



2013 Leinster Juvenile relay Championships

Championship Dates: 18th May 2013

The Leinster juvenile relay championships took place in beautiful sunshine at the Shoreline sports centre, Charlesland, Greystones in the beautiful garden of Ireland, Co Wicklow. Representing the club in the girls U14, 4 x 100m were Nimi Apesin, Kate O'Connor, Caitlin Mulholland & Patience Jumbogula.

With their race listed as an approximate 3.15pm start on the programme the team arrived in what they thought was plenty of time at 2pm, only to find out that they only had a few minutes before their heat was to commence. Without any warm up they made their way onto the track hoping for the best. With a large field of entries 3 heats were held with the 1st in each and the 3 fastest losers to qualify for the final. Unsurprisingly the girls were caught a bit cold and lost ground on the changeovers finishing 3rd behind the very strong St Laurence O'Toole & Dunleer AC in what proved to be the fastest heat with the 2nd,3rd & 4th place teams making it to the final.

In the final the girls were a bit more prepared but had the daunting task of facing the might of Kilkenny City Harriers, S.L.O.T. along with Greystones and fellow Louth clubs Dunleer & Blackrock. However these young ladies are nothing if not resolute and despite having been drawn in lane 2 which the long striding Nimi wasn't really suited to, she, Kate & Caitlin ran brilliantly were in 4th place coming into the home straight about 5m off the 3rd placed Dunleer squad. Taking the baton for the final leg Patience powered up the home straight making up ground with every stride a flashed across the line alongside Dunleer behind winners S.L.O.T. & K.C.H with Blackrock in 5th. After several agonising minutes a dead heat for 3rd was announced which brought large roars of excitement from the athletes and supporters of both St Gerards and Dunleer.

After gathering their breath and settling the nerves, it was on to the Glenview Hotel for a well-deserved bite to eat before making the journey home along the motorway. The club is very proud of these young athletes who showed great character and spirit and no little potential given some of them are very inexperienced. If they continue to apply themselves there is no limit to what they can achieve.

Training continues every Tuesday & Thursday at Young Ireland's 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/>".