



ATHLETICS
IRELAND

Congress 2008





**ATHLETICS
IRELAND**

Syllabus

4th General Congress

26th & 27th April 2008

Radisson Hotel, Dublin Airport

**4th General Congress
26th & 27th April 2008
Radisson Hotel
Dublin**

AGENDA

Saturday 26th April 2008

10.00 – 11.00	Registration
11.00 – 11.30	Opening of Congress
11.30	Reports <ul style="list-style-type: none">▪ Chair of Finance & Risk▪ Chair of High Performance▪ Chair of Coaching▪ Chair of Competition▪ Chair of Juvenile Committee
13.00 – 13.45	Lunch
13.45	Board Governance Presentations
14.45	Presidents Address
	Adoption of Standing Orders
15.15	Elections <ul style="list-style-type: none">1. The Board2. Coaching Committee
16.00	Break
16.15	Elections <ul style="list-style-type: none">3. Competition Committee4. Finance & Risk Committee5. High Performance Committee6. Juvenile Committee
17.30	Notice of Motions
20.00	Congress Buffet

**4th General Congress
26th & 27TH April 2008
Radisson Hotel
Dublin**

AGENDA

Sunday 27th April 2008

10.00

Motions

Inauguration of President

Close of Congress

CHAIR OF FINANCE AND RISK REPORT

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FINANCE REPORT

The following management and financial accounting information demonstrate the significant increase in turnover of the Association since 2005. They also demonstrate the current strong balance sheet position of the Association.

In order to evaluate the investment that is being made in the sport, in 2007, the Association finance's were broken down into the relevant cost centres / departments. The management accounts for 2007 demonstrate the actual financial performance versus budget, the signed off 2008 budgets and a draft 2009 budget.

2007 was the first full year where the new structures of the Associations were operational. As such, it is to be expected that there will be some variance versus budget in various lines and cost centres. It is also important to recognize that we should always be flexible enough to adapt to any changing circumstances that affect our budget as a year progresses. The accounts for 2006 and 2007 demonstrate strong financial management given the overall return on budget.

Financial Reporting Processes

The Finance Committee has created a process whereby the financial and operational output of the Association is reported to the Board on a monthly basis.

Every month, Board members are circulated with the following information

- Monthly income and expenditure for each department by line compared with the budget for the particular month

- Year to date income and expenditure for each department by line compared with the budget for the particular month

- An up to date balance sheet position

- A cash flow statement

- A KPI (Key Performance Indicator) report which shows the operational output for each area of the Association

Key Events

Since Congress in 2006, the financial highlights for the Association have included the following:

- Acquisition of the new premises in Northwood

 - Acquisition of the Irish Runner Magazine and associated brand
-

- Significant increases in sponsorship income
- Sourcing of over 1m Euro in Sports Capital Grants from the Department of Art, Sports and Tourism
- Winning the 2009 European Cross Country Championships as a promotional platform
- Re-establishment of National Athletics Awards as a showcase for the achievements of athletes and all participants

The Future

Continued success for the sport and the Association will be critically dependent on our ability to ensure value for money in all the areas we invest – competition, high performance, development and coaching. The processes introduced in the last two years are a valuable tool in this measurement.

We also need to continue to have an innovative approach to funding and to create opportunities to enhance sponsorship revenue and income from other self-funding initiatives.

Mary Coghlan
Chair Finance & Risk
March 2008

Athletic Association of Ireland

2008 Congress Finance Report Contents

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Appendix 4

Athletic Association of Ireland
Income & Expenditure Report for 12 months to Dec 31 2006

Income	2006	2005
Sportscouncil - Ordinary	€792,130	€440,375
Sports Council - Hosted Events	€77,500	€57,547
Sportscouncil - Carding	€155,200	€354,633
Sportscouncil - Performance	€445,000	€337,518
Sportscouncil - Women in Sport	€41,143	€0
Sports Council - Institute	€30,000	€0
Dept of Arts Sports Equipment Grant	€40,967	€0
Sponsorship- Free	€180,374	€70,103
Registration & Affiliation	€198,528	€91,719
Coaching/Development	€59,214	€32,290
Entry Fees/Permits	€89,872	€85,126
International Refunds	€32,504	€38,236
Other Grants	€5,000	
National Insurance Scheme	€111,470	€121,584
Fundraising profit	€13,382	€11,753
Sale of Books & Equipment	€9,311	€9,359
Gates & Programmes	€63,364	€47,631
Bank Interest	€27,681	€178
Gain on Exchange		€5,622
TOTAL INCOME	€2,372,640	€1,703,674
Expenditure		
Performance		
General Programme	€498,126	€318,787
Sports Council Carding	€155,200	€354,633
ESB Carding	€48,000	€0
Wages & Salaries	€517,617	€229,398
Coaching		
General Coaching	€149,466	€53,061
Coaching Course Costs (incl 5570 Staff)		
Competition		
General	€182,459	€77,121
Building & Office Expenses		
Phone,Telex,Fax, www	€17,858	€13,526
Hosted Events/ Administered Grants	€77,500	€57,547
Stationery	€30,091	€22,313
IT Costs	€9,847	
Staff Travel Expenses	€41,975	
Comm. Chair Travel & Expenses	€10,966	€10,312
Board	€34,066	€25,829
Public Relations	€27,655	€8,659
Leasing	€8,507	€5,569
Postage	€10,820	€14,080
Insurance	€138,548	€132,106
Maint. & Repairs	€5,037	€8,035
Light & Heat	€2,220	€2,504
Accountancy	€5,250	€4,000
Rates	€3,056	€2,944
Juvenile	€97,794	€94,426
Bank Fees	€3,343	€1,904
Professional/Recruitment Fees	€100,360	€20,175
General Meeting	€13,443	€0
Depreciation	€76,730	€17,935
Sports HQ Office Rental	€18,114	€0
Forex Loss	€6,327	€0
Storage costs	€8,082	€0
Women in sport	€41,143	€0
Schools	€0	€127,375
ISC Review	€1,665	€125,056
SUB-TOTAL	€2,341,267	€1,727,295
TOTAL EXPENDITURE	€2,341,265	€1,727,295
Excess of Income over expenditure	€31,375	-€23,621

APPENDIX 2

Athletic Association of Ireland Commentary on Management versus Audited Accounts 2007

Income Reconciliation

Income Per Financial Accounts	€3,254,776
Income Per Management Accounts	€3,510,965
Difference	<u><u>-€256,189</u></u>

Make Up

Irish Runner Income to be shown in company	€71,617
ISC Carding Paid Direct to Athletes	€281,365
Dept of Arts Equipment grants matching Depreciation	-€96,793
	<u><u>€256,189</u></u>

Cost Reconciliation

Costs Per Financial Accounts	€3,230,320
Costs Per Management Accounts	€3,486,614
Difference	<u><u>-€256,294</u></u>

Make Up

Irish Runner Costs to be shown in company	€46,237
Recharge of Frank Greally Salary, Travel, phone etc costs to company	€25,485
ISC Carding Paid Direct to Athletes	€281,365
Dept of Arts Equipment grants matching Depreciation	-€96,793
	<u><u>€256,294</u></u>

Athletic Association of Ireland
Summary of Management Accounts

	2007			Actual	Budget	Budget
	Budget	Actual	Var	2007	2008	2009
Income						
Department						
Governance	€72,000	€70,150	(€1,850)	€70,150	€72,750	€60,000
European Cross Country Champs 2009	€0	€7,283	€7,283	€7,283	€46,082	€912,395
Administration	€446,870	€464,343	€17,473	€464,343	€611,519	€622,544
Commercial	€305,824	€212,407	(€93,417)	€212,407	€778,350	€817,268
High Performance	€1,120,680	€1,146,953	€26,273	€1,146,953	€1,350,365	€1,301,365
Coaching	€412,726	€409,654	(€3,072)	€409,654	€377,372	€362,747
Development	€677,216	€571,361	(€105,854)	€571,361	€428,471	€364,664
Competition	€275,200	€262,944	(€12,256)	€262,944	€288,431	€312,381
Juvenile	€172,999	€166,793	(€6,206)	€166,793	€177,000	€191,875
Schools	€159,588	€199,077	€39,489	€199,077	€157,390	€157,900
Total Income	€3,643,103	€3,510,965	(€132,139)	€3,510,965	€4,287,730	€5,103,138

Expenditure

	2007			Actual	Budget	Budget
	Budget	Actual	Var	2007	2008	2009
Governance	€71,000	€58,592	€12,408	€58,592	€67,804	€64,000
European Cross Country Champs 2009	€0	€7,283	-€7,283	€7,283	€45,970	€912,395
Administration	€665,731	€649,838	€15,892	€649,838	€725,410	€753,264
Commercial	€237,111	€227,695	€9,416	€227,695	€465,398	€488,668
High Performance	€1,120,680	€1,148,613	(€27,933)	€1,148,613	€1,351,050	€1,396,334
Coaching	€367,746	€274,943	€92,803	€274,943	€377,372	€396,241
Development	€607,642	€495,275	€112,367	€495,275	€651,609	€684,189
Competition	€268,863	€276,635	(€7,772)	€276,635	€297,854	€21,220
Juvenile	€156,243	€162,403	(€6,160)	€162,403	€164,408	€172,629
Schools	€149,502	€185,338	(€35,837)	€185,338	€144,723	€150,547
Total Expenditure	€3,644,517	€3,486,614	€157,903	€3,486,614	€4,291,599	€5,039,486
Surplus of Income over Expenditure	-€1,414	€24,350	€25,764	€24,350	-€3,869	€28,219

APPENDIX 3

Athletic Association of Ireland
Governance

	2007			Actual 2007	Budget 2008	Budget 2009
	Budget	Actual	Var			
Income						
ISC Core Funding	€30,000	€30,000	€ 0	€30,000	€15,000	€ 15,000
2007 Accruals re Legal costs					€15,000	
Club Affiliation	€42,000	€40,150	(€ 1,850)	€40,150	€42,750	€ 45,000
Total Income	€72,000	€70,150	(€ 1,850)	€70,150	€72,750	€60,000
Expenditure						
Committee Travel						
Board Mileage per meeting	€13,000	€10,670	€ 2,330	€10,670	€12,804	€ 14,000
Board Food/Misc Travel	€6,000	€5,825	€ 175	€5,825	€6,000	€ 6,000
President & Chairman Expenses	€12,000	€11,557	€ 443	€11,557	€14,000	€ 14,000
General meeting	€15,000	€7,500	€ 7,500	€7,500	€15,000	€ 15,000
Recruitment Costs					€5,000	
Legal costs and Risk review	€25,000	€23,040	€ 1,960	€23,040	€15,000	€ 15,000
Total Expenditure	€71,000	€58,592	€12,408	€58,592	€67,804	€64,000
Surplus of Income over Expenditure	€1,000	€11,558	€10,558	€11,558	€4,946	-€4,000

APPENDIX 3

Athletic Association of Ireland
European Cross Country Championships 2009

	2007			Actual 2007	Budget 2008	Budget 2009
	Budget	Actual	Var			
Income						
EAA Grant						€ 102,015
Sponsor						€ 159,398
ISC XC Bid	€0		€ 0		€30,000	€ 181,714
Tickets						€ 61,209
Failte Ireland						€ 76,511
Value in kind						€ 331,548
ISC Prep Grant (€25k)	€0	€7,283	€ 7,283	€7,283	€16,082	
Total Income	€0	€7,283	€7,283	€7,283	€46,082	€912,395
Expenditure						
Accommodation Costs						€ 174,382
General Organisation						€ 216,781
Transport						€ 54,195
Logistic						€ 33,792
Facilities						€ 47,819
Competition						€ 95,639
Technology						€ 11,158
TV & Media						€ 15,940
Promotion and Ticketing						€ 68,541
Marketing						€ 28,692
Security						€ 86,713
Medical/Anti Doping						€ 3,826
Protocol and ceremonies						€ 74,917
Travel to EAA	€0	€3,489	(€ 3,489)	€3,489	€6,840	
Travel to XC Belgium					€8,950	
Site Visits by EAA to Dublin	€0	€1,541	(€ 1,541)	€1,541	€2,580	
EAA visit -20 VIPs to meet EAA					€2,600	
Marketing Brochures for Euro XC/ Congress					€2,500	
Print Design	€0	€255	(€ 255)	€255	€2,000	
PR Oct-Dec 2k a month					€6,000	
Website Design	€0	€424	(€ 424)	€424	€2,500	
LOC - Chairperson Expenses	€0	€420	(€ 420)	€420	€4,500	
LOC - Committee Exps	€0	€1,154	(€ 1,154)	€1,154	€7,500	
Total Expenditure	€0	€7,283	(€ 7,283)	€7,283	€45,970	€912,395
Surplus of Income over Expenditure	€0	€0	(€ 0)	€0	€0	€0

