



2014 Louth County Championships Day 3

Date: 10th May 2014

Heavy showers brought about some stoppages during the days programme, but failed to dampen the spirits of the hardy competitors and their supporters on the third and final day of the Louth juvenile championships on Saturday last, 10th May at Bush track. Representing Dundalk St Gerard's AC were Aoife Byrne, Patricia & Patience Jumbo Gula, Victoria Adeyanju, Ellen Murphy, debutante I.J. Osadebe, Caitlin Mulholland & Kate O'Connor.

First up on the day's card were the sprint hurdles, where Aoife Byrne, IJ Osadebe, Victoria Adeyanju & Ellen Murphy experienced the event for the first time in the girls U12 category. Aoife & Victoria showed up really well in their semi-final and just missed out on qualification for the decider. On her competitive debut IJ Osadebe showed great potential finishing in second in the other semi with Ellen getting going late on after a tentative start taking third, for both girls to make the final. The experience gained in the semi stood to the girls with Ellen showing much improved form to take an excellent bronze medal with IJ just missing out in fourth in what was a highly promising debut. In the turbo javelin Aoife, IJ & Victoria were joined by Patricia Jumbo-Gula. All four girls competed really well against stiff opposition with Patricia proving best of the quartet just outside the medals & throwing really well for a fourth place finish. The u12 girls long jump competition boasted the biggest field of competitors on the day. The very heavy showers interrupted the competition and made conditions difficult for jumping. With her first round leap Ellen really threw down the gauntlet to her rivals, producing a great new PB of 3.85m, surpassing her previous mark by over half a metre. Aoife was unlucky with her best leap of the competition unfortunately being a foul. Patricia jumped very well also but was well before the board with her efforts, losing out on valuable distance. IJ & Victoria both jumped well & gained valuable experience on their first try at the event. Ellen followed up her first jump with a good series, but it was her initial effort which proved the decisive one and brought her a richly deserved gold medal in a tight contest.

Patience Jumbo-Gula jumped to gold in the U14 girls long jump to make it two out of two after her victory in the 80m the preceding weekend. In the 200m she qualified for the final comfortably affording herself the comfort of shutting down the engines for the final 30m. In the final she stormed to victory with an impressive display making it an excellent hat trick of gold medals in her three events for the championships.

Caitlin Mulholland stepped up in distance from the previous weeks competition to take another fine silver in the U15 girls 1500m, finishing strongly and shaping like a really promising distance runner for the future, looking like the further she goes, the better she will get. Kate O'Connor almost missed her long jump competition having only arrived after the first round of jumps was completed. Due to the heavy

showers causing dangerous underfoot conditions for jumping, the officials made a good call in the interest of safety and the competition was restricted to three jumps per athlete. This left Kate with two efforts to make her mark. With her first jump she was below her best, however having warmed up a little more and getting her correct mark she jumped a marvellous 5.09m on her second and final try, to smash the previous championship best of 4.83m in conditions that were far from ideal.

The club fielded one relay team on the day with the girls U12 squad of Ellen Murphy, IJ Isadebe, Victoria Adeyanju, Patricia Jumbo-Gula & Aoife Byrne taking to the track. Despite missing their inspirational chef d'équipe Emma Coleman, the girls fought all the way for a bronze medal to round of a very successful championships for the club, where, once again, our athletes proved their worth.

The club is very proud of all the young boys & girls, who competed with distinction, throughout the three days of the championships.

Training continues every Tuesday & Thursday at Young Irelands pitch from 6.30 to 8PM. New members welcome.

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