

Athletics by the All Rounder

West Waterford walkers set new record

At the Cork City International Sports on Saturday last two race walking athletes from West Waterford A.C set new Irish records, one senior and one junior. In finishing second to Luke Adams from Australia in the 3km Jamie Costin clocked a brilliant new senior record time of 11 minutes 12.07 seconds and for a man better known over the longer distances it was a brilliant result. In the ladies 3 km Kate Veale smashed her own Irish junior record to pieces when she had a time of 12 minutes 58.6 seconds her first time under 13 minutes for the distance, her race was won in 12.51.06 by Olive Lougnane World Silver medalist and Kate was not too far off at the finish, in the Long Jump Kelly Proper, Ferrybank was again below her best as she finished third with 6.19 Metres and David Mc Carthy West Waterford was sixth in the 1500 metres in a bunch finish with inches separating the first six home another Ferrybank athlete Alex Flynn was third in a development 1500 Metres. On Saturday and Sunday at meetings in France Jessie Barr from Ferrybank was in top form as she won a 400 metres Hurdles on Saturday in 59.78 seconds and on Sunday she was third in a similar race in a personal best time of .58.74 seconds.

Lots of All Ireland Juvenile Winners

Athletes from Waterford were very much in the picture at the All Ireland Juvenile Championships in Tullamore last Saturday and Sunday with those from Ferrybank A.C .most successful. They won numerous titles as well as silver and bronze medals and the following were their winners; Ciara Giles Doran u 16 Sprint 100 Metres and she also won the 250 Metres Hurdles with a new record of 34.25 seconds, the other victories were secured by Ben Kiely u 17 300 Metres Hurdles, his sister Megan in the same event again u 17 300 Hurdles with a new record of 43.59seconds, Cara Kennedy u 19 Hammer, with a throw of over 54 Metres just outside the European Junior Qualifying distance., Thomas Barr u 18 400 Metres Hurdles, Neasa Murphy u 14 High Jump, Aoife Harrison u 13 Long Jump,

Silver medals went to Megan Kiely, Sprint Hurdles u 17 and 300 Metres u 17, Jade Power u 17 Discus, Tadg Brennan u 13 600 Metres, Anne Corcoran u 12 Shot Putt, Aisling Quinn u14 800 Metres, and bronze medals were won by April Flynn 300 Metres hurdles u 17, Amy Foley Javelin u 13, James Greene 400 Metres u 18, Anne O'Shea 100 Metres u 16 Orla O'Brien U 13 Shot Putt, Anne Corcoran u 12 Long Jump and High Jump. West Waterford had good results also with wins by Thomas Houlihan in the u19 Pole Vault with a new record of 4.40 Metres, his sister Lisa won the Pole Vault u 18 and Zoe Scanlon won the u 18 Discus and silver medal winners were Leanne Herlihy u17 Pole Vault, Michelle Kenneally u18 hammer, Laurence Houlihan u17 Pole Vault and Clare Collins u 19 High Jump and Martin Houlihan u17 Pole Vault and Lisa Houlihan 100 metres Hurdles u 18 both won bronze medals. For Waterford A.C. there were two medal winners as Caroline Farrelly and Siobhan Heylin were second and third respectively in the 2000 metres steeplechase u 18 and Denise O'Connor Tramore was third in the u 13 Hurdles.

All Ireland Senior Championships in Santry

On Saturday and Sunday next in Santry Stadium, Dublin the Woodies D.I.Y All Ireland Senior Track And Field Championships are on and all Ireland's top athletes will be competing including several from clubs in Waterford. Defending her titles for the third successive year will be Kelly Proper Ferrybank A.C. in the Long Jump and 200 Metres, she also won the Long Jump in 2006 and 2007 so this week end she will be aiming to make it five Long Jump titles in a row. Other athletes from Ferrybank expected to figure prominently are Niamh Whelan 100 and 200 Metres, Christopher

Russell 100 and 200 Metres, Billy Ryan 400 Metres, Jessie Barr 400 Metres Hurdles, Mairead Murphy 100 Metres Hurdles and for West Waterford Kate Veale 5000 Metres Walk, Jamie Costin 10000 Metres Walk, David Mc Carthy 1500 metres and the Houlihans in the Pole Vaults, Saturday's programme begins with the Hammer at 11 45 a.m. for women and the track events begin at 12.40 p.m. with the 5000 Metres Walk for women and on Sunday the first event will be the men's Hammer at 10.30 a.m and the first track events are the 100 m heats for men at 11.30 am followed by the Men's 10000 metres Walk at 12 noon. The full programme for both day's is on the Athletics Ireland Website.

Paddy Flynn Win's in Dublin

On Thursday evening last two athletes from Ferrybank A.C. had good runs in a race in Dublin. Paddy Flynn won the 800 Metres race in a time of 1 minute 53.01 seconds and Alex Flynn finished third in 1 minute 54.71 seconds a personal best for him.

World Qualification

Last week Emmet Jennings son of Mary B Ryan Jennings Waterford A.C. qualified to compete at the World Junior Championships later this month in Canada. He achieved the standard in the 3000 Metres Steeplechase in a race in Dublin at a Milers Club Meeting..

European Athletic Qualifiers

At time of writing the following Waterford athletes have qualified for the European Championships in Barcelona later this month; Jamie Costin West Waterford 20km walk, Niamh Whelan Ferrybank 200 metres and Kelly Proper do Long Jump.

Track and Field Fixtures

Saturday and Sunday July 10th and 11th All Ireland Senior Championships Santry, Sat July 17th Schools International Track and Field Glasgow, Sunday 18th Second Round national Senior League, 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 July 9th Glaxo 5 Miles Dungarvan at 8 pm another Ger Wyley Sports Series Race, Friday 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, Early reminder of Alan Everett Memorial 5 miles Road Race in Woodstown Co Waterford on Sunday August 29th at 12 noon.

Track Open

A reminder again this week that the Track at the R.S.C. is open every Saturday and Sunday for training, all clubs and individual athletes are urged to use the facility.