APPENDIX 3

**Athletic Association of Ireland
Administration**

	2007			Actual 2007	Budget 2008	Budget 2009
	Budget	Actual	Var			
Income						
ISC Core Funding	€306,870	€306,869	(€ 1)	€306,869	€426,519	€ 426,519
National Insurance Scheme	€135,000	€121,115	(€ 13,885)	€121,115	€150,000	€ 171,025
Bank Deposit Interest	€5,000	€36,359	€ 31,359	€36,359	€35,000	€ 25,000
Total Income	€446,870	€464,343	€ 17,473	€464,343	€611,519	€622,544
Expenditure						
Wages	€241,005	€218,031	€ 22,974	€218,031	€263,038	€ 276,190
Staff Expenses	€16,000	€13,157	€ 2,843	€13,157	€13,000	€ 13,650
Staff Training	€5,000	€0	€ 5,000	€0	€5,000	€ 5,250
IT Maint. & Repairs	€25,000	€26,332	(€ 1,332)	€26,332	€40,900	€ 42,945
Postage	€10,476	€16,007	(€ 5,531)	€16,007	€15,000	€ 15,750
Stationery	€30,000	€31,454	(€ 1,454)	€31,454	€25,000	€ 26,250
Phone, Telex, Fax,	€4,171	€8,972	(€ 4,801)	€8,972	€9,000	€ 9,450
Light & Heat	€10,000	€11,287	(€ 1,287)	€11,287	€13,559	€ 14,237
Leasing	€13,000	€6,807	€ 6,193	€6,807	€6,807	€ 6,807
Depreciation	€32,000	€36,320	(€ 4,320)	€36,320	€35,060	€ 35,060
Rates	€7,636	€4,482	€ 3,154	€4,482	€10,478	€ 11,002
Office Rental	€103,000	€92,419	€ 10,581	€92,419	€100,000	€ 100,000
Cleaning	€5,000	€2,896	€ 2,104	€2,896	€3,000	€ 3,150
Bank Fees	€5,000	€6,460	(€ 1,460)	€6,460	€7,500	€ 7,875
Forex	€0	€5,088	(€ 5,088)	€5,088	€0	€ 0
Insurance	€128,473	€125,446	€ 3,026	€125,446	€128,000	€ 134,400
Service	€8,470	€7,797	€ 673	€7,797	€10,396	€ 10,916
Storage Costs	€500	€13,340	(€ 12,840)	€13,340	€15,972	€ 15,972
Professional/Recruitment Fees	€15,000	€15,920	(€ 920)	€15,920	€15,000	€ 15,000
Accountancy	€5,000	€5,000	€ 0	€5,000	€5,500	€ 6,000
Committee Exps - Finance and Sports Cap	€1,000	€2,623	(€ 1,623)	€2,623	€3,200	€ 3,360
Total Expenditure	€665,731	€649,838	€ 15,892	€649,838	€725,410	€753,264
Deficit of Income over Expenditure	-€218,861	-€185,495	€ 33,365	-€185,495	-€113,891	-€130,720

APPENDIX 3

Athletic Association of Ireland
Commercial

Income

Irish Runner Magazine Sales
Irish Runner Advertising
Irish runner Other Printed
Irish Runner Merchandise
Irish Runner Race Series

Sponsorship

Golf Classic Income

Awards Dinner Income

Sale of Clothing

Advertising

Total Income

Expenditure

Salaries

Phones

Expenses

Irish runner Magazine Costs
Irish runner Other Printed
Irish Runner Merchandise

Professional fees

Irish runner Road Race

Golf Classic Costs

Public Relations

Awards Dinner Costs

Sponsorship Costs

Total Expenditure

Deficit of Income over Expenditure

2007		
Budget	Actual	Var
€50,431	€28,766	(€ 21,665)
€52,893	€42,851	(€ 10,042)
€82,500	€0	(€ 82,500)
€85,000	€75,000	(€ 10,000)
€15,000	€18,575	€ 3,575
€0	€40,735	€ 40,735
€10,000	€6,480	(€ 3,520)
€10,000	€0	(€ 10,000)
€305,824	€212,407	(€ 93,417)
€41,531	€18,529	€ 23,002
€6,565	€447	€ 6,119
€8,333	€1,109	€ 7,224
€95,893	€46,237	€ 49,656
€0	€21,315	(€ 21,315)
€33,004	€0	€ 33,004
€5,000	€4,820	€ 180
€33,284	€77,007	(€ 43,723)
€0	€46,993	(€ 46,993)
€13,500	€11,238	€ 2,262
€237,111	€227,695	€ 9,416
€68,713	-€15,288	(€ 84,001)

Actual	Budget	Budget
2007	2008	2009
€28,766	€86,500	€ 90,825
€42,851	€75,600	€ 79,380
	€28,000	€ 29,400
	€10,500	€ 11,025
€0	€113,000	€ 118,650
€75,000	€374,750	€ 393,488
€18,575	€20,000	€ 21,000
€40,735	€50,000	€ 52,500
€6,480	€10,000	€ 10,500
€0	€10,000	€ 10,500
€212,407	€778,350	€817,268
€18,529	€106,948	€ 112,295
€447	€2,000	€ 2,100
€1,109	€20,000	€ 21,000
€46,237	€87,800	€ 92,190
	€19,200	€ 20,160
	€5,250	€ 5,513
€21,315	€32,000	€ 33,600
€0	€78,200	€ 82,110
€4,820	€5,000	€ 5,250
€77,007	€54,000	€ 56,700
€46,993	€55,000	€ 57,750
€11,238	€0	€ 0
€227,695	€465,398	€488,668
-€15,288	€312,952	€328,600

Athletic Association of Ireland
High Performance

	2007			Actual 2007	Budget 2008	Budget 2009
	Budget	Actual	Var			
Income						
ISC Core Funding	€605,000	€525,000	(€80,000)	€525,000	€681,000	€681,000
International Refunds	€25,000	€35,437	€10,437	€35,437	€25,000	€25,000
Medical Carry over	€30,000	€30,000	€0	€30,000	€30,000	€0
OCI	€9,000	€5,000	(€4,000)	€5,000	€5,000	€5,000
NCTC	€9,000	€17,590	€8,590	€17,590	€12,000	€12,000
ANI Contribution to Camps	€0	€2,752	€2,752	€2,752	€0	€0
ESB	€60,000	€60,000	€0	€60,000	€60,000	€60,000
ISC Intl & World Carding Paid Direct to Athletes	€173,917	€216,998	€43,081	€216,998	€216,998	€216,998
ISC Institute Grants Paid Direct to Athletes	€31,680	€64,367	(€17,313)	€64,367	€64,367	€64,367
ISC Jun & Dev Carding Paid to NGB	€127,083	€124,333	(€2,750)	€124,333	€137,000	€137,000
ISC Athlete Support Paid to NGB	€0	€45,000	€45,000	€45,000	€0	€0
ISC Other Grants Paid to NGB	€0	€20,475	€20,475	€20,475	€69,000	€100,000
Total Income	€1,120,680	€1,146,953	€26,273	€1,146,953	€1,350,365	€1,301,365
Expenditure						
ADMIN AND MANAGEMENT						
Wages	€176,000	€156,937	€19,063	€156,937	€176,485	€185,309
Staff Expenses	€15,000	€14,438	€562	€14,438	€31,000	€32,550
Programme Expenses	€5,867	€6,954	(€1,087)	€6,954	€22,000	€23,100
Phones	€8,383	€7,501	€881	€7,501	€11,000	€11,550
Insurance	€6,630	€6,630	€0	€6,630	€7,000	€7,350
Training	€2,000	€140	€1,860	€140	€0	€0
Team Management Expense Bursary	€17,500	€18,851	(€1,351)	€18,851	€44,000	€46,200
COMPETITION PROGRAMME						
Major Competition	€137,152	€152,516	(€15,364)	€152,516	€60,700	€63,735
Preparation Competition	€36,200	€21,622	€14,578	€21,622	€87,500	€91,875
Other International Competition	€3,000	€4,217	(€1,217)	€4,217	€0	€0
Schools Competition	€28,000	€33,324	(€5,324)	€33,324	€31,500	€33,075
Contingency	€13,793	€0	€13,793	€0	€13,000	€13,650
MEDICAL & SPORTS SCIENCE PROGRAMME						
Total Medical Programme Cost	€81,500	€78,138	€3,362	€78,138	€82,500	€86,625
Total Sport Science Programme	€47,500	€34,518	€12,982	€34,518	€55,000	€57,750
PERFORMANCE COACHING PROGRAMME						
Senior Programme	€28,500	€41,294	(€12,794)	€41,294	€97,000	€101,850
Junior Programme	€29,975	€28,891	€1,084	€28,891	€25,500	€26,775
Technical Coaching	€25,000	€10,452	€14,548	€10,452	€21,000	€22,050
Personal Coach Support	€13,000	€6,791	€6,209	€6,791	€0	€0
ATHLETE SUPPORT	€33,000	€77,579	(€44,579)	€77,579	€119,000	€124,950
Relay Project					€21,500	€22,575
CARDING						
ISC Payments Directly to athletes	€173,917	€216,998	(€43,081)	€216,998	€216,998	€216,998
Institute Payments directly to Athletes	€31,680	€64,367	€17,313	€64,367	€64,367	€64,367
NGB Carding to Junior & Development Athletes	€109,083	€105,926	€3,157	€105,926	€101,000	€101,000
Athletics House DCU Rent		€12,529	(€12,529)	€12,529	€15,000	€15,000
ESB Carding to Athletes	€48,000	€48,000	€0	€48,000	€48,000	€48,000
TOTAL EXPENDITURE	€1,120,680	€1,148,613	(€27,933)	€1,148,613	€1,351,050	€1,396,334
Deficit of Income over Expenditure	€0	-€1,661	(€1,661)	-€1,661	-€685	-€94,969

APPENDIX 3

**Athletic Association of Ireland
Coaching**

Income

ISC Core Funding	€351,526	€351,528	€ 2
ISC Coach Mentoring Grant			
EAA Grant	€10,000	€8,745	(€ 1,255)
Regional Squad income	€0	€6,879	€ 6,879
Coaching Courses	€51,200	€42,502	(€ 8,698)
Other Coaching			
Total Income	€412,726	€409,654	(€ 3,072)

Expenditure

	2007		
	Budget	Actual	Var
Salaries	€126,975	€107,164	€ 19,810
Expenses	€53,000	€27,194	€ 25,807
Mobile Phones	€2,671	€4,719	(€ 2,048)
National Squads	€35,000	€29,122	€ 5,878
Regional Squads	€50,000	€44,567	€ 5,433
Coaching Santry	€5,000	€3,595	€ 1,405
Other Coaching initiatives	€0	€0	€ 0
Coach Mentor Programme	€0	€0	€ 0
Insurance	€5,000	€5,000	€ 0
Coach Development Programme	€20,000	€16,758	€ 3,242
Coach Clothing	€5,000	€5,464	(€ 464)
Coach Quarterly Newsletter	€1,000	€0	€ 1,000
Coaching Course Costs	€61,100	€28,066	€ 33,034
Committee Travel	€3,000	€3,293	(€ 293)
Total Expenditure	€367,746	€274,943	€ 92,803
Surplus of Income over Expenditure	€44,980	€134,711	€ 89,731

	Actual 2007	Budget 2008	Budget 2009
	€351,528	€305,947	€ 305,947
		€14,625	
	€8,745	€10,000	€ 10,000
	€6,879	€10,000	€ 10,000
	€42,502	€31,800	€ 31,800
		€5,000	€ 5,000
	€409,654	€377,372	€362,747
	€107,164	€90,553	€ 95,081
	€27,194	€30,000	€ 31,500
	€4,719	€5,000	€ 5,250
	€29,122	€67,000	€ 70,350
	€44,567	€61,500	€ 64,575
	€3,595	€5,000	€ 5,250
	€0	€27,100	€ 28,455
	€0	€26,600	€ 27,930
	€5,000	€5,000	€ 5,250
	€16,758	€21,200	€ 22,260
	€5,464	€6,000	€ 6,300
	€0	€500	€ 525
	€28,066	€28,626	€ 30,057
	€3,293	€3,293	€ 3,458
	€274,943	€377,372	€396,241
	€134,711	€0	-€3,494

**Athletic Association of Ireland
Development**

Income

ISC Core Funding			
ISC Women in Sport 2007			
ISC Women in Sport 2006			
Mile Challenge Income and Sponsor			
Development days			
Athletic Leader and Teacher course fees			

Total Income

Expenditure

Women in Sport Costs			
WIS Fit4Life Programme			
National Marketing costs			
Intercultural Fund			
Wages			
Staff Expenses			
Athletic Leader/Teacher Courses			
Development Day costs			
Mc Donalds Programme			
Phones			
Motor Insurance 2 Vans			
Motor Tax			
Mile Challenge			
Club Development Programme			

Total Expenditure

Surplus of Income over Expenditure

2007		
Budget	Actual	Var
€337,566	€337,560	(€ 6)
€100,000	€33,249	(€ 66,751)
€59,000	€58,999	(€ 1)
€147,000	€102,750	(€ 44,250)
€0	€890	€ 890
€33,650	€37,913	€ 4,263
€677,216	€571,361	(€ 105,854)
€57,560	€22,890	€ 34,670
€20,000	€0	€ 20,000
€310,267	€288,795	€ 21,471
€80,000	€53,849	€ 26,151
€28,098	€17,646	€ 10,452
€0	€988	(€ 988)
€15,035	€18,939	(€ 3,904)
€1,270	€0	€ 1,270
€413	€0	€ 413
€70,000	€69,748	€ 252
€25,000	€22,420	€ 2,580
€607,642	€495,275	€ 112,367
€69,573	€76,086	€6,512

Actual	Budget	Budget
2007	2008	2009
€337,560	€314,664	€ 314,664
€33,249	€106,607	€ 40,000
€58,999	€0	€ 0
€102,750	€0	€ 0
€890	€0	€ 0
€37,913	€7,200	€ 10,000
€571,361	€428,471	€364,664
€22,890	€35,000	€ 36,750
€0	€0	€ 0
	€10,000	€ 10,500
€288,795	€320,139	€ 336,146
€53,849	€70,000	€ 73,500
€17,646	€34,160	€ 35,868
€988	€3,400	€ 8,820
€18,939	€54,000	€ 56,700
€0	€17,000	€ 17,850
€0	€0	€ 0
€0	€0	€ 0
€69,748	€72,250	€ 75,863
€22,420	€30,660	€ 32,193
€495,275	€651,609	€684,189
€76,086	-€23,138	-€319,525

