



## **2014 Louth Awards & All Ireland Schools in-door**

**Date:** 16<sup>th</sup> November 2014

The Irish Schools Athletics All Ireland indoor multi event championships took place on Saturday last 15th November at Athlone IT international arena. With the championships doubling up as the eliminator for selection of the Irish team for the annual international four nation event in Glasgow in December, competition was red hot for the coveted four team places on offer in each of the age categories. Having represented her country in 2013 Dundalk St Gerard's AC's Kate O'Connor competing for St Vincent's Dundalk was amongst the fancied runners to make the squad.

Taking part in the junior girl's pentathlon, the great all-rounder had to compete against the best athletes in the country in 60m hurdles, shot putt, long jump, high jump & 800m. Sprinting to a great new PB of 9.68 seconds in the hurdles, a leap of 5.37 metres in the long jump and a best clearance of 1.57 metres in the high jump, Kate was right in the mix lying in second place 183 points behind the leader with the shot put and 800m still to go. It was a big ask, but a fantastic PB of 12.01 metres in the shot put cut the deficit by 70 points, going into her strongest event the 800m. With her destiny in her own hands, Kate took the race by the scruff of the neck and dominated proceedings to finish well clear in a time of 2 minutes 20.66 seconds over 14 seconds clear of the previous leader and catapult her into pole position with a final total of 3,614 points to win by 68 points and book her ticket to Glasgow in December to represent Ireland. This was another fantastic performance by Kate and a well-deserved reward for all her hard work.

Closer to home, the Westcourt Hotel in Drogheda was the venue for the annual Athletics Louth awards on Friday night. Five young athletes were nominated in their categories for athlete of the year, they were: Ciara Cunningham (u9-u11), Ellen Murphy (u12-u14), George Maas (u12-u14), Caitlin Mulholland (u15-u16) & Scott Dorian (u17-u19). All of the quintet received certificates acknowledging their achievements in athletics over the 2014 season. The club a very proud of all the young athletes who were deservedly nominated and fully deserved this recognition.

Training every Thursday evenings in De La Salle Hall, Mill Road from 6.30pm.

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