Major honours:	World title	(1)	40 + B doubles	1994
	All Ireland softball (60x30) titles	(12)	GMAS	2006
			GMAD	2006
			SMAD	2003, 2002
			SMAS	2002
			NAS	1987
			Team of 8	2002, '01
			Team of 10	1999
			Open Club	1998
			Junior Club	1988
			Novice Club	1987
	All Ireland 4 wall (40x20) titles	(6)	SMAD	2003, '02
			MBS	1998
			Team of 8	2002, '01
			Team of 10	1999

Irish Nationals	(1)	EMAS	2010
Leinster titles		Multiple	
County softball (60x30) titles	(28)	SD	1999
		IS	1998, '97
		ID	1998, '97, '87
		JS	1986
		JD	1986
		U16S	1970
		DMAS	2019, '18, '17, '16, '15
		GMAS	2013, '11, '10
		MAS	2008, '03, '02, '99, '98, '97, '95
		MAD	2000, '97, '95
		O35D	1999
County 4 wall (40x20) titles	(21)	SBD	1997

		JD	1987
		JBD	1986
		DMAS	2017, '16
		GMAS	2013, '12
		O35S	2010, '00, '99
		MAS	2009, '05, '03, 02, '01, '00, '97, '95
		MAD	2003, '00
		O35D	1999
Started playing at:	Age 13		
Greatest influence on career:	Pat Cleary. I learned a lot from playing him and watching him play.		
Favourite code (softball, 4-wall or 1-wall):	Softball		
Favourite court:	Ballymitty (60x30) and Coolgreany (40x20) in Wexford. Outside of Wexford, Garryhill		
Favourite shot:	Left hand killshot – when it works!		
Favourite player:	Tommy Hynes		

Toughest match:	The two against Pat Cleary in the 2000 county 40x20 MAS and O35S championships. Pat won three All Irelands titles that year but I beat him in the third game in both matches. They were two lung-bursting marathon matches and I'll never forget them.
Toughest opponent:	Kevin Geraghty, Mayo
Most enjoyable victory:	Beating Kevin Geraghty in the GMAS final in 2006
The best softball (60x30) player of your era:	Dick Lyng and Pat Kirby
The best softball (60x30) player of all time:	Ducksy Walsh
The best 4-wall (40x20) player of your era:	Paul Brady
The best 4-wall (40x20) player of all time:	David Chapman
Pre-game meal:	Light snack to include carbohydrates, about 2 hours beforehand
Tips you would give to young players seeking to improve?:	Use a skipping rope on improve your footwork and practise the strokes with both hands. Spend lots of time on court and when you are not on court, think about being on it. Visualise yourself playing the shots. Be patient during the game and wait for your chance to come. When it does, be brave enough to take it. Accept that other players are good too.
Suggestions for making handball better (if any):	Handball becomes a game of individuals when the club committee structure is weak. The club chairperson is the head of the club but rarely takes responsibility for the role he/she has taken on. Consequently, everything is left to a busy club secretary and the chairperson is practicably invisible. In my opinion the main reason clubs are struggling to get committee members, as well as personnel to take on roles within the club, is down to inactive

	chairpersons who make little or no contribution to the general well-being of the club. Players tend to be happy just to play, but they need to make a contribution to the club, beyond playing. They can do that by joining the committee and lending a hand and a strong chairperson would encourage them to do so.
	Finally, a strong chairperson raises the profile of the club within the local community – a weak and inactive chairperson projects a very negative image of the club, to everybody!
Other sports played:	Hurling, badminton and darts.
Greatest sporting hero (all sports):	Ducksy Walsh