in the state of the art WIT Sports Campus, in Carriganore. The official launch of the competitions took place in Croke Park in early November.

The weekend involved all three thirdlevel ladies football competitions and did bring the top four colleges in each competition together for the semi finals, with the top two playing off for honours in the final. With 12 competing colleges, over 500 students took part in the finals weekend and over 200 spectators attended the games over the weekend.

The hosting of this prestigious weekend of ladies football provided a profile boost for Waterford Institute of Technology on a national level. Anyone that attended O'Connor Cup matches over the weekend enjoyed a well-organised event but few know of the work that must be put in behind the scenes in the months beforehand. The WIT committee worked diligently over the past number of months so that the college hosted a successful and vibrant sporting weekend. WIT GAA Club have an excellent record of hosting major third level GAA events during its 30-year history, including hosting the Fitzgibbon Cup weekend on three separate occasions; in 1993, 2000 and in 2011 along with the Ashbourne Cup in 2005 and 2012.

The teams that qualified for the O'Connor Cup were UL, UCC, DCU and QUB. The teams in the Giles Cup were Mary Immaculate College Limerick, IT Carlow, NUI Maynooth and WIT. Finally the teams in the Lynch Cup were DIT, CIT, Robert Gordon Aberdeen and Trinity. The calibre of players on show was second to none, including All Ireland winners, All Star award recipients and rising stars of the game. WIT qualified for the semi-final of the Giles Cup creating a good buzz around the locality with many players from the South East region.



## WIT Intercounty Hurlers

### Andrew Kenny (Wexford)

This is the Buffers Alley man's first year on the Wexford panel having made the step up from minor, Andrew is a very talented prospect and one to watch out for in the coming years. This was Andrews

first year in WIT and he was a key player on our Fresher team, leading by example from centre back and also captaining the team.

### Eoin Murphy (Kilkenny)

The Glenmore man has been on the Kilkenny panel for the last 2 years and has already picked up 2 All Ireland medals. The sharpshooter excelled in this years Fitzgibbon cup giving some fantastic performances in the half forward position, however this year he is really making a name for himself at the other end of the field with some fantastic performances in the league for Kilkenny as a goalkeeper.

### Gary Moore (Wexford)

This is the Glynn/Barntown man's first year on the Wexford panel having made the step up from the minor ranks. A very talented forward Gary has made an impact for Wexford this year already with some very good performaces in the Walsh Cup and also in the League. Gary was a key player for our Fresher hurlers this as scorer in chief throughout the campaign, he is definitely one to watch out for in the future.

### Gavin O'Brien (Waterford)

This is the Roanmore man's 2nd year as a Waterford panel member, Gavin turned in some fine performances for WIT on the way to the Fitzgibbon Cup semi-final. Gavin is one of the rising stars in the Waterford set-up and one to watch for the future.

### Harry Kehoe (Wexford)

The Cloughbawn man is a member of the Wexford panel for the last couple of years, he has made an impact for the Model county as a midfielder with an eye for a score. This was Harry's first year with WIT after transferring from DIT and he made an instant impact into the team with some good performance on the way to the Fitzgibbon Cup semi- final.

### Jake Dillon (Waterford)

This is Jake's first year on the Waterford panel, having put in some outstanding performances for his club De La Salle and for Waterford at underage level. Therefore it was inevitable that he would make the step up to senior level. His performances for WIT this year in the Fitzgibbon Cup really showed his quality and brought him even more in the sights of the Waterford selectors.

## Sporting Profile - Rebecca Donoghue

**Course:** Bachelor of Arts (hons)

**Nicknames:** Becky, Tubs

**High Point in Sporting Career:** Making Kildare Senior Panel, Playing in Croker

**Other Achievements?** WIT Fresher of the Year, All Ireland County Medals, Senior Club Captain 2012/13

**Other Sports?** Soccer, Basketball

**Favourite Player to Watch Growing Up?**

Johnny Doyle, Hon the Blues!

**My Earliest Sporting Memory Is?** Being thrown off the bus on the way to a under16 county game for disrupting the team talk!

**Funniest person in the WIT GAA Club is?**

Tommy Kavanagh: You just have to laugh at him!

**When You Were Growing Up What Did You Want To Be?** A lorry Driver, all my uncles drove lorries and I was never allowed to ☺

**My Most Treasured Possession?** My phone

**Biggest Insult?** Being called a shaper!!!!

**My Signature food dish is?** Beans on toast

**Stranded On An Island, What Are Your 3 Essential Items?**

My phone, a football and a lifetime supply of potatoes!

