



## 2013 Leinster u13 to u19 championships

**Date:** 15<sup>th</sup> & 16<sup>th</sup> June 2013

The Leinster u13 to u19 championships took place on Saturday & Sunday last 15<sup>th</sup> & 16<sup>th</sup> June in Tullamore. With most people lamenting the return to "normal service" in regards to the Irish summer weather, the competitors welcomed the slightly lower temperatures which made conditions more comfortable to perform in. Representing the club were the quintet of Patience Jumbogula, Nimi Apesin, Kate O'Connor, Luke Gorham & the club's high performance academy director Scott Dorian.

Patience firstly took part in the U13 long jump competition on Saturday, where she was right in position for a medal with her best jump on the day of 4.38m until the last round, eventually finishing in 4<sup>th</sup> and thus qualifying for the All Ireland, where with a little more technique work she can definitely go close to medalling. Later in the day she had a close up 6<sup>th</sup> in the shot despite being below her best. Last up was the inter-county relay where she displayed her amazing speed to anchor the Louth team to victory after taking the baton in 4<sup>th</sup>. On Sunday she took part in her strongest event the 80m where hopes were high for a bold showing given her recent form. Qualifying for the final through the heats & semi-finals with ease she lined up for the final. What followed next was nothing short of astonishing. In what was supposed to be a competitive affair she blew her opponents away stopping the clock at 8.24 seconds. The time smashed the existing record of 8.47 seconds. The performance was remarked upon by many attendees as being as good as any they have seen at this level for a long time. Next stop the All Ireland's where she will be a strong contender.

Nimi Apesin & Kate O'Connor competed in the girls u14 events. On Saturday Nimi who has only been with the club & training for 2 months had an excellent performance in the shot putt taking a fine 5<sup>th</sup> place just one position short of All Ireland qualification, with 3 of the first 5 hailing from Louth such is the strength in depth in this event in the county. Kate took in the javelin and repeated last year's heroics with a brilliant 1<sup>st</sup> place and new Leinster record adding over 3.5 metres to the old mark. On Sunday both took part in the long jump with Kate putting in an excellent series of jumps to win with another record of 5.11m. Nimi once again belied her inexperience to compete well against the best in the province. In the 80m despite a slow start she ran strongly just missing out on qualification for the semi's. In her last event Kate took in the 800m & qualified for the final with the minimum of fuss to earn herself a tilt at a hat trick of titles. The final itself was a tremendous race with last year's All Ireland champ Amy Clarke of Na Fianna AC setting a blistering pace. Tracking her all the way Kate made her move at the 150m mark finishing strongly to win smashing the old record by over 2 seconds to take an astonishing 3<sup>rd</sup> gold & Leinster record of the weekend. Reports from Tullamore advise that even her normally outspoken dad Michael was for once lost for words, however these have yet to be corroborated (now that would be an even more remarkable record).

Club legend Scott Dorian took part in the boys U15 80m hurdles, javelin & high jump (which he has just commenced in the last month). In the hurdles he took fantastic silver with a determined effort. A fourth place finish in the high jump gave him another All Ireland qualification in his first ever competition in this most challenging of events. With those two performances under his belt one could forgive him, were he to rest on his laurels, but, far from it he took his PB to 31.97m in the javelin to take a marvellous bronze medal in his best ever Leinster

championships. Well done Scott.

The only downside of the amazing weekend was the flaring up of a niggling injury for the very talented Luke Gorham who competed in the boys U14 category. After qualifying for the 200m final on Saturday his performance the showdown was impeded by the reoccurrence of a painful heel problem. As a result his weekend's athletics was cut short as the correct decision was made to pull out of his remaining events. No doubt after a proper recuperation Luke will be back ready to do himself justice. The club wishes him a good recovery.

The club is very proud of all 5 of our young athletes who performed above & beyond their coaches wildest dreams. They are a great example and role models for our younger members both in and out of competition, each & every one of you, take a bow.

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