



2015 Louth Juvenile pre-Championships

Date: 11th April 2015

The Louth pre championship event took place at Bush track on Saturday last 11th April. Dundalk St Gerard's AC were well represented on the day with some of the clubs more experienced athletes being joined by the up and coming future stars up against all the other Louth clubs.

First into action were the U8's with Daniel Voight making his debut for the boys and Hannah Toal, Niamh Gorham Molly Whately & Nicole Mulholland in action for the girls. All five gave a good account of themselves and had a great day's fun. Ryan Heaney, Ronan Campbell, Lorcán Garvin, Ethan Mullen, Aaron Dunne, Conor Gorham & Hayden Mulholland performed with distinction in the boys u9 category with the best performance of the group being Ethan's excellent win in the long jump with Ryan just missing out on a medal.

The girls U9 squad looks like it could be one of the strongest in the club with debutantes Tara O'Connor, Enya Silkena & Saoirse McGinnity alongside Grainne Moran & Maebh O'Connor giving strong performances. Tara impressively made the final despite her inexperience where she was joined by Maebh with Grainne, Enya & Saoirse doing well also. In the decider Meabh finished in 3rd with Tara just missing out on a medal. In the 200m Meabh was 4th with the very promising Enya hot on her heels and Grainne & Tara not far behind. In the long jump Meabh took an excellent victory with Grainne in 3rd, Enya 5th and Tara and Saoirse doing well also.

Ciara Cunningham continued where she left off last year with strong showings in the girls U10 category where she was joined by the ever improving Leah Miele and the promising Sadbh Lavery. Ciara took a fine 2nd in the 80m, a brilliant win in the 200m and completed the set with a 3rd place in the turbo javelin. Leah also competed with great promise and continues to gain experience and confidence with every outing while Sadbh showed great potential on her competitive debut.

Hely Rasandratana lined out for the boys U10 events and once again gave his all showing great determination and more improvement to underline his progress. Shane Smith, Donal Lavery & Liam O'Connor all performed with great credit in the boys U11 category and moved up an age group to compete in the U12 boys turbo javelin. Twins Hannah & Rebekah Cunningham, Emma Whately, Luke Conlon had a great debut in the boys U12 events, showing great promise and strength to give a strong indication that he is one for the future. Leah Mooney and twins Eimear and Niamh Hearty made their debuts in the girls U12 category. All three girls performed with great promise and gained valuable experience for future competitions. Ellen Murphy & Patricia Jumbo-Gula competed for the girls U13 category. Both ran impressively in the 80m heats to qualify for the final, where once again they performed strongly with Patricia finishing fast for 3rd place and Ellen just outside the medals. In the long

jump once again Ellen was just a whisker away from the podium with her best jump only 6cm less than the winner resulting in a 4th place. Ellen moved up an age to compete in the shot putt where once again she performed well. Neil McCarron & Conor Toal competed in the boys U13 events where they showed up really well and continue to improve with every outing.

Maria Smith, Emma Hearty & Emily Molloy flew the flag for the U14 girls brigade. Maria sped into the 100m final with Emma & Emily giving their all in the heats but missing out on the decider. In the final Maria once again proved strongest in a close finish to take the gold. In the 800m Emily proved the pick of the bunch despite giving up a lot of ground at the start she finished strongly to take 5th place. The boys U14 squad of George Maas, debutante Eanna Kinsella, Ruari O'Connor & Jamie Wynne performed really well on the day. Jamie ran strongly in the 80m to take 3rd in the final. In the 800m Ruari showed great form to take the silver with George in 4th and Jamie just behind. In the shot putt George emerged victorious with Ruari in 2nd place and Jamie just outside the medals. Patience Jumbo-Gula was very impressive in winning her heat in the U15 girls 100m. In the final once again she demonstrated why she is All Ireland champion with another commanding display to win. Kate O'Connor & Caitlin Mulholland showed up really well in the girls U16 events. Kate won the 800m impressively followed by Caitlin running a brilliant race in 3rd. In the 100m Kate took a fine silver medal and followed that up with a win in the shot-putt and another victory in the U17 long jump. James McCarron ran a fine race to take 3rd in the U16 boys 800m and also did well in the 100m & shot putt. Kate Smyth turned in some solid performances on the day, just missing out in the U17 girls 100m & shot putt in 4th place, but made amends with a great run for 3rd place in the 800. Despite not being fit enough to run Kaylem Gorham took part in the the U19 shot putt where he performed really well to take 2nd place.

In the relays once again the club performed strongly. The U9 team of Meabh O'Connor, Enya Silkena, Tara O'Connor & Grainne Moran sped to victory, with a second squad also doing well. Both U10 boys' teams gave there all in their races as did the girls U11 & U13 teams. The boys U14 team of George Maas, Jamie Wynne, Ruari O'Connor & Neill McCann won an exciting race. The girls U15 team of Emily Molloy, Emma Hearty, Maria Smith & Patience Jumbo Gula ran really well to take 2nd place. A mixed squad of James McCarron, Kate O'Connor, Caitlin Mulholland & Patience Jumbo-Gula took 3rd place in the boys U16 category and the same three girls teamed up with Kate Smyth to win the U17 girls decider.

This was a great seasonal opener for all the young athletes of the club and the momentum gained will no doubt breed confidence for them all to continue to improve and achieve as the season progresses. Training continues every Tuesday & Thursday in Young Irelands GFC at 6.30pm, new members welcome.

Training continues every Thursday at De La Salle secondary school hall at 6:30pm.

New members welcome. Follow us on Facebook

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"<http://www.stgerardsac.org/>".