



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.

Capital Grants closing 12noon Monday 31st July, more information on the website

Sports Education launching August

www.leisureardsandnorthdown.com/sports-development



Upcoming Borough Events

August



Football Skills Weeks

31st July - 4th Aug Portaferry
7th - 11th August Kircubbin
4 - 18th August Londonderry Park
21 - 25th August Donaghadee

17-20th August IODAI
National Championships
Ballyhome Yacht Club

19-20th August Donaghadee
Sailing Club Towns Cup and
Ladies Race



BANGOR NETBALL CLUB

SUMMER CAMP

SUNDAY 13TH AUGUST 2023

ARDS BLAIR MAYNE WELLBEING AND LEISURE COMPLEX



£15
PER SESSION



**GIRLS & BOYS BEGINNING
P.7 & YEAR 8 IN SEPTEMBER**

10.00AM - 11.30AM

**GIRLS & BOYS BEGINNING
YEAR 9 & ABOVE IN SEPTEMBER**

12.00 NOON - 1.30PM

**COACHING ASSISTED
BY THE CURRENT
NETBALL NI U21 SQUAD**



TO BOOK YOUR PLACE PLEASE CONTACT US ON
bangornetballclub@hotmail.com
OR MESSAGE US ON INSTAGRAM OR FACEBOOK!
**PRIORITY WILL BE GIVEN TO EXISTING MEMBERS
& THOSE WISHING TO JOIN THE CLUB IN SEPTEMBER**

September

Ards Table Tennis 2023 Ulster Series 2nd September

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

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





Borough Good News

MAGEEAN MAGIC IN MONACO

Portaferry athlete enters history books by setting new Irish women's mile record



CIARA Mageean broke a near 30-year-long Irish women's mile record and moved to fifth on the all-time women's world list for the distance with a second place finish at the Monaco Diamond League meeting.

The Portaferry athlete clocked 4:14.53 at the Stade Louis-II stadium as she took 2.78 seconds off previous record holder Sonia O'Sullivan's time set in Oslo in 1994.

Kenyan sensation Faith Kipyegon set her third world record in two months at last weekend's meeting in a spellbinding display (4:07.64) which saw her demolish the previous mark achieved at the same venue in 2019 by nearly five seconds.

Mageean produced a strong closing lap to finish ahead of Ethiopia's Freweyni Hailu (4:14.79), while Laura Muir set a new British mark of 4:15.24 to finish fourth.

As well as becoming the new Irish record holder, Mageean's performance on the French Riviera means she now ranks fifth on the world all-time list for the women's mile behind Kipyegon, Sifan Hassan, Svetlana Masterkova (4:12.56 in 1996) and 2016 Rio Olympics silver medallist Genzebe

Dibaba (4:14.59). Taking to Instagram afterwards, three-time European medallist Mageean wrote: "What a race to be in, NRs [national records], ARs [area records] and PBs [personal bests] galore, and the greatest of all time @faithkipyegon running another World Record."

"Such an honour to toe the line with these ladies, truly the most amazing bunch of athletes. I can't thank you all enough for your support and kind messages."

Bangor athletes collect Mary Peters Trust awards

THREE of the local area's sporting stars have received awards from the Mary Peters Trust at a special celebratory event held in Belfast.

Sailor Daniel Palmer, golfer Rebekah Gardner and tennis player Sophia Chambers - who are all from Bangor - were each recipients of the awards, presented at an Athletes' Academy ceremony at Newforge Sports Complex, Belfast and hosted by UTV sports correspondent Ruth Gorman.

Lady Mary herself presented the accolades

alongside the charity's chair, Barry Funston, with athletes joined by parents and family members as well as sport liaison officers and MPT Awards Team Chair, Will Doggart.

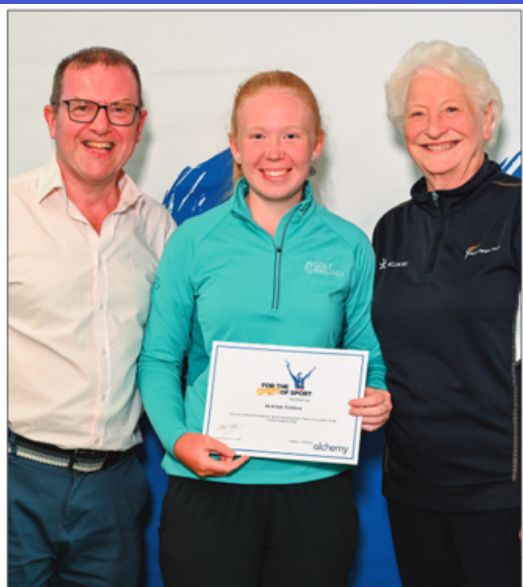
In all, 85 young athletes from across Northern Ireland representing 24 different sports have received funding awards from the Mary Peters Trust. Athletes were first nominated and then selected following a rigorous process, with each receiving financial and general support to help them navigate and succeed in their sporting careers.



