



## 2013 All Ireland Juvenile Championships

**Date:** 6<sup>th</sup> & 7<sup>th</sup> July 2013

The first weekend of the All Ireland juvenile championships took place in glorious weather in Tullamore on Saturday & Sunday last the 6<sup>th</sup> & 7<sup>th</sup> July. Representing the club were Cameron Moran, Patience Jumbo-Gula, Kate O'Connor & Scott Dorian.

Cameron took part in a very competitive boy's u12 turbo javelin competition where he gave another wonderful performance despite being slightly short of his ...PB. This was a great experience for this very talented & deceptively strong athlete which will stand him in good stead as he progresses.

Mr 'Athletics Dundalk' Scott Dorian carried an injury into the weekend's competition which prevented him from competing in the high jump & hurdles. Despite his unrivalled knowledge of all things he was unable to find a way of stopping the injury from preventing him throwing up to his best in his favoured event the javelin. Notwithstanding this Scott can reflect on his best season to date and showed great versatility by taking in some new events. Now if he could only decide which ones he prefers, he could make everyone life a bit easier!

Patience Jumbo-Gula's performance in the Leinster Championships marked her down as a favourite for the girl's u13 80m where she hoped to make amends for last year's defeat to Sophie Meredith of St Mary's AC. In the heat she cruised to a wide margin victory & sent out a message to her rivals letting them know she meant business. In the decider she was at her devastatingly brilliant best blowing the existing championship record of 10.63 seconds to smithereens with a tremendous victory in 10.17 with her great rival Meredith well back in 2<sup>nd</sup> also breaking the old record. There can be little doubt that if she continues to improve and apply herself this young lady can go on to achieve great things.

Kate O'Connor had a busy weekend with the girl's u14 long jump, 800m & javelin to contend with. On Saturday she put in an excellent series of leaps with a PB of 5.13m securing her a superb silver medal. On Sunday her schedule was a bit more hectic with the javelin & 800m taking place simultaneously. After taking her first throw in the javelin she had to rush to the 800m start. With it being a straight final with 15 athletes, rather than risk being caught up in congestion in a tactical race she decided to make a 'true run' affair. From the gun in the style of the master David Rususha she went to the front to take a lead which she never relinquished all the way to the finish to record a marvelous victory in a new PB of 2minutes 18.05 seconds. With little or no time to celebrate it was back to the javelin where she went on to retain her title from last year to record her second gold in the space of minutes with a throw of 32.71m.

All involved with the club are tremendously proud of these young athletes who performed so heroically against the top juvenile athletes in Ireland. They are great role models for our younger members who can see that if they work hard like Patience, Kate, Scott & Cameron they too can achieve great things.

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/>".