**Stranded On An Island, Who Would You Most Like To Keep You Company?** Channing Tatum.... Wow!

**Favourite book?** Fifty shades of grey ;)

**Toughest opponent?** Donna Berry: wouldn't like to mark that girl EVER!



## Fundraising

W.I.T. GAA club has been successful over the past number of years but all this success comes at a price. The club fields over 18 teams throughout the year. These include Hurling, Football, Ladies Football, Camogie and Handball. Between all the codes the club organises over 120 games a year.

Sadly, any club or society needs money to survive and flourish. The WIT GAA club is no exception in this regard. It's a dirty job, but someone has to do it, and in this case, someone means its members.

Remember, running a GAA club costs money and lots of it if we are to provide games for all our members, from the intercounty senior player to the club junior performer.

Expenses for buses, meals, gear, facilities and equipment all adds up. Add in the cost of weekend competitions and you get some idea of the difficulties in keeping the WIT GAA club on the financial straight and narrow. As a result members are asked to fundraise to help the running of the club by selling tickets for the various nights and draws through the year. At the end of the day its your club, build around you, build for you.

Or to put it another way the club needs you!!



# Trench Cup Report 2013



It was another year of close, but not close enough, as our footballers went out in the quarter final stage in both the league and the Trench Cup this year. This year saw the team coached by Gaultier man Martin O'Connor who admitted "that there is a strong base of players at WIT who has a championship in them without a doubt". The profile of WIT football has come out of the shadows of the success of the Fitzgibbon hurlers somewhat as the footballer's are now among the challengers for the Trench Cup each year as the club aspires to be playing at the top level.



Liam McGrath heads for goal

The league campaign began in defeat with a tough battle from Mary Immaculate College from Limerick. With the management team of Martin O Connor, Paul Quirke and Brian Hanlon on board again for the year we travelled to Mary I hoping to get off to a good start. We lost the game by a point on a score line 1-13 to 1-12. There were huge positives to be taken out of it with strong performances in every line of the field.

The next match up for the senior footballers was a home game versus LIT. With a number of first team players unavailable through injury and county commitments this was going to be a tough game. In the shadows of the WIT Sports Campus WIT conceded two early goals which set the tone for the hour. WIT lost all the 50:50 possessions at midfield and thus struggled to compete. The score line finished up 2-10 to LIT's 4-17.

Next up was the huge task of playing UL at home. UL came down from Sigerson last year have some inter county players on their bench. WIT battled hard throughout but there was always only going to be one

winner that night and UL won that game comfortably in the end. This meant WIT were out of the league and had to just set their sights on the Championship after Christmas.

WIT went into the first round game V St Pats in the Trench Cup as huge underdogs but were in good form. They were slow to get a handle on the game and WIT were guilty of missing too many scores early in play and soon found themselves 5 points in arrears at half time as St Pats packed their defence and hit WIT hard on the counter attack. The second half saw the WIT side come out a different animal and it was a bombardment from WIT with early points from AJ Lehanne, Mc Donnell and sub Brian Gallagher that got things going. WIT were back in the game and next thing WIT knew they were a point down with a minute left on the clock after hitting 10 wide's in the second half alone. With that WIT won a free 35 yards out and AJ Lehanne steps up and hits it over the bar to draw the game. WIT 0-16, St Pats 2-10 Extra time followed and WIT conceded a soft goal in the first 5 minutes which broke the WIT hearts. They battled to the end only to loose on a score line of WIT 0-18, St Pats 3-16. This has to go down as one of the best football games to be played in WIT Sports Campus and credit goes to both sets of players.



AJ Lehanne beats his man to score.

### WIT Trench Cup Panel 2013:

AJ Lehanne, Arron Farrelly, Bob O'Doherty, Brendan McGarr, Brian Dillon, Brian Gallagher, Brian Rogers, Brian Thornton, Caoimhghin Mc Donnell, Cathal Flynn, Ciaran Hearn, Conor Smyth, Cormac Flynn, David Doyle, Declan Grennan, Derek Butler, Donnchadh McDonnell, Evan Costello, Gavin Nugent, Ger Hally, Graeme Cullen, John Ahearne, Liam Lawlor, Liam McGrath, Luke Thomas, Mitchell Casey, Niall Caralan, Peter O'Hagan, Sean Culleton, Sean Dalton, Sean Foley, Shane Fox, Shane Murphy, Shane Walsh, Stephen Prendergast, Willy Browne



### Thank You

A huge thanks goes out to all who helped out during the event; a special thanks to our student and staff volunteers who gave up their free time unreservedly, kudos to the WIT O'Connor Cup committee for their fantastic organisation on so many levels, a word of praise to our sponsors and a huge appreciation from all of us here in WIT to the HEC, the Munster Council and Waterford County Board for their support and guidance throughout the last year in the lead up to the event.





