

Alpha appointment

THE Alpha Newspaper Group, of which this title is a member, is not only the largest weekly newspaper group in Northern Ireland but has grown to attract the second largest number of readers of any weekly or daily newspaper group in N Ireland.

To further enhance the growth of the Group Alpha has created a new post of Commercial Director and has appointed Mr Richard

Cherry who has been the Group Sales Director for IN & M where he was responsible for Commercial Development of the Belfast Telegraph and Sunday Life plus websites such as Njobfinder, Carfinder, and Property News.

Richard Cherry commences with Alpha at its Head Office in Moygashel on Tuesday, May 26.



Emma Lusby, as she performed at the Girvan folk festival in Scotland. Photo courtesy of Pete Heywood Photography. NCL21-631s

Limavady singer makes debut on GB folk scene

EMMA Lusby, an 18-year-singer from Limavady made her debut on the GB folk scene at the Girvan Folk Festival in Scotland.

Following in the footsteps of other Irish folk singers such as Mary Black who also made their debut into GB at Girvan, Emma was invited to perform at three concerts over the May Day Bank Holiday weekend.

Emma said that she was delighted to be selected to perform alongside some of the top folk musicians in GB. Following Talisk, the BBC 2 Young Folk Award winners on stage was not easy said Emma as the fast contemporary tempo of these Scottish traditional musicians had energised the audience.

Emma selected a set of traditional Ulster songs in English and Irish as well as contemporary folk songs to

perform at each of the concerts. She said she had to adapt the sets for each concert to match the audience and this was a new challenge for her.

Emma found the other musicians very welcoming and she thoroughly enjoyed experiencing their performances including the mesmerising music by the world famous piper Fred Morrison who played the Highland bagpipes, whistles and the Uilleann pipes as well as the English folk singer Stuart Forester from Yorkshire who was accompanied by the Aberdeen fiddle player Carol Anderson.

Emma is looking forward to her next performance which will be at the Baltic States International Folk Festival in Latvia during July. However, she said she can't wait to be performing back home at the Stendhal Festival in Limavady during August.



18-year-old Limavady girl Emma Lusby, who has been invited by the Latvian Ministry of Culture to perform at an international folk festival for the Baltic States of Latvia, Estonia and Lithuania in July. 05376KDR

Limavady business sponsors Limavady Ladies



Vanity in Limavady sponsored the match ball for the Limavady Ladies home game against Derry City Ladies this week, here Linda Doherty from Vanity presents the ball to team captain Lynsey Hassan. 21062KDR

African athletes star at Limavady Park Run!

LAST Saturday saw three top class athletes from Kenya and Uganda who are part of the Project Africa Athletics coming to Roe Valley to take part in the Limavady Parkrun.

The Parkrun is a worldwide phenomenon. It's a free 5K run every Saturday morning at thousands of locations throughout the world. It's a wonderful concept whereby everyone strives for their best. A lot of first timers get into running this way. A lot of people achieve personal bests but most of all people get out on a Saturday morning for fresh air and exercise and fun and also comradeship of meeting fellow runners. Last Saturday in Limavady three project athletes from East Africa attended. This was arranged by Kieran Coyle of the Valley

Running Club and a speaker from Omagh, Ciaran Collins talked for an hour to a very engaged audience about the secrets of the running success of athletes from Kenya and Ethiopia, Tanzania and Uganda. All of the fast marathon and half marathon times have been set by athletes from that part of the world. One of the athletes in Limavady had finished second in this year's Belfast Marathon. They were all introduced to the rapt audience and members of the Springwell Running Club and the Valley Running Club listened while the secrets of their success were unveiled. To run faster there are no shortcuts! It's down to hard training (six days a week) and diet and also a desire to succeed and a need to run.

All of the audience learned something and took away great memories of meeting three

humble people from a very unfortunate part of the world who are here for six months, not only to race themselves but also to bring along local athletes. One athlete from Omagh has improved his 5K time by two minutes from 16:50 to 14:50 by training with these athletes. At the Parkrun last Saturday which attracted the usual enthusiastic crowd of over 70, the three African runners ran each with a local athlete and dragged them all to a very good time.

This was a great initiative and congratulations to the Valley Running Club and thanks to the Roe Valley Leisure Centre for facilitating this.

As ever the Parkrun is on this Saturday. Please register online and come along with your barcode and introduce yourself to the phenomenal concept of park running!



Kenyan athletes Gideon Kimosop, Selina Kangogo and Vincent Kiprotich joined the ranks of the Valley Running Club's Parkrun on Saturday. Gideon finished 2nd in the recent Belfast Marathon in a time of 2hrs 20mins and 29secs. 21172KDR



Roe Valley pupils get baking in aid of defibrillator fund

Primary 7 pupils at the Roe Valley Integrated Primary School this week held a bun sale as the school raises funds to buy a defibrillator. Here pictured are pupils Anna Blair, Darragh Egan, Joe Dallas and Ellie McGonigle. 21060KDR