



2014 Ardee Open Sports day

Date: 31st August 2014

The curtain came down on the track and field season with the annual Ardee & District AC open sports on Sunday last August 31st. Representing Dundalk St Gerard's AC were Meabh O'Connor, Grainne Moran, Lucy Mahon, Nicole, Hayden & Caitlin Mulholland, Conor & Aoife Gorham, Nathan Crawley, Ethan Mullen, Sam O'Dufaigh, Hannah & Rebecca Cunningham, Ellen Murphy, Emma Hearty, Emily Molloy, Maria Smith & Jamie Wynne.

In the U8 girls 60m Meabh O'Connor & Grainne Moran qualified through the heats for the final with Lucy Mahon & Nicole Mulholland running well also just missing out. In the decider Meabh & Grainne battled it out again for 2nd & 3rd place finishes. In the 200m the girls showed up well once again with Meabh & Grainne taking silver & bronze once again but this time swapping places and both Lucy & Nicole doing really well also.

Ethan Mullen, Hayden Mulholland, debutante Nathan Crawley & Conor Gorham competed in the boys U8 events. In the 60m they showed great speed with Ethan qualifying for the final where he just missed out and the very promising Nathan, Conor & Hayden doing well also. In the 200m the trio once again gave their all just behind the leaders, having their own private battle for bragging rights. Sam O'Dufaigh ran another promising race in the U9 boys 80m and followed that up with another bold showing in the 200m. All four boys took part in the U9 turbo javelin where they competed with great gusto once again.

Twins Rebecca & Hannah Cunningham made their competitive debuts in the girls U10 category. Both girls showed good speed in the 80m with Rebecca proving very unlucky falling when in contention for 3rd place. In the 200m once again they showed great promise keeping up with the pace until they tired towards the finish. In the long jump they once again showed great ability and promise for the future and in the process gained valuable experience.

Aoife Gorham gave her all running bravely in the U11 girls 100m. She then went on to compete strongly in the turbo javelin and followed that up with another fine effort in the U12 long jump. Ellen Murphy made up for a slow start in her heat to finish fast to take 2nd and qualify for the final in the U12 girls 100m. In the final she ran another fine race in a strong field to just miss out on the podium in 4th. In the long jump she just missed out on a medal again, only posting one valid jump for 4th place.

Jamie Wynne made a welcome return to competitive action with some excellent performances in the boys U13 category. In the 100m he showed great speed to take 3rd place. In the shot he threw really well to take a fine silver medal. In the long jump He moved up a year to take on the U14 boys and acquitted himself really well to finish 4th.

Maria Smith, Emily Molloy & debutante Emma Hearty competed in the girls U13 category. In the 100m Maria put her brilliant speed to great effect storming to an impressive win with Emily & Emma running very promising races too. In the 800m all three girls battled bravely in a high quality contest with Maria leading

them home in 4th and Emily & Emma doing really well just behind and showing great potential for the future.

Caitlin Mulholland ran her usual strong race in the U15 girls 1500m. Getting right up with the pace from the start she kept going strongly all the way to the line to take 2nd for yet another podium finish.

Last up were the relays where the clubs teams gave their all once again. Nicole Mulholland, Grainne Moran, Lucy Mahon & Meabh O'Connor lined up for the girls U9 4 x 100m. Unfortunately Grainne took a tumble and fell while right in contention. Bravely she got back up and continued, but try as they might they just missed out on a medal in 4th place, but a brilliant performance nonetheless. The boys U9s also had a great performance in their 4 x 100m with the team of Ethan Mullen, Hayden Mulholland, Conor Gorham & Sam O'Dufaigh just missing out on the podium as well in 4th place. Emma Hearty, Ellen Murphy, Emily Molloy & Maria Smith put up another fine performance in the girls U13 4 x 100m. In a thrilling encounter, despite a few slow changeovers they were still in 4th when Maria took the baton for the final leg and swooped late to snatch a joint 2nd place in a great contest. With little or no time to catch breath Maria, Ellen & Emily took to the track again to join Jamie Wynne in the U13 boys 4 x 100m. Once again they showed their battling qualities with a determined finish from Jamie on the anchor leg to take 3rd place.

Training Tuesday & Thursday evenings in Young Ireland's GFC's grounds on Hoey's lane at 6.30pm. Follow us on Facebook "<https://www.facebook.com/StGerardsAthleticClubDundalk>" and on our web-site "<http://www.stgerardsac.org/>".