

Athletics by the All Rounder

Three All-Ireland Senior Titles for Waterford

On Saturday and Sunday last at the Woodie's D.I.Y All Ireland Senior Track and Field championships athletes from Waterford clubs kept up their great record at the Championships as they won three titles, and also collected three silver and three bronze medals and quite a few others had very good placings also. Kelly Proper won the Long Jump title for the fifth year in succession and she clinched it with her final jump of 6.35 metres her best jump of the season, then Niamh Whelan her club mate and herself fought out a thrilling finish to the 200 metres final with Niamh getting the verdict over Kelly in a very close finish both were given the same time of 23.68 seconds and they were well clear of the third athlete Joanne Cuddihy Kilkenny.

Seventeen years old Kate Veale West Waterford now one of Ireland's finest race walkers competing in the Senior Championships for the first time put up yet another record breaking performance in winning the 5km title in a new personal best time of 22 minutes 52.90 seconds well inside the Irish junior record held by World silver medalist Olivie Loughnane who pulled out of Saturday's race due to illness, Jamie Costin West Waterford had a fine race in the 10kkm Walk to finish second behind Robt Heffernan Cork who clocked 39 minutes 7.21 seconds and Costin's time was 39.43.11., in the 100 metres Hurdles won by Derval O'Rourke there was a very good run in second place by Mairead Murphy Ferrybank running with U.C.D her time was 14.38 seconds.

Bronze medals were won by Cara Kennedy Ferrybank in the Hammer with a throw of 50.33 metres, Jessie Barr do in the 400 metres hurdles in 59.82 seconds and Zoe Scanlon West Waterford in the Discus with a throw of 37.33 metres. Fourth placings were secured by David McCarthy West Waterford in the 5000 metres in 14.13.12, Thomas Houlihan do Pole Vault with 4.40 Metres, Megan Kiely Ferrybank in 400 metres hurdles in 61.58, Christopher Russell Ferrybank in the 100 Metres in 10.83 seconds, Niamh Whelan do 100 metres 11.87 with Kelly Proper do 5 th in the same race and Jade Power again from Ferrybank was 5th in the Discus,.John Cleary Ferrybank had a good run in the 10000 metres final finishing eighth in 31 minutes 47.93 seconds

Schools International

On Saturday next the Annual Schools International Track and Field meeting will be in Glasgow and a number of athletes from Waterford Schools are included on the Irish team. These are Ciara Giles Doran Mercy, Megan Kiely Ursuline, James Greene Comeragh C.C. Kate Veale St Augustine's, . laurence Houlihan do and Ciara Scanlon Ard Scoil na n Deise.

National League Round Two

On Sunday next in Santry in Dublin and also in Athlone the second round of the National Senior League takes place and Waterford A.C. Ferrybank A.C. and West Waterford A.C. will all have teams competing. Ferrybank men and women are at separate venues, the women are in the Premier division in Santry and the men in Division One in Athlone and the women are lying second and the men lead after the first round. West Waterford Ladies are in Division One in Athlone and

they lie in second spot, Waterford A.C. back in the League this year after a long break are in Santry with both their men's and women's team in Division One and are in eighth position in both after Round One.

Another win for Bralitis

On Friday last another race in the Ger Wyley Sports Summer Series took place in Dungarvan and there was an entry in excess of 260. The event was the "Glaxo Smithkline 5 Miles" and once again Sandis Bralitis West Waterford was the clear cut winner in a time of 25 minutes 39 seconds, his club mate Ravis Zakis was second in 26.05 and Brian Murphy Carrick on Suir was third in 26.13. First over 40 Johnny O'Connor West Waterford, o45 Martin Mc Carthy do, o50 Tom Burns Waterford, o55 Maurice Boland Clonmel, o60 Michael Hennessy West Waterford, Junior Declan Power West Waterford. Martina O'Dwyer Ck On Suir won the ladies section in 29.52, Angela Mc Cann Clonmel was second in 30.04 and Muriel Cummins was third in 30.47. First o 35 Corina Walsh West Waterford, o40 Diane Behan Waterford, 045 Liz Nolan do, o50 Bernie Prendergast West Waterford, o55 Helena Hayes do, Junior Kate Nolan Waterford. First Glaxo Smithkline man home was David Cunningham and first woman Caitriona Kiely.

Track and Field Fixtures

Sat July 17th Schools International Track and Field Glasgow, Sunday 18th Second Round National Senior League, Santry and Athlone Sat and Sun July 24/25th All Ireland Juvenile Tullamore. Saturday 31st All Ireland Senior and Juvenile Combined Events Tullamore. July 27th to August 1st European Championships Barcelona

Road Race Dates

Friday next July 16th Carrick on Suir Series Road Race over 10 km Piltown 7.30 pm, Sat July 17th Carrick on Suir Triathlon 12 noon. Entries closed and no entries on day. Thursday July 22 nd Churchtown South 5 miles East Cork, Contact 021 4646064, Sunday 25th Ballynonty 10 Miles Co Tipp contact 052 9156564, Wed July 28th Carrigtwohill 5 km contact 021 3111598, Friday July 30 th Ballymacarbry 5 Miles 8 p.m Another Race of Ger Wyley Sports Summer Series, Saturday August 7th Gall Tir G.A.A. 10 km Ballymabin, Dunmore East Early reminder of Alan Everett Memorial 5 miles Road Race in Woodstown Co Waterford on Sunday August 29th at 12 noon.