



2013 Leinster team event

Date: 8th June 2013

The Leinster team event took place in Celbridge on Saturday last 8th June on a beautiful summers day which was (dare we say it) a little too hot for athletics. With the emphasis on fun rather than the normal full on competition at provincial level, the club took 5 teams and plenty of supporters on the bus for Co Kildare.

The U10 girls team of Amy Toal, Ciara & Aoife Gorham and Eimear Farrell gave some eye catching performances in their 60m, long jump, turbo javelin, 600m & relay. With Ciara & Amy moving up an age group, Eimear making her debut & the other 3 girls in only their 2nd competition they all still showed great promise against the big clubs in the province. Despite her inexperience Eimear showed excellent running form in the sprints, Ciara & sister Aoife showed up well in the turbo javelin and Amy showed great determination in the 600m & long jump.

Patricia Jumbogula, Emma Coleman, Ellie Gorham & Ellen Murphy took part in the girls U11 competition. In their 1st event their day looked like it might be over when Patricia on her 1st high jump attempt spiked herself causing a very nasty cut which required temporary stitches and her retirement from the event. Her partner, Ellen continued on to clear 3 heights to take 4th place. Bravely Patricia moved on to take 2nd in the turbo javelin with both her & Ellie setting PB's. Ellen & Emma long jumped well in the hot conditions with Ellen taking a new PB. In the 60m Emma & Ellie ran stormers against strong opposition. Going into the last event, the relay, the girls were lying in a 3 way tie for third with Taghmon & Dunboyne, with the 6th team only 1 point further back. With the pressure on, they showed their fighting spirit, with Ellie starting off, the blonde bullet Emma blazing the back straight handing over to Ellen who was now passing opposition for fun on the bend and the lion hearted Patricia anchoring them home despite her injury to a great Leinster bronze to take their place on the podium beside fellow Louth club Blackrock.

The u12 boys squad consisted of George Maas, Jamie Wynne, Conor Toal & 'super sub' Fionn O'Brien. George & Conor both had 'clear rounds' in the hurdles at their first every tries at the event. Fionn & George teamed up to throw well in the shot with Fionn only having picked up the shot for the first time few minutes earlier. In the long jump both Fionn & Jamie took new PB's which they can be rightly proud of. Conor & Jamie showed no fear in their first attempt at the high jump and now have a mark to aim for a higher PB next time. In the relay the 4 boys ran strong legs to finish their day's competition in excellent style.

The girl's u12 team of Alana Duffy, Laura Jane Hearty, Maria Smith & Aoife Byrne. in the hurdles despite having their first ever attempts the girls really impressed with Maria winning her heat and Laura Jane a close up 4thin hers. Alana & Aoife also debuted in the shot with both girls doing excellently. Unfortunately in her last throw Alana in her excitement of launching an impressive effort stepped over the mark and was thus deemed to have fouled. Laura Jane & Aoife gave their all in the 600m despite suffering in the heat finishing their races strongly. In the long jump Maria & Alana jumped well in the hot conditions in what was a very long competition due to a delay. In the relay the girls despite some changes to their running order, finished strongly in 4th place.

The U15 team had to undergo a late change to the lineup with Patience Jumbogula replacing Kate O'Connor and teaming up with Caitlin Mulholland, Nimi Apesin & Kate Smyth. In their 1st attempt at the hurdles Kate & Caitlin

performed really well showing nimble footed ness over the obstacles. Patience & Nimi threw really well in the shot despite having to deal with a heavier one than they are used to. In the long jump both girls took new PB's with Nimi jumping 4m and Patience 4.43m. In the 800m Kate & Caitlin ran well judged races to finish strongly in mid division in what were strongly run affairs. Last up was the relay and despite being hindered by getting drawn in lane 8 the girls ran wonderfully with the magnificent Patience finishing like the proverbial steam train into 4th place.

As is said many time that the act of participation is often overlooked in the competitive nature of these events, so well done and a big thank you to all of those athletes who travelled and turned up to represent their club.

After that hard day's work (for the parents too!) it was onto the bus and off to KFC in Dundalk for some well earned chicken & chips. The club wishes to thank all the parents & athletes for their efforts on what turned out to be a very long day out for everyone.

On Monday 3rd June some of the clubs athletes took part in the Co Louth community games finals in Drogheda. There were many excellent performances from the clubs athletes. Taking part were Emily O'Brien, Luke, Robyn & Ellie Gorham, Alana Duffy, Ruari & Kate O'Connor, Patricia&Patience Jumbogula, Caitlin Mulholland, Laura Jane Hearty, Maria Smith & Nimi Apesin. Patience stormed to victory in the 100m U14 as did Kate in the 800m. Luke ran a great 2nd in the 800m u14. Ruari took 3rd in the u12 ball throw and Nimi took silver in the u14 shot putt. Maria ran an excellent 100m just missing out on a win in 2nd place, but made amends in the girls u12 relay where she was joined by Patricia, Aoibhin McMahon, Alana & Laura Jane for a great gold medal. The u13 mixed team of Emily, Luke, Nimi and Ruari took 2nd. Kate, Patience & Caitlin teamed up with Shauna McMahon & Clodagh Roe to take the u14 girls relay. Well done all and good luck to all those now going forward to represent Louth at the national finals in August.

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/>".