



2013 All Ireland Juvenile Championships

Date: 21st July 2013

The last day of the 2013 All Ireland Juvenile Championships took place in Tullamore on Sunday last 21st July on a very nice but slightly cooler day than those of the recent warm spell, which was welcomed by all the competitors. The club's sole representative was the budding star Patience Jumbo-Gula in the U13 girls long jump on what was her 12th birthday. Having just arrived home the previous night... from a 2 week family holiday Patience was feeling far from her energetic best, but as always was ready to give her all having qualified by finishing 4th in the Leinster Championships.

Her opening jump of 4.81m was a new PB and put her into 2nd place after the first round with the leading jump by Sophie Meredith of St Mary's Limerick of 5.17m breaking the old championship record. Despite not getting up to that level with her next 2 jumps she qualified as part of the top 8 for the final 3 round jump off. The final 3 jumps provided great excitement for the crowd with the leader breaking the record a further 2 times and the other 7 girls going on to improve their PB's in a high quality event.

By round 5 Patience was lying in 3rd place having yet to get near her first round effort, with the chasing pack breathing down her neck. An all-important few words of encouragement from dad Paul steadied the ship and Patience consolidated her position in 3rd with another PB of 4.84 despite being short of the board with her efforts. This proved her best jump on the day and secured her a well-deserved and hard earned All-Ireland bronze medal and also turned the tables the 3 girls who finished ahead of her and made up the 1,2,3 in the Leinster championships. What a great birthday present!

This was a tremendous performance by Patience as she is really only starting to get to grips with this event and has much improvement to come in the coming years if she continues to work hard. She has all the ability to go right to the top with the amazing natural speed and strength that she possesses and has great support from her family which is vital. All at St Gerard's AC are very proud of the wonderful performances this young lady has put in this year, which have brought great joy to her family and everyone who knows her. Well done Patience!

Next target will be the community games finals in athlone next month where despite having to compete in the u14 category she will be hotly fancied to take another All Ireland sprint title. After that, the cross country season beckons. Only joking Patience we wouldn't do that to you, or would we?

Next round of the Louth Summer league takes place this Tuesday 21st July in Ardee at the Monastery school grounds(across the road from the church)where strangely enough for this competition the sun might make an appearance! Try to be there for 6.40pm to allow for a warm up.

Training continues every Tuesday & Thursday at Young Irelands GFC, Hoeyes 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/>".