Promising tennis player Sophia Chambers was one of three young Bangor athletes to receive an award at the Athletes' Academy event.

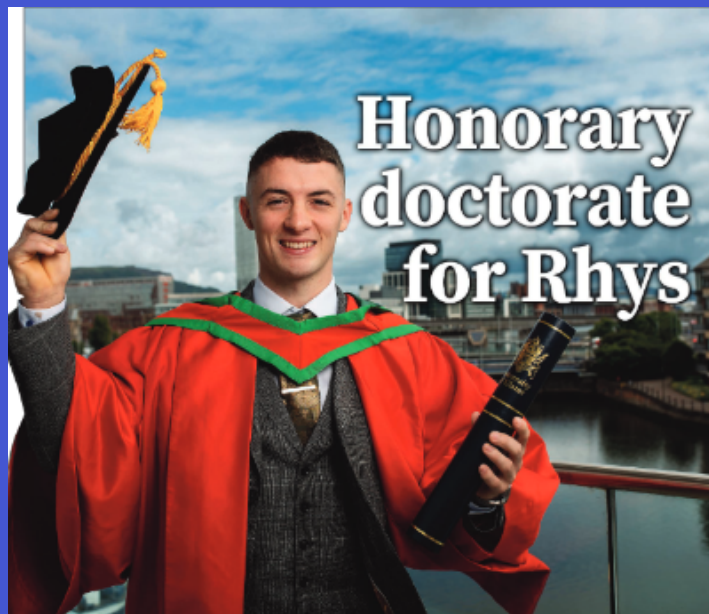


Sailor Daniel Palmer received an award from the Mary Peters Trust at the event.



Glenties Collegiate student Rebekah Gardner, who recently signed a scholarship with the University of Miami, collecting her Mary Peters Trust award from Lady Mary Peters and the charity's chair, Barry Funston.

The Mary Peters Trust is a fund proudly supported by the Sports Forum in 2023



Rhys McClenaghan who received an honorary doctorate from Ulster University.

NEWTOWNARDS' World champion gymnast Rhys McClenaghan has received an honorary doctorate from Ulster University.

Rhys was presented with the doctorate for his outstanding dedication in the pursuit of excellence and improvement in sport.

The award was conferred on Rhys, who competes

internationally on the pommel horse, during an Ulster University graduation and celebration ceremony in the ICC, Waterfront Hall Belfast.

The 23 year-old is the 2022 world champion on the pommel horse, and was the first Irish artistic gymnast ever to win world championship gold. He is a two-time European champion and a Commonwealth Games champion on the same apparatus.

Both course records broken as Ards Half is a hit again

A FIRM favourite in the Scрабо Striders running calendar is the Ards Half Marathon.

The annual event took place on a wet but warm Friday evening, starting and finishing on South Street close to Ards Blair Mayne Wellbeing and Leisure Complex.

The route begins with a small loop of the town before heading into the picturesque countryside of Newtownards and Comber. Runners then make their way along the Comber to Newtownards carriageway before veering up the notorious Moate Road heading back into the town. Volunteers and spectators alike lined the streets to cheer on the 500 plus runners and 35 plus walkers that bravely took on the hills of Newtownards.

The course may be challenging, but this year, both the male and female course records were broken with an astounding performance from Craig McMeekin, North Down Athletic Club in 1:11:57 and Ivana Anderson in 1:30:08. First Strider home was Thomas Steele, given a time a mere second slower than female course record breaker Anderson - with a PB and 17th overall, followed by Martin Strachan, placed 22nd (1:22:19), and Norman Mawhinney (1:24:06), who not

only placed 27th overall but also took first place in the M65 age category.

Men's club captain Andy Haylett, wearing the number one bib, was a top 50 finisher in 1:29:27. Next to follow was Marc Neill, pacing a fabulous 1:29:45, followed by Matt Bell, running himself a course PB of 1:34:14 and James Cole-Boyle in 1:40:20. Taking on the course for the first time, Michael Burgess ran an overall half marathon PB of 1:41:44, closely followed by Michael Johnston in 1:43:35. The first lady Strider home was Rachel Bell with a course PB of 1:47:46, followed by Jonathan Bull with a PB of 1:48:39, Jeany Taylor who perfectly paced her 1:50:00 and George Johnston in 1:50:30.

Another PB was earned by Dean McGhee in 1:51:27, followed by David Kennedy (1:51:46), Sarah Johnston (1:52:36), Michael Warke (1:54:22), Martin Oakman (1:55:03), Christopher Murdoch (1:56:07), and Emma Clements (1:57:28). Bagging herself a 2nd place F55 age category result was Amanda Martin in 1:57:41, followed by Curtis Adams with a PB of 1:58:19 and completing the course for the first time was Colin Verth in 1:58:38. Next to follow were Manny Farrelly (1:59:00) and Stephen Heron (1:59:50), followed by another perfectly paced run by Catherine Canley (2:00:20) and Colin Harper (2:00:21).



