

GAA HANDBALL WEXFORD PLAYER PROFILE

Paul Lambert, St. Mary's

Major honours:	40x20 junior B singles & doubles (Peter Hughes), 40x20 junior singles & doubles (Peter Hughes), 60x30 junior singles, USHA men's A singles & doubles (Patrick Clerkin)
Started playing at:	Age 15
Greatest influence on career:	Ned, Gavin, Seamus & Martin Buggy
Favourite code (softball, 4-wall or 1-wall):	Softball
Favourite court:	St. Mary's
Favourite shot:	Back wall
Favourite player:	Ducksy Walsh/Paul Brady
Toughest match:	Pat O'Donnell in the Leinster JS final. Couldn't walk after it.
Toughest opponent:	Gavin Buggy
Most enjoyable victory:	60x30 junior singles All Ireland. I was in 5 finals and 1 semi final before winning it.
Pre-game meal:	Anything as long as I have eaten. I cannot play on an empty stomach.
Tips you would give to young players seeking to improve? :	I see a lot of young players at games but they spend most of the time in the other court instead of watching the game that is on. I learned a lot of my handball by watching games and watching the better players. Ned, Seamus, Martin & Gavin Buggy brought me all over the country to see games and I was lucky enough to have seen a lot of the best players and even got to play a good few of them.

GAA HANDBALL WEXFORD PLAYER PROFILE

Paul Lambert, St. Mary's

Suggestions for making handball better (if any):

None

Other sports played:

Hurling, Football, Golf, Squash. I even beat Gavin Buggy at pool and crazy golf. Still drives him mad that I beat him.

Greatest sporting hero (all sports):

DJ Carey, Ducksy Walsh, Paul Brady, TIGER WOODS, Roger Federer