

DAVIS LEADS WAY FOR TRIATHLONE

TRIATHLON: Emma Davis, the first Irish triathlete to qualify for an Olympic Games, leads the entry for Saturday's Waterways Ireland Tri Athlone. Davis, now aged 22, won the Irish Championships at Lough Neagh in 2006 and, with an Irish father, decided to declare for Ireland.

So far this year, Davis has made the top 10 at two World Cups and finished 17th at the World Championships, enough to confirm her place for Beijing. Aged 22, she is ranked third on the UK list. Competing in the men's elite race is the UK veteran Richard Standard, who is Davis's coach and partner.

Among the 1,500 fun runners in action earlier in the day will be six individuals and ten teams from Snap Printing.

They are raising money for a number of charities including South Westmeath Hospice Foundation, Cystic Fibrosis, Casa, Respect and the Marie Keating Foundation.



AHEAD OF THE PACK: Kevin Grogan (l) leads the men's field during the runways.ie Dublin Duathlon held in the Phoenix Park

Record run for class Baldinger

A COURSE record for Katherina Baldinger was the highlight of the second Runways.ie Dublin Duathlon, held in the Phoenix Park.

So popular is this relaxed and friendly series that the organisers were forced to change the original course. "We were having to turn away too many people last year so we moved (to the 15 Acres), where we can use the new cycle paths and take a larger entry," said organiser Brian Crinion of the Belpark club.

CLIMBING

Mid-pack and towards the back, participants were climbing on to ordinary street bikes for the ten-mile cycle that came after the first two-mile run. Another two-mile run would follow the cycle, which took in three laps around the Khyber pass and the dreaded S-Bends.

Up front, the serious competitors, complete with tear-drop helmets, were riding far more expensive machines. On a good day for the



Wheelworx club, Baldinger not only won the women's prize, but could also celebrate overall victory for her coach Peter Kern.

Kern had trailed on the first run, but moved to the front in the cycle and then held off the opposition on the final run, despite running bare-footed. Kern's time of 37 minutes 12 seconds put him 17 seconds clear of Setanta's Brian McCrystal. Third was Adam Speer of the North West club in Derry.

First junior was James Davenport of Pulse; best

over 40 was Setanta's Johnny McCabe. Taking the "prime" cash for fastest first run was Michael Lyons from Mallow.

RECORD

Baldinger's time of 40 mins 2 secs smashed her own course record and meant a good pay day for the self-employed landscape architect who recently registered as a professional. "Since I went freelance, I've doubled my training and it has paid off. I was fourth in the professional field at the British Half Ironman on Exmoor and also did well in a half Ironman in Lisbon," she says.

Second of the women was Sportsworld veteran Helen White in 42 mins 46 secs, while third was Judith Lowry from Belfast. Winning a great battle for fourth was Aisling Coppinger of Clonliffe; behind her Barbara O'Hanrahan of Belpark had the consolation of taking the over 40 prize. Final round in the series takes place on August 6.

Baseball team prepared for Euros