# WIT Fresher Ladies Footballers

## Crowned Shield Champions 2012-2013



Aileen McCarthy and scores from Vikki Falconer, Orla Meagher and Becky Donoghue restored pride in WIT's efforts in the competition. Losing these matches meant WIT did not qualify for the Cup semi finals but instead were placed in the Shield semi final vs Dublin City University. The girls came out with completely changed attitudes for this semi final, this was seen in an inspiring run from captain Emma Corcoran who received a short kick out and preceded to sprint the length of a pitch and banged home a goal! More goals from Becky and Vikki threw off the DCU challenge and thanks to some hard running and work rate from Shauna O' Donoghue, Louise Dineen, Lorraine Breen, Melissa Gilbert and Caitriona Doyle; DCU only managed 1 score in the first half. WIT came out all guns blazing again in the 2nd half and overcame DCU with some great plays. The final score was WIT 7-1 DCU 3-1, next up was Mary I in the Shield Final!



them. One last goal from Vikki and traded points between Becky and Vikki sealed the win for WIT in the early stages of the 2nd half. WIT then got tired in the dying minutes and let 2-1 slip past them, however the girls did enough and when the ref blew the final whistle the first bit of silverware of 2012-2013 was coming back to Waterford!

**WIT Freshers Ladies football Panel 2012-2013:**  
*Aileen McCarthy, Becky Donoghue , Caitriona Doyle, Eadaoin Miskella, Emma Corcoran, Lorraine Breen, Louise Dineen, Melissa Gilbert, Melissa Nugent, Orla Meagher, Shauna O'Donoghue, Vicki Falconer*

The Fresher Ladies Football team set the standard for Ladies Football in WIT this year. After an early start and long bus journey to Dublin the girls made a great start in their first match of the 1st year blitz in Naomh Mearnog. First up were UL and only a minute into the match Vikki Falconer showed her eye for the green flag by banging home a goal for WIT. Once again Vikki smashed a goal past the UL keeper and was ably assisted by scores from Becky Donoghue and Lorraine Breen. Although UL put up a tough opposition, the WIT girls held strong and at the full time it was 4-2 to 2-4 in favour of WIT. The excellent start unfortunately did not continue for the next 3 games as WIT fell victim to Mary I, Queens and NUIG. However, good performances from Eadaoin Miskella, Emma Corcoran and

### Sporting Profile - Andrew Kenny

**Course:** Exercise and Health Studies

**Nicknames:** None

**High Point in Sporting Career:** Winning Leinster u21 title in 2013

**Third Level Honours?** Freshers captain in championship

**Other Achievements?** Captained Wexford minor hurlers to Leinster final

**Other Sports?** None

**Favourite Player to Watch Growing Up?** Tom Dempsey, Wexford hero from '96.

**My Earliest Sporting Memory Is?** Going to my local club to watch the adult teams train.

**Funniest person in the WIT GAA Club is?** Mark Cooney!

**When You Were Growing Up What Did You Want To Be?** A Wexford Hurler!

**My Most Treasured Possession?** My I phone 5

**Biggest Insult?** Mark Cooney never paying up on many of his lost bets...

**My Signature food dish is?** I make a good steak sandwich

**Stranded On An Island, What Are Your 3 Essential Items?** I phone, my bed and a hurl.

**Stranded On An Island, Who Would You Most Like To Keep You Company?** Will Smith for the entertainment.

**Favourite book?** Open – Andre Agassi

**Toughest opponent?** Sean Murphy, a player from my own club Buffers Alley



# WIT Intercounty Ladies Footballers

**Clara Donnelly (Wexford):**  
Clara has been a standout player for the WIT team again this year. She can play in both defence and attack. She is noted for her long runs and taking the right option at the right time.

**Noelle Connolly (Galway):**  
This Masters student has been a role model for the Ladies Football club over the last two years. One of the toughest players you could mark. Her leadership qualities have been second to none, thus was voted joint captain this year.

**Lorraine Keena (Offaly):**  
A dual star that also plays full back for the Ashbourne Cup team was a great addition to the team and helped the team reach the Giles Cup weekend this year. This year she played in the forwards setting up attack after attack. She is a true battler and ambassador for WIT.

