

Athletics by the All Rounder

Kelly's Irish record in Brussels

On Sunday last just a week or so after her unfortunate elimination from the Long Jump at the European Championships in Barcelona Kelly Proper Ferrybank A.C, bounced back to form and had the longest jump of her career when winning at the Brussels Grand Prix meeting and in the process broke her own Irish Record in the Long Jump with a great leap of 6.60 metres, her old mark was 6.51 set in Amsterdam in August 2008 and of course she also holds the Irish Indoor record with a mark of 6.59 metres set in 2009. Her performance on Sunday will have done her confidence a power of good but no doubt there is plenty more to come from Kelly and of course lots of training with her coach to get everything right at the board and a progression to much greater distances to enable her to compete with the best jumpers around something which is essential, so very well done to Kelly on her new Irish record. At a meeting in Amsterdam also on Sunday Billy Ryan Ferrybank won a graded 400 metres in 49.11 seconds.

National League Finals

On Saturday next in Tullamore the National League Finals go ahead and Ferrybank A.C. Women are in the Premier Final, their men are in the Division One Final and West Waterford ladies team are in the Division One Final also. All three teams go into their finals heading the qualifiers and Ferrybank women in the Premier division will be hoping to go one better this year and emerge victorious, last year they missed out by just one point, Their men aided by the Houlihan brothers from West Waterford who are guesting with them will also be expected to challenge for outright honours in Division One, they were fourth last year and West Waterford ladies again are among the favourites to press for Division One honours. All in Waterford athletics wish all three teams the very best. the first event at 10 30 am.

All Ireland Masters

Tullamore will also be the venue on Sunday next for the All Ireland Masters Track and Field Championships and many athletes from Waterford clubs will be competing men and women in various categories, track and field, the days competition begins at 11 am and full timetable on Athletics Ireland Website

Final Race in Series

The very successful Ger Wyley Sports Summer Series comes to an end next Friday in Ardmore when the 15th Annual "An Tobar Bar" Five miles Road race takes place. The event is timed for 7.30 pm and entries will be taken at The Ardmore G.A.A. Pavillion from 6pm Prizes for the various category winners in the entire series will be presented afterwards.

Three wins at Celtic International

On Saturday last in Athlone four athletes from Waterford competed for Ireland in the Celtic Juvenile International Track and Fields meeting and all four did very well with three of them winning events. Ciara Giles Doran Ferrybank in the u 16 grade won the 75 Metres hurdles in 11.12 seconds and Megan Kiely do in the u 18 section clocked 42.93 seconds in winning the 300 Metres Hurdles both with personal best times and the third winner was Zoe Scanlon West Waterford in the u 18 Discus with a throw 36.64 Metres and she was also third in the Shot Putt with 10.59 Metres.. Lisa Houlihan also from West Waterford was second in the u 18 Pole Vault with a mark of 3.10 metres. Ireland won the match with 169 points and Scotland were second on 155 , Wales were third on 145.

Road Races

In the big road race in Galway last Saturday evening the Annual "Streets of Galway 8 km " there was a fine run by John Cleary, Ferrybank as he finished third overall in a personal best time of 24 minutes 58 seconds, the race was won by David Rooney from Raheny Shamrocks in 24.17 and Sergei Ciobanu Clonliffe Hrs was second, Cleary is in terrific form at the moment and improving his times in each race, in the ladies section Pauline Lambe Waterford A.C. was seventh . The Gaulltier G.A.A. club 10km Race also held on Saturday in lovely weather conditions over a very demanding course was won easily by Frank Quinlan Waterford A.C. in a time of 35 minutes and 4 seconds Cormac Delahunty Raheny Shamrocks was second in 36.08 and Stephen Ahearne Gaulltier G.A.A. club was third in 40.34. Kitty Walsh Ferrybank A.C. won the ladies section in 43.26 Bella Daniels Gaulltier was second in 44.34 and Jacinta Power Waterford A.C. was third in 48.21, the event was very well organised. The four miles in Faithlegg in association with the Faithlegg and Cheekpoint field day on Sunday was won by again by Frank Quinlan in 22 minutes and 1 second and Cormac Delahunty was again second and Kevin Malone Waterford A.C. was third. The ladies section was won by Anita Grant St Joseph's with Maura Lawlor Waterford second and Christine Fowler third, the first junior home was Conor Mc Carthy Ferrybank and again the event was well organised.

Kate in Singapore

From August 14 to 26 th the Summer World Youth Olympics are in Singapore with 26 different sports being catered for including athletics and 3,600 young sportspeople participating and there will be a Waterford interest in the athletic side of things.. Kate Veale the brilliant young race walker from West Waterford will have the biggest race of her very successful career to date when she lines out against the best competitors from all over the World in the 5km championship on August 21st at approximately 11 am Irish time.. Kate will not be any way overawed by the occasion and she did extremely well when finishing fourth in the European Qualifier and she has one of the best styles around among the race walkers we wish her every success on yet another step in her very promising career she left for Singapore on Monday last with just one other Irish athlete joining her for the Championships.

Track and Field fixtures

Sat August 14th National League Finals Tullamore, Ferrybank Women in the Premier Division Final, Ferrybank Men in Div 1 Final and West Waterford Women in Div 1 Final, Sunday August 15th All Ireland Masters Championships, Tullamore. August 14th to 16th Summer Youth Olympics, Singapore, Kate Veale Competes, Sunday 29th Munster (B) Juvenile Championships and Combined Events Templemore.

Road Race Dates

Friday August 13th An Tobar 5 Miles Ardmore Co Waterford (final race Ger Wyley Sports Series) 7.30 pm. Sunday August 15th 1/2 Marathon in Clonmel contact 086 1660888. Sunday August 29th Annual Alan Everett Memorial 5 miles Road Race in Woodstown Co Waterford 12 noon.