APPENDIX 3

Athletic Association of Ireland
Competition

Income

ISC Core Funding
Core Grant Hosted Events

Gate Receipts

Entry Fees
Permits
Other
Registration fees

Total Income

Expenditure

Allocation of Northwood costs

Phones
* Van Insurance
* Van Tax
* Competition Equipment Storage
Indoor Track Hire & Sponsorship
Outdoor Track hire
Order of Malta
Telephone line installation
Programme Printing
Public Address system
Announcing Music
* Photo equipment costs
* Start Ammunition
Local Organisers costs
Race Numbers
* Safety Pins
Medals
* Less Recharge to Juvenile
Health & Safety
Official Mileage
Official Accommodation & meals
Official Sandwiches/Bufferet
Official Training
Official Clothing
VIP dinners
Committee travel
Equipment Carriage
PR Materials

Total Competition costs

Hosted Events

Cork
AAI
Ras
Riocht
Santry 50th Anniversary
Dublin Race walking

Total Hosted

Total Expenditure

Deficit of Income over Expenditure

	2007			Actual 2007	Budget 2008	Budget 2009
	Budget	Actual	Var			
ISC Core Funding	€40,701	€40,696	(€ 5)	€40,696	€49,431	€ 49,431
Core Grant Hosted Events	€62,500	€67,500	€ 5,000	€67,500	€60,000	€ 60,000
Gate Receipts	€14,000	€14,680	€ 680	€14,680	€13,000	€ 13,650
Entry Fees	€51,000	€52,767	€ 1,767	€52,767	€55,000	€ 57,750
Permits	€7,000	€8,187	€ 1,187	€8,187	€9,000	€ 9,450
Other	€0	€4,403	€ 4,403	€4,403	€2,000	€ 2,100
Registration fees	€100,000	€74,710	(€ 25,290)	€74,710	€100,000	€ 120,000
Total Income	€275,200	€262,944	(€ 12,256)	€262,944	€288,431	€312,381
Allocation of Northwood costs	€43,076	€41,632	€ 1,443	€41,632	€45,555	€ 47,833
Phones	€2,671	€1,317	€ 1,354	€1,317	€3,000	€ 3,150
* Van Insurance	€1,270	€0	€ 1,270	€0	€0	€ 0
* Van Tax	€413	€0	€ 413	€0	€0	€ 0
* Competition Equipment Storage	€6,600	€3,300	€ 3,300	€3,300	€0	€ 0
Indoor Track Hire & Sponsorship	€28,700	€42,733	(€ 14,033)	€42,733	€39,212	€ 41,173
Outdoor Track hire	€9,800	€6,047	€ 3,753	€6,047	€7,000	€ 7,350
Order of Malta	€8,500	€3,245	€ 5,255	€3,245	€4,500	€ 4,725
Telephone line installation	€800	€0	€ 800	€0	€0	€ 0
Programme Printing	€5,000	€2,480	€ 2,520	€2,480	€9,600	€ 10,080
Public Address system	€1,500	€2,041	(€ 541)	€2,041	€3,200	€ 3,360
Announcing Music	€500	€0	€ 500	€0	€0	€ 0
* Photo equipment costs	€5,000	€7,700	(€ 2,700)	€7,700	€11,075	€ 11,629
* Start Ammunition	€2,000	€344	€ 1,656	€344	€1,000	€ 1,050
Local Organisers costs	€1,000	€7,465	(€ 6,465)	€7,465	€5,000	€ 5,250
Race Numbers	€1,000	€3,624	(€ 2,624)	€3,624	€3,000	€ 3,150
* Safety Pins	€1,050	€1,267	(€ 217)	€1,267	€1,500	€ 1,575
Medals	€15,500	€14,074	€ 1,426	€14,074	€15,000	€ 15,750
* Less Recharge to Juvenile	-€8,167	-€7,719	(€ 447)	-€7,719	-€6,788	(€ 7,127)
Health & Safety	€2,150	€0	€ 2,150	€0	€1,000	€ 1,050
Official Mileage	€43,000	€50,698	(€ 7,698)	€50,698	€57,000	€ 59,850
Official Accommodation & meals	€8,000	€4,044	€ 3,956	€4,044	€4,000	€ 4,200
Official Sandwiches/Bufferet	€10,000	€8,760	€ 1,240	€8,760	€7,000	€ 7,350
Official Training	€3,000	€545	€ 2,455	€545	€2,000	€ 2,100
Official Clothing	€5,000	€3,978	€ 1,022	€3,978	€5,000	€ 5,250
VIP dinners	€2,500	€2,500	€ 0	€2,500	€2,000	€ 2,100
Committee travel	€4,000	€7,672	(€ 3,672)	€7,672	€9,000	€ 9,450
Equipment Carriage	€0	€0	€ 0	€0	€3,000	€ 3,150
PR Materials	€0	€0	€ 0	€0	€6,000	€ 6,300
Total Competition costs	€203,863	€207,747	(€ 3,885)	€207,747	€237,854	€249,747
Hosted Events						
Cork	€37,500	€37,858	(€ 358)	€37,858	€37,500	€ 37,500
AAI	€10,000	€4,964	€ 5,036	€4,964	€0	€ 5,000
Ras	€7,500	€7,500	€ 0	€7,500	€7,500	€ 7,500
Riocht	€5,000	€8,500	(€ 3,500)	€8,500	€0	€ 0
Santry 50th Anniversary	€0	€0	€ 0	€0	€15,000	€ 0
Dublin Race walking	€5,000	€10,065	(€ 5,065)	€10,065	€0	€ 10,000
Total Hosted	€65,000	€68,887	(€ 3,887)	€68,887	€60,000	€60,000
Total Expenditure	€268,863	€276,635	(€ 7,772)	€276,635	€297,854	€ 21,220
Deficit of Income over Expenditure	€6,338	-€13,690	(€ 20,028)	-€13,690	-€9,423	(€ 4,267)

APPENDIX 3

Athletic Association of Ireland
Juvenile

Income

	2007		
	Budget	Actual	Var
Entry Fees	€32,000	€38,005	€ 6,005
Gate Receipts	€56,000	€45,031	(€ 10,969)
Registration Fees	€85,000	€83,757	(€ 1,243)

Total Income

€172,999 €166,793 (€ 6,206)

Expenditure

Allocation of Northwood costs	€43,076	€41,632	€ 1,443
Accommodation & Meals	€25,000	€25,312	(€ 312)
Official Travel	€22,000	€30,221	(€ 8,221)
Track Hire	€2,000	€4,302	(€ 2,302)
First Aid	€2,000	€3,460	(€ 1,460)
Hire of Equipment	€2,000	€3,734	(€ 1,734)
Officials Uniforms	€5,000	€3,870	€ 1,130
Exps to local organisers	€2,000	€0	€ 2,000
Programme Printing	€0	€0	€ 0
Misc Competition charge	€3,167	€7,719	€ 447
Medals	€10,000	€10,629	(€ 629)

Total Competition Expenses

€121,242 €130,879 (€ 9,637)

Star Awards	€10,500	€9,710	€ 790
Committee Expenses (Celtics 2007)	€23,000	€20,249	€ 2,751
Publicity	€0	€0	€ 0
Stationery	€100	€359	(€ 259)
Post	€200	€232	(€ 32)
Phone	€500	€974	(€ 474)
Administration Costs	€700	€0	€ 700

Total Committee Expenses

€35,000 €31,524 € 3,476

Total Expenditure

€156,243 €162,403 (€ 6,160)

Surplus of Income over Expenditure

€16,757 €4,391 (€ 12,366)

Actual	Budget	Budget
2007	2008	2009
€38,005	€37,000	€ 38,850
€45,031	€40,000	€ 42,000
€83,757	€100,000	€ 111,025
€166,793	€177,000	€191,875
€41,632	€45,555	€ 47,833
€25,312	€25,000	€ 26,250
€30,221	€36,265	€ 38,078
€4,302	€5,500	€ 5,775
€3,460	€4,500	€ 4,725
€3,734	€500	€ 525
€3,870	€1,000	€ 1,050
€0	€500	€ 525
€0	€5,000	€ 5,250
€7,719	€6,788	€ 7,127
€10,629	€12,000	€ 12,600
€130,879	€142,608	€149,739
€9,710	€9,000	€ 9,450
€20,249	€6,000	€ 6,300
€0	€5,000	€ 5,250
€359	€300	€ 315
€232	€300	€ 315
€974	€1,000	€ 1,050
€0	€200	€ 210
€31,524	€21,800	€22,890
€162,403	€164,408	€172,629
€4,391	€12,592	€19,246

APPENDIX 3

**Athletic Association of Ireland
Schools**

Income

ISC Core Funding
ISC Hosted events
International Grants towards SIAB XC
Sponsorship
Gate Receipt
Dinner
Affiliation Fees
Athletes Contribution
Coach Education
Total Income

2007		
Budget	Actual	Var
€55,838	€55,836	(€2)
€10,000	€10,000	€0
	€36,534	
€74,750	€74,750	€0
€6,500	€3,821	(€2,679)
€3,500	€4,151	€651
€8,000	€13,985	€5,985
€1,000		(€1,000)
€159,588	€199,077	€39,489
€43,076	€41,632	€1,443
€2,671	€2,263	€408
€3,200	€3,209	(€9)
€13,500	€13,366	€134
€5,500	€5,989	(€489)
€1,500	€616	€884
€5,100	€5,870	(€770)
€15,260	€14,733	€527
€145	€298	(€153)
€2,000	€1,589	€411
€10,000	€11,650	(€1,650)
€5,000	€7,000	(€2,000)
€28,250	€28,250	€0
€650	€400	€250
€1,150	€0	€1,150
€150	€160	(€10)
€2,350	€2,019	€331
€139,502	€139,045	€456
€10,000	€10,000	€0
	€36,293	
€149,502	€185,338	(€35,837)
€10,086	€13,738	€3,652

Actual	Budget	Budget
2007	2008	2009
€55,836	€58,440	€58,440
€10,000	€0	€0
€36,534		
€74,750	€74,750	€74,750
€3,821	€5,300	€5,565
€4,151	€4,000	€4,200
€13,985	€14,000	€14,000
	€0	€0
	€900	€945
€199,077	€157,390	€157,900
€41,632	€45,555	€47,833
	€4,420	€4,641
€2,263	€2,300	€2,415
€3,209	€2,300	€2,415
€13,366	€13,000	€13,650
€5,989	€5,800	€6,090
€616	€1,000	€1,050
€5,870	€6,000	€6,300
€14,733	€14,000	€14,700
€298	€298	€313
€1,589	€0	€0
€11,650	€12,000	€12,600
€7,000	€7,000	€7,350
€28,250	€28,250	€28,250
€400	€650	€683
€0	€0	€0
€160	€150	€158
€2,019	€2,000	€2,100
€139,045	€144,723	€150,547
€10,000	€0	€0
€36,293		
€185,338	€144,723	€150,547
€13,738	€12,667	€7,353

Expenditure

Allocation of Northwood costs

Coach Education
Phones
Cross Country championship
T&F championship
Tailteann Interprovincial
CE championship
Printing
Insurance
Affiliation Fees
Equipment
Meetings
Tailteann Dinner
Provincial Grants
Golf Classic
Audit
Bank interest
Telphone/Post/Stationery
Administration costs
Hosted events
SIAB KitKat Schools XC Home international
SIAB XC other costs
Total Expenditure
Surplus of Income over Expenditure

AUDITORS REPORT

THE MEMBERS OF ATHLETIC ASSOCIATION OF IRELAND

We have audited the Financial Statements on pages 1 to 6 which have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Respective responsibilities of Board and Auditors

The Board is responsible for the preparation of the Financial Statements. It is our responsibility to form an independent opinion, based on our Audit, on these Financial Statements and to report our opinion to you. We have been appointed as Auditors by the Board of the Association.

Basis of opinion.

We have conducted our Audit in accordance with international auditing standards issued by the Auditing Practices Board. An Audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the Financial Statements. It also includes an assessment of the significant estimates and judgments made in the preparation of the Financial Statements and of whether the accounting policies are appropriate to the Associations circumstances, consistently applied and adequately disclosed.

We have planned and performed our Audit so as to obtain all the information and explanations which we consider necessary in order to provide us with sufficient evidence to give reasonable assurance that the Financial Statements are free from material misstatement, whether caused by fraud or other irregularity. In forming an opinion we have also evaluated the overall adequacy of the presentation of information in the Financial Statements.

Opinion

In our opinion the Financial Statements give a true and fair view of the Associations affairs as at the 31st December 2007 and of its surplus for the year then ended.

We have obtained all the information and explanations we consider necessary for the purpose of our Audit. In our opinion, proper books of account have been kept by the Association. There were no recognised gains or losses other than the amounts shown in the income and expenditure account for the above two financial periods. The Financial Statements are in agreement with the books of account.

