

## Medals at European Kickboxing Championships for Dromahair Athlete

DROMAHAIR'S NORA WALSH who is 13 years old and has trained with the Sligo Mugendo Club in St. Josephs Church Hall, Ballytivnan, Sligo, has secured a silver and a bronze medal in the World Association of Kickboxing Organisation "WAKO" European Championship in Gyor, Hungary.

Fifteen hundred young sportspeople from over thirty countries competed for honours in a sport that has National and world recognition and is now headed up by Ireland's Roy Baker from Dublin. Nora, whose medals came in the disciplines of Light Contact and Points fighting—37kg Older Cadets, has been training in the Sligo Mugendo Club since 2013 and with the Irish team since 2017 but this is her first attendance at a major Championship.



*Nora Walsh in action at the European Kickboxing championship and with her silver and bronze medals*



Commenting on the experience, Nora a regular with Dromahair GAA said "it's been an honour to represent Ireland and my Club Sligo Mugendo in the sport that is my passion. As a martial art, kickboxing requires discipline, fitness, defensive skills, and yes, a necessary aggression if you are going to win against your opponent!"

Roy Baker echoed this in his opening address to the games "kickboxing teaches children resilience; how to fall down and stand up again and dust yourself off"

Manorhamilton man, Michael Mc Dermott who himself represented Ireland on the mats in the 1980s and later as a national coach and President of KBI, set up Sligo Mugendo in 1982 and has trained a number of previous World and European medalists at Full Contact, Light Contact and Points said of Nora's performance: "This is the biggest stage in the world for the Sport and Nora has shown in her first international just how good she is. Her discipline in preparation, and her fighting spirit have paid off. She has a bright future ahead of her in the Martial Arts, and is a pleasure to work with."

**Mrs Anna Gallagher**, Mohill, is pictured here underneath a photo of her nine children who are surrounding the Volkswagen Beetle that her late husband Pat 'the vet' Gallagher drove for years. The photo on the wall was taken shortly after Pat died, by her son-in-law, Johnnie Lawson. Anna is the mother of our editor and not looking too bad for a woman who will very shortly celebrate her 92nd birthday! Anna has been involved in the *Leitrim Guardian* committee for many, many years and was recently elected as one of our honorary presidents. It is thanks to Anna that our editor Bláithín ended up joining the committee back in 2001.

PHOTO: RONAN GALLAGHER

