

Thrills and spills at Sportshall finals

THE ENNISCORTHY Astro Turf Centre was a riot of colour and noise last Wednesday for the annual County Wexford Sportshall Finals.

Sportshall is just about the most fun children can have while still getting their daily ration of exercise. If one were to say that it involves running, throwing and jumping one would be selling the thing short.

Sportshall involves negotiating a series of activities that require fitness, agility, co-ordination and concentration. Add team work to that list and you have the ingredients for what it takes to come out

on top.

Whatever is in the water out Adamstown way they would appear to have all the necessary components in great abundance. They were victorious in both the younger and older girls' categories and finished third in the 3rd/4th Class Boys group.

Adamstown then went on, unbelievably, to end up in a three-way tie for the top spot in 5th/6th Class Boys with Crossabeg and Ballyhack. Following the completion of all twelve events each team had accumulated 36 points. This led to a 4 x 1 lap relay, run-off to decide who

would go to the National Sportshall Finals in Athlone.

Adamstown and Crossabeg took off like the proverbial scalded cats and put daylight between themselves and Ballyhack. One of the Crossabegs stumbled and the ever sure-footed Adamstown opened a gap which was never closed.

It has become something of a cliché to say that it's the taking part and not the winning that is important. Yet this is the bedrock upon which Sportshall Athletics is built. This was a truly entertaining and enjoyable day for everyone.

RESULTS IN DETAIL

Classes 3rd & 4th Girls: 1st Adamstown 43.5pts; 2nd Crossabeg 34.5 pts; 3rd Ballyhack 23 pts; 4th Mercy Wexford 22 pts.

Classes 5th & 6th Girls: 1st Adamstown 46pts; 2nd Mercy Wexford 28pts; 3rd Crossabeg 27 pts; 4th Ballyhack 22 pts.

Classes 3rd & 4th Boys: 1st Crossabeg 39.5pts; 2nd Ballyhack 33pts; 3rd Adamstown 31.5pts; 4th Mercy Wexford 16 pts.

Classes 5th & 6th Boys: 1st Adamstown 36pts; 2nd Crossabeg 36 pts; 3rd Ballyhack 36pts.

Striders Juveniles in action

THE JUVENILE United Striders were in action at Day 3 of the Leinster Juvenile Indoor Championships, held at the new National Indoor Arena, at Abbotstown.

The club had multiple relay teams and a number of individual athletes performing in their track and field events. The girls were outstanding in their field events, with Aoife Muldoon winning gold in the Triple Jump and Ciara Kelly winning silver in her High Jump. Both girls were a shade off their PBs, but this was a great start to the season for both.

Aedan Rogers looked very strong in finishing 4th place in his 1500m event, which qualifies for the National Indoor Championships.

The Girls U18 and U17 sprint relay teams both made their respective finals and were very unlucky to miss out on the medals. The club also had Girls U16 and U15 teams who both ran really well in their sprint relay heats.

Well done to Aoife Muldoon, Ciara Kelly, Aisling Power, Alannah Byrne, Aoife NiEochaidh, Grace Costello, Grainne Flannelly, Rebecca Bawden, Eve Byrne, Erinn Shannon, Ellie Quinn, Ciara Murphy, Clodagh Foran and Louise Doyle.

The Boys U16 team of Aaron Browne, Adam O'Connor, Patrick Doyle and Cian Flanagan was in great form and raced to an impressive silver medal in their 4x200m relay.

The U14 team of Aidan Shannon, Oisín McEochaidh, Darragh Flannelly and Owen Lennon were very impressive in their heat and were just outside the medals in a final that had plenty of drama. Also running well were Sean Lennon, Finn Kelly, Caolan Costello and Eoin Shannon, who finished second in their heat and were unlucky not to make the final as a fastest loser.

Saidhbhe impresses in Glasgow

SAIDHBHE BYRNE placed an impressive 3rd at the Scottish Indoor Combined Events Championship last weekend. The setting was the fabulous Emirates Arena in Glasgow.

Saidhbhe, competing in the five events of the Indoor Pentathlon (U13), was unfazed by the occasion and, if anything, reacted positively to the pressure of competing at such a highly competitive level.

She achieved a PB in the High Jump (1.41m) and another in the 800m (2.44.96). Not content with this she went on to nab another PB, along with a Championship Best Performance, in the 2.42kg Shot Putt (7.99m). Indeed, both Saidhbhe and the girls in 2nd and 3rd, were inside a CBP which had stood since 2009.

A 4th placing in the Long Jump and a 5th in the 60m Hurdles were enough to secure the bronze for the



Saidhbhe Byrne (left) finished in an impressive third place in the Scottish Indoor Combined Events Championship last week.

