

ALL IRELAND 12 - 19 DAY 2

Today we have three athletes competing in the National Championships. These athletes are at the pinnacle of their events for their age group. So you have to understand what a big achievement it is for them to get far.

Results

KEELIN ROCHE qualified for the final 8 from the long jump preliminaries and finished **8th in the Boys u/12 Long Jump**. Well done to Keelin. While he may not have finished in a medal position, one must realise that at under 12, there are many years ahead for this talented jumper. Getting into the final 8 is a fantastic outcome as he is amongst the 8th best for his age group in Ireland.

PETER MCDONALD finished **11th in the u13 javelin**. Imagine 11th best in Ireland. If any young man deserves a medal for most improved athlete this year it is Peter. At the start of the season, as a new javelin rookie he was throwing 17 meters. Roll on 4 months later and he has a PB of over 28 meters. Well done for your consistent training and for the fantastic achievement in getting to the all Ireland and taking on seasoned competitors.

AARON DONNELLY was **2nd in the U17 steeplechase**. In a race that saw the top three neck to neck with 400m to go, Aaron produced a great sprint down the home straight to secure silver. He was beaten by a meagre 200th of a second. What a close finish for a 2k race. Aaron our cross country specialist and indeed the holder of numerous all Ireland medals in cross country, is not only competing in his first track and field all Ireland but also securing his first track medal in the process. Well done to Aaron, you got out, what you put in at training.