MULCAHY O'NEILL FITZGERALD & CO
REGISTERED AUDITORS & ACCOUNTANTS
14 ST MICHAEL STREET
TIPPERARY TOWN

Dated 12th day of March 2008

ATHLETIC ASSOCIATION OF IRELAND

BALANCE SHEET AS AT THE 31st DECEMBER 2007

	NOTE	€ <u>31/12/2007</u>	€ <u>31/12/2006</u>
FIXED ASSETS	3	440,348	237,631
INVESTMENT IN NORTHWOOD		1,175,318	1,065,318
<u>CURRENT ASSETS</u>			
DEBTORS & PREPAYMENTS		25,485	–
CASH AT BANK & ON HAND		1,353,536	897,669
		<u>1,379,021</u>	<u>897,669</u>
<u>CURRENT LIABILITIES</u>			
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		702,984	359,804
ADMINISTERED GRANTS		9,967	10,625
INTERNATIONAL CARDING SCHEME		8,550	5,800
		<u>721,501</u>	<u>376,229</u>
<u>NET CURRENT ASSETS</u>		657,520	521,440
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>			
CREDITORS:AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR		831	7,908
DEFERRED INCOME AND GRANTS		754,320	322,902
		<u>1,518,035</u>	<u>1,493,579</u>
<u>FINANCED BY:</u>			
ACCUMULATED FUND	4	156,100	131,644
INSURANCE RESERVE		51,780	51,780
PARENT BODIES FUNDS		58,352	58,352
FUNDS FROM BLE		192,300	192,300
PROFIT ON DISPOSAL OF PROSPECT ROAD		1,059,503	1,059,503
		<u>1,518,035</u>	<u>1,493,579</u>

PRESIDENT: MICHAEL HEERY

FINANCE CHAIR: MARY COGLAN

ATHLETIC ASSOCIATION OF IRELAND

INCOME & EXPENDITURE STATEMENT FOR THE YEAR ENDED 31st DECEMBER 2007

	€ <u>31/12/2007</u>	€ <u>31/12/2006</u>
INCOME	3,254,776	2,372,640
EXPENDITURE	3,230,320	2,341,265
EXCESS OF INCOME OVER EXPENDITURE TRANSFER TO ACCUMULATED FUND	<hr/> 24,456 <hr/> <hr/>	<hr/> 31,375 <hr/> <hr/>

PRESIDENT: MICHAEL HEERY

FINANCE CHAIR: MARY COGHLAN

ATHLETIC ASSOCIATION OF IRELAND

SCHEDULE OF INCOME

	€	€
	<u>31/12/2007</u>	<u>31/12/2006</u>
IRISH SPORTSCOUNCIL GRANTS Note 2a	2,043,714	1,540,973
DEPT OF ARTS SPORTS & TOURISM GRANT	96,793	40,967
OLYMPIC COUNCIL GRANT	5,000	5,000
SPONSORSHIP	209,750	180,374
SPAR MILE CHALLENGE ENTRY FEES & SPONSORSHIP	102,750	—
AWARDS DINNER	40,735	—
REGISTRATIONS & AFFILIATIONS	212,602	198,528
ENTRY FEES & PERMITS	98,959	89,872
COACHING	69,723	59,214
DEVELOPMENT	39,083	—
INTERNATIONAL GRANTS	80,716	32,504
NATIONAL INSURANCE SCHEME	121,415	111,470
FUNDRAISING	22,726	13,382
SALES OF BOOKS & SERVICES	9,455	9,311
GATES & PROGRAMMES	64,996	63,364
INTEREST RECEIVABLE	36,359	27,681
	<hr/>	<hr/>
	3,254,776	2,372,640
	<hr/> <hr/>	<hr/> <hr/>

ATHLETIC ASSOCIATION OF IRELAND

SCHEDULE OF EXPENSES

	€	€
	<u>31/12/2007</u>	<u>31/12/2006</u>
PERFORMANCE	710,907	498,126
CARDING	105,926	203,200
WAGES	821,536	517,617
COACHING	168,327	149,466
DEVELOPMENT	46,540	–
COMPETITION	228,776	182,459
TELEPHONE & FAX	36,252	17,858
ADMINISTERED GRANTS Note 2b	77,500	77,500
SPAR MILE CHALLENGE	69,748	–
SCHOOLS	28,664	–
NATIONAL AWARDS	46,993	–
FUNDRAISING	6,820	–
EURO XC 2009	7,283	–
IT COSTS	32,764	9,847
STATIONERY	31,454	30,091
STAFF TRAVEL	64,213	41,975
EXECUTIVE TRAVEL	43,262	34,066
COMMITTEES	14,176	10,966
MARKETING	84,835	27,655
LEASING	6,807	8,507
POSTAGE	16,736	10,820
INSURANCES	146,809	138,548
REPAIRS & RENEWALS	4,128	5,037
ELECTRICITY & GAS	11,287	2,220
ACCOUNTANCY	5,000	5,250
RATES	4,482	3,056
JUVENILE ACTIVITIES	94,559	97,794
INTEREST & CHARGES	6,600	3,343
PROFESSIONAL FEES & SERVICES	33,289	100,360
CONGRESS	–	13,443
LOSS ON EXCHANGE	5,088	6,327
OFFICE RENTAL	100,216	18,114
STORAGE COSTS	13,340	8,082
WOMEN IN SPORT	22,890	41,143
IRISH SPORTSCOUNCIL REVIEW	–	1,665
DEPRECIATION	133,113	76,730
	<hr/>	<hr/>
	3,230,320	2,341,265
	<hr/> <hr/>	<hr/> <hr/>

ATHLETIC ASSOCIATION OF IRELAND

Cash Flow Statement for the year ended 31st December 2007

	€ <u>31/12/2007</u>	€ <u>31/12/2006</u>
Reconciliation of Income Surplus to net cash inflow from operating activities		
Operating surplus	24,456	31,375
Depreciation	133,113	76,730
Decrease in Debtors	- 25,485	163,010
Increase in Creditors	120,313	191,011
Parent Body Funds	-	5,416
ISAA Bank Accounts	-	- 1,378
Net Cash Inflow from operating activities	<u>252,397</u>	<u>466,164</u>
Net Cash Flow	252,397	466,164
Investment in Northwood	- 110,000	- 1,065,318
Capital Expenditure	- 335,830	- 282,290
Administered Grant	-	10,457
Profit on Disposal of Prospect Road	-	1,059,503
Sports Equipment Grant	649,300	459,278
Increase in cash in year	<u>455,867</u>	<u>647,794</u>
Increase in Cash	455,867	647,794
Net Cash at 01/01/07	897,669	249,875
Net Cash at 31/12/07	<u>1,353,536</u>	<u>897,669</u>

ATHLETIC ASSOCIATION OF IRELAND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2007

NOTE 1

ACCOUNTING POLICIES

a) **Accounting Convention**

the financial statements were prepared under the historic cost convention.

b) **Tangible Fixed Assets and Depreciation.**

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life as follows:-

Office Equipment	20.0% Straight Line
Sports Equipment	20.0% Straight Line
Computer Equipment	25.0% Straight Line
Irish Runner	20.0% Straight Line

c) **Leasing**

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible assets and depreciated over the shorter of the lease term and their useful shorter lives. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce constant periodic rates of charge on the net obligations outstanding in each period.

d) **Grants**

Grants are credited to deferred revenue. Grants towards capital expenditure are released to the income and expenditure account over the expected life of the assets. Grants towards revenue expenditure are released to the income and expenditure account as the related expenditure is incurred.

e) **Foreign Currencies**

Monetary assets and liabilities denominated in foreign currencies are translated into euro at the rates of exchange prevailing at the accounting date. Transactions in foreign currencies are recorded at the date of the transactions. All differences are taken to the income and expenditure account.

f) **Going Concern**

The Association is dependent to a large extent for funding its programmes from the Irish Sports Council. The Council has confirmed that the Association will remain eligible to receive funding in the future provided that it abides by the terms and conditions of all grant schemes and also continues to comply with any specific criteria that are put in place by the Council for national governing bodies.

g) **Taxation**

The Association is exempt from tax on its activities. Its exemption number is GS002188.

ATHLETIC ASSOCIATION OF IRELAND

NOTE 2a	Irish Sports Council Grants	Opening Balance 01/01/2007	Grant Cash Received	Transfer to Income & Expenditure	2007 Anti-Doping Costs	Closing Balance 31/12/2007	2006
	ORDINARY GRANT	-	1,122,500	-	1,122,500	-	792,130
	CARDING	-	5,800	-	127,083	-	155,200
	PERFORMANCE CORE	-	-	-	605,000	-	445,000
	EURO CROSS 2009	-	-	-	25,000	-	
	MATSUE 2008 CAMP	-	-	-	69,000	-	
	MENTOR COACH PROGRAMME	-	-	-	14,625	-	
	PRE OSAKA WALKS CAMP	-	-	-	15,475	-	
	ATHLETE FUNDING	-	-	-	45,000	-	
	ADMINISTERED HOSTED EVENTS	-	10,625	-	77,500	-	77,500
	WOMEN IN SPORT(FIT4 LIFE)	-	58,857	-	100,000	-	41,143
	INSTITUTE OF SPORT MEDICAL	-	30,000	-	5,000	-	30,000
		-	105,282	-	2,206,183	-	1,540,973
		-		-	2,043,714	-	
		-		-	1,283	-	
		-		-		266,467	

NOTE 2b

Irish Sports Council (Administered)	2007	2006
IRISH SCHOOLS	10,000	-
AAI GAMES	5,000	-
CORK CITY SPORTS	37,500	35,000
RAS NA HEIREANN	7,500	12,500
DUBLIN RACE WALKING GP	10,000	-
DUBLIN INTERNATIONAL	-	10,000
RIOCHT INTERNATIONAL	7,500	5,000
EACA COACHING CONFERENCE	-	15,000
	77,500	77,500

ATHLETIC ASSOCIATION OF IRELAND

NOTE 2c

Grants received from the Irish Sports Council are credited to the Income & Expenditure Account and undisbursed funds are carried forward to the next accounting period.

A total of €266,467 was unexpended at 31st December 2007, made up as follows:

Performance Core	80,000
Euro Cross 2009	17,717
Matusse 2008 Camp	69,000
Hosted Events	9,967
Mentor Coach Programme	14,625
Women in Sport fit4life	66,608
Carding	8,550
	<u>266,467</u>

Sufficient evidence was obtained during the course of the audit that Irish Sports Council funding was expended for the purposes intended.

NOTE 2d Grants received from the Department of Arts, Sports and Tourism are credited to the Income and Expenditure Account on the same basis as the assets to which they relate are depreciated.

NOTE 2e

In 2007 a total of €166,433 (2006 €155,200) was received for junior and development athletes, while the Irish Sports Council directly paid €277,115 (2006 €172,166) to international and world class athletes.

NOTE 3

FIXED ASSET SCHEDULE

	ISC SPORTS EQUIPMENT	AAI SPORTS EQUIPMENT	D.A.S.T. SPORTS EQUIPMENT	OFFICE EQUIPMENT	IRISH RUNNER	COMPUTER EQUIPMENT	TOTAL
BALANCE @ 1/1/07	-	92,514	204,837	16,414	-	66,883	380,648
ADDITIONS	6,534	2,210	272,594	14,321	10,000	30,171	335,830
	<u>6,534</u>	<u>94,724</u>	<u>477,431</u>	<u>30,735</u>	<u>10,000</u>	<u>97,054</u>	<u>716,478</u>
DEPRECIATION							
BALANCE @ 1/1/07	-	80,717	40,967	7,956	-	13,377	143,017
CHARGED DURING YEAR	1,307	3,909	95,486	6,147	2,000	24,264	133,113
	<u>1,307</u>	<u>84,626</u>	<u>136,453</u>	<u>14,103</u>	<u>2,000</u>	<u>37,641</u>	<u>276,130</u>
NET BOOK VALUE 31/12/07	<u>5,227</u>	<u>10,098</u>	<u>340,978</u>	<u>16,632</u>	<u>8,000</u>	<u>59,413</u>	<u>440,348</u>
NET BOOK VALUE 31/12/06		<u>11,797</u>	<u>163,870</u>	<u>8,458</u>		<u>53,506</u>	<u>237,631</u>

Included in the total net book value of tangible fixed assets held at 31st December 2007 was €6,807. in respect of assets held under finance leases.

HIGH PERFORMANCE REPORT

With the broad public perception of our sport substantially dictated by our achievements in major championships it is gratifying to be able to report some outstanding results for the period under review in both the European Championships in Gothenburg 2006 and the World Championships in Osaka 2007. There was a substantial overall improvement from the disappointment of Helsinki 2005 and Athens 2004.

Before proceeding to those championships it would be remiss not to give high prominence to the heart-stopping gold medal by David Gillick in the European Indoor Championships in Birmingham on the 3rd March 2007 where he smashed the Irish indoor record and extraordinarily also ran faster than the outdoor record with a time of 45.52. This was a repeat win for David as he had won in Madrid two years previously

Derval O'Rourke was a revelation in Gothenburg. Yes she had won the gold medal over the 60 metres hurdles in the World Indoor Championships in Moscow (reported at last Congress) but had an interrupted preparation leading to Gothenburg but still produced a magnificent new Irish record of 12.72 in the final for joint second place from the unfavourable inside lane. While this was the undoubted highlight there were other moments to savour:

- 8 athletes made finals and an interesting aside is that Ireland were placed 5th of all the nations whose athletes achieved seasonal best performances during the championships.
- Deirdre Ryan equalled her national high jump record to reach the final with 1.92 metres
- Joanne Cuddihy did a personal best to reach the final of the 400 metres
- Liam Reale finished 8th in the final of the 1500 metres
- Mary Cullen took almost 16 seconds off her best in the 5000 metres
- The women's 4x100 metres relay team (Derval O'Rourke, Joanne Cuddihy, Ailis McSweeney, Anna Boyle) set a new Irish record.

Mixed with the highs were the lows and none more than Alistair Cragg who was forced to drop out of the 5000 metres through injury, while in the lead, with two laps to go.

Osaka was the apogee for Ireland in World Championship history. While no medals were won the overall level of performance was magnificent as can be seen from the following:

- Eileen O'Keeffe's 6th place in the final of the hammer having qualified for the final with an inspirational first round throw in excess of the qualification mark. Eileen came to Japan via Thailand where she won a silver medal at the World University Games
 - Robert Heffernan's 6th place in the 20k walk and within shouting distance of a medal-wonderful stuff from Rob after several years of injury problems.
 - Paul Hession 10th overall in the 200 metres. It was a particular pleasure to see an Irish sprinter easing down in a heat in a world championship with qualification assured
-

- On the first morning of the championships to see Roisin McGettigan qualifying with ease for the final of the 3000 metres steeplechase to be followed later by Fionnuala Britton showing exceptional determination to qualify as a fastest loser. In the final Roisin finished 10th with Fionnuala 12th.
- In the women's 400 metres Joanne Cuddihy finished 11th overall and broke the Irish record in the process confirming once again her ability to produce her best performance when it matters most
- And David Gillick who had set an Irish record earlier in the season finishing 15th overall in the 400 metres

Derval O'Rourke and Alistair Cragg had hugely disappointing performances in Osaka. Derval, based on 2006 would have been in the mix with the main contenders if she could have replicated that form and Alistair was particularly listless having set European leading performances over 3000 and 5000 as well as a personal best in the 1500 and a national record in the 10,000 leading into the championships.

