



2014 Leinster Juvenile Athletic Championships

Date: 29th June 2014

The Leinster juvenile athletic championships for the U14-19 age groups took place in Tullamore on Saturday and Sunday last 28th & 29th June. Representing Dundalk St Gerard's AC were Scott Dorian, Patience Jumbo-Gula, Caitlin Mulholland & Kate O'Connor.

Scott's participation was limited to the javelin due to a slight hip injury preventing him from competing in the hurdles. Despite this setback he competed strongly to throw a seasons best to take a great bronze medal in the U17 boy's javelin competition. Patience Jumbo-Gula took on the provinces finest in the girls U14 80m & 200m on both Saturday & Sunday. First up was the 200m where she breezed into the decider comfortably. In the final once again she was too strong for her opponents with an impressive win setting her up for a tilt at the sprint double. On Sunday she warmed to the task by easily qualifying for the 80m final, where, once again she was at her devastatingly brilliant best with another win to record her second gold of the weekend in a new championship best. In this kind of form she is going to be very hard to beat at national level and another double in the All Ireland's could well be on the cards.

Caitlin Mulholland took her place in a very competitive field in the girls U15 1500m in Saturday. As per usual she ran another gutsy race finishing well in mid division and gaining valuable experience and lessons that will stand her well in the future. Kate O'Connor kept the ball rolling with a solid series of jumps to take gold in the girls U15 long jump with a best effort of 5.12m on the day. On Sunday she performed brilliantly again setting a new championship best of 39.48m to win the javelin. In the 800m once again she romped home to a comfortable victory to complete a wonderful hat trick of individual gold medals.

On Saturday Patience & Kate took their places on the Louth U15 girls 4 x 100m relay team alongside Blackrock's Gemma McCrave & Marie Claire Rogers of St Peter's AC. The girls delivered the goods in style leading the wee county squad to victory. Well done to our athletes who did themselves proud at the weekend and can now look forward to the upcoming All Ireland finals in confidence.

Training takes place each Tuesday & Thursday at Young Irelands GFC, Hoey's lane at 6.30pm. Training continues every Tuesday & Thursday at Young Irelands pitch 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/>".