**Margaret Revins (Waterford):**  
This Waterford native has been a leader again this year. She can play at midfield or in the forwards. She can score on both the left or right foot making her a difficult player to mark. She is noted for her ability to win the ball cleanly from the air.

**Emma Sergeant Kelly (Wicklow):**  
Emma is a seriously dedicated player; she was on work placement in Dublin after xmas but still made the effort to travel to Waterford for games and training. She is a back that can control a game as she is able to read the play so well. She has a big future ahead of her.

**Maria Delahunty (Waterford):**  
Currently on a soccer scholarship in WIT that has an eye for a score. She contributed to some vital scores for the team in the big matches this year. Never seemed to be under pressure while she was causing havoc in the other teams defence as she was one of the top scorers this year in the championship.

**Katie Redmond (Wexford):**  
After a tough injury last year Katie has been one of WIT standout players this year. Her forward minded thinking led to a lot of scores in this year's campaign. As a result of her performances on the field she was awarded senior player of the year this year.

**Emma Corcoran (Offaly )**  
Emma has make a huge impression in her first year in WIT. She has been one of the most outstanding and most consistent players this year. Playing at wing back her work rate is top class covering every blade of grass. Emma has a big future ahead of her.

**Aoife Tormey (Wexford)**  
This Wexford sharp shooter has added a huge amount to the ladies football setup this year. She has a very good eyes for goal and helps bring the players around her into the game. Her turn of pace give the opposition something to think about every time she has the ball.

# WIT GAA Club Social Scene

WIT GAA club has a vibrant social scene, some might say too vibrant! Each year the GAA Club organises numerous social events for its members so that the clubs members interact outside of the classroom and the training pitch. In September there is an ice breaking introductory night for both new and existing members as well their friends called "County Colours Night", along with a GAA Christmas Party in December and other team bonding/ social events on throughout the year so keep an eye out for those events and I hope to see you all during the year!

## Past Events



## Dates for your Diary:

- **Monday 7th October, 2013:** County Colours Night, Live Music from "On the Run". Wear your county jersey with pride!! Venue DOME Sports and Social Club
- **Monday 2nd December, 2013:** GAA Christmas Party "Santa's Little Helpers' Night": Live Music and prizes for best costumes. Venue DOME Sports and Social Club
- **Wednesday 22nd January, 2014:** Take Me Out Night: 12 Girls and 4 boys. Venue DOME Sports and Social Club

# WIT Intercounty Mens Footballers

**Liam McGrath (Tipperary)**  
An All- Ireland Minor winning captain with Tipperary in 2011, this is Liam's second year with the senior squad. A hard working forward who leads by actions and puts the team first. Liam was a dual player competing for WIT in both codes this year.

**Sean Culleton (Wexford)**  
A tight corner back who never gives an inch, he broke into the Wexford team through his performances for his club Geraldine O'Hanrahans, New Ross. He has excelled for the college in whatever position he has found himself in this year.

**Stephen Prendergast (Waterford)**  
The Kilrossanty man has excelled for the college over the last number of seasons at centre back and full back. He is hard working player who leads by example and is a true leader on and off the field. He is currently a member of the Waterford senior panel where is often deployed in the full back line.

**Brendan McGarr (Waterford)**  
The Wicklow native has been a leading player for the college over the last number of years, this has seen him force his way into the Waterford set up following his transfer to Kilrossanty recently. He played at centre forward for the college this year and gave some excellent displays throughout the year.

**Evan Costello (Laois)**  
Evan is one of those classy forwards that is able to take a score from all positions on the pitch. He is also an accurate free taker off both the right a left foot, a huge addition to any team. After Evan's displays with his club and county under 21's he has been called into the Laois senior squad.

**Gavin Nugent (Waterford)**  
The Rathgormack man has been a big player for WIT this year. His attitude to training is top class. Gavin is one of those top class forwards that no back would like to mark as he has pace to burn and has a keen eye for goal. Gavin is also one of those players that is versatile forward in that he can play in all six positions with ease.



# A Model Footballer – Clara Donnelly

By Randall Scally

Entering the third and final year of her BA (Hons) Criminal Justice Studies degree course, Wexford and Leinster star Clara Donnelly has nothing but praise for the WIT ladies football club of which she is an integral part.

The club has gone from strength to strength in recent years, with the historic 2011 Giles Cup success being the obvious highlight. Last March, WIT had the honour of hosting the finals weekend of the prestigious third level ladies football competition and, while silverware proved elusive, the Institute could still take satisfaction from reaching the last four and its successful staging of the event.

