



Sports Development Updates

NEW Promotional Space available in Ards Blair Mayne Wellbeing and Leisure Centre, Suitable for activities including Open Days, new Schemes, one off Club Events and 'Try' days.

Equipment Grants closing 12noon Friday 27th October, more information on the website

Grants FAQ Teams call - slides sent out to forum contact

Sports Education launching very soon

www.leisureardsandnorthdown.com/sports-development

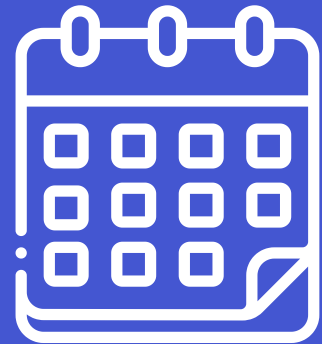
Upcoming Borough Events

September



Football Development Centre

Fridays 3.30-5pm
Starting 29th September at
Londonderry Park



Ards Table Tennis 2023 Ulster Series 2nd September

NIJJA Legacy Convention - Ards Blair Mayne 9 -10th September

RYA Youth Championships - Ballyholme Yacht Club 9th-10th September

BYSea 2023 - Ballyholme Yacht Club 16th September

North Down Athletics Club - 2023 Bangor 10K 30th September

October



Borough Good News



Amazing achievements by Borough Athletes Grace Davison (left) and Ellie McCartney (centre) at the Trinidad and Tobago Youth Commonwealth games. Ellie brought home two gold and one bronze and Grace one gold and one silver. Huge Congratulations to both and the other fantastic athletes competing.



Successful Para Swimming World Championships for Local Swimmers

Bethany Firth

Gold in 100m Backstroke and 200m Medley

Silver in the 200m Freestyle

Bronze in the 100m Butterfly

Barry McClements also had a productive championship clocking a season best time in the Final of the 100m Backstroke final and his 4th Fastest time ever

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Pro Star Gymnastics' Haleigh Miskimmin achieved All Round World Champion at the Special Olympics World Games in Berlin Germany in June.

Haleigh turned 14yrs old while out in Berlin and was the youngest member of the Special Olympics Ireland Gymnastics Team to go out there.



Haleigh pictured with her Medals - Gold in the vault and Silver in each of the uneven bars, balance and floor in addition to securing the all-around title.



The Football Development Department in the council run two of its main football competitions during the months of June and July, the June competition is for 10 to 12 year olds involving 16 local clubs over an eight week period. Castle Juniors qualified to play Glentoran F.C. in the final of the Community Cup which is sponsored by the councils Good Relations Department, in a very tight and well fought encounter the full-time score was 0-0 meaning a penalty shootout to decide which club would be champions 2023 – Castle Juniors came out victorious winning the penalty shootout 4-2.

The Borough Cup which is a pre-season competition for the Boroughs senior clubs and runs over 2 weeks in July with the final being played at Ards Rangers Drome Park on July 31st, this is an occasion where the Mayors chosen charities benefit from the gate receipts lifted on finals night, (a massive thank you to Ards Rangers and their management committee for there continued support and use of their ground along with the help given manning the gate on finals night). The two teams reaching this years final were Castle Juniors F.C. and the holders Portavogie Rangers F.C. In a close fought game the first half remained scoreless with defences on top. The second half was more entertaining with early chances for both clubs, with about 15 minutes remaining the holders Portavogie took the lead, at this stage it looked as though there was no way back for Castle, but football being the game it is they came with a very late surge scoring two very late goals to turn the final on its head and winning 2-1.





Team Ireland at the 29er World Championships Opening Ceremony featuring Hannah Dadley-Young (far right) who has been supported by Sports Forum Grants.

County Down Spectator • Thursday, August 31, 2023

SPORT

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TRIATHLON

Record entry for 'Dee Sea Sprint Triathlon

"SURE, what else would you be doing on a Sunday morning at six o'clock?"

Those were the words uttered by race director Nial Short at last weekend's Donaghadee Sea Sprint Triathlon.

Over 200 participants from more than a dozen triathlon clubs gathered in the glorious setting of Donaghadee harbour on Sunday, August 27 as the Peninsula Triathlon Club held the annual event.

Whilst some travelled from Drogheda, Dundalk, Lough Key and the North West, the Sea Sprint - encompassing a 750 metre swim, 20 kilometre cycle and a five kilometre run - also attracted strong showing and support from local clubs based in Lisburn, Down, Newry and Belfast.

The volunteers are what makes any triathlon event happen and this year, the Peninsula club were delighted to have their efforts recognised with a five-star review from Triathlon Ireland on the safety, quality, organisation and friendly community atmosphere of the race. These volunteers give up hours for the love of the crazy sport that is triathlon, often roping their long-suffering friends and family to go stand on a roadside and cheer.

Athletes couldn't help but cheer when the sea calmed, the sun came out, the speakers started pumping out 'Eye of the Tiger' and the race got underway. The atmosphere was electric, with entertaining commentary from start to finish courtesy of BBC Northern Ireland's Mark Simpson.

