

Bass spawning season now over

By DAVID FORDE

Angling

THE BASS season is now open again after its month-long break for spawning. There are good numbers of fish showing up in all the usual places.

Some good catches are coming from Cork Harbour and places like Lough Beg. West Cork is also fishing well.

All the usual baits such as crab, lug worm and sand eel are working. Some good fish are also falling to the spinner and the poppers.

Poppers are a very exciting way to fish as it can be very visual and you can see fish following the bait. The most exciting way I find for bass fishing is with the fly and it is fast becoming the most popular way of fishing for this wonderful fish.

The best gear for fly-fishing is a nine-foot, 10-weight rod with a saltwater weight forward number 10 line and a good saltwater resistant reel. 12lb nylon trace with a blue or yellow sprat imitation fly, I find, works well.

Bass are a lot closer to the angler than he thinks and are often caught two or three feet from the rocks where you are standing. When fishing off beaches, bass will often be caught in two or three feet of water — so always move slowly and carefully while you are fishing. There is a two fish bag limit on bass, and they must be over 15" in length. Most bass anglers return their fish and resent anglers that exceed the bag limit.

Bass are a very slow growing fish and do not reach sexual maturity for five years. They are also a territorial fish and can be fished out of a location in a short period of time.

There is no commercial value and these fish cannot be sold. Despite this, there are still some areas where nets are set to catch these fish.

If anglers come across these nets, they should not interfere with them and report them to the local fishery board.

Care should be utmost on anglers' minds when fishing from rocks and beaches. It is worth taking time to watch the wave pattern before you start fishing.

Never turn your back on the waves. Watch that you are not cut off by a flooding tide.

Most importantly is to get local knowledge of the area you are fishing and always wear a buoyancy vest/aid.

River fishing is quite slow at the moment with the low water conditions.

The recent rain should get some fish moving with the odd few salmon being caught on shrimp. Sea trout fishing is extremely poor and seems to be following a downward pattern over the last number of years.

Polocrosse event for Cork

By JOELLE HARRINGTON

Polocrosse

THE very first Keary's Lexus Cork Polocrosse Tournament takes place in Carrigaline this weekend.

A large number of horses and riders from around the country are expected to compete and locals can even cheer on the three Cork teams.

"With 120 entries in the two-day tournament, this is going to be a huge competition. This is our first time hosting such an event so it's a great achievement to have that number of competitors from around Ireland," said Cork Polocrosse Club chairperson Joanne O'Flynn.

It was coach and club-founder Padraig Edwards initially who thought of starting up a club in Cork and once he found a location for training, there was no going back.

"Cork is one of the strongest counties in GAA and because polocrosse is often described as hurling on horseback, I always knew that a county polocrosse team would be a great idea."

The teams have been training hard, attending practice twice a week for the past six months.

"We really have a great chance of success this weekend because our coach Padraig is a seasoned player from the Limerick team.

"We practice twice a week and a strong relationship with Limerick Polocrosse Club chairperson Richie Collins has enabled several team visits to Limerick. As we are the newest club to form, it's great that the other clubs have been very supportive and encouraging," said Ms O'Flynn.

The tournament location itself is causing quite a stir as the club have secured the use of two GAA-size pitches in the grounds



of an old manor and estate.

"Games will be played on two pitches all day Saturday and Sunday and the setting is beautiful. It is almost completely surrounded by woodland and overlooks the water to the front.

"There will be players from Limerick, Horetown in Wexford, Birr in Offaly, Carrickmines in Dublin, Waterford and Tipperary.

"We have had so much support

from the equestrian community and the prizes are absolutely fantastic. Noreen O'Donnell in the Horetown Equestrian shop is sponsoring all of the first place prizes. We also have prizes from orchardequestrian.com and Eclipse Haylage."

The Irish national polocrosse teams, U23 and U19, will also be training together for the last time at the tournament before they

travel to South Africa for international test matches. They are being coached by Avis Wotton, who is based in Ireland and has had an international polocrosse career with both Australia and Ireland.

The first Keary's Lexus Cork polocrosse tournament takes place on June 21 and June 22. For further details, check out www.corkpolocrosse.com or email info@corkpolocrosse.com

High drama on day four of The Turas

DAY FOUR of The Turas was one of enormous drama for the leading five teams as they interchanged positions, at some points so close they were within touching distance.

Starting with a boat row across Kenmare Bay at 5am, the first team off the water was Orion Health NZ, followed by Wilsa HellyHansen and New Zealand Adventure Sport.

After grabbing a quick bite on the go, teams sped out of Sneem Hotel onto bikes and the road towards the Cum Sathairn horseshoe.

Irishman Eoin Keith gave a breathlessly brief comment on how he felt on top of Cum Sathairn as he and Wilsa Helly Hansen team-mates checked in.

"I'm pretty sore now, but I'm do-

ing okay," he commented.

He was offered a place on the Wilsa Helly Hansen team as they sought an Irish navigator who was familiar with the Irish terrain.

Eoin is fondly known as 'Nav-Man' for his expertise and precise navigational skills and boy, have they paid off. With a chance to win his first world series on home ground, this is the race of his life.

Wilsa Helly Hansen are currently in the lead after a most dramatic turn of events.

After the spectacular Play At Height zipline across Bealach Beama, lead team Sport 2000-Vibram-La Fuma had a 40-minute lead approaching the Black Valley when they catastrophically missed a

checkpoint, forcing them to regress 30km and check in, completely diminishing their chances of maintaining their hard-earned lead.

Five days of tough racing, elation as they maintained the lead and pure desperation as they pay the price for a simple navigational mistake which highlights the excitement that captures what adventure racing is all about.

However, not only LaFuma succumbed to this fate, but New Zealand Adventure Sport also suffered the same mistake.

This leaves Orion Health and Wilsa Helly Hansen with a huge advantage as they near the end of their moon-lit kayak and transfer onto the trekking stage and last leg

of the gruelling five-day race finishing in the MacGillicuddy's Reeks.

The action continued for the eight teams still in the race and completing the full course. A number of teams were still at Portmagee as they awaited the mass start of the 'short course'.

Teams who have not made the cut-off times at certain stages of the race have been diverted onto a shorter course in order to finish the race at the same time as the leaders. They were re-routed to Moll's Gap on bikes and will rejoin at the kayak transition at Black Valley.

Leading teams are expected to finish the race on Friday morning almost 20 hours ahead of schedule, a result of fierce competitiveness.