“It was a brilliant weekend,” Clara fondly remembers.

“While we were bitterly disappointed with our semi-final display against NUI Maynooth, it was great to be part of the weekend. After losing to IT Carlow in the first round, we needed to beat IT Tralee to make the semi-finals and thankfully we managed to do that. The Giles Cup weekend wouldn’t have been the same without the hosts.”

The 20-year-old centre back/midfielder is in no doubt that her game has improved since she first arrived in Waterford.

“I’ve learned so much from playing with girls from other counties. There are some of the top ladies footballers in the country going to WIT and it’s a privilege to play alongside them,” she says.

“There are players from Waterford, Cork, Kildare, Wexford and Tipperary who I’ve got to know really well and become good friends with. It is a very active ladies club which fields



Clara wins possession.

fresher, junior and senior teams. One of the great things about the club is it caters for players of all abilities. Everyone is welcome to get involved.

“The senior team trains two nights a week under Noel Holohan (manager) and Peter McKenna (selector). They are fantastic fellas with a great passion for the sport.”

Hailing from Curradoe, which is a few miles northeast of Wexford town and is famous for its beautiful beach, Clara plays for her local club, Shelmalier. Clara has been a pivotal figure in the club’s capture of the last three Wexford senior titles and last year’s Leinster senior crown. After defeating old rivals Clonoe in the county decider, Shels went on to record a dramatic 3-2 to 0-10 victory over Dublin’s Foxrock-Cabinteely in last November’s provincial final in Aghrim.

The success bridged a 13-year gap since Shelmalier’s last Leinster triumph and among Clara’s team-mates were Laura Corrigan, Mag Kelly, Leona Tector, Sandy Carr, Catherine Doyle and captain fantastic Kate Kelly who had also played in 1999. Kate, of course, is a past student of WIT and is recognised as one of the most talented camogie players in the country.

The football victory capped a memorable



Clara makes one of her trade mark runs

weekend for her as she was also honoured with her sixth All Star camogie award the previous night.

“Kate was a wonderful captain,” Clara enthuses.

“She is better known for her camogie skills, but I can tell you she is a very good footballer as well. I’ve played camogie with her and Katrina Parrock (another graduate of WIT) for St. Ibar’s, and they are top quality. They’ve had a lot of camogie success with Wexford and I’d say they’re not finished yet.”

Clara played football in primary school before joining Shels – her brothers Liam, Tommy and Ryan also play for the club – as a 12-year-old. She was part of their talented U14 team that won the All-Ireland Feile na nOg Division 3 title in Carrick-on-Shannon in 2007. Shels overcame Tipperary champions Cahir by 2-5 to 1-5 in a thrilling final to win their first Feile since 1994.

As the dominant force in Wexford, it comes as no surprise that the Castlebridge-based club is well represented on the county team. The Shels county contingent includes Clara, Maevé Quill, Kellie Kearney, Leona Tector, Shelly Doyle and Roisin Murphy.

And it seems entirely fitting that the Model County ladies are managed by Clara’s father, Billy, who has been there to support her throughout her football career.

“He has definitely been the biggest influence on me. He has managed me all the way up. Wexford won an All-Ireland minor ‘B’ title a couple of years ago and he was even the manager then,” explains Clara, who was selected on the Leinster Inter-provincial panel earlier this year.

Clara’s objectives for the remainder of 2013 are to help her club to retain their county and provincial crowns, and to win the All-Ireland junior title with Wexford.

“We (Shelmalier) are going for a four-in-a-row in Wexford. If we could achieve that, we would then set our sights on winning Leinster again. It would be a big ask, especially after the lucky breaks we got last year, but if you don’t aim high, you won’t achieve anything. We’d love to win another Leinster and maybe go on and try for an All-Ireland. We know the level we have to reach after losing to the eventual All-Ireland champions, Donaghmoyne from Monaghan, in last year’s semi-final.”

She continues: “As for Wexford, the target is to win the All-Ireland junior title. We’ve slipped back a bit since we were in an All-Ireland intermediate final a few years ago. We lost last year’s semi-final to Antrim by a point, and hopefully we’ll be able to make amends.”

The BA (Hons) in Criminal Justice Studies course which Clara is undertaking at WIT is designed to equip the student with general knowledge and transferable skills, while focusing on the broad theme of criminal justice. A multidisciplinary course, the ladies football star is hoping it will lead to her having a career in the Garda Síochána in the not too distant future.