International

The inaugural European Under 23 Cross Country Championship in Italy in 2006 saw Fionnuala Britton finish an excellent 2nd. The winner from Turkey was subsequently banned for a doping offence. Last December in Toro, Spain Fionnuala finished 7th in the senior women's event; Martin Fagan had the best-ever individual men's performance also 7th; Linda Byrne was 6th in the under 23; David McCarthy was 9th in the junior; Andrew Ledwith was 10th in the under 23 while Charlotte Ffrench O'Carroll was 14th in the junior.

A major disappointment in Toro was the inexplicably poor performance of the under 23 men's team who were justifiably being touted as medal winners.

Athletics Ireland has made a commitment to send teams to all events in the European Cross Country. This is uniquely the only major event that no specific criteria are laid down in advance. This year the event is on in Ostend, Belgium while Dublin will be hosts in 2009.

The European Youth Olympic Festival (EYOF) in Belgrade was a huge success with four medals won. The standard in this competition has increased exponentially due to the increased number of countries participating so we salute the following who triumphed in what were extreme weather conditions:

- Noel Collins 2nd in the 2000 metres steeplechase
- Charlotte Ffrench O'Carroll 2nd 1500 metres
- Niamh Whelan 3rd in the 100 metres
- Koroush Foroughi 3rd in the high jump

In the world youths in Ostrava Colin Quirke (son of former Olympian Paul) was 8th in the shot. At the European Junior Championships in Hengelo Suzanne Huet was our best performer finishing 6th in the 5000 metres in a new junior record while Eoin Hannon was 10th in the long jump. The European under 23 championships in Debrecen saw Mark Christie 6th and Joe Sweeney 8th in the 5000 metres. With only 6 athletes travelling this was one of the disappointments of the year.

The junior/senior developmental indoor meeting in Cardiff has become an annual highlight with a plethora of personal bests being achieved annually.

Our congratulations to Ferrybank on their successes in the women's junior European Club Championships.

European Cup

The European Cup (see appendix 3) as currently structured will cease after this year and be replaced with a European Team Competition. A welcome aspect of this is that men and women will compete as one scoring team. This is a critical developmental competition for the sport where all events are treated equally. In 2006 the men's team had a great performance to gain promotion to division 1. Unfortunately they were demoted in 2007. The women retained their status in division 1 in 2006 and maintained it in 2007. It is essential to get our best possible team out for this competition. I would like to congratulate the team manager Patsy McGonagle for his exceptional work in the last two years and I know that he and Director of Athletics Max Jones have done some valuable work already regarding this year's teams.

Olympic Games Beijing

The 13 A qualifiers for the Olympic Games are listed below. This is an extremely satisfying number in view of the difficult standards to be achieved. The final team will be submitted to the Olympic Council for ratification following the Woodie's DIY national championships in Santry 19/20 July. All team and individual preparation is progressing well under the direction of Team Manager Patsy McGonagle and Director of Athletics Max Jones. The holding camp in Matsui, Japan is the same as that so successfully used last year for Osaka. We wish an untroubled preparation for all our athletes and wish them every success in Beijing.

2008 Beijing Olympics

Event	Performa	Wind	Name	DOB	Venue	Date
400m	45.23		David Gillick	83	Geneva	09/06/07
20K walk	1.20.15		Robert Heffernan	78	Leamington	20/05/07
20K walk	1.32.25		Olive Loughnane	76	Fereiro do	16/12/06
50K walk	3:51.32		Colin Griffin	82	Dudince	24/03/07
50k Walk	3:53:30		Jamie Costin	77	Leamington	20/05/07
10,000m	27:39.55		Alistair Cragg	80	California	29/04/07
5,000m	13:07.10		Alistair Cragg	80	Braschaat	21/07/07
1,500m	3:36.18		Alistair Cragg	80	California	20/05/07
100m	10.18	+1.9	Paul Hession	83	Vaala	23/06/07
200m	20.30	+0.1	Paul Hession	83	Dublin	21/07/07
Hammer	73.21		Eileen O'Keeffe	81	Santry	21/07/07
3,000m SC	9:28.29		Roisin	80	Heusden	28/07/07
3,000m SC	9:41.36		Fionnuala Britton	84	Heusden	28/07/07
100mHurd	12.95	+1.1	Derval O'Rourke	81	Heusden	28/07/07
400m	50.73		Joanne Cuddihy	84	Osaka	27/08/07
Marathon	2.14.06		Martin Fagan	83	Dubai	18/01/08

High Performance Programme

The relationship with the High Performance unit of the Sports Council and the Institute for Sport is excellent. They now have confidence in our structured programme. As funding providers for the programme they have a very high standard of accountability based on a stringent quarterly review process. We were particularly pleased this year that our full submission for carding (included upgrading for some athletes) was accepted. On appendix 1 you will see the full list of athletes supported including the list of Youth Achievers which is based on the achievement of criteria set by us.

We are particularly pleased to be able to provide much-needed additional support services for our athletes this year by way of contracted service providers in the general medical and related areas.

One area that has been identified and approved as critical for the sport is the provision of a High Performance Centre at home for our athletes. Max Jones in his submission outlines the two key reasons as follows:

- Elite athletes can train in an environment conducive to international levels of support necessary to reach major games participation
- The centre would have an objective to raise levels of coaching expertise by acting as a centre of coach education and mentoring those coaches who have athletes based in the centre

The full financial support needed for this centre has not been forthcoming at present but in recent days a limited amount of funding has been made available to initiate the process. There will be further news on this.

Statistics

The daily updates on our men's and women's ranking lists on the website by noted statistician Mirko Jalava is an invaluable resource. Our thanks to Mirko on this. However doing this list from Finland has its drawbacks and he is conscious of omissions particularly in the younger ages and welcomes all updates. The end-of-year long list is still being produced by Sean Naughton. This meticulous deep list is an invaluable source of important statistics for youth and youth achievers lists. It helped me particularly this year in clarifying many under age results especially on wind readings and heights of hurdles.

On appendix 4 to this report is the inaugural list of national youth records. I would like to thank Pierce O'Callaghan and Sean Naughton for their outstanding work in collating all this information. There are still some gaps in the list by way of full dates of birth and locations. Any assistance no matter how trivial it may appear would be welcome.

A wonderful update of the all-time list of men's and women's performances is now on the website. As one who laboured on this list for many many years it is great to see it getting

closer to total completion. This current labour of love is being undertaken by Pierce O'Callaghan and I thank him for his dedication. In this recent update great assistance was received from international athlete Killian Lonergan.

Just to repeat again with all of these lists on the website any additional information is always welcome.

The impressive list of national records for 2006 and 2007 are on appendix 5. In addition the Irish athletes who attained world top 50 rankings in 2007 are on appendix 2. The latter appendix also contains the exceptional list of performances necessary to reach top 50 status

Olympic Council of Ireland

There is a very good working relationship with the OCI through its CEO Stephen Martin and his staff. The communication process is very effective. The interaction between the Chef de Mission for Beijing and the team manager Patsy McGonagle has been excellent. Similarly with the EYOF Martin Burke worked closely with team manager Geraldine Nolan. As in the previous edition of the EYOF a pragmatic approach was taken on the final selection date.

An interesting development is that in 2010 the inaugural World Youth Olympics will be held in Singapore. While this is an excellent new initiative which complements the youth programme it needs to be stated that there is a tight quota for each sport and that the OCI will have a small overall team participating.

It is essential that the ongoing relationships with the OCI continue to prosper post Beijing where immediately the focus will centre on London 2012.

While not in the High Performance area the delegates to the OCI are Michael Heery, Liam Hennessy and Paddy Marley. The meetings during the period under review were businesslike and without controversy.

OCI President Pat Hickey continues in the highly prestigious role as President of the European Olympic Committee.

Home Internationals

The importance of the Cork City Sports, Ireland's solitary European permit meeting, cannot be understated. The meeting continues to provide an invaluable opportunity for our elite and emerging athletes to compete at a high level in front of a home audience.

The Riocht International will not be held this year. I would like to congratulate Dinny McSweeney and his team for hosting a fine international meeting in 2006 and 2007 at their superb venue in Castleisland.

The Dublin GP of Race Walking will not be held this year but is expected to resume in 2009. A sharing arrangement is in place with Leamington to have a biennial event.

The Dublin International was not held in 2007. A decent meeting took place in 2006 with extremely limited financial resources.

For 2008 we look forward to an announcement in the near future of a quality international meeting in Santry. This year marks the 50th anniversary of an historic date in Irish sport where in 1958 in front of a packed house the world record for the mile was achieved by the legendary Herb Elliott.

Spar European Cross Country 2009

The endorsement by European Athletics in Malta last October to our bid to host the Spar European Cross Country Championships in Dublin on the 13th December 2009 was a most satisfying experience for those of us who made the final presentation to the Council. The delegation was Liam Hennessy, Paddy Marley, Mary Coghlan Chairs of High Performance, Competition and Finance respectively along with Senan Turnbull Director of Services Fingal County Council. When I originally mooted the idea of bidding the enthusiastic response from Tom McCormack and Paddy Marley were pivotal in proceeding. And did they work to get the best possible bid in place. Mary Coghlan provided the essential expertise which we were lacking in the financial area. Others too numerous to mention were also enthusiastic. All of this would not have come to fruition without the Irish Sports Council (John Treacy), RTE (Glen Killane / Ryle Nugent), Fingal Council (Senan Turnbull) and Clonliffe Harriers (Paddy Marley/Noel Guiden/Noel Daly) who all made major commitments to the event.

The Local Organising Committee (LOC) who has been given the responsibility to manage the event is committed to hosting a world-class event in 2009.

In tandem with that a team management under the dynamic leadership of Ann Keenan Buckley are preparing to have the best possible teams competing on the day.

A major delegation from European Athletics will be in Dublin on the 1/2 April for the first coordination meeting.

General

- EAA/IAAF: The highly professional structures of the EAA/ IAAF and in particular the entry online systems (only if you get your entries in on time!) and the dissemination of information on the web and e mail have helped immeasurably. Our thanks go to the Director General of the EAA Christian Milz; the General Secretary of the IAAF Pierre Weiss and their respective staffs but in particular to us the relevant competition departments. Our congratulations to Nick Davis on his re election to the Development Committee of the EAA and to Pierce O'Callaghan on his elevation to the panel of race walking judges of the IAAF. John Cronin continues in his role as an Area Technical Official and officiated at the European under 23 championships last year while Liam Hennessy had a similar role in the European junior championships.
 - The ISC are now conducting their own anti doping testing programme. In 2007 we had 101 out of competition tests and 31 in competition. The true number of tests conducted on our athletes in any one year is impossible to calculate. Our athletes are tested in competitions all over the world. We await with keen anticipation the changes to the anti doping rules by WADA at the end of this year.
 - During the past year four of our top international athletes announced their retirement: Gillian O'Sullivan silver medallist in the 20k walk at the world championships in Paris in 2003 and one of the country's finest athletes of all time; Karen Shinkins Irish record holder for the 400 metres for 8 years and European indoor bronze medallist; Ciara Sheehy outstanding 200 metres champion and European junior bronze medallist; Ciaran McDonagh finalist in the long jump at the World Championships in 1999 and holder of the long jump record with 8.07 metres in 2005 after a long and illustrious career bedevilled with injury. We wish all four athletes every success for the future and thank them sincerely for the wonderful legacy they have left.
 - Andy Norman, a very good friend to Irish athletics died suddenly on his return from a major meeting in Stuttgart last September. It was through former international secretary Chris Wall that Andy got involved in Irish athletics. His international contacts benefited many athletes and in recent times he managed a number of Irish athletes including until his untimely death Derval O'Rourke. We pass our condolences to his wife Fatima and son Ryan.
 - In late 2006 one of my all-time heroes in the sport Paddy Larkin passed away after a long illness. Paddy was a true giant of the sport. His legacy is Tullamore Harriers. What an extraordinary contribution that is. What a self-effacing man.
 - Dr Brendan O'Brien served as Hon Chief Medical Officer for many years. Under our new structures we have a medical support team lead by Dr Bill Cuddihy and Physiotherapist Nessa Smyth. Dr Brendan's contribution to the sport has been enormous as can be testified by many athletes over the years. I would personally like to thank Brendan for the exceptional voluntary service provided to the sport over the years and for the outstanding professional advice on many medical and related issues.
-

Conclusion

I would like to express my appreciation to the following over the period under review:

- HP team of Max Jones, Gareth Devlin and Aoife Hoey for their outstanding work in the implementation of the HP programme. Former Performance Manager Elaine Fitzgerald who resigned a year ago is congratulated on her magnificent work in setting up and implementing the programme. I would also express appreciation to the HP Committee on their dedication and strategic input to the programme. Recently Gary Keegan a member of the committee was appointed Director of Technical Services with the Institute for Sport and we congratulate and wish him well in this prestigious new position.
- To Finbar Kirwan and his staff at the HP unit of the ISC.
- To John Allen and his team in Athletics Northern Ireland. I have enjoyed working on their board for the past two years.
- The various associations IUAA, CUSAI, IMRA who are important players in our sport.
- The selectors for their contribution and especially to Sean Naughton who provided much-needed statistics at critical times.
- Ronnie Long for his work in coordinating the clothing for international teams
- Fionnbar Callanan as secretary of the ASJI for his advice on press accreditations for major games.
- To the media in general for all their support.
- To RTE (Glen Killane/Ryle Nugent) for their valuable contribution in live coverage of our indoor and outdoor championship.
- To Declan Lee O'Herlihy PR for his outstanding guidance and assistance.
- My fellow Chairs of committees, Board members, relevant committee members, office staff for their assistance and guidance
- Finally I have served for six years as International Secretary/ Chair of High Performance. It has been a difficult and stressful job; certainly the hardest in my 30 years on the board. Despite all that it was the most rewarding. I am not seeking re election. I will be available, if required, to assist my successor in any way possible

