

## Athletics by the All Rounder

### All Ireland combined event titles won

On Saturday and Sunday last in Tullamore a small number of athletes from Waterford competed in the All Ireland Combined Events in various age categories. Megan Kiely Ferrybank continued her excellent form by winning the under 17 title. In The over 35 section two athletes from Waterford A.C. both won titles Tom O'Brien and Jacinta Power.

### Munster Masters.

On Sunday last at the Cork I.T. track several athletes from Waterford A.C and West Waterford competed in the Munster Masters Championships and there were many medal winners in the various age categories. For West Waterford the following had wins, Corina Walsh 100, 200,400 and 3000 metres o35, Jacinta Sheil, Hammer, Javelin and Shot Putt o 50., Joe Gough 1500 metres O 55 , Bernie Prendergast 100 m o50, Harry O'Brien 800 m o 45 Josie Ui Chuirrin 800m o 45, Frank O'Brien Discus O 45, and the women's relay team o 45 also won there were several silver and bronze medals winners also. Waterford A.C. ladies had six wins with Deirdre Chapman in the Shot, Discus and Javelin o 35, Jacinta Power Long and High Jump o 35, Cathy Cronin 400 m o 40 while their men had two victories Frank Quinlan the 800 metres o35 and Finley Weir the 400 metres o40 and again Waterford had several silver and bronze medal winners in the men's and women's section.

### Celtic Juvenile International

On Saturday next August 7th the Annual Celtic Juvenile International Track and Field meeting will be in Athlone I.T Centre and five young athletes from Waterford are on the Irish selection. West Waterford supply athletes in three of the individual events and these are Zoe Scanlon in the Shot Putt and Discus u 18 and Lisa Houlihan in the Pole Vault in the same age group, Ferrybank have athletes in two individual events Megan Kiely u18 300 metres hurdles and Ciara Giles Doran in the u 16 75 metres hurdles and both of them are on Relay panels Megan u 18 and Ciara u 16 mixed . This fixture was originally planned to be in Waterford but at the time it was finalised the facility at the R.S.C. was deemed unsuitable especially with regard to Field Events areas such as Shot Putt, Hammer and Discus Throwing Areas and the Pole Vault. Many of the problems at the R.S.C have now been resolved and hopefully any that are outstanding will be finalised soon and the news gets passed on to the people who make the fixture decisions, but these fixtures are made very early in any given year usually January. or maybe even sooner..

### Road Races

Two road races are scheduled for East Waterford this week end. On Saturday with a 7 pm start the second Annual Gaultier Football Club 10 km will begin at the clubs grounds in Ballymabin just a mile or so from Dunmore East on the main Waterford /Dunmore Road entries from 6 pm at the venue, more details available on Gaultier G.A.A. website. On Sunday there will be a 4 miles run in Cheekpoint as part of the Festival there and it begins at 1 pm and entries there from 12 noon..The venue is situated approx 8 miles from Waterford City out the Dunmore Road as far as Blenheim Cross Petrol station and shop then left and follow sign posts for Cheekpoint which will bring you underneath the bridge at Jack

Meade's Pub and on through Faithlegg.

Barcelona.