## WIT GAA Club awarded the Intercollegiate Sporting Event of the Year 2013

For any given sport, the Intersivity event is the undoubted highlight of the year in terms of sport at Third Level in Ireland. In acknowledgement of this fact one of the first actions of the newly formed Student Sport Ireland Training and Development committee is to review and restructure the process in relation to procedure for hosting an Intersivity event and the criteria/ guidelines for judging the Intersivity Event of the Year Award.

The running of a successful intersivity event is a huge undertaking from preliminary application to planning, to execution of the event itself this process incorporates a massive workload requiring the coordination of sub committees responsible for health & safety, media relations, sponsorship, liaison with NGB’s and Student Sport Ireland as well as catering and accommodation needs to mention but a few. Despite the mammoth effort required to host such an event there can be no doubt that the students involved invariably find it incredibly rewarding and generally one of the highlights, of their third level sporting career.

Waterford IT GAA Club have been awarded this prestigious award for the hosting of the Women’s Gaelic Football finals. This is the first time that WIT have been honoured with such an award.

This was a big undertaking with 12 teams participating over the weekend in the O’Connor, Giles and Lynch Cups, but drawing on the experience gained from hosting previous events we rolled out an action plan that was so effective that the Student Sport Committee have requested that WIT make a presentation on the hosting of an Intersivity event at the upcoming Student Networking event.

From the very comprehensive information pack for visiting teams to the detailed and specific event action list, the organising committee were ensuring that things on the ground would proceed in an efficient manner. The impressive list of sponsors obtained by hard work put in behind the scenes in the build-up ensured the financial viability of the event. Another impressive aspect was the publicising of the event including local press, social media and live national TV coverage. The results were quickly and efficiently sent out while a valuable post event report was supplied to the Coordinating NGB.



Waterford IT GAA Club 2013 Intercollegiate Event of the Year Winners. Student Sport Ireland Chairperson Kieran Dowd presents the award to Noel Holohan representing Waterford IT GAA Club. From left Nigel Jennings (GMIT Castlebar and member of Judging Panel), Kieran Dowd, Noel Holohan, Robin Croke and Conor Phelan.

## National Hurling and Camogie Development Centre

The NHCDC is responsible for increasing participation and improving standards in hurling and camogie on a nationwide basis at all levels. The centre which is located on the WIT Sports Campus is responsible for consolidating and promoting research and development across Hurling related areas e.g. Sports Science and Player Development.

### Facilities

Based in the all-new Carriganore Arena, Waterford, our world class facilities and sport science supports are second to none. We also have a mobile support unit which allows us travel the country and visit teams directly.

### Services

We provide support to teams at both Club and County level through:

- Hurling Skills Assessments for both Youth & Adult
- Fitness Assessments for both Youth & Adult
- Strength & Conditioning
- Functional Movement Screening
- Diet & Nutrition
- Performance Psychology
- Performance Analysis
- Team Building

### Why WIT was chosen:

“The establishment of the NHCDC is a ground-breaking innovation in terms of promoting and developing Hurling and Camogie. The GAA considers Waterford Institute of Technology to be an ideal partner organisation in the establishment and coordination of the NHCDC - not only does WIT Sports Campus have world-class facilities, an excellent location and infrastructure but WIT also shares the ethos and vision of the GAA in relation to the NHCDC”-

For further information in relation to the NHCDC please don’t hesitate to contact us on 051-834158 or at [nhcdc@wit.ie](mailto:nhcdc@wit.ie). You can also check us out on our new website [www.nhcdc.ie](http://www.nhcdc.ie).





# Faithful to the Cause – Lorraine Keena

By Randall Scally

The WIT camogie management will have a big void to fill in 2014 after Offaly dual star Lorraine Keena completed her studies at the Institute this year.

Lorraine spent five hugely successful and enjoyable years on Suirside, during which she represented WIT with distinction in both camogie and ladies football. The 24-year-old, who studied Agricultural Science for four years and Land Management for one, was one of only three players to figure in WIT's five-in-a-row of Ashbourne Cup successes between 2009 and 2013.

"Aine Doran from Kilkenny, Sheena Ryan from Tipperary and I are the only ones to have the five medals," she proudly explains.

"I was a sub for the first two years, corner back for the third and fourth years and full back this year. I've nothing but fond memories of my time in Waterford IT. It's a great place to study and to play sport.

"I learned so much from playing alongside the likes of Ursula Jacob and Katrina Parrock from Wexford, and Anne Dalton and Denise Gaule from Kilkenny. They are among the biggest names in camogie. My game has improved no end and I've learned to think a lot quicker from playing with them.

