

## Athletics by the All Rounder

### Ferrybank double in National Leagues

On Saturday last in Tullamore the National League Finals were held and in these events points are awarded to each finisher in each event right down along the line and when all points are added up the team with the biggest number of points are the overall winners. For Ferrybank it was a terrific day as both their women in the Premier Division and their men in Division One won the titles against the top clubs in the country, so it's well done to all concerned the athletes and their coaches. In The Women's Premier Division the Ferrybank winners were Jessie Barr 100 Metres Hurdles and 400 Metres Hurdles, Kelly Proper Long Jump, Cara Kennedy Hammer and the 4x100 Metres Relay team also won, second placings went to the following ; Niamh Whelan 100 and 200 M, SORCHA MURPHY High Jump, Jade Power, Discus, Nicola Power Triple Jump, Kelly Proper Javelin, Cara Kennedy Shot Putt, and third placings were secured by Kitty Walsh 1500 Metres and Dani Minnock 3000 metres, so the ladies made up for a one point defeat last year to score a runaway win this year with 134 points the second team Leevale from Cork had 99 pts. In the men's Division One the Ferrybank winners were Billy Ryan 400 M, Thomas Barr, High Jump, Thomas Houlihan West Waterford guesting won the Pole Vault with a personal best of 4.60 m, second placings went to Billy Ryan 100 M, Niall Tuohy 800 M, Ciaran Donnelly 110 M Hurdles, Thomas Barr 400 M Hurdles, Michael Cox Walk, Sean Archer Triple Jump, Tom Boucher 56 lbs, and 4x100 M Relay team., third placings went to Stephen Murphy Long Jump, Alex Flynn 3000 M Steeplechase, Shane Kennedy Shot Putt, Tom Boucher Hammer. Last year they finished fourth but made it a great double for the club this year scoring 119 points with the second team Limerick County on 108 pts.

### West Waterford Fourth

West Waterford ladies team also did very well in the Division One Final finishing fourth overall. They had wins with Lisa Houlihan in the Pole Vault and 100 metres Hurdles, Zoe Scanlon in the Shot Putt and Clare Collins in the High Jump, Zoe Scanlon was second in the Javelin and third placings went to Lisa Houlihan Triple Jump, Michelle Kenneally Hammer and Eadaoin Ashe in the Discus

### Kate competing in Singapore

On Saturday next at approximately 11 am Irish Time at the World Youth Olympics in Singapore Kate Veale from West Waterford A.C. competes in the 5000 Metres Walk Championship against the Worlds best young athletes. Kate qualified for these major championships by finishing a close fourth in the European Qualifier so the opposition she meets on Saturday will probably be even stronger but Kate is such a competitive young athlete that she is once again fancied to rise to the occasion and come up with yet another big performance. On Friday last at the opening Ceremony at the World Youth Olympics Kate was given the honour to carry the Irish Flag and for the month of June she was awarded the Crowne Plaza Irish Athlete of the month after several record breaking performances in Race Walking. The Youth Olympics can be seen live on website [Youtholympicgames.org](http://Youtholympicgames.org).

### All Ireland Masters

On Sunday in Tullamore there was quite a good entry from Waterford clubs in the All Ireland Masters Track and Field Championships men and women in various age categories. Waterford Athletic Club had an excellent day as their athletes won numerous titles and also silver and bronze medals, Mary B Ryan Jennings won four over 50 titles the 800, 1500 3000 metres, Discus and she had a second in the Javelin. Jacinta Power won the over 35 Long Jump and High Jump and was second in the 100 Metres, Suzanne Dullaghan won the over 35 100 and 200 metres and was second in the 400 Metres and 3rd in the 800 metres, Gabriel Blair won the 400 Metres 0 45, Tom O'Brien won the over 40 Long Jump and was second in the High Jump and third in the 100 Metres, Deirdre Chapman had four seconds in the Shot Putt, Discus, Javelin and Hammer o35 Brendan Aspel was third in the o40 5000 metres, Elaine Barry was third in the o 40 200 metres, Maura Lawler was third in the 1500 Metres o 40 and the Womens Relay Teams won the 4x100 and 4x400 Relays and a second team from the club were second in both also and their men's relay teams were second in both relays also West Waterford athletes also competed there and the only results to hand were two wins by Joe Gough in the 400 and 800 metres 0 55.

### Summer Series ends in Ardmore

On Friday last the very popular Ger Wyley Sports Ten Race Summer Road Series promoted by West Waterford A.C. came to an end in Ardmore with the staging of the Annual An Tobar 5 miles and it had an entry of 210. Brian Murphy Carrick on Suir one of the most consistent runners around won in Ardmore in a time of 25 minutes and 36 seconds, Ravis Zakis West Waterford was second in 26.08 and Martin Bradshaw, Bilboa, Limerick was third in 26.20. and Danny Smith, Ballynonty was fourth in 27.08. Pauline Lambe Waterford A.C. won the ladies race in 29.11, Martina Dwyer, Carrick on Suir was second in 29.58 and Laura Behan K.C.K. was third in 30. 33 with Norma Wall West Waterford fourth in 32.15. The overall winners of the series were Sandis Bralitis and Pauline Lambe.

### Road Races

Coming up on Sunday Week August 29 th is the Annual Alan Everett Memorial 5 Miles Road race in Woodstown, Co Waterford and it is open to all with entries on the day from 11 am at "The Saratoga " Other Road races that may be of interest are as follows ; Saturday August 21st 10 Miles Phoenix Park Dublin contact 086 8030474, Sunday 22 nd August 1/2 Marathon Oylgate, Co Wexford contact 086 9243596, Thursday August 26th Ballycotton 5 miles contact 021 4646064. On Sunday September 5 th the All Ireland 1/2 Marathon Championships will be in Crettyard Co Carlow. The Annual Munster Express/ Caulfields Super Valu 10 km is coming up on Sunday September 12th at 12 noon from the R.S.C. in Waterford.

### Track and Field

The Munster B Juvenile Championships and the Juvenile Combined Events are in Templemore Co Tipperary On August 29th. One of the Munster Cross Country Championships this season is scheduled for a Waterford venue. Its the Masters and Juvenile ( B ) and the date in Sunday November 28 th

### Summer Nite Out

Waterford Athletic Club are having their Summer Nite Out On Friday August 29th at "The Kazbar," John St Waterford ( Middle Floor ) from 8 pm, all members urged to come along.