

Our European Bronze Medal Hero.

In Berlin in mid August in the year twenty eighteen
The European Championships were there to be seen
Several hundreds of athletes competed for a week
Representing their countries and each a title to seek

And in there among them was our great Irish star
He hailed from The Déise his name Thomas Barr
Four hundred metres hurdles he would have to face
Ranked number five of those who entered his race

The top twelve ranked to semi finals went straight
With heats for the rest they'd then know their fate
Twelve from the heats to the semi finals would go
Joining up with the others for three semis in a row

From each semi final the first two would advance
With the two fastest losers also given their chance
For his semi final Thomas was drawn in lane five
Could he get through to the final, could he survive

His semi final began and he started off very well
As the race progressed he then seemed to dwell
Sensing the dangers he quickly increased his pace
And comfortably qualified with a fine second place

Now into the final he was drawn out in lane eight
Against a World Class field he looked really great
The World Champion Warholm was the big name
nd Copella the title holder was also of great fame

The final then started Thomas went with the pace
At the final corner he was going well in third place
Then Vaillant the Frenchman came up by his side
And went slightly in front for four or five strides

Thomas duly responded showing all his great fight
He regained the third spot with the line now in sight
The World and European Champion both going fine
Finished first and second as they crossed the line

Thomas strongly followed through his smile told it all
He had won the bronze medal was now walking tall
With his second best ever time his prize he had won
Just reward for dedication and the training he'd done

His great deeds in Berlin filled all Ireland with pride
On and off the track those great memories will abide
We look to the future with a special Sporting Star
He's the pride of The Déise our own Thomas Barr.

Fintan Walsh Waterford Athletics PRO 10/8/2018