



Dundalk St. Gerard's Athletic Club

25 Belfry Drive
St. Alphonsus Road
Dundalk
Co Louth

2014 All-Ireland Indoor Juvenile Championships

Date: 24th March 2014

The juvenile All Ireland championships took place on Saturday & Sunday last 22nd & 23rd March at the international arena in Athlone Institute of Technology. Representing their club were Patience Jumbo-Gula in the U-14 60m & long jump and Kate O'Connor in the U-15 800m & long jump.

In the U14 girls 60m Patience continued her recent good form qualifying for the final with ease and leaving her nearest rivals on the form book, in her wake with an impressive clocking of 7.96 seconds, looking like she could move it up a gear if needed. In the final unfortunately Patience felt a slight muscle pull but heroically battled to finish in 2nd place, one hundredth of a second off the winner who won in 7.97 seconds. This was an amazing result considering she was unable to give her best and was visibly limping at the end. Bravely she took part in the long jump but was clearly inhibited by her injury, jumping well below her best to finish in 7th place, which was a remarkable performance in the circumstances. Patience will need to take time to ensure she fully recovers, but will no doubt be back to strike fear into the hearts of her opponents in the upcoming outdoor season.

Following on from her victories in the Leinster championships a few weeks ago Kate O'Connor took on the U15 girl's long jump & 800m. In the long jump she showed her class putting in an excellent series of jumps to take an excellent gold with a season best of 5.21m. In the 800m she qualified for the final with the minimum of fuss taking her heat with ease. The final was a tremendous race with the girls going flat out from the gun with Kate in the van all the way setting a record breaking pace. At the 400m mark Kate made her move piling on the pressure all the way. One by one her rivals began to drop away with only Munster champion Alex O'Neill from St Cronans AC able to stick with her burst. The wily O'Neill stayed in Kate's slipstream letting her do all the work and took up the lead on the final lap to sprint away to victory with Kate a gallant 2nd place and both athletes finishing inside the old championship record underlining the quality of the race. This was another fantastic weekend's effort by Kate who continues to improve year in year out.

The club is very proud these two young athletes who competed with distinction against the countries best young athletes. With further improvement to come and valuable experience gained they will come back stronger in the coming outdoor track season.

Training continues every Thursday at De La Salle Secondary School Hall from 6.30 to 8PM. New members welcome.

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