



## 2016 Leinster Pair Championships

**Date:** 12<sup>th</sup> June 2016

The Leinster pairs championships were held in Tullamore on Saturday 11th June last. Representing Dundalk St Gerards AC were two pairs Grainne Moran & Tara O'Connor and Enya Silkena & Meabh O'Connor. The quartet had shown great form recently having won the Leinster U10' relay championships impressively and hopes were high for another bold showing from the clubs young athletes.

First into action were Meabh and Enya in the long jump. Having won the event last year the girls were going to be strong contenders for the medal positions. Once again the girls performed brilliantly leaping their way to the gold medal and getting the day off to an excellent start. Enya chipped in with a best of 3.59m and Meabh landed a best of 3.35m with both girls showing great consistency in their jumps.

Next up was the 500m contest with both pairs in direct competition with each other and the teams from all the other Leinster clubs. Grainne & Tara were in unstoppable form on the day with both girls storming to impressive victories and remarkably clocking the exact same time as each other at 1 minute 38.69 seconds. With both times the two fastest of the day the gold medal was theirs with the combined times almost 7 seconds ahead of the next team. If that wasn't good enough Enya & Meabh battled their way into 2nd place by 4 hundredths of a second from the third place finishers.

With 3 events down the results had gone as well as possible for the teams. The last event of the day was the 60m and the dynamic duo of Tara and Grainne buoyed by their previous success went to the line full of hope. In appearance and style you probably couldn't have two more different competitors, but, when teamed together their differences provide a synergy which brings the best out of both of them. First up the powerful Grainne stormed to victory in her heat. The long striding and graceful Tara ran strongly for a very close second in her heat. In a very tight contest the girls finished joint first with nothing separating the combined times of the first two teams.

The day finished up with the inter-county relays with Grainne & Emya moving up an age with Dunleers Erinn Leavy and Lucy Brennan. The four young ladies did the county proud with a great silver medal to round off a fantastic day.

Training continues every Tuesday & Thursday in Young Ireland's GFC on Hoey's lane near DKIT at 6:30pm  
New members welcome.

Follow us on Facebook "<https://www.facebook.com/StGerardsAthleticClubDundalk>" and on our web-site "<http://www.stgerardsac.org/>".