



## 2013 Ardee & District AC Sports day

**Date:** 25<sup>th</sup> August 2013

The annual Ardee & District AC sports day took place on Sunday last 25th August. Representing the club were Nicole Mulholland (who had her first competitive outing in the tiny tots), Ellen Murphy, Emma Coleman, Emily Molloy, Ruari O'Connor, Cameron Moran, Caitlin Mulholland, Kate O'Connor & Scott Dorian.

Nicole ran a great race in the tiny tots taking the much coveted bag of sweets for her effort...ts. Ellen & Emma took part in the U11 girls 100m. Both girls ran brilliantly in their heats taking 1st & 2nd respectively to qualify for the final. In the final they both ran their hearts out in a very strong competition just outside the medals.

Ruari O'Connor made a welcome return to competition after a long layoff and was joined by Cameron Moran in the boys U12 age bracket. Both boys did really well in the long jump finishing in 4th & 5th. In the 100m Cameron used his great natural pace to good effect taking a fine 3rd place. In the 800m Ruari brushed off the cobwebs to take a great bronze with Cameron just behind him in 4th place.

Emily Molloy continues to show great improvement every time she competes. In the girls u12 category she ran 2 excellent races in both the 100m & 800m and then demonstrated that she has tremendous potential in the long jump. Emily showed wonderful technique in an event where she seems to be a natural and can look forward to continuing on an upward curve next year.

Caitlin Mulholland & double All-Ireland champion Kate O'Connor had a very successful day in the U14 girls events. In the 100m Kate put up a super showing to take joint 1st. In the 800m Kate took a great win with Caitlin once again showing progression to take 3rd. In the long jump the dynamic duo were at it again with another gold for Kate and Caitlin a fantastic 2nd in a new PB breaking the four metre barrier for the first time with a 4.10m leap.

Scott Dorian put up 2 great performances in the boys U15 100m & 1500m. In the sprint he took bronze just being run out of 2nd place in the dying strides. In the 1500m he bravely fought all the way to finish in 4th place.

Ellen Murphy & Emma Coleman could show the football managers in the premiership a thing or two on how to go about closing a deal before the transfer window closes. With some of their regular teammates not in attendance they took it upon themselves to recruit 2 speed merchants Katie Halpin from Lusk and Lilli O'Connor from Trim to form a mixed club team that took 1st in the girls U11 relay.

Emily Molloy teamed up with Meghan Hoey & Sarah Clarke of Blackrock and Ciara Quinn from Glenmore for the girls U13 relay where they finished a gallant 4th place which was a great showing as all 4 girls are only u12.

Kate O'Connor & Caitlin Mulholland teamed up with Emma Chesire from Dunleer AC & Shauna McMahon of Blackrock AC to take the girls U15 relay despite a sloppy baton change between the 2 club mates on the final handover. This victory crowned a great day for the girls and was a wonderful sign off for the track season.

Training is back from Tuesday 27th August in Young Ireland's GFC at 6.30pm.

Training continues every Tuesday & Thursday at Young Irelands GFC, Hoey's Lane 6.30 to 7.30. New members welcome. Follow us on Facebook "<https://www.facebook.com/StGerardsAthleticClubDundalk>" and on our web-site "<http://www.stgerardsac.org/>".