

NATIONAL RECORD FOR BANDON ATHLETE

On yet another wet and dreary day, the All Ireland Masters [Over 35] Athletics Championships were held on the 18th of August last in Tullamore. Despite the Bandon Club being poorly represented on the day due to injury, illness and other commitments, the Club managed to come home with a National Record and a total of 15 medals, 13 of which were gold. Liz McCarthy Coomey continued to show her form as a multi-eventor/pentathlor winning a total of 5 individual gold medals in the Hammer, Shot, Long Jump, Discus and High Jump and gained a further 2 golds being a member of the 4x100m and 4x400m winning relay teams. Colette Hurley Tuthill won the 3000m walk in a time of 15.24 and in doing so, set a new National Masters Record. Colette also got gold in the 400m, bronze in the discus and was also a member of the 2 winning relay teams. Geraldine Lovell got the bronze in the 200m and she too was a member of the relay teams. Thank you to Priscilla O' Sullivan of the Skibbereen Club who made up the fourth person on both relay teams making the team a West Cork Team. This was a remarkable achievement for just 3 representatives from the Club. Well done to all.

The Masters' events are being run in both track and field and cross-country for many years now and cater for the more mature age group [!], i.e., o35/o40, /o40/o45 and carrying on in this 5 year age gap all the way up to o80 covering all events in each age group. This is a fabulous sport to be involved in, both for the person who just wants to keep fit and set their own goals and also for the more competitive among us. The atmosphere is brilliant on competition days with loud cries of "com'on mammy and daddy" to be heard and participants receive great encouragement from friendships made. Of course events like these can be a great social event too. So com'on mummies and daddies among us, you don't have to be super-fit, fast or of any certain age to get involved. Air those running shoes! Contact Liz Coomey at any club training session if interested.