

## Athletics by the All Rounder

### Final Section of All-Ireland Juvenile

On Saturday next the final section of the All Ireland Juvenile Championships are in Tullamore and Waterford athletes will be out in force and as usual several are expected to figure in the destination of honours. The days programme on the track begins at 10 am with the 1500 metres heats and check in for these opens at 8.45 am and closes at 9.15 am, the field events also begin at 10 am and again there is a closing off time for check in. Full programme of events and times are with all clubs and can also be viewed on the Athletics Ireland Website. After the championships the team to represent Ireland at the Celtic International in Athlone on August 7th will be announced.

### Three from Waterford for Barcelona

Athletics Ireland announced its team for the European Championships in Barcelona from July 27th to August 1st and three athletes from Waterford are included two from Ferrybank A.C. and one from West Waterford. The two from Ferrybank are Kelly Proper in the Long Jump and Niamh Whelan in the 200 metres, both are also included in a panel of six athletes from which the 4x 100 metres relay squad will be selected. Jamie Costin West Waterford is selected in the 20 km Walk, the final squad will be announced later on in July.

### National league

On Sunday last three Waterford clubs were competing in the second round of the National league Ferrybank men and women, West Waterford women and Waterford men and women.

In Santry Stadium Dublin both Ferrybank teams had many winners and both have gone on to the finals. In the women's premier section there were wins for Ferrybank by Jessie Barr in the 100 metres hurdles and 400 metres hurdles, Kitty Walsh 800 and 1500 metres, Patricia Barry 3000 metres, Kelly Proper Long Jump and Nicola Power Triple Jump. Ferrybank men in division one had wins with Thomas Barr 400 metres hurdles, Niall Tuohy 400 metres, Christopher Russell 200 metres, Paddy Hogan 3000 metres, Andrew Heffernan High Jump, Sean Archer Triple Jump, Thomas Houlihan West Waterford guesting for them won the Pole Vault and the men's 4x 400 Metres relay team also won. In Athlone the West Waterford women competing in Division One also had great results. The following won their events Zoe Scanlon, Shot Putt and Javelin, Lisa Houlihan 100 metres hurdles and Pole Vault the latter with a P.B. of 3.04 metres, Clare Collins won the High Jump and Aoidean Ashe the Discus and they are throu to the finals also. Waterford A.C. men and women back in the league after many years didn't progress to the finals but both sections had promising performances in Santry.

### Schools International

A number of athletes from Waterford schools were on the Irish schools team that competed in the Annual Intermediate International Track and Field meeting in Glasgow on Saturday last. Two had excellent wins and these were the ever consistent Megan Kiely Ursuline Convent who won the 300 metres hurdles decisively in 44.11 seconds and Kate Veale St Augustine's who made the 3000 metres walk a procession as she won by a distance in a time of 13 minutes 18.91 seconds, Ciara Giles Doran Mercy was second in the 200 metres in 24.61 seconds the race was won by Desiree Henry England in 23.66 a Championship best performance, James Green Comeragh C.C. was fourth in the 400 metres in 51.39 seconds this race was won in a time of 48.85 seconds by another English athlete Joshua Street. In the Discus Ciara Scanlon Ard Scoil na Deise was 6th with a personal best throw of 32.95 metres the winner Phoebe Dawson England threw 41.93 metres, England were the overall team winners with 498.5 points and Ireland were second with 329.

## Waterford One Two

In a 15 miles road race in Killarney on Saturday last Waterford athletes were in top form as they came home first and second. Philip Harty West Waterford won the event and John Cleary Ferrybank was second and in the Irish Runner 5 miles in the Phoenix Park also on Saturday Ravis Zakis West Waterford had a great result in a huge entry to finish 8th overall in a time of 25 minutes and one second. In Hungary last week end at the European Masters Decathlon Tom O'Brien Waterford A.C finished 8th in the over 40 category out of an entry of 19 and the first eight receive a special certificate..

## Track and Field Fixtures

Sat July 24th All Ireland Juvenile Championships, Tullamore. Saturday 31st July /Sunday August 1st. All Ireland Senior and Juvenile Combined Events Tullamore. July 27th to August 1st European Championships, Barcelona, Saturday August 7th Celtic Juvenile International Athlone, Sat August 14th National League Finals Tullamore, Sunday August 15th All Ireland Masters Championships, Tullamore. August 14th to 16th Summer Youth Olympics, Singapore

## Road Race Dates

Thursday July 22nd 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 30th 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 7 pm. Early reminder of Alan Everett Memorial 5 miles Road Race in Woodstown Co Waterford on Sunday August 29th at 12 noon.