



## 2016 National Junior Championships

**Date:** 24<sup>th</sup> July 2016

The curtain came down on the championship season on Tullamore at the weekend with the culmination of the national juvenile championships. Dundalk St. Gerard's AC were represented by Patricia & Patience Jumbo-Gula, Maria Smith, Kate O'Connor & Scott Dorian.

First into action was Patricia in the U14 girls 80m. In her semi-final she ran a great race to finish 3rd just missing out on the final. Maria Smith came into the U15 girls 100m having showed gradual recent improvement after an enforced rest in May. In her semi-final she showed great quality to finish 2nd in a new PB of 12.72 seconds. In the final she once again showed great speed running a super race to finish in 3rd taking a well-deserved bronze medal. This was a great result for Maria who has made a big step forward this year at the highest level. Scott Dorian was involved in the U19 javelin competition. Once again he gave another determined display to finish 5th in a season that was interrupted by injury.

On Sunday Patience Jumbo-Gula was first into action in the U16 girls 200m. The previous weekend she represented Ireland in the SIAB schools international in England finishing an excellent 3rd in the 200m against older girls. Continuing in that rich vein of form she swept into the final winning her semi-final impressively. In the decider Patience started well but had a bit of ground to make up coming into the straight. In the blink of an eye she swept into the lead to assert her authority on the race and take the gold medal in fine style.

Kate O'Connor had only recently returned from international duty also having represented the national team at the European Youth championships in Tbilisi, Georgia in the heptathlon. In a high quality contest she put together a series of high quality personal bests and seasons bests with a 0.6 second PB in 100m hurdles an outdoor PB of 1.73m in the high jump, a PB of 12.62m in the shot, an excellent 25.58 in the 200m. In the long jump and javelin the many time national champion showed her superb capabilities in both events with a 5.62m jump and a season's best of 43.26m in the javelin. Kate lastly defied the unsuitable 35 degree heat to run a strong 800m in 2.22.51. With the youth category being an U18 competition the 15 year old stars 7th place and score of 5559 points looks even more impressive and highly promising for the future. In a field of 30, Alina Shukh of Ukraine emerged victorious with a World U18 best of 6186. Given that a score of 6200 albeit with the full weight throwing implements is the Olympic qualifying standard this underlines the high level of the competition.

In the U17 200m in Tullamore Kate ran strongly to qualify for the final as a fastest loser from her semi-final. In the final she stepped up her performance from the tight lane 2 draw to take an excellent bronze medal. In between the two race Kate launched a solid series of throws to take another gold with victory in the javelin competition. The club's young athletes once again performed brilliantly at the highest level both nationally and internationally and everyone in Dundalk St Gerard's AC are very proud of them and their achievements. The club are now on a training break and will resume training on 8th August.

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/>".