"I'd also like to thank Ursula Jacob, her sister Helena, who's the Wexford sub-goalkeeper, Conor Phelan and James McGrath for the guidance and advice they gave me. They were a great management to play under."

This year's Ashbourne Cup success was arguably the sweetest of the five for Lorraine as WIT needed two periods of extra-time to overcome hosts and hot-favourites University of Limerick on a 3-13 to 2-15 scoreline. UL led by 1-5 to 0-5 at half-time in normal time, but WIT levelled after the restart before Katrina Parrock's goal put them three points up.

However, Cait Devane's second goal edged the home side back in front before Emma Comerford's last-gasp free forced extra-time for the holders. The teams couldn't be separated after extra-time, meaning an



Lorraine sets up another attack



additional 20-minute period was necessitated.

WIT fell behind again, but their never-say-die

attitude eventually shone through as a late goal from Denise Gaule and a point from Trish Jackman handed them a dramatic victory. Having also lifted the Ashbourne Cup in 1999 and 2001, the success was WIT's seventh in all – not bad going for a relative newcomer to the prestigious competition.

Lorraine played ladies football for three or her five years at WIT. One of the two years she didn't play – 2011 – the Institute won the Giles Cup for the first time in its history. She did, however, win a Munster Donaghys Cup medal and was involved this year when WIT hosted the Giles Cup finals weekend.

"I missed the semi-final defeat to NUI Maynooth because I was playing camogie the next day, but I did play in some of the earlier games. Noel Connors and Peter McKenna were over the team and they were brilliant lads to play for," she explains.

The fourth oldest in a family of 12, Lorraine was born into a dairy/sheep farm in Bellaire, Ballycumber, Co. Offaly. She has been playing camogie and ladies football for as long as she can remember, and attributes this to her parents.

"They used to bring us to different things like GAA training and dancing. If we liked something, they'd bring us again and I obviously liked the GAA," she recalls.

"I started playing hurling with the lads in Doon Og at the age of about 11. When I got to U14, I joined Kilcormac/Killoughey as Doon Og – who are now Brosna Gaels and draw their players from the football areas of Ballycumber, Tubber, Doon and Pullough – didn't have a camogie team.

"Kilcormac/Killoughey and St. Rynagh's were the closest camogie clubs to me, but I ended up going to Kilcormac because of Ger Spain, who's from there but has been involved with Brosna Gaels for many years."

Lorraine continues: "Since joining Kilcormac, I've won U16 'B', minor 'B' and senior 'B' championship medals. We'd love to win a senior championship, but it's difficult because teams like Shinrone, Birr and Drumcullen are very strong."

Lorraine plays her club football with Naomh Ciaran, which represents the Ferbane, Ballycumber, Doon, Belmont and Shannonbridge areas of West Offaly. She's won U14 'B', U16 'B', minor 'B' and junior championship honours with them. Her young

sisters Serena and Amanda also play for Naomh Ciaran, with Amanda having been part of the U14 team which completed a hat-trick of county Feile na Og titles earlier this year. Lorraine's other sisters Vanessa and Michelle have also worn the club colours.

The talented dual star has been wearing the green, white and gold of Offaly in both codes for many years now. In camogie, she is the holder of All-Ireland U16 'B', junior and intermediate medals. Under the guidance of the legendary Joachim Kelly, the Faithful put All-Ireland junior and intermediate titles back-to-back in 2009 and 2010. Last year, they reached their first All-Ireland senior semi-final and Lorraine was nominated for an All Star award on the back of their great run.

"We're making good progress in the camogie," enthuses Keena, who has made the switch from full back to centre forward for her county this year.

"We've gone from junior to senior in the space of a few years and are now able to compete with the best of them. Last year John Troy continued on from where Joachim left off by getting us to an All-Ireland semi-final, and our new manager Aidan Franks is aiming to get us up another level this year."

Offaly are also a coming force in ladies football, having captured the National League Division 4 title at Roscommon's expense earlier this year. Lorraine kicked six points in a 1-14 to 0-15 win for Greg Farrelly's side at the Limerick Gaelic Grounds and was duly selected at full forward on the National League Division 4 team of the Year.



Lorraine warding off multiple challenges during a ladies football game.

"The Offaly ladies team has come on a lot over the past few years. We have a lot of young players coming through who have blended in with the more experienced players like Treasa McManus and Orla Daly," says Lorraine, who has also won All-Ireland U16 'B' honours with the Faithful footballers.