Liam Hennessy

20th March 2008

APPENDIX 1

Athletics Ireland Senior High Performance Squad 2007

World Class/Contract

Alistair	Cragg	Clonliffe Harriers A.C.	USA	5000m
Derval	O'Rourke	Leevale A.C.	Cork	100H
Roisin	Mc Gettigan	Sli Cualann A.C.	Wicklow	3000 SC
Eileen	O'Keeffe	KCH A.C.	Kilkenny	Hammer
Fionnuala	Britton	Sli Cualann A.C.	Wicklow	3000 SC / CC
Robert	Heffernan	Togher A.C.	Cork	20K Walk

International

Deirdre	Ryan	DSD	Dublin	High Jump
Joanne	Cuddihy	U.C.D. A.C.	Kilkenny	400m
Paul	Hession	Athenry A.C.	Galway	100m & 200m
David	Gillick	DSD	Dublin	400m
Jamie	Costin	West Waterford A.C.	Waterford	50K Walk
Olive	Loughnane	Loughrea A.C.	Galway	20K Walk
Liam	Reale	Limerick A.C.	Limerick	1500m
Colin	Griffin	Ballinamore	Leitrim	20K walk

Development

Eoin	Everard	Kilkenny City Harriers	Kilkenny	800m
Sharon	Heveran	Westport A.C	Mayo	High Jump
Ann	Loughnane	Craughwell A.C.	Galway	10K Walk
Danny	Darcy	Liffey Valley A.C..	Dublin	800m & 1500m
Colin	Costello	Star Of The Sea A.C.	Meath	800m & 1500m
Linda	Byrne	Dundrum South Dublin	Dublin	1500m & 3000SC
Anna	Boyle	Ballymena & Antrim	Antrim	100m & 200m
Thomas	Chamney	Crusaders A.C.	Dublin	800m
Mark	Christie	Mullingar Harriers A.C.	Westmeath	5000m
David	Campbell	St. Coca's	Kildare	800m
Mary	Cullen	North Sligo A.C.	Sligo	5000m
Martin	Fagan	Mullingar Harriers A.C.	Westmeath	5000m
David	Mc Carthy	Le Cheile A.C.	Kildare	400m / 800m
Ailis	Mc Sweeney	Leevale A.C.	Cork	100m& 200m
Jason	Smyth	City of Derry	Derry	100m & 200m
Roseanne	Galligan	Newbridge A.C.	Kildare	1500m & CC
Breifni	Twohig*	Dundrum South Dublin	Dublin	5000m
Joseph	Sweeney	Dundrum South Dublin	Dublin	5000m
Kelly	Proper	Ferrybank A.C.	Waterford	Long Jump

APPENDIX 1**AAI High Performance Squad 2007****Junior Achievers**

Mairead	Murphy*	Ferrybank A.C	Waterford	Combined Events
Kalyn	Sheehan*	Ferrybank A.C	Waterford	400mH
Jessie	Barr*	Ferrybank A.C	Waterford	400m H
Christopher	Quinn*	Lagan Valley	Belfast	400m H
Amy	Foster*	North Down	Down	100m & 200m
David	McCarthy*	West Waterford A.C.	Waterford	800m & 1500m
Ciarán	O'Lionáird*	Leevale A.C.	Cork	1500m
Chris	Russell*	Ferrybank A.C.	Waterford	100m
Brian	Gregan*	Tallaght A.C	Dublin	400m
Laura	Reynolds	Mohill A.C	Leitrim	10K walk
Laura	Cogan	Newbridge A.C	Kildare	Shot Putt
Mary	O'Connor	Ferrybank A.C	Waterford	800m
Pamela	Hughes	Westport A.C	Mayo	High Jump
Conor	Murphy	Naas A.C	Kildare	800m
Niall	Tuohy*	Ferrybank A.C	Waterford	800m/1500m
Katie	O'Shea	Farranfore MaineValley	Kerry	Shot
Gerard	O'Reilly	Shercock A.C	Cavan	100m/200m
Brendan	O'Neill	Dundrum South Dublin	Dublin	1500m/3000m/5000
Eoin	Healy	Dundrum South Dublin	Dublin	1500m / 3000SC
Gavin	Downey	Ferrybank A.C	Waterford	1500m
Hayley	Murphy	Ferrybank A.C	Waterford	200m
Sara Louise	Treacy	Moynalvey A.C.	Dublin	1500m
Craig	Murphy	Togher	Cork	5000m CC
Suzanne	Huet*	DSD	Dublin	1500m
Eoin	Hannon*	Tullamore Harriers	Offaly	Hurdles, LJ
Michael	Hynes*	Raheny Shamrock	Dublin	200m

APPENDIX 1**High Performance Panels 2008****Contract (1)**

Derval O'Rourke

Club

Leevale A.C.

World Class (7)

Alistair Cragg

Clonliffe Harriers

Roisin Mc Gettigan

Sli Cualann A.C.

Eileen O'Keefe

Kilkenny City Harriers

Fionnuala Britton

Sli Cualann A.C.

Joanne Cuddihy

Kilkenny City Harriers

Paul Hession

Athenry A.C.

David Gillick

Dundrum South Dublin A.C.

Robert Heffernan

Togher A.C.

International (8)

Deirdre Ryan
Jamie Costin
Olive Loughnane
Liam Reale
Colin Griffin
David Campbell
Mary Cullen
Martin Fagan

Dundrum South Dublin A.C.
West Waterford A.C.
Loughrea A.C.
Limerick A.C.
Ballinamore A.C.
St. Coca's A.C.
North Sligo A.C.

Mullingar Harriers

Development (13)

Eoin Everard
Sharon Heveran
Ann Loughnane
Danny Darcy
Colin Costello
Linda Byrne
Anna Boyle
Thomas Chamney
Mark Christie
David Mc Carthy
Roseanne Galligan
Joseph Sweeney
Kelly Proper

Kilkenny City Harriers
Westport A.C.
Craughwell A.C.
Liffey Valley A.C.
Star of the Sea A.C.
Dundrum South Dublin A.C.
Ballymena & Antrim A.C.
Crusaders A.C.
Mullingar Harriers
Le Cheile A.C.
Newbridge A.C.
Dundrum South Dublin A.C.
Ferrybank A.C.

Junior Carding (25)

Amy Foster
David McCarthy
Jessie Barr
Kalyn Sheehan
Mairead Murphy
Niamh Whelan
Jason Harvey
Noel Collins
Claire Fitzgerald
Grainne Morgan
Charlotte Ffrench Carroll
Steffi Creaner
Joan Healy
Colin Quirke
Kouroush Fouroughi
Christopher Russell
Niall Tuohy
Susanne Huet

Club

North Down A.C.
West Waterford A.C.
Ferrybank A.C.
Ferrybank A.C.
Ferrybank A.C.
Ferrybank A.C.
Lagan Valley A.C.
Omagh Harriers
Estuary A.C.
Brother Pearse A.C.
Dundrum South Dublin A.C.
Celtic DCH
Bandon A.C.
Crusaders A.C.
Star of the Sea A.C.
Ferrybank A.C.
Ferrybank A.C.
Dundrum South Dublin A.C.

Michael Hynes
Eoin Hannon
Eoin McDonnell
Eimear Black
Daniel Clifford
Barry Pender
Ciara Mageaan

Junior Achievers (21)

Tomas Cotter
Ciara Cronin
Ciara Everard
Cathriona Farrell
Rebecca Ffrench O'Carroll
Paul Fitzpatrick
Andrew Gourley
Brian Gregan
Scott Hamilton
Aoife Hickey
Pamela Hughes
Sam Kelly
Gerard Kelly
Claire Mooney
Craig Murphy
Katie O'Shea
Mark Patterson
David Quilligan
Rachel Shaw
Ian Ward
Curtis Woods
Mark McDonald

Raheny Shamrock
Tullamore Harriers
Clonliffe Harriers
Ballymena & Antrim A.C.
Farranfore MaineValley
St. Abbans
East Down A.C.

Club

Dunleer A.C.
Ferrybank A.C.
Kilkenny City Harriers
Craughwell A.C.
Dundrum South Dublin A.C.
Shercock A.C.
Willowfield Harriers
Tallaght A.C.
Regent House
Kilkenny City Harriers
Westport A.C.
Fingallians A.C.
Castlebar A.C.
Naas A.C.
Togher A.C.
Farranfore MaineValley
North Down A.C.
Leevale A.C.
Galway City Harriers
Finn Valley A.C.
Downshire High School
Clonliffe Harriers

APPENDIX 2**World Top 10 for Heffernan, McGettigan and O’Keeffe**

Robert Heffernan (20k Walk), Roisin McGettigan (3000m s/c) and Eileen O’Keeffe (Hammer) have made the world top 10 in the annual ranking lists (based on overall performances in 2007) in the prestigious publications Athletics International and Track and Field News. Both Robert and Eileen are ranked 9th in Athletics International while Track and Field News has Rob 8th with Eileen 10th. Roisin is ranked 8th in Track and Field News and 10th in Athletics International.

In the top 50 lists for the year there are 14 Irish athletes ranked. These statistics bear testimony to an exceptional year at the upper end of the sport for Irish athletes.

The full list of those achieving world top 50 status is as follows:

20 th	200m	20.30	Paul Hession	Dublin	21 st July
26 th	400m	45.23	David Gillick	Geneva	9 th June
49 th	800m	1.46.05	David Campbell	Lignano	15 th July
45 th	1500m	3.36.18	Alistair Cragg	Carson	20 th May
3 rd	3000m	7.32.49	Alistair Cragg	Monaco	25 th July
20 th	5000m	13.07.10	Alistair Cragg	Brasschaat	21 st July
42 nd	10,000m	27.39.55	Alistair Cragg	Stanford	29 th April
15 th	20k walk	1.20.15	Robert Heffernan	Leamington	20 th May
19 th	50k walk	3.51.32	Colin Griffin	Dudince	24 th March
29 th	50k walk	3.53.30	Jamie Costin	Leamington	20 th May
16 th	400m	50.73	Joanne Cuddihy	Osaka	27 th August
26 th	3000m	8.48.17	Mary Cullen	Sheffield	15 th July
13 th	3000 s/c	9.28.29	Roisin McGettigan	Heusden	28 th July
38 th	3000 s/c	9.41.36	Fionnuala Britton	Heusden	28 th July
24 th	100m H	12.88	Derval O’Rourke	Bochum	18 th July
13 th	Hammer	73.21	Eileen O’Keeffe	Dublin	21 July
49 th	20k walk	1.32.25	Olive Loughnane	Ferreira	2 nd March

N.B. 3000 metres is a non championship event

World Rankings Top 50 Performance 2007

The full list of performances across all the championship disciplines to achieve a top 50 ranking in 2007 is as follows:

Men	Event	Women
10.15	100m	11.25
20.49	200m	22.98
45.44	400m	51.63
1.46.07	800m	2.00.93
3.36.41	1500m	4.08.30
13.15.91	5000m	15.17.13
27.45.59	10,000m	32.00.05
2.09.21	Marathon	2.29.08
8.23.40	3000 m s/c	9.45.96
13.56	110m H/ 100m H	13.03
49.57	400m H	56.23
2.27	High Jump	1.91
5.65	Pole Vault	4.40
8.04	Long Jump	6.67
16.84	Triple Jump	14.03
19.93	Shot	17.28
62.43	Discus	57.95
74.92	Hammer	68.34
79.04	Javelin	58.48
7834	Decathlon/Heptathlon	5942
1.22.12	20k walk	1.32.29
3.56.04	50k walk	n.a.

