



2013 National Community Games

Date: 17th/18th August 2013

The National Community Games athletics finals took place at the top class facilities of Athlone Institute of Technology on Saturday & Sunday last 17th & 18th August. Representing Louth & Dundalk were Patricia Jumbo Gula, Alana Duffy, Maria Smith, Laura Jane Hearty, Caitlin Mulholland, & Patience Jumbo Gula.

In the U12 girls relay Patricia, Alana, Maria & Laura Jane were joined by Aoibhin McMahon ...to represent Louth. The girls did really well in their heat and qualified for the semi-final where they bowed out with great honour just missing out in the final by one position. With 3 of this squad still young enough to be eligible to compete again next year they might well have the opportunity to improve on their endeavours in 2014.

On the U14 relay team Caitlin & Patience teamed up with Shauna McMahon & Clodagh Roe. In the heat the girls finished 2nd a feat repeated in the semi to qualify for Sunday's final. Drawn unfavourably in lane one they gave there all with Patience hauling them into 5th place just outside the medals as the first 4 make the podium in Community Games. This was a great performance by the girls who no doubt will be back next year for another tilt at a title.

Patience also had the girls under 14 100m to contend with. The age groupings and criteria are different than the A.A.I. and favour those born after July 31st. With her birthday being before that date Patience was potentially facing rivals who were up to 2 years older than her. But there is an old saying in sport "If you're good enough, you're old enough" and the times she has clocked this year had confirmed that with a resounding yes.

In the heat she showed her growing experience & confidence by doing just enough to win and progress. In the semi-final again with another excellent display. The final was a very strong affair but once again Patience proved equal to the task making up ground after a slow start to storm home to another fantastic national title against older girls.

The form Patience has shown this year is a strong indicator that with the right support, which she already has from her family and more coaching she can go on to compete at the highest level.

The club are very proud of all the young athletes who did themselves, their families, club and county proud. Well done all, take a bow.

Training resumes Tuesday 27th August at 6.30pm in Young Ireland's GFC

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/>".