"Our next target for this year is to win the Leinster and All-Ireland junior titles. We reached the All-Ireland semi-final last year, only to lose to Louth. It would be great if we could go a step or two further..."

In conclusion, she comments: "Juggling the two sports is a big commitment. I'm gone training nearly every night, but I wouldn't be doing it if I didn't enjoy it so much."

## WIT GAA Scholarships 2013



GAA Scholarship recipients for 2013 photographed with Mr. Barry Kennedy; Dr. Ruaidhrí Neavyn, President WIT; Mr. Robert Frost, Munster Council; Mr. Conor Phelan, GAA Sports Officer, WIT.

Waterford Institute of Technology Sports and Recreation Department along with the GPA and GAA Munster and Leinster Council awarded a total of 36 GAA student scholarships during the 2012/2013 academic year. These were split across all years and all GAA codes. The Munster Council sponsored a total of 9 scholarships this year and the Leinster Council awarded one.

### Role of Scholarship Awards

To attract athletes to WIT of outstanding sporting ability or has the potential to perform at a high sporting ability.

To provide scholarship athletes the opportunity to develop their sporting career by offering a network of support services and expertise which are tailored around the specific needs of each individual athlete.

To ensure athletes have an alternative vocation after their sporting career comes to an end.

To raise the profile and sporting performance of all sporting clubs within WIT, making them more attractive regarding funding and sponsorship, and in turn further help their development.

### The programme provides services and benefits to all sport scholarship recipients in the following areas;

- Financial Support
- Academic Support and Mentoring
- Strength and Conditioning/Injury Management
- Sport Science Support (nutrition, sport psychology etc)
- Technical Support (coaching etc)
- Access to Medical and Physiotherapy Services
- Gym Membership

### The GAA Scholarship Recipients for 2012/2013 are outlined below:

#### Hurling

Andrew Kenny, Wexford  
Darren Duggan, Clare  
Eoin Madigan, Waterford  
Eoin Murphy, Kilkenny  
Gavin O'Brien, Waterford  
Garry Moore, Wexford  
Gerald Hally, Tipperary  
Harry Kehoe, Wexford  
Jake Dillon, Waterford  
Liam Lawlor, Waterford  
Mark Fanning, Wexford  
Martin O'Neill, Hurling  
Noel Connors, Waterford  
Pauric Mahony, Waterford

#### Hurling continued

Ray O'Brien, Waterford  
Shaun Murphy, Wexford  
Stephen O'Keefe, Waterford  
Stephen Roche, Waterford  
Tomás Hámill, Tipperary  
Tommy Kavanagh, Tipperary  
Wayne Hutchinson, Waterford  
Stephen O'Keefe, Waterford

#### Ladies Gaelic Football

Clara Donnelly, Wexford  
Katie Redmond, Wexford  
Margaret Revins, Waterford

#### Camogie

Brid Quinn, Tipperary  
Katrina Parrock, Wexford  
Noelle Maher, Kilkenny  
Patricia Jackman, Waterford  
Sarah Anne Fitzgerald, Laois  
Sheila Ryan, Tipperary

#### Gaelic Football

Gavin Nugent, Waterford  
Liam McGrath, Tipperary  
Sean Culleton, Wexford  
Shane Fox, Limerick  
Stephen Prendergast, Waterford

### Sporting Profile - Stephen O'Keefe

Course: BBS (Hons)

Nicknames: SOK

High Point in Sporting Career: Winning 4th U21 in a row

Third Level Honours? Fitz medal with UL

Other Achievements? 2 Harty Cups, 2 Croke Cups, Munster Minor Championship, 2 Senior and 3 Minor

Other Sports? Big Fan of the Patriots and Wigan Athletic

Favourite Player to Watch Growing Up? Damian Fitzhenry

My Earliest Sporting Memory Is? Playing in the back garden



### Funniest person in the WIT GAA Club is?

Colm Bonnar, "When You Were Growing Up What Did You Want To Be: Ron Jeremy?"

### My Most Treasured Possession? Phone

Biggest Insult? Never been insulted really

Favourite Food? Chips, f\*!>g love chips

### Stranded On An Island, What Are Your 3 Essential Items?

My Abba CD, My Ricky Martin CD and Georgia Salpa

### Ideal Date? Your one from "Of Monsters and Men", think her name is Nanna

### Stand out memory from Fitzgibbon campaign 2013?

Davin Phelan's dance moves in Norris' at DJ Sammy