APPENDIX 3

Ireland European Cup 1967-2007 Best Performances

Men:

100m	10.18 (+1.9)	Paul Hession	Vaasa	2007
200m	20.61 (-1.0)	Paul Hession	Vaasa	2007
400m	45.96	David Gillick	Leiria	2005
800m	1.47.62	James Nolan	Kaunas	2000
1500m	3.39.40	John Hartnett	Lisbon	1973
	3.39.40	Eamonn Coghlan	Dublin	1983
3000m	7.52.66	Shane Healy	Lisbon	1996
5000m	13.32.1	John Treacy	Geneva	1979
10,000m	28.48.12	John Treacy	London	1977
3000m S/C	8.34.05	Brendan Quinn	Dublin	1983
110m H	13.47 (+1.1)	Peter Coghlan	Lahti	1999
400m H	49.96	Tom Mc Guirk	Lisbon	1996
4x100m	39.7	(Mark Howard, Gary Ryan , Tom Comyns, Paul Brizzel	Aahus	2003
4x400m	3.05.45	(Brian Forbes, Tomas Coman, Paul Mc Kee, Tom Mc Guirk)	Lahti	1999
H/J	2.23	Brendan Reilly	Lahti	1999
P/V	4.6	John Hallissey	Tallinn	1995
	4.6	Ruairi O'Briain	Reykjavik	2004
	4.6	Anthony McCreery	Vaasa	2007
L/J	7.86 (+1.1)	Ciaran Mc Donagh	Lisbon	1996
T/J	15.89	Colm Cronin	Sollerod	1977
Shot	17.9	Victor Costello	Viseu	1991
Discus	63.16	Nick Sweeney	Dublin	1994
Hammer	71.23	Roman Linscheid	Kaunas	1998
Javelin	79.6	Terry Mc Hugh	Dublin	1994

Women:

100m	11.56W(+2.2)	Anna Boyle	Prague	2006
	11.61(+0.6)	Anna Boyle	Leiria	2005
200m	23.35(-0.6)	Ciara Sheehy	Tallinn	2002
400m	51.63	Joanne Cuddihy	Prague	2006
800m	2.02.23	Aisling Molloy	Dublin	1989
1500m	4.03.38	Sonia O'Sullivan	Rotterdam	1993
3000m	8.59.5	Deirdre Nagle	Sittard	1979
5000m	15.37.66	Catherina Mc Kiernan	Tallinn	1995
10,000m	31.19.11	Catherina Mc Kiernan	Dublin	1994
3000m S/C	9.47.0	Roisin Mc Gettigan	Leiria	2005
100mH	13.00(0.0)	Derval O'Rourke	Vaasa	2007
400mH	55.64	Susan Smith	Kaunas	1998
4x100m	44.40	(Emily Maher, Anna Boyle, Ailis Mc Sweeney, Ciara Sheehy)	Prague	2006
4x400m	3.31.51	(Michelle Carey, Elaine Mc Caffery, Ciara Sheehy, Joanne Cuddihy)	Prague	2006
H/J	1.89	Deirdre Ryan	Prague	2006
P/V	3.6	Erin Kinnear	Leiria	2005
L/J	6.39 (+1.3)	Terri Horgan	Dublin	1989
T/J	13.54 (-1.1)	Taneisha Robinson Scanlon	Leiria	2005
Shot	15.91	Marita Walton	Dublin	1983
Discus	54.06	Patricia Walsh	Reykjavik	1985
Hammer	69.44	Eileen O'Keeffe	Vaasa	2007
Javelin	46.76	Dara Shakespeare	Dublin	1994

APPENDIX 4**Youth Records****Men**

Event	Performance	Name	Born	Location	Date
100m	10.73	Colman O'Flaherty	1961	Dublin	23.07.78
200m	21.87 (0.6)	Liam McDermid	1984	Tullamore	29.07.01
	21.87	Derek O'Connor	1965		.79
400m	48.65	Brian Gregan	31.12.89	Tullamore	03.06.06
800m	1:51.22	David McCarthy	03.08.88	Mannheim	18.06.05
1,500m	3:47.1	Gareth Turnbull	14.05.79	Stretford	16.07.96
3,000m	8:20.4	John Treacy	04.06.57	Edinburgh	.07.74
110mH (91cm)	14.50 (0.6)	Timothy Flannery	17.06.82	Bydgoszcz	16.07.99
400m (84cm)	53.7	Padraig Greally	1968		.85
2,000m S/C	5:50.41	Liam Reale	16.03.83	Bydgoszcz	17.07.99
10,000mWalk	45:17:66	Colin Griffin	13.08.82	Dublin	24.07.99
High Jump	2.13m	Antoine Burke	20.07.75	Seoul	12.09.92
Pole Vault	4.60m	Anthony McCreery	1988	Dublin	24.07.05
Long Jump	7.55m	Ciaran McDonagh	20.05.76	Tullamore	15.8.93
Triple Jump	14.22m	Niall McCarthy	1961	Cwmbran	.08.78
Shot (5Kg)	19.33m	Colin Quirke	--.---.90	Ostrava	11.07.07
Discus (1.5Kg)	52.74m	Frank O'Brien	1965	Dublin	.07.81
Hammer (5Kg)	73.18m	Tony Kenneally	1965		.81
Javelin (700gm)	67.22m	Ben Houghton	06.08.80		.08.97

Women

100m	11.43 (1.4)	Michelle Walsh	05.08.61	Sittard	17.06.78
200m	23.51 (1.5)	Michelle Walsh	05.08.61	Sittard	18.06.78
400m	53.86	Joanne Cuddihy	11.05.84	Debrecen	14.07.01
800m	2.06.70	Carol Meagan	1961	Dublin	06.08.78
1500m	4.19.94	Carol Meagan	1961	London	28.07.79
3000m	9.32.04	Charlotte Ffrench O'Carroll	1990	Tullamore	15.07.07
5,000m	16:48.17	SuzanneHuet	1990	Hengelo	20.07.07
100mH (84cm)	14.24	Patricia Naughton	1975	Dublin	12.07.92
100mH (76cm)	13.87	Patricia Naughton	1975	Milan	30.04.92
400mH (76cm)	60.17	Kalyn Sheehan	1989	Cork	26.06.06
2000m S/C					
5000mWalk	23.37.00	Ann Loughnane	8.04.86	Sherbroke	10.07.03
High Jump	1.84m	Bridget Corrigan	1964	Birmingham	26.05.80
Pole Vault	3.50m	Erin Kinnear	1988	Dublin	.08.01
Long Jump	6.10mi	Kelly Proper	1988	Nenagh	19.03.05
Triple Jump	11.91 (1.4)	Mary Mc Loone	1981	Ayr	18.07.98
Shot (4Kg)	14.13m	Marita Walton	1960		.77
Discus (1Kg)	44.82m	Patricia Walsh	1960		.77
Hammer (4Kg)	52.92m	Johanna Doyle	1982	Tullamore	04.07.99
Javelin (700gm)	47.52m	Brenda Walsh	1965	Antrim	.84
Heptathlon	5049pts	Mairead Murphy	198	Monzon	01/02.07

[14.94(-1.6);1.72;11.04;25.39(-1.4);5.38(-1.2);31.57;2.29.44]

NB Athletes must be 17 years or younger in the year of competition e.g. Performances in 2008 athletes born in 1991 or later.

APPENDIX 5

National Records 2006

Outdoor

Event		Name	Venue	Date
Senior				
4x100m	44.68	National Team	Prague	17.06.06
4x400m	3.31.51	National Team	Prague	18.06.06
High Jump	1.92	Deirdre Ryan	Manchester	15.07.06
Junior				
Heptathlon	5049	Mairead Murphy	Monzon	02.07.06
U.23				
400m	51.09	Joanne Cuddihy	Gothenburg	09.08.06
3000m S/C	9.49.20	Fionnuala Britton	Gothenburg	11.08.06
Senior				
Long Jump	8	Ciaran Mc Donagh	Blacksburg	14.01.06
100m	12.02	Anna Boyle	Bath	01.02.06
50mH	6.8	Derval O'Rourke	Lievin	03.03.06
60mH	7.84	Derval O'Rourke	Moscow	11.03.06
Pole Vault	3.73	Erin Kinnear	Baton Rouge	17.02.06
Junior				
60m	6.92	Jason Smyth	Bollnas	27.03.06
Long Jump	6.19	Kelly Proper	Belfast	18.02.06
U.23				
Pole Vault	3.73	Erin Kinnear	Baton Rouge	17.02.06

National Records 2007

APPENDIX 5

Indoor

Event	Time	Wind	Name	Venue	Date
60 metres	6.66		Paul Hession	Vienna	20.01.07
	6.63		Paul Hession	Belfast	18.02.07
	6.61		Paul Hession	Birmingham	03.03.07
400 metres	45.91		David Gillick	Dusseldorf	06.02.07
	45.52		David Gillick	Birmingham	03.03.07
60 metres	7.3		Anna Boyle	Birmingham	03.03.07
Long Jump	6.19		Kelly Proper	Belfast	17.02.07
Pole Vault	3.87		Erin Kinnear	Gainesville	27.01.07
Under 23					
Long Jump	6.19		Kelly Proper	Belfast	17.02.07
Junior					
Long Jump	6.19		Kelly Proper	Belfast	17.02.07
Shot	13.25		Laura Cogan	Nenagh	18.03.07
	13.43		Laura Cogan	Nenagh	24.03.07
	13.66		Laura Cogan	Nenagh	24.03.07

Outdoor

Senior					
100 metres	10.28	+1.5	Paul Hession	Kalamata	02.06.07
	10.18	+1.9	Paul Hession	Vaasa	23.06.07
200 metres	20.44	+1.2	Paul Hession	Sheffield	15.07.07
	20.3	+0.1	Paul Hession	Dublin	21.07.07
400 metres	45.23		David Gillick	Geneva	09.06.07
10,000 metres	27.39.55		Alistair Cragg	Stanford	29.04.07
20K Walk	1.20.15		Robert Heffernan	Leamington	20.05.07
5000 m Walk	18.59.37		Robert Heffernan	Barcelona	30.06.07
50K walk	3.51.32		Colin Griffin	Dudince	24.03.07
400m	50.73		Joanne Cuddihy	Osaka	27.08.07
3000 metres					
S/C	9.28.29		Roisin McGettigan	Heusden	28.07.07
Hammer	69.44		Eileen O'Keeffe	Vaasa	24.06.07
	73.21		Eileen O'Keeffe	Dublin	21.07.07
Junior					
Long Jump	6.34	+0.3	Kelly Proper	Limerick	16.06.07
5000m	16.48.17		Suzanne Huet	Hengelo	20.07.07
Pole Vault	4.90		Anthony McCreery	Dublin	22.07.07

COACHING REPORT

Since the last congress the development of the coaching structures, and supports have been at a hectic pace. We are in the process of building an infrastructure for coaches and athletes that will ensure a pathway for all to the highest international standard. We identified key areas that needed to be addressed first as a matter of the highest importance.

It was essential to reinvigorate the coach education syllabus and delivery. With out coaches and access to information the development of the sport in Ireland could go nowhere, so one of the priorities was to educate as many coaches as possible to that end since the last congress between coach education and workshops we have had almost 2000 attendances at these events.

A second priority was to put in place National and regional squads for the development of the athlete and these are beginning to work very well.

In both of these cases it was necessary to begin the process the workings of education and squads are under constant review and development but it was important to get a functioning model first. We hope to make all of these structures in time the envy of the athletics world.

Coach Education

To develop the sport of athletics in Ireland it is essential that Coach Education and development are central to the plans of the organisation. In the past two years the coach education system has been overhauled and reinvigorated with an emphasis placed on the delivery of courses regionally and nationally. One of the key aspects has been our ability to deliver courses as close to coaches as possible in a broad range of locations, and we will continue to respond to demand for courses where they exist.

The entire coach education syllabus has been reviewed or rewritten and for the first time in many years Level 2 and 3 courses have been completed. We are the first NGB to complete the new NCTC level 3 course.

All of the courses are under constant review and development; we have developed new materials for each of the courses and will continue to do so as resources become available. This is a substantial undertaking and is the building of the infrastructure required to develop our sport. We first needed to develop new courses and syllabi and our capacity to deliver them

Tutor training

One of the major obstacles to delivering coach education was a shortage of tutors we have in the past two years trained 23 tutors to double the number of tutors available for courses.

Athletics Leader

This course was developed to cater for fun athletics, to develop the fundamental skills of children from an early age. This course delivered by the development team has been exceptionally popular and in the long term we will see a development at an earlier age of the fundamental sports skills of running jumping and throwing. Research has indicated that it is key to the performance of the adult sports person that these key skills are developed from an early age in a fun and safe environment.

Level 1

The fact that we have a development team has ensured we are now able to effectively organise and deliver level 1 courses throughout the country on a regular basis. This course is aimed at the introduction of track and field skills to the young athlete and is where we have the greatest number of our athletes. Again we have qualified an enormous number of coaches in the last two years, which represents the highest number of coaches outside of the 3 main sports on the Island in that time, and a significant increase on our pre 2006 levels. In 2007 335 coaches gained level 1 status

Level 2

This is an entirely new course and in response to feedback from coaches we have attempted to make this and all courses as user friendly as possible by having a whole module of the course by home study and the opportunity to complete courses at later stages if a coach misses a section. This again has proved very popular the first course having 60 participants in Tullamore in the September 07 and in Association with Meath Co board we have completed the second with 24 participants in these 6 months we have doubled the number of level 2 eligible coaches.

Level 3

This year long course had 12 participants in Sprints and Endurance, the candidates are currently undergoing the assessment period and

Coach Certification

One of the main developments recently has been we have been granted permission to self certify our courses at Athletics Leader level and a better system of administration which ensures that as coaches complete their courses we can submit to the NCTC for the issue of certs to coaches.

Teacher Courses

One of the key recommendations from the development meetings that were held around the country towards the end of 2006 was the need for the teaching of athletics in Schools. To this end we directly targeted the teacher training colleges at Primary and Secondary level, so that the primary School teaching students in Mary Immaculate Limerick and Drumcondra Dublin as well as the PE teachers in UL and DCU would all be certified Athletics Leaders or Level 1

coaches by the time they finished College. With athletics a quarter of the Primary PE curriculum it was felt key to develop the confidence and competence of all teachers as the best way forward

The development team also ran a number of teacher summer courses throughout the country. We developed a course that would appeal to primary school teachers in line with the curriculum. One of the challenges we face in this area is the fact that teachers are now able to avail of courses online and we may need to review delivery method for these courses.

The IAAF academy for Elite Coaches

The IAAF academy for elite coaches is the highest coach education forum available. In 2006 we sent 1 coach to the endurance course but we have been able to send 10 coaches to the Jumps and throws course in 2007 and we will hope to send a similar number in 2008. The courses on offer alternate each year. This we consider to be our level 4 course and will be for key coaches to develop the sport in Ireland at the elite level. In 2006 the Director of Coaching also participated in the development of the IAAF pilot course for Development coaches a project which the IAAF hope will create a pathway for the coach of Juvenile athletes to the highest standards.

Coach Development

Coach education courses are just the beginning point for any coach it is essential to follow this up with a broad range of coach development workshops. This has been on a two pronged approach, with workshops at home and abroad and the distribution of coaching material and information. We also would like to take this opportunity to invite coaches to come to regional and national squads with their invited athletes.

