

Joe Gough set for World Masters



St Senan's Isabel Morgan scooped the silver medal in the girl's u16 1,000m walk at the national championships last weekend.

Starting today (Tuesday, 25 March 2014) and running on to Sunday the World Masters Indoor Championships are in Budapest with an entry in excess of three thousand five hundred athletes from many countries around the globe, men and women in various age categories and Joe Gough West Waterford and Tom O'Brien Waterford AC compete there.

Joe who set a world record in the over 60 category over 800 metres in Athlone recently will be one of the main contenders for the 800 metres title but will face very stiff opposition from current outdoor champion and former European and American champions.

His first round heat is today Tuesday in the afternoon and assuming he makes the semi-final this will be on Wednesday morning with the final on Friday afternoon.

He is also entered for the 1500 metres with the semi final on Saturday and final on Sunday so it looks as if a busy week for Joe lies ahead and his vast experience we hope will see him come up with another big one.

Tom O'Brien is entered in the high jump over 45 and as the Irish record holder in the event he should figure prominently also.

Juvenile athletes keep Waterford flag flying in Athlone

Athlone was the venue last Saturday and Sunday for two sections of the All Ireland Juvenile Indoor Championships under 12 to under 19 and athletes from three Waterford clubs got among the medals with Ferrybank doing particularly well.

For Ferrybank Paul Murphy won the under 19 400 metres in 48.96 seconds a championship best performance and he also was second in the 200 metres.

Neasa Murphy won the u18 high jump with 1.63 metres, Orlaith O'Brien the under 16 shot putt with 11.11 metres, a personal best.

Tom Gallagher won the u14 high jump with 1.63 metres, he was also second in the long jump and third in the hurdles, all personal bests.

Praise Oweye won the u12 60 metres in 8.58 seconds and was second in the long jump and third in the shot putt ,all again with personal bests.

Niamh Mc Nicol was second in the u18 200 metres and she also won a bronze medal in the 60 metres with a personal best. Other bronze medal winners were Siobhan Whelan u19 triple jump and Kylie Heinen in the u12 high jump both with personal bests and Anne Corcoran in the shot putt u16.

Waterford AC also did very well. They had a first and a second in the boys u12 long jump with Jack Deegan winning and Victory Eddy second. James Murphy was second in the u15 high jump and third in the long jump and Emma Caulfield was third in the under 14 walk while Shane Monagle took the silver medal in the under 15 hurdles for Tramore with a personal best, he was beaten by inches.

The third day of these championships which are an all relay event are in Athlone on Saturday next at 10.30 am

Waterford Primary School Sports

The annual Waterford Primary School Sports is at the RSC on Tuesday next at 11 am with races for boys and girls including a sprint and middle distance and relay in each age category. These are under 8 ,9,10,11,12 and over 12 for children born 2001 or before. Please note this sports is confined to Waterford City Primary Schools and those in close proximity to the city in County Waterford.

Road Races

On this Friday March 28th the Glor na Mara 4 miles is in Tramore at 6 pm.

Registration is at Oceanics Surf School from 4.30 pm. €10 entry fee and race starts at 6 on the prom.

On Sunday next the Munster Novice and Senior Road Championships are in Carriglea near Bushy Park outside Dungarvan at 1 pm There will be a number of men and women from Waterford clubs participating and entries are closed ,no entries on day. Another imminent race is on Friday 4th April the Waterford AC/WIT 5 km 7 pm at WIT Sports Campus.

Fintan Walsh