

Athletics by the All Rounder

In very wet and windy conditions the 10th Annual Baldyman 8km run took place on Tramore Beach on Monday December 27th and it attracted an entry of 250 with the proceeds going to the Manor of St John Youth Group in the City. Leading from the start Alex Flynn Ferrybank AC a native of Tramore was the impressive overall winner in a time of 32 minutes and 15 seconds, another Ferrybank AC athlete Paddy Flynn was second in 32.44 and Alan O'Shea from Bantry was third in 32.58. Martina O'Dwyer Carrick on Suir was the winner of the ladies section in a time of 38 minutes and one second, Diane Behan Waterford AC was second in 38.20 and Sylvia Malone also from Waterford AC was third in 40.28. The following are all the results. Men 1 Alex Flynn Ferrybank 32.15, 2nd Paddy Flynn Ferrybank 32.44, 3rd Alan O'Shea Bantry 32.58. Junior 1 Shane Maher Ferrybank, 2 Darragh Murray Dunhill, 3 Conor Mc Carthy Ferrybank. o40 Ted Flannelly Slaney Olympic, o45 Eoin Palmer Waterford, o50 Dermot Power do, Team West Waterford Women 1 Martina O'Dwyer Carrick on Suir 38.01, 2 Diane Behan Waterford 38,20, 3 Sylvia Malone do 40.28. Junior 1 Orla Murray Ferrybank, 2 Niamh Trihy Waterford o35 Caitriona Gough Waterford, o40 Jacqui Mc Gee Tramore, o45 Philipa Carney Tramore Non Athletic Team Dunhill. Under 14 boys 5km 1st Tadg Brennan Ferrybank, 2nd Ben Breslin Tramore, 3rd Hugo Blair Waterford u14 Girls Niamh Casey Ferrybank, 2 Krista Meade do, 3rd Zara Breslin Tramore. The Gardai and several voluntary groups were involved on the day and Tramore GAA and The Majestic Hotel provided facilities also. The organisers wish to thank one and all and of course all the athletes that competed.

Weekend Fixtures

Coming up this week end are the following fixtures. Saturday Jan 8th Edinburgh International Cross Country, Sunday Mallow 10 miles road race 12.30pm full details on the race website or from 085 2432115. Sunday also Munster Senior and Junior Indoor Championships in Nenagh with many Waterford athletes expected to compete, first event is at 11am.

All Ireland Indoor Fixtures January 2011, Nenagh

Saturday 15th All Ireland Junior Championships, Sunday 16th A.A.I. Games, Saturday 22nd All Ireland Senior, Junior, Masters Combined Events, Sunday 23rd All Ireland Masters Individual Championships, Saturday 29th All Ireland Juvenile Combined Events. The National Novice and Juvenile Cross Country Championships under 11,13,15,17 and 19 are in Tullamore on Sunday week January 16th at 11.30 am.

Munster Championship Fixtures January 2011

Sunday next 9th Munster Senior and Junior Indoors Nenagh. Sunday 16th Munster Senior and Junior Cross Country and Juvenile Relays Clare Venue.

New Date

The Waterford AC Half Marathon will now take place on Saturday week January 15th 2011 at 12 noon. All entered for original day please note your entry still stands for Jan 15th.

Quantum Life 10 Miles Road Race

The above fixture is in Dungarvan on January 30th 2011 Entries close

on January 17th or when 1.500 entries is reached, enter online at

www.dungarvan10mile.org and no entries taken on day of race. Contact number 086 8184762

Winter League

The Winter League in the city will resume this week on Thursday January 6th at the RSC at 7PM.

Waterford AC Training Resumes

Tuesday Jan 4th: Juvenile training for those aged 8 and over at the RSC 7pm resumes weekly.

Wednesday Jan 5th: Circuit training at Cillbarra Sports Centre at 6:50pm and Casual run in Tramore at 6:30pm, Friday Jan 7th: Juvenile training for all members in the RSC at 6:30pm resumes weekly Monday Jan 10th: Beginner/improver track session at 7:30pm resumes weekly Tuesday Jan 11th and Friday Jan 14th: Improver/competing athletes track session at 5:45 at the RSC resumes weekly Wednesday Jan 12th: Beginner Track session at 7:30 resumes weekly. Saturday Jan 15th 12noon: Note: In the event the RSC is closed any evening the casual runs from the RSC on Tues and Thurs will start at the Superquinn Carpark

Dunhill Race

The 5th Annual Anne Valley 5-mile Challenge will take place on Valentine's weekend, in Dunhill on Saturday, 12th February 2011 and proceeds this year will be donated to a number of commendable organizations, the Jack & Jill Foundation, the Order of Malta new ambulance Appeal and the Boatstrand Sea Safety.

More details available please contact Maire Harney by telephone on 087-7511797 or 051-396497 or by email on annevalleyrunning@hotmail.c

Team Manager/Coaches for the Schools' Internationals

The Irish Schools' Athletic Association welcomes applications from suitably qualified people for the positions of Team Manager/Coaches for the Schools' Internationals which are detailed below AVIVA SIAB Schools' Cross Country International Greenmount, Co Antrim 26th March 2011 4 positions, AVIVA SIAB Schools' Track & Field International Cardiff International Stadium 16th July 2011 6 positions, Anybody interested in one or all of the above positions should apply in writing before the 14th January 2011 to: John Shields, Administrative Director, ISAA, Athletics Ireland, 19 Northwood Court, Santry, Dublin 9. 087 2633376.

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