With safety as ever the priority,



Competitors lining up for the swim section of Sunday's Donaghadee Sea Sprint Triathlon. B44-31-8-23

there was exceptional on-water support from Donaghadee Sailing Club, local kayakers and paddle boarders. The cycle route was marshalled at every junction with the Shore Road closure being supported by local PSNI, but it's the run section of this event where the spirit of the

Peninsula club and the town of Donaghadee really come into their own.

Hundreds of supporters lined the shore-front route to cheer every participant home. The age ranges this year spanned over 50 years, with a great showing from female athletes

and first-time triathletes, loving every minute of their new achievement.

Prize giving was accompanied by hot showers and a bacon buttie courtesy of the fantastic team at Donaghadee Sailing Club. In a competitive and pacy field, the overall race winners were Kirsty Kee and

Cory Fines. Full results are available at www.coretiming.ie

Fancy giving it a go? Peninsula Triathlon Club is growing fast and welcomes new members all year round. Get in touch via Facebook or send them an email at ptcset@gmail.com.

DOING US PROUD

Mageean proves she belongs with the best after sterling display in World 1500m final



Ciara Mageean produced a gutsy performance on Tuesday evening to finish 4th in the 1500m final at the World Athletics Championships in Budapest. Image courtesy of Athletics Weekly

"To be disappointed with fourth in the world is not a bad thing."

Those were the words of Portlerry's Ciara Mageean after she missed out on a medal by just over half of a second in the Women's 1500m final at the World Athletics Championships in Budapest.

Against a first-rate field which included arguably the greatest of her generation, triple world record holder Faith Kipyegon, Mageean set a new Irish record and personal best for the distance of 3:36.61 to finish an admirable fourth behind the Netherlands' Sifan Haasan in an enthralling race.

For the one-time St. Patrick's, Portlerry camogie star the performance has reinstated her belief that she belongs amongst the very best in the sport as she looks ahead to the Paris Olympics next summer.

"I certainly came into this Championship with the goal of standing on the podium, but I have to hold my head high," reflected Mageean. "I feel like I was in that race, tactically I got it as best as I could. I just wish I had a little extra something in that home straight."

"To come away with fourth in the world and be disappointed is not a bad thing," the 21-year-old laughed. "I'm very happy to be able to say I'm disappointed with that."

Mageean, drawn on the inside starting position on the track, bravely sought to keep pace with the formidable Kipyegon, but the Kenyan broke clear of the field on the final lap to win in 3:34.87 - 0.32 seconds ahead of Ethiopia's Dibaba Welleji.

Scotland's Laura Muir faded to finish in sixth while her fellow British hopes Katie Snowden and Melissa Courtney Bryant placed eighth and 12th respectively.

"To come away with fourth is so bittersweet, but I've had the season of my life," Mageean continued.

"Many years ago I would never have dreamed of being fourth in the world at senior level, coming away with a PB and a national record. I gave it everything out on the track and there's not much more you can do."

"My mindset was to go out there and leave everything on the track. I knew that Faith was the woman to track, and I did just that. Being on the inside can be a burden, because if you don't go out hard enough you can get swamped in the first 100 metres."

"I held my own, nobody was going to push me over. I didn't grow up playing camogie to be shoved off an athletics track."

"I believe that I belong here and it's given me a lot of confidence to know I can compete with the best in the world going into an Olympic year."

"To all those whose weddings and Christenings I have missed, thanks for forgiving me. I feel that I'm up there now, I have earned my place."

CONGRATULATIONS LUCY McGONIGLE - 2023 CROSS FIT GAMES CHAMPION

This week a local athlete can claim to be the 'Fittest Teenager on Earth' after coming out on top at the CrossFit Games in the USA.

Fifteen year-old Lucy McGonigle saw off all competition to win the gold medal at the Alliant Energy Centre in Madison, Wisconsin.

Lucy finished second at the competition 12 months ago but went one step further this time by winning the gold medal.

She developed an interest in CrossFit at a young age, having previously been a dedicated swimmer.

She is currently supported by her coach Sam Duckett, who is anticipating further success for Lucy and contemplates that she will someday compete in the Olympics.

The 2023 CrossFit Games was the 17th edition of the premier competition in the sport of CrossFit, and Lucy - with 690 points accumulated - is a champion in the 16-17 years girls category.



Local athlete Lucy McGonigle who came out on top at the CrossFit Games in the USA.

...a final word

Sports Forum Grants

All application forms and guidance notes available online

<https://www.leisureardsandnorthdown.com/sports-development/funding>

For further information contact the team
sportsdevelopment@ardsandnorthdown.gov.uk

- Anniversary (Open)
- Club Travel and Accommodation (Open)
- Coaching (Open)
- Equipment (Open) (Closing 27th October)
- Events (Open)
- Goldcard (Open)
- Individual Travel and Accommodation (Open)
- Schools Clubs Pathway (Open)
- Seeding (Open) (Closing 27th October)

Quarterly Meeting

19.00 Thursday 3rd October @ Ards Blair Mayne (change of venue)

Invitation sent to designated contact, please accept or send apologies

September Newsletter

Enquiries about submitting content (upcoming Events, Good News stories etc) for future newsletters please contact Victoria Cowan
victoria.cowan@ardsandnorthdown.gov.uk