



2015 All Ireland Championships

Date: 4th July 2015

In Tullamore on Saturday last the cream of the country's young athletes gathered for day 1 of the All Ireland juvenile championships. Competing for Dundalk St Gerard's AC were Scott Dorian in the boys U18 javelin and Kate O'Connor in the girls U16 long jump & 800m.

Scott has shown tremendous improvement in technique and strength this year. This improvement doesn't happen by accident and despite having to miss a large block of training over the winter, Scott applied himself diligently and put in the necessary hard work. In the competition Scott beat his PB twice with a best throw in excess of 47m taking him to 5th place. If he can continue to apply himself and work hard there is little doubt that a podium finish at National level is within his grasp.

Kate was back in Tullamore after winning the National multi events championship the previous week. In the long jump competition she put in an excellent series of jumps against a high quality field of athletes. An excellent 5.49m leap was good enough to secure a silver medal finish and keep the momentum going. The 800m was next on the list for Kate. In the semi-final Kate decided to employ different tactics to normal, a move which caught some of her rivals off guard. Rather than take it on and give them an easy target she decided to go out fast and then ease back and wait for a fast finishing burst. Putting the pressure on the others to think on their feet, Kate showed a great kick 300m out to ease through to the final with a bit in hand. In the decider Kate mixed it up again going to the front and holding the lead on the inside. Confidently she controlled the race all the way gradually turning up the pace to sprint clear for a very impressive and decisive victory.

These were great performances by both Scott and Kate. The fact that they do it with such regularity probably means that many people don't understand or maybe just underestimate just how brilliant their achievements are and the efforts and workload required to produce them. Because, as we all know, talent is one thing, but to be successful you must put the hard work in, and even then there are no guarantees. Their unseen efforts, are perhaps surmised in the famous quote by Muhammad Ali, which explains why champions are champions and puts perspective on the journey to success:

"The fight is won or lost far away from the witnesses, behind the lines, in the gym, and out there on the road; long before I dance under those lights."

Well done Kate and Scott we are really proud of you both. The All Irelands continue next weekend with Kate back in action this time being joined by Patricia & Patience Jumbo-Gula and Maria Smith.

The club are currently on a break from training until 21st of July when we resume in Young Irelands GFC.

Training continues every Tuesday & Thursday in Young Ireland's GFC on Hoey's lane near DKIT at 6:30pm
New members welcome.

Follow us on Facebook "<https://www.facebook.com/StGerardsAthleticClubDundalk>" and on our web-site "<http://www.stgerardsac.org/>".