Enniscorthy girl.

Saidhbhe has been turning heads with her ever improving form. Last year she made something of a break-through making the

podium at provincial level in a handful of events, bagging an Ulster Combined Events medal and qualifying for five national finals.

Saidhbhe started 2017

with the wind in her sails. First there was a 2nd place finish in the Munster Combined Events. She followed this with a 3rd place at the All Ireland Combined Events. Then in February she won two individual silver medals at the Leinster Indoors.

This month she is looking forward to competing in the 60m Hurdles and the Long Jump at the National Indoors. That this versatile and talented young lady also finds time to play football for club and county says something for her all-round athletic abilities.

Under the guidance of coaches Terence Mahon, Pat Coarty and High Jump specialist Nicky Cowman, Saidhbhe is developing into a multi-events athlete of substance.

We have no reason to doubt her ability to follow in the footsteps of any one of her top role-models, Dervla O'Rourke, Thomas Barr and Jessica Ennis Hill.



Jackie Carty, coach Pavel Kolesnikov and Niall Sheil at last weekend's Irish Life Masters indoor Championships.

Athletics Diary

March 19th: Athletics Wexford Novice Road Races - 3k and 6k (11am). Hosted by Slaney Olympic.

March 25th: Irish Life Health National Juvenile Indoor Championships Day 1, Athlone.

March 26th: Irish Life Health National Juvenile Indoor Championships Day 2, Athlone.

April 1st: Irish Life Health National Juvenile Indoor Championships Day 3, Athlone.

April 2nd: Athletics Wexford Intermediate Road Races - 4k and 8K (11am). Hosted by Croghan A.C.

Busy weekend for SBR club athletes

IT WAS a busy weekend of racing for SBR with a number of races around the county and beyond, well done to all competing.

Belinda Kehoe continued a great 2017 with a 2nd place finish in Gorey on Saturday over 5k with a Park Run PB of 21:28. Michael Sweeney finished a brilliant 9th out of 97 in 21:25 on the men's side.

Louise Kehoe was the 4th woman home in a new 5k PB on Sunday at the Oylegate Camogie Club 5k. Paul Gibbons rounded out a fantastic week finishing 1st overall in the Men's 10k.

Eugene Doherty had possibly the race of the weekend in 3rd place overall out of 304 in Go Neon 5K in Wicklow. He was 1st in his age category over 60 and was not far off the race winner.

SBR had another massive turnout at the St. Patrick's Special School 5k in Enniscorthy on Sunday. Times are still being processed but competitors included Tomas Kavanagh, Niall O'Connor, Patrick Curley, Tomas Breen, Marie Cullen, Adrian

Doyle, Eilish Kehoe, Christine Hill, Frances Murphy, Pat Creane, Mag O'Leary and Liz Breen.

The SBR club had a great turnout at Saturday night's Gorey Night Run 5k in aid of Wexford Hospice Homecare. More than 20 SBR runners were in the field of over 600 and some great times and PBs were recorded on a challenging course. Pedro Calvo took top honours in the race, placing first in a time of 16:36 with SBR's Paul Gibbons in 3rd place in 16:45.

On the Women's side Belinda Kehoe ran a brilliant race to finish 3rd overall in 21:18 and close behind her was SBR's Clodagh Dunbar in 4th overall in 21:46.

Please note that the SBR Spring League continues Wednesday night at 7.30pm from the Square in Ferns with registration at 6.45pm over the two mile distance. Conclusion of the league then on Wednesday, March 15th in Ferns.

For all fixtures, club information and results please visit www.sbrclub.com.

Super victory for St. Killian's athlete Niall

NIALL SHEIL of St. Killian's Athletic Club travelled to Athlone on Sunday last to compete in the National Masters 1500m Over 35.

The pressure was on, with Niall having won this title for the last two years and he had a great race and showed all his experience, taking control from the start in a very competitive field.

This tactic paid off with Niall finishing strongly to take a super victory. Niall has been in great form, winning three titles in a row is a great achievement.

Well done to his coach Pavel Kolesnikov who had been instrumental in Niall's consistency and success.

Indoor gold for Wexford Masters

AT LAST weekend's Irish Life Masters Indoor Championships in Athlone there were wins at 1500m for both Jackie Carty (Kilmore) and Niall Sheil (St Killian's).

DMP athlete Antoinette Stafford won gold in the 200m while Siobhan Doyle of Menapians A.C. was

thrilled to be crowned National Champion over 60m.

United Striders came away with four bronze medals courtesy of Gavin Kelly (200m), Sonya Byrne (800m), John McGrath (800m) and Ted Flannelly (3k).