



2015 Leinster Juvenile Championships

Date: 8th March 2015

The Leinster juvenile athletic championships took place on Saturday last 7th & 8th March at Athlone IT International arena. A small group of athletes represented Dundalk St Gerard's AC at the event. Whilst the numbers weren't high the performances from the athletes was right out of the top drawer with Patricia & Patience Jumbo-Gula and Kate O'Connor showing "the power of three" against the provinces top juvenile athletes.

On Saturday Kate took part in the U16 girl's long jump competition. Continuing on from her recent high level of performances Kate once again proved peerless with a best jump of 5.39m securing her the gold. On Sunday the shot putt was first up and another bold showing was the order of the day with an excellent silver medal and a best throw of 10.86m. Kate's final event was the 800m. Cruising through the heats impressively she made the final with the minimum of fuss. In the decider she took the race on early and drew away from her rivals to win impressively in a time of 2 minutes 20 seconds. This was another excellent all round display from Kate who ended the weekend with a haul of 2 gold's and 1 silver medal.

On Sunday the super speedy Jumbo-Gula sisters Patricia and Patience took to the track to compete in the U13 and U15 girls 60m sprint competitions. Patricia had her first taste of using the blocks in a competition and despite her inexperience gave a great account of herself. In a competition with 60 athletes she came through her heat with an excellent win. In the semi-final despite a slow start she once again produced her hallmark strong finish to fly home in 3rd place. Unfortunately despite this, as the final places were selected on time, she missed out by one spot on the decider. This was a great showing by Patricia who continues to grow in confidence and improve year on year. Patience was also having her first competitive outing for the year but show no signs of it winning her heat well and just dipping under 8 seconds in 7.99 seconds. In the semi-final once again she performed strongly with an impressive win in 8.03 seconds. The decider was going to be another tough affair with the best of the province looking to make their claim on the provincial title. Once again Patience was more than up to the task with another super performance to storm home in 7.91 seconds.

With the All Ireland deciders only 2 weeks away the girls will now go forward with confidence to the National finals which will also take place in the Athlone arena. The club are very proud of all 3 athletes who really did us proud at the weekend.

Training continues every Thursday at De La Salle secondary school hall at 6:30pm. New members welcome. Follow us on Facebook "<https://www.facebook.com/StGerardsAthleticClubDundalk>" and on our web-site "<http://www.stgerardsac.org/>".