

Who will follow in the footsteps of  
Cú Chulainn and poc all before them?



**MD Sports**

SPONSORED BY  
**Martin Donnelly**

2023

**Kerryhead Mountain,  
Ballyheigue, Co. Kerry  
V92AX76**

**Satharn, 10ú Meitheamh 2023  
Tosnú: 11:00 i.n.**

**Poc Fada**

**MUNSTER FINAL 2023**

**SENIOR AND UNDER 16  
COMPETITIONS**

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# FÁILTE Ó CHATHAOIRLEACH COMHAIRLE NA MUMHAN



Ar son Comhairle na Mumhan cuirim céad míle fáilte roimh gach éinne chuig Ceann Chiarraí an áit álainn seo cois farraige gar do Trá Banna is Baile Uí Thaidhg. A special welcome to all the Hurlers who are taking part in the Senior and Under 16 Poc Fada Competition.



This competition reminds of the great feats of past and current hurling heroes going back to the mythical stories of Cú Chulainn. This is a unique competition of both sporting and cultural significance that is a test of skill, endurance and perseverance.

Many thanks to Joe Carton and the Games Managers in the Counties who have made this competition such a great success and to the local organising Committee ably led by Ger McCarthy.

Comhairle na Mumhan is also very grateful to competition sponsor, Martin Donnelly, for his ongoing support of the Poc Fada. Bainigí taitneamh as an lá,

Beir bua is beannacht.

*Gearóid Ó Riain* CATHAOIRLEACH, COMHAIRLE NA MUMHAN

# FÁILTE Ó CHATHAOIRLEACH COISTE CONTAE CHIARRAÍ



Mar Chathaoirleach Coiste Contae Chiarraí fearaim fáilte mór romhaibh go léir go dtí An Ríocht. Cuirim fáilte speisialta roimh oifigigh Chomhairle na Mumhan agus roimh gach éinne atá rann-pháirteach san comórtas. Ta súil agam go mbainfidh sibh fíor-thaitneamh as bhúr gcuid ama anseo.



On behalf of the Kerry County GAA Committee, I want to extend a very warm welcome to everyone here today to the Munster Poc Fada finals in scenic Kerry Head in Ballyheigue. I want to extend a special welcome to the Officers of Comhairle na Mumhan, to the officers and Games Promotion Officers of the various counties and of course to the participants, their supporters and families.

Back in 2019 the Munster Council bestowed the honour of hosting the competition on Kerry GAA for a three year period and after an historic and very successful first staging of the event here on this very course Covid restrictions meant that the event did not take place during 2020 and 2021. Thankfully however, this prestigious competition resumed last year.

I want to sincerely thank the local organising committee here in Kerry under chairman Ger McCarthy and Secretary John Lucid and their volunteers and I also wish to acknowledge the co-operation and support of the people of Kerry Head.

Go n-eirí go geal libh.

Is mise

*Padraig Ó Súilleabháin* CATHAOIRLEACH, COISTE CHONTAE CHIARRAÍ



# THE COURSE FEORA MOUNTAIN

BY JOHN LUCID

The location for the 2023 Munster Poc Fada competition is Feora Mountain. Feora is located in the town-land of Tiduff in Ballyheigue parish.

This area is the location of the Kerryhead peninsula. It forms the mouth of the river Shannon with Loop head to the north, the Atlantic Ocean to the west and Tralee bay to the south. The total land area is over four hundred acres and it is what is known as a "commonage". Over twenty local farmers have equal claim to the land. The rocks out to sea from the coastline are known as Illaunnabarnagh and Muckalaghmore, further south are the Magharees Islands.

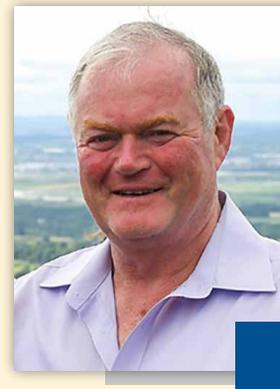
Most of the area is covered in a low heather. The location is very exposed to the weather and plants

do not grow tall due to the Atlantic salt winds. The remains of an old ditch/ roadway is known as the Cladh Ruadh (Red Ditch). It runs for a considerable distance possibly as far as Athea, County Limerick. It can be discerned at other locations in Ballyheigue and further on near Lixnaw.

It most likely originally marked a boundary or a line of defence. It was later used as a roadway.

The rugged coastline around Kerryhead once produced a stone called Kerry diamonds, simple amethyst or quartz crystals with six sided conical ends which could be clear or purple. At one time men collected them by descending the cliff face on ropes. The area is a favourite habitat for Choughs (a breed of crow with red bills and legs), peregrine falcons and fulmars.

## Coiste Náisiúnta Poc Fada



Is cúis mór áthais dom fáilte a chur roimh gach éinne anseo inniu. Congratulations and good luck to all the competitors taking part in this wonderful event today.

Poc Fada commemorates the ancient legend of 'Táin Bó Cuailgne' as Setanta set out from his home in Dún Dealgan to the King's court at Emain Macha hitting his sliothar before him and running ahead to catch it. I hope all those here today enjoy the spectacle of the modern enactment of this event and the beauty of the scenery all around.

Many thanks to the organisers of Poc Fada in all the counties, particularly the Kerry committee, our hosts today, and to all those working hard to make the day's events successful and enjoyable.

Good luck also to today's winners and we look forward to seeing them represent Munster in the All-Ireland final on Annaverna Mountain on 7th August.

*Tom Ryan* CATHAOIRLEACH, CHOISTE NÁISIÚNTA POC FADA

# MUNSTER POC FADA FINAL 2023

SPONSORED BY MARTIN DONNELLY



## SENIOR CONTESTANTS

COUNTY	FIRST NAME	SURNAME	CLUB
LIMERICK	Aaron	Murphy	Hospital/Herbertstown
CLARE	Bryan	O'Loughlin	Kilmaley
LIMERICK	Colin	Ryan	Pallasgreen
TIPPERARY	Conor	Kirwan	Cahir
TIPPERARY	Darragh	Mooney	Éire Óg Annacarty
KERRY	Eoin	Ross	Ballyduff
KERRY	Fionan	Mackessy	St. Brendans Ardfert
LIMERICK	John	Chawke	Kildimo/Pallaskenry
KERRY	Martin	Stackpoole	Lixnaw
CLARE	Ronan	Taaffe	Tubber
TIPPERARY	Shane	Hassett	Drom and Inch

## UNDER 16 CONTESTANTS

COUNTY	FIRST NAME	SURNAME	CLUB
CLARE	Rian	Mulcahy	Éire Óg Inis
TIPPERARY	TBC	TBC	TBC
WATERFORD	Benjamin	Meistas	Roanmore
LIMERICK	Joe	Fitzgerald	Kildimo/Pallaskenry
KERRY	Brody	Leen	St. Brendans Ardfert

## CLÁR AN LAE

Helpers and contestants to meet at Kerry Head at 10am.

The Eircode for the venue is V92AX76.

Contestants briefing at 10.30am.

Senior Competition will commence at 11.00am,

Under 16 at 11.15am.

Presentations at KL Lounge, Kirbys Bar, Main Street, Ballyheigue. Lunch will be served afterwards.

The Senior winner and Runner-up and the Under 16 winner will go forward to represent Munster at the M Donnelly All Ireland Poc Fada Finals on Monday August 7th in the Cooley Mountains.

