

Athletics by the All Rounder

Three Waterford athletes

The European Championships began yesterday Tuesday in Barcelona and two athletes on the Irish team from Waterford Jamie Costin Ferrybank and Kelly Proper Ferrybank were both in action yesterday Niamh Whelan Ferrybank goes in the 200 metres heats on Thursday morning will have to produce a very fast time to progress into the next round and she has been running well and is capable of making a bold bid to make the semi final and is the Irish Champion this year. Proper and Whelan are both named on the Irish 4x 100 metres Relay panel of five athletes from which the final four will be selected they compete later in the week.

McCarthy under four minutes

In Santry Stadium in Dublin on Wednesday last David Mc Carthy West Waterford A. C. finished 6th in the Annual Morton Memorial mile in a time of three minutes 59. 79 seconds his first time under four minutes outdoors,he has already run one indoors also below four minutes, the race in Santry was won by an American Will Leer in 3.56.81. Also in Santry at graded races Alex Flynn Ferrybank had two personal best times, he won the 3000 metres in 8 minutes 56.13 seconds well inside his previous best and finished third in the 800 metres in 1 minute 54.43 seconds.

All Ireland Juvenile Championships

On Saturday last at the final section of this years All Ireland Juvenile Championships in Tullamore a number of athletes from Waterford clubs competed. Ferrybank A.C. had wins with Ciara Giles Doran in the u 16 200 metres in 25.01 seconds, Aisling Quinn in the 1500 metres u 14 in 4 minutes 50.57 seconds and two girls tied for first place with a third athlete in the under 17 High Jump Megan Kiely and Sorcha Murphy both cleared 1.60 Metres, Thomas Barr was second in the u 19 High jump and Tom Whelan third in the Shot Putt. West Waterford had three winners and these were Kate Veale in the 3000 metres Walk u 17 and again in a record time of 13 minutes 16.19 seconds, Kate Hickey won the u 16 Discus with a throw of 31.77 metres and Zoe Scanlon won the u 18 Shot Putt with a distance of 10. 70 Metres, Ciara Scanlon was second in the u17 hammer and in the u 14 200 metres Seamie Fennell was third, for Tramore Emmanuel Ojbonna was third in the triple jump u 16 And on Sunday also in Tullamore at the All Ireland Juvenile Relays Ferrybank u 18 girls won the 4x 300 metres event, the u17 girls were second in the 4x100 metres and third placings were secured by three teams the girls u 13, girls u 16, and girls u 18 also in sprint relays and the boys u19 were also third in the 4 x 400 metres.

Treacy's Record Goes

On Saturday last Andrew Ledwith Fr Murphy A.C. finished second in a top class 10000 Metres race and recorded a time of 27 minutes 34.6 seconds and this broke John Treacy's Irish record of 27.46 set in 1985, Ledwith has Waterford connections.

Ballymacarbry 5 Miles on Friday

Another race in the Ger Wyley Sports Summer Series goes ahead this Friday at 8 pm in Ballymacarbry Co Waterford on the main Clonmel to Dungarvan Road,. Its the 15 th Annual 5 miles and entries taken in the village from 7 pm and the race sponsors are Doocey's Bar

Track and Field Fixtures

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

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 7 pm. Sunday August 8th 4 miles Road race Cheekpoint Co Waterford 1 pm. Early reminder of Alan Everett Memorial 5 miles Road Race in Woodstown Co Waterford on Sunday August 29th at 12 noon.