



2015 All Ireland Indoor Championships

Date: 22nd March 2015

The cream of the countries juvenile athletes assembled in Athlone Institute of Technology arena for the first weekend of the All Ireland indoor championships. Fresh from qualifying from the Leinster championships at the same venue two weeks previous Patience Jumbo-Gula & Kate O'Connor took on the nation's finest young athletes in the red hot competition.

Patience took to the track in the U15 girls 60m having come through the Leinster decider impressively. Despite many people expressing the view that she is more suited to the longer sprints that outdoor competition affords, she came through her heat winning impressively in a time of 7.92 seconds. In the final the competition was going to be stiff with the other heat winner clocking a time only one hundredth of a second behind Patience. With a slightly better than usual start Patience was on the heels of the leaders after 20m and from there she powered past the field taking the lead in the last 20m for a brilliant victory. Surprisingly this was this multiple All Ireland champion's first indoor title and she could hardly disguise her joy crossing the line. With the upcoming outdoor season only just around the corner the future continues to look bright for one of the countries up and coming sprint stars.

Kate O'Connor was double handed on the day taking part in the U16 girl's long jump and shot putt. Despite not reaching the heights of her recent performances Kate produced a best effort of 5.22m which gave her a fantastic third place finish to once again take the podium in a national final. In the shot putt Kate gave a brilliant display throwing an excellent series of throws to finish in second place losing out on the gold by a mere 3cm. Having lead from the first round Kate surrendered the lead after the fourth series of throws but really pushed the reigning All Ireland champion all the way in her first ever national competition in the discipline albeit that she had took part in the event as part of her multi-event endeavours. With her favourite event the 800m to come next weekend she potentially could complete the full set of All Ireland medals at the Co Westmeath venue next Saturday.

The two girls can look forward to the upcoming season knowing that they are in the form to put it up to their rivals and once again challenge for major honours. The club are very proud of these two young athletes who are reaping the rewards of all their hard work over the winter.

Training is moving outdoors from this Thursday 26th March in Young Irelands GFC at 6.30pm. The following week it will be back to two days a week, both Tuesday and Thursday as we gear up for the upcoming season.

New members welcome.

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