

McCarthy qualifies for World Indoors



David McCarthy, West Waterford AC, right, races behind eventual winner Jakub Houolusa, Czech Republic, during the men's 1500m at the Woodie's DIY AAI Open Indoor Games. Athlone Institute of Technology Arena. Photo: Pat Murphy / Sportsfile

James Veale

David McCarthy (West Waterford) turned in a super performance in the 1,500m at the All-Ireland indoor games in Athlone on Sunday last when he improved on his indoor season opener recently of 3:42.33 at an Indoor Classic in Vienna.

David set a personal best of 3:39.14 which was inside the qualification standard of 3:41.00 for the World Indoors in Poland.

McCarthy plans to compete in the 800m in the Intervarsity Championships next weekend followed by the 3000m at the Senior Championships.

The race was won by Jakub Ouolusa of Czech Republic in a new national record of 3:38.79. This was David's first time breaking the 4.40 minute barrier over 1,500m, a fantastic break through for the talented Ballinamult man.

Lisa Houlihan (West Waterford) won the ladies pole vault with a vault of 2.60 and her brother Thomas was second in the senior men's competition with a vault of 4.40.

Rory Moloney ran the 3,000 meters and finished seventh with a time of 9.35 .Rachel Power threw a new personal best of 7.46 in the 3k shot (classification f37).

Sean Curran ran strongly to finish third in the 1,500 meters clocking 4.11.87, James Ledingham was back from a recent injury competing in the 800 metres and he finished fifth in 1.54.29.

Ferrybank athletes also performed very well at the event. Kelly Proper recorded a big double when she won the long jump with a leap of 6.23m and finished first in the 200m in 23.91

Niamh Whelan finished second in the 200m and fourth in the 60 metre final.

Neasa Murphy was second in the high jump when clearing 1.65 meters, while Niall Tuohy was fifth in the 800 in a time of 1.49.49 and young Ben Kiely set a new personal best time of 22.65 to finish second in the 200m. Niamh Mc Nichol was fourth in the ladies 200 metres