



2013 Louth Cross Country Championship Drogheda

Date: 6th October 2013

The first weekend of the Louth cross country championships took place on Sunday last 6th October at Meadowview in Drogheda in fine weather conditions. Taking part for the club were Robyn & Ellie Gorham, Emma Whately, Laura Jane Hearty, Emily Molloy, Maria Smith and Caitlin Mulholland.

First into action was Robyn Gorham in the u8's mixed event where she ran a great race despite being up against the boys. Big sister Ellie took part in the u10 girls 800m where she was joined by Emma Whately. Both girls ran excellent races with Ellie right up with the pace all the way before tiring to finish a close up 6th and Emma finishing strongly after getting caught up in traffic problems at the start.

In the u12 girls 2000m Maria, Emily & Laura Jane took part in one of the hottest races of the day. All three ran excellent races with Maria & Emily finishing in mid division and Laura Jane putting up the bravest performance of the day to finish the race despite suffering from a really bad stitch. This was a great effort by all 3 girls and good experience for them with both Emily & Maria having their first ever cross country races.

Caitlin Mulholland took part in the u14 girls 3000m. The pace was fast from the start and Caitlin moved into a breakaway group of 4 running well. On the final lap the hot tempo began to tell with the eventual winner coming from just off the pace to pass the leading quartet with Caitlin keeping going gamely for a fine 5th place finish.

Next week sees the 2nd week of the cross country championships takes place at DKIT where the club will hopefully have a few more debutantes in the sphere. Training has now moved indoors every Thursday at 6.30pm in the De la Salle secondary school hall

Training continues every Thursday at De La Salle Secondary School Hall from 6.30 to 8PM. New members welcome. Follow us on Facebook "<https://www.facebook.com/StGerardsAthleticClubDundalk>" and on our web-site "<http://www.stgerardsac.org/>".