Those close to the Irish athletic scene and those working with athletes week in week out will be pleased with many of the performances of the Irish athletes at the European Championships in Barcelona last week. To make it to a final at this level is quite an achievement and this can only be done with rigorous training, lots of self discipline and sacrifices, a healthy lifestyle and drinking and smoking and late nights are out of the question. All of the 33 that represented Ireland in Barcelona whether they did or did not perform well are in this scene. The athlete for the big occasion Derval O'Rourke once again was the Irish star with a silver medal in the 100 metres Hurdles and it was just two hundreds of a second from being gold as she bettered her time in her three races in Barcelona, in her heat, semi final and final with a new Irish record, what more could you ask for. The other big hope for a medal David Gillick in the 400 metres had a fine first round, a brilliant semi final and by his own high standards his running in the final where he finished fifth was below par and as he stood at the start the pressure he had put himself under was obvious when the athletes were introduced to the crowd, yet only hundreds of a second separated him from being in contention for a medal, the race was won in 45.08 seconds and Gillick's time in fifth place was 45.28. Medal hope number three Olivie Loughnane had to pull out of the 20 km walk at an early stage due to the re occurrence of a stomach bug that had kept her out of the Irish Championships a few weeks earlier. Paul Hession in his 200 metres heat, semi final and final probably ran his worst three races of the season and may have peaked a few weeks ago but nevertheless he made it to his first major final and he too was only hundreds of a second behind the winner who clocked 20.37 to Session's 20.71.. Walker Robert Heffernan had a terrific championships finishing in the dreaded fourth place in both the 20km and three days later the gruelling 50 km with a new Irish Record, Ailis Mc Sweeney was most unlucky not to have made the 100 metres final losing out by the narrowest of margins and visually impaired Jason Smyth reached the 100 metres semi final and was not too far off the making the final either so for him it was a great championships and Joanne Cuddihy in the 400 metres semi final also did well as did our own Niamh Whelan who is covered in little more detail below. The Irish Women's 4x100 metres and 4x 400 metres relay teams also failed to make the final again by inches with both setting new Irish records while the men's 4 x 400 metres squad with David Gillick included would have definitely made the final but Gillick pulled out the day after his 400 metres fifth placing and this was not fair to the other members and not at all acceptable. For the Waterford athletes competing on the Irish team there were mixed fortunes. On Day one Jamie Costin West Waterford was in the very first event the 20 km Walk Final and finished 20 th of the 23 finishers and was never in a prominent position but his finishing time was quite good nevertheless in a very demanding event. Kelly Proper Ferrybank was also in action on Day one in the Long Jump qualifiers where each athlete is allowed three jumps. Unfortunately all Kelly's three efforts were no jumps and this meant elimination. Even if she had got in a valid jump or two it is doubtful if on her form this year that she would have made the final. To make that final she would have had to clear 6.63 Metres and her best this year was 6.41 metres. She will have to work very hard on her run ups to hit the board bang on in the majority of her jumps and if she can regain the form she was in last year when she cleared over 6.6 metres then she can still be a good senior International athlete with lots of time on her side and many major championships ahead.. Niamh Whelan was in action on Friday in the heats of the 200 metres and made it to the semi finals by finishing in fourth place in her heat qualifying as one of the fastest losers in a time of 23.78 seconds, in the semi final she finished sixth in her race in a much better time of 23.31 seconds just 0.1 second outside her personal best and she also ran a fine leg on the Irish 4x 100 metres relay team. The 20 year old did very well in her first major competition and will be very pleased to have made the semi final of the 200 metres and also to have gained valuable experience again hopefully her best days are ahead. So as can be seen from above there were lots of positives with regard to the Irish performances and it has to be taken into context when you consider that the number of registered senior athletes in Ireland in comparison to other sports is very small indeed and there's very little support by the public at fixtures generally. The Great Britain team had an outstanding championships and for once R.T.E. Television and Radio and also the local Radio Stations gave great coverage of the championships and helped give the Irish people an insight into the athletic scene in the country and the many fine young men and women that can rub shoulders with the best in Europe and all the R.T.E commentators and analysts were tops with Jerry Kiernan being particularly articulate and to the point

Philip Harty wins.

The second last race of the Ger Wyley Sports Summer Serues went ahead in Ballymacarbry on Fiday last and it

attracted an entry of 167 athletes. It was the 15 th Annual Doocey's Bar 5 miles and Philip Harty West Waterford back in top form was the very impressive winner in a time of 25 minutes 53 seconds, the ever consistent Brian Murphy Carrick on Suir was second in 26.27 and Rory Moloney West Waterford was third in 27.25 Pauline Lambe Waterford A.C. set a new course record of 29 minutes 48 seconds in winning the ladies section again with a top class run, Angela Mc Cann Clonmel was second in 30.29 and Martina O'Dwyer Carrick on Suir was third in 30.30. .First Man o 40 Ted Flannelly Slaney Olypmic, 045 his brother Matt do, o50 Tom Moroney, West Waverford, o 55 Con Kelleher Waterford, junior Damien Murphy Cappoquin, First Woman o35 Corina Walsh West Waterford,o40 Ann Dunford do, 045 Ann Whelan do o50 Bernie Prendergast do Junior Niamh Tebay Waterford.

Track and Field fixtures.

Saturday August 7th Celtic Juvenile International Athlone, 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 and Combined Events Templemore.

Road Race Dates.

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. Friday August 13th An Tobar 5 Miles Ardmore Co Waterford (final race Ger Wyley Sports Series )7.30 pm. Annual Alan Everett Memorial 5 miles Road Race in Woodstown Co Waterford on Sunday August 29th at 12 noon.

Waterford A.C. News

Waterford Athletic club have the following training sessions going ahead at the moment and they are as follows; .. Tuesday Improver/Competing athletes 5.45 pm with 5k recovery run (optional) after, also Casual 4 to 6 miles road run starting at R.S.C. 7 pm Thursday same as Tuesday but sessions reversed . Wednesday casual 4 to 6 miles road run Tramore opposite Majestic Hotel 6.30 pm, contact Con Kelliher, Circuit Training Cill Bara Ctr, Ballybeg Drive at 7 pm. Times for the week end runs are a bit variable depending on who is doing them and as the distance increases the start times get earlier but they are usually as follows Saturday Long run from The Woodlands Hotel at 9.30 am and Sundays long run 11 to 15 miles from Woodland Hotel at 8 .30 am. New members are welcome at all sessions and the contact for adult road training is Derek Grant on 087 2893485 and track Bryan Swaby 087 2343520 or club captain Tom O'Brien at email tomatwaterfordac.com can advise on all, Juvenile Training will resume in a week or two The Waterford A.C. Website has all the details and lots of other news. Similiarly all clubs in Waterford have regular training sessions and those with websites have all details. The other Waterford clubs are Ferrybank, Tramore , West Waterford, K.C.K. An Ghaeltacht and most of these have websites. If clubs haven't got athletes training regularly and using their allocated training time to the full - no sitting around and chatting etc- then very few results will be achieved by the athletes in that club and small groups are the ideal scenario for sessions.