



## 2015 School All Ireland Championships

**Date:** 31<sup>st</sup> May 2015

The schools All Ireland championships took place on Saturday last 30th May in cool and blustery conditions at Tullamore. Two Dundalk St Gerard's AC's athletes Patience Jumbo-Gula & Kate O'Connor were in action representing St Vincent's secondary school in this prestigious event. Patience was taking on the minor girls 100m while Kate was involved in the junior girls 800m and javelin.

In the inaugural running of the minor 100m Patience came into the race in good form having showed up really well when winning the Leinster schools final. Right from the gun she put her stamp on the final powering away all the way to come home clear of the field for an emphatic victory in an impressive time of 12.17 seconds, a very fast time and even more impressive given the temperatures on the day were far from optimum for sprinting. With the upcoming AAI championships just around the corner this was a great confidence booster for this young star who continues to go from strength to strength.

Kate O'Connor first event was the 800m. With nobody willing to take it on Kate went to the front from the start to try and control the race. In a very competitive affair she made a bold bid for victory quickening the pace on the back straight on the second lap. At the 120m mark she kicked again with Carlows Sara Doyle alongside and Clare girl Alex O'Neill just behind in their slipstream, with 50m to go O'Neill made a decisive move to sprint to victory with Kate running a gallant race for a great silver medal. In the javelin Kate made no mistake with an excellent series of throws in the windy conditions. To top off a brilliant days performances Kate had the audacity to break the old championship best not once but twice during the competition, with her best of 43:77m a really remarkable throw into the wind.

The girls lined up with Blackrock's Gemma McCrave & Ava Kieran in the junior relay. Unfortunately a dropped baton put paid to their chances but remarkably they picked it up and finished in 6th place just off the medalists showing just how unlucky they were. Their efforts were not in vain however with this placing the school as joint overall winners in their section based on their combined results a really great achievement.

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/>".