Taking a 2nd place in the F60 category was Martina Finn.



Norman Mawhinney (1:24:06) placed 27th overall and also took first place in the M65 age category.



Amanda Martin finished 2nd in the F55 age category at Ards.



Willow Farrington celebrating her 150th parkrun milestone.



Club member Steven Hanna at parkrun in Florida.



Scрабо Strider Thomas Steele and female course record breaker Ivana Anderson in a race to the finish at the Ards Half Marathon. Image: Ards Half Marathon on Facebook.

Malough (2:10:06). Next saw Clare McIlveen (2:10:54), Ian Fraser (2:11:55), Catherine Lavery with a Course PB of 2:12:01, Kathy Dobbin with a PB of 2:14:55 and Kurtis Hunter and Louise Barnes both in 2:15:26. On target were pacers Graeme McGowan and Colin Campbell (2:19:22) followed by first timer Ken Rodgers (2:21:19), Vanessa Mannis (2:24:44), Gavin McDonnell (2:24:44), first timer Mark Kearns (2:27:07) and Beverley McKee (2:27:06). Bringing in the 2:30 Party Bus were Pacers Lindsey Blair and Heath Graham

(2:29:14) with passengers Moses Malova (2:29:55), Natasha Graham who earned a PB of 2:29:35 and Peter McConigal (2:29:36). Emma McCracken was next over the line in 2:32:05, Luke Mars and Hannah Magee with PBs of 2:32:23 and 2:49:54 respectively. Jennifer McAleer (2:11:10) and tail runner for Sheena Crose (3:11:07).

Friday evening was the 10th anniversary of Bob & Berna North Coast 10k which saw solo Strider Mark Arnold take on the sandy course, finishing in a fantastic time of 50:17.

Congratulations to the Scрабо Striders on a fantastic event, supported by the Sports Development team

County Down Spectator • Thursday, July 20, 2023

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INLINE HOCKEY

Local lads skate for Ireland

THREE young athletes from the North Down area are set to compete for Ireland at the Inline Hockey European Championships next week.

Bangor pair Matthew Graham and Toby McKelvey will be joined by Comber's Isaac Hamilton in Charleroi, Belgium on Tuesday as part of the 16-strong Irish squad for the upcoming games.

All three boys began playing with the Bangor Chiefs Inline Hockey Club, where Matthew still plays, while Toby and Isaac are currently in the ranks at the Armagh Stars Club.

The trio have spent the last year going through a tough selection process and attending monthly training camps in Cork. Matthew and Toby, from Bangor, had the privilege of attending the European tournament last year in Valladolid, Spain with Isaac now hoping to make his first international appearance.

When asked about the upcoming trip, Matthew said: "I love the atmosphere and excitement in the arena when we get to play against other countries, I really enjoy seeing the whole team work together and pushing ourselves to the limit."

"We have worked hard as a team and I'm excited to see what we can do together in Belgium, but most importantly I'm excited to have fun and play some good hockey."

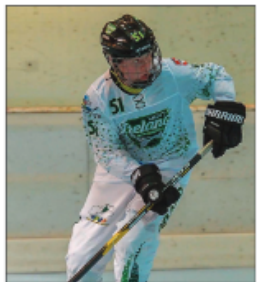
Toby has similar thoughts to Matthew when asked about this opportunity, saying: "I feel this year's team are stronger and more experienced to compete with other national teams."

"I'm looking forward to playing some great games and pulling into practice everything that we have learned at our training camps this year."

"With Bangor now getting a new rink at Eddie Irvine Sports, hopefully more people in the local area can come and experience the thrill of inline hockey for themselves."

Inline hockey is a growing sport in Ireland, it is wholly inclusive and skills are shared and friendships made throughout the season, where teams compete in the Irish league in six different divisions which accommodate differing ages and abilities.

Matthew, Toby and Isaac, who are totally self-funded when it comes to training, camps and travel, would like to thank the local businesses who are supporting them for this tournament and everyone that has helped them to achieve their goals.



Bangor duo Matthew Graham (number 51) and Toby McKelvey (number 14) are part of the Ireland inline hockey squad set to travel to Belgium for next week's European Championships.



Toby McKelvey, Isaac Hamilton and Matthew Graham are flying the flag for the local area at the upcoming Inline Hockey European Championships.

Sally Nixon and Jessica Dadley-Young, two athletes from Ballyholme Yacht Club supported by the Sports Forum with grants, winning the Irish Feva Nationals 2023.

They will now be invited to the compete at the Champions Cup in September (Skull) which brings all nationals champions together to compete for the Champion of Champions



Heidi Martin from the North Down Pony Club pictured at Windsor Castle. She and her team took second place in Pony Club Tetrathlon competition at Royal Windsor Horse Show. Heidi's participation was supported with Sports Forum grants.

Congratulations Heidi!



...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 @ Londonderry Park

Invitation sent to designated contact, please accept or send apologies

August Newsletter

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