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Dundrum's Derek Daly commentating for the CBS network in the United States

FastSport



Kate O'Neill and Liam Tremble in action last weekend

Metro runners make good ground at cross-country

METRO St Brigid's Athletics Club members Kate O'Neill, Liam Tremble, Vanessa O'Connor and Peter Gaffney produced excellent runs at last weekend's Dublin Championships in St Anne's Park, Raheny to qualify to represent their county.

O'Neill qualified for the Dublin team in the senior women with a 12th place finish, as did Tremble. He was second in the junior men's race ahead of a trip to Mol, Belgium this weekend in a warm-up for the European Cross-Country championships.

O'Connor and Gaffney will also go to the national championships in Tramore, Waterford. O'Connor qualified by virtue of a second-place finish in the girl's U-12 race while Gaffney was seventh in the U-16 boy's category.

Locals in fine form on tennis circuit

ST Andrews' Amy Bowtell reached the last eight of the ITF U-18 circuit event in Andorra last weekend, losing out cruelly in two tiebreakers to France's Clothilde de Bernardi. Bowtell had earlier beaten another French girl, Ines Lagdiri 6-3, 6-0 to reach the quart-final.

Elsewhere, Blackrock's John Morrissey produced an outstanding run to reach the final of the Heiveld Indoor Junior Championships 2008 - also on the ITF U-18 circuit - beating his way through a field of 64 entrants with wins over Denmark's Edben Hess-Olesen 6-4, 6-4; France's Yoannis Hielis 6-1, 6-0, Belgium's Kimmer Coppens 6-3, 6-0; Germany's Marvin Netuschil, 6-1, 6-2 and Italian number one seed Matthieu Vierin.

He plays Holland's fifth seed David Pel in the final.

They have played once before at the HRT Autumn Cup, Pel winning that day 7-6, 6-3.

Malahide's Colin O'Brien reached the last 16 of the Great Britain F17 Futures event in London, falling to Romanian Petru-Alexandru Lunceanu in three sets. Playing with Burnham Arlidge in the doubles, he reached the quarter-final stage.

Trojan effort from O'Neill for record

Donal O'Neill, representing Trojan Swimming Club, powered his way to a new Irish senior record of 54.42 in the final of the men's 100m at the National Short Course meet at Lisburn.

In breaking the record, he also achieved the qualification standard for the upcoming European Short Course Championships in Croatia in December.

O'Neill has made an impressive return to the pool after retiring from the sport some four years ago.