Workshops

We have had a broad range of workshops for coaches and athletes and will continue to develop this aspect of the coach development program. In 2007 we had workshops for Honore Hoedt, the Dutch national middle distance coach who has coached two 1.43 and several sub 1.46 800m runners, Scott Raczko the coach to world number 1 over 1500, Alan Webb, and others such as Graham Knight for Hurdles, Dennis Roscoe for throws, Dave Sunderland Steeplechase, Gerry Kiernan Marathon and excellent speakers at national squads for Endurance, Jumps, Sprints, Throws and Walks.

We have also had the capacity to offer the opportunities to coaches to travel abroad to international conferences and workshops. We supported 24 coaches and athletes to attend the annual Pole vault School in Birmingham and sent a large number of coaches to the UK Throws workshop, as well as a number of other international events. This is an area we will be expanding significantly throughout 2008, and to the best international conferences related to coaching and performance.

Mentoring

In 2008 we have launched a pilot scheme where inexperienced coaches from a broad range of backgrounds in endurance and Speed events have been placed in a two year program with Graham Knight and Dave Sunderland, former UK national coaches to gain experience of major international events. A broad range of coaches were invited to attend by the coaching committee and those who were able to commit for the 2 year period were placed on the scheme. As this is a pilot scheme we aimed to have different categories of coaches, e.g. coaches with senior international athletes, coaches with talented juniors, ex internationals and so on to see which group would gain most from this experience as we will be expanding this scheme in a number of ways over the coming years and wish to see which groups would benefit most.

National Coaching Conference

We held an extremely successful national coaching conference in November 2007 in the Crowne Plaza Hotel in Santry with over a 100 coaches attending. The two keynote speakers were Brian Kerr and Sonia O Sullivan and workshops from Sonia, Max Jones, Stuart Hogg and Terence McWilliams. We will have another National Conference this coming November.

Coaching Bulletin

Each month coaches who have signed up to an e-mail distribution list receive coaching news and information. This method of delivery is cheap, allows easy access to the multitude of resources on the web, does not contravene any copyright issues and can provide far more information far quicker. The first issue was published in January and there will be a monthly issue by e-mail and if there are those with out access to e-mail the bulletins can be printed and sent on a quarterly basis. Currently we have over 300 coaches on our mailing list and should anyone wish to subscribe please contact coaching@athleticsireland.ie

Squads --OVERVIEW

The squad system is an opportunity to develop both athletes and coaches, give athletes concrete goals to aim for and an opportunity to train with other athletes and be educated. Each athlete now receives a written invitation to all squads with an additional invitation in all of these contacts for their coach to attend with them.

National Event squads

The redevelopment of National Event squads and Regional squads has created clear pathways for athletes to reach the top of our sport. Along the way towards the Elite Senior panel the athlete needs significant milestones, goals and assistance and the squads can achieve all of those things. These are in their embryonic stage and with continuity and development can become a world class model on how to develop young athletes to the elite senior level.

The concept behind the squads is that it is the technical and educational development of both the athlete and the personal coach that is the focus of each of these squads. The squad get together are less about training and more about education with a slightly different emphasis at each level

The National event squads are managed by 6 Event co-ordinators:

Drew Harrison, Jumps; Michael Lane, Walks; Jim Davis and Theresa McDaid: Endurance, Ailish O'Brien Throws and until recently Paddy Fay Sprints. Stephen Maguire has been put in temporary charge of the sprints group. I would like to take this opportunity to thank Paddy for his work over a long number of years with this event group.

These squads are for the top senior athletes in each discipline, with the emphasis in each squad slightly different depending on the needs of the event in Ireland and how the event coordinator sees the event developing best. The squads are relatively small in size and are focused on educational and technical development of the athletes and in 2008 we will add the ability to provide more sports science support through our work with the NCTC.

In 2007 each Event co-ordinator was asked to run 2 squad days in their discipline, this will double to 4 in 2008, however in 2007 the enthusiasm and hard work of the coordinators ensured we had 16 squad days across all disciplines with 391 attendances.

Regional Squads

The regional squads have been a massive success in 2007. These squads are managed by a Regional squad head coach in conjunction with the areas Regional development officer. The squads are managed jointly by the Coaching and Development departments.

We aim to provide one squad per month in the non competition months i.e. we aim to have 6 squads per region per year. The aim of these squads is to develop the skills to young athletes and provide appropriate educational and motivational workshops. Each squad has a training element with the best coaches in the region and then there is a speaker on topics such as nutrition or injury prevention or an international athlete. One of the developments we will be able to bring to the squad is that all of the top carded athletes have agreed to give a talk or work with the regional squads through 2008.

In 2007 there were 93 different regional events with 3256 attendances by athletes. We also hope to use these regional squads for the development of the athlete's personal coaches and as opportunities for level 2 coaches to develop their skills. We will have to look at the selection criteria across the regions to ensure equity across the country but also to ensure opportunity for athletes in regions with smaller populations. Paramount to all of this will be the need to ensure that each regional squad can function effectively

Junior and Youth Achiever Camps

As part of the High performance program there are 3 panels, the Elite Senior panel, the development panel and the Junior and Youth achievers panel. Selection on each of these panels is by performance measures agreed with the Irish Sports Council. It is the Director of Coaching's responsibility to assist in the development of the athletes on the Junior and Youth achiever panel which involves regular contacts with athletes on the panel and their coaches and parents, the provision of a training camp at Easter and a winter get together for parents athletes and coaches. In 2007 we provided an excellent camp in Spala Poland and at Easter 2008 we provided a similar camp in Alfa Mar, Portugal. The emphasis on these camps has been on helping to provide the athletes with the tools for success, such as education and motivation workshops screening of the athlete from a medical and physio and excellent

training opportunities with top coaches. These camps based on the feedback from the athletes themselves and their coaches have been enormous successes, and I wish to take this opportunity to thank all of the coaches and support staff who have made these camps as good as they are, as well as the wonderful young athletes.

Senior AAI camps held Majorca early 2007 and pre season camp held Monto Gordo May 2007. Both well received by athletes and attended by support staff. Again a camp is planned for April 28th with a pre Beijing camp in Matsue, Japan similar to 2007 pre Osaka.

It is worth noting that while the standards for this panel have remained the same but there has been a significant increase of over 50% in the number eligible for the panel in one year. Last year's camp had 24 athletes while this year had a total of 43 which is very encouraging for the future of our sport and indicates a rising standard across a very broad range of events. It is very important to develop the parent and coach link at this crucial time in an athlete's development and we wish to provide as much support to the athlete as is possible.

New for 2008

We will be revising and improving all of the elements that have so far been successful, improving content and delivery and as we gain experience and discover and create best practise

Additionally in 2008 we also hope to provide and resource local event seminars around the country for the development of technical events. Pole Vault schools, a number of pilot projects for the support of coaching at county board level, a plan for long term athlete development, more and better courses workshops, access to international seminars and squads.

Coaching Ireland

The NCTC will become Coaching Ireland in 2008. Athletics Ireland has been a significant player in the redevelopment of this organisation and has put significant work into trying to assist develop coaching and coaching supports in Ireland under the auspices of this new organisation.

Summary

We have made vast changes and improvements in the past 2 years. We now have the capacity and resources to develop further and with experience can look towards developing every aspect of coaching and athlete support in this country. We have some challenges ahead and need to maintain and improve the standards across all elements. Coaching continues to become structured and focused under Director of Athletics Max Jones and Director of Athletics Gary Ryan both of whom I offer my gratitude. To the endless and dedicated volunteers who push the boat out daily I thank for their energy and enthusiasm and their commitment. Many thanks.

Patsy Mc Gonagle,

Chair of Coaching

DEVELOPMENT REPORT FOR ATHLETICS IRELAND

The Director of Development and the six Regional Development officers work on several of the main objectives of the Athletics Ireland Operational Plan, namely;

1. *To increase participation in athletics.*
2. *To identify athletes with athletic talent and develop them to their full potential.*
3. *To provide support to clubs and administrators.*
4. *To develop coaching expertise.*
5. *To promote the activities and members of the Association to a widespread audience.*

Main areas of focus are the development of the Little Athletics programme for 5 to 10 year olds, provision of Coach Education, organising and holding the Regional Squads, assisting clubs through the Club Development and Support Programme, and the development of Fit4Life Meet n Train programme for recreational runners.

Little Athletics

- There are 154 Little Athletics clubs
- We have run 59 Athletics Leader courses and trained 1272 Leaders
- Refreshers visits to Little Athletics clubs carried out to approx 80 clubs
- A Little Athletics Workshop was arranged at Coaching Conference 2007

Coach Education

- In addition to the above 28 Athletics Leader courses, we ran
- 26 Level 1 courses and trained 580 Level 1 coaches
- We helped to organise and Tutor on the Level 2 athletics course
- We are organising for those that attended Level 2 course to attend for 'coach mentoring' at Regional squad sessions

Fit4Life

- There are 29 Fit4Life Meet n Train clubs with over 2,000 participants, and growing, signed up to the programme in 2007
- 55 Fit4Life Leaders attended Fit4Life Training course
- Equipment and fliers delivered to the 29 participating clubs by the RDO's
- All 29 Fit4Life Meet n Train clubs have been visited by RDO's
- A flier advertising the Fit4Life Meet N Train groups is going into 'goody bag' for 2008 Women's Mini Marathon
- Opportunity for 21 further groups to apply to become Fit4Life Meet n Train clubs advertised on April 2nd.

Regional Coaching Squads

- The Regional Development Officers work with the Regional Coaching co-ordinators to organise and hold Regional Squad sessions.
 - The first three (born between 1989 and 1994) in each event in each regional championship were invited to attend the Regional Squad sessions
 - As at March 25th, 23 Regional Squads days held with coaching in all events
 - 1792 athletes have attended with 224 personal coaches also attending.
 - 8 Guest speakers/workshops were held in conjunction with Squad sessions.
-

- There are plans for further Squad sessions (7 in Spring 08 and a full set of three per region in Autumn 2008)
- In the North, the Regional Squad sessions have been held in conjunction with Athletics Northern Ireland.
- All athletes that have regularly attended the Squad sessions have been given a Regional Squad spike bag and t-shirt

Development Days

- 4 Regional Development Days held
- Approx 300 athletes and coaches attended

Event Specific Workshops

- RDO's delivered 16 event specific workshops in regions where demand existed for specific events
- Plans are being made to roll out event specific workshops in every region in the coming months in consultation with County Boards

SPAR Mile Challenge

- 27 SPAR Mile Challenges organised and assisted at by RDO's
- 1500 participants in 2007
- Hundreds of Media articles generated by RDO's around Mile Challenge
- Schools Mile Challenge programme planned for 2008 with 6 'public events'

Club Support Programme

- RDO's have circulated club Support Applications to all clubs
- RDO's processed all applications for equipment club support scheme
- RDO's have delivered 181 Little athletics kits to clubs
- RDO's have delivered 75 Level 1 packs to clubs

Athletics Ireland Sports Capital Scheme and Club Development Programme

- RDO's have assisted in the compilation of data re equipment, coaches and facilities concerning clubs that applied to the Sports Capital scheme 2007
- 112 clubs have been awarded €350,000 in equipment grants under the 2007 Small Equipment Grant Scheme (application forms were sent to every club)
- All these 112 clubs to sign up to the 2008 Club Development Scheme

Development Newsletter

- Quarterly Development Newsletters produced by Development Team and distributed to all clubs, Local Sports Partnerships and local contacts
- National Newsletter produced for website

Website

- Development section of the Athletics Ireland website maintained and updated with articles, pictures etc regularly by RDO's

Athletics Easter Camp

- Organised and run by RDO in Dublin in conjunction with local Council in 2007 and in 2008
-

University International

- RDO played major role in promotion, organisation and running of 2007 event

Formation of New Clubs in areas of need

- 6 new clubs were assisted in their development by the RDO's in areas identified as needing an athletics club
- A further 4 are currently being assisted in 2008

Teachers Courses

- One day and week long training courses organised for Teachers by the RDO's
- Athletics Leader courses organised for Teachers in a number of regions including Kilkenny, Letterkenny and Wicklow. Over 100 teachers now ALs.
- 36 teachers attended a one day course in Dublin
- 16 teachers attend Level 1 course in Teachers Centre, Carrick on Shannon
- 27 Teachers attended week long courses in Athenry and Kildare
- 14 PE Curriculum support unit Tutors who visit every primary school attended Athletics Leader course & will promote Little Athletics in schools
- Further courses are planned for Teachers and for Transition Year students in 2008 in conjunction with the Schools co-ordinator.

Code of Ethics

- Development Team assisted in the development and publication of Athletics Ireland's Code of Ethics & Good Practice for children in athletics
- RDO's have worked to raise the awareness of and encourage Coaches to attend Child Welfare & Protection in Sport workshops in conjunction with County Boards, LSPs and clubs.

Attending Meetings/Developing contacts/PR etc

- RDO's attend County Board Meetings in all areas of the country as requested
- Contact was made with LSPs in all areas where LSPs exist
- Contact made with any Local Authority Sports Development Officers
- Regular articles compiled by the RDO's appeared in local, regional and national media

National Coaching Involvement

- RDO's coached at various National Event squad sessions in their event areas
- RDO's coached and assisted at training camps etc

Tutor Training

- 4 of the RDO's have undergone part of the training necessary to become a NCTC Tutor, due to be completed in May 2008
- 1 further RDO has completed his Tutor Training to bring to 3 the number of fully qualified NCTC Tutors on staff.

Coaching Seminars/Club Development workshops

- Many RDO's have delivered workshops in the areas of Club Development or Coach Development in their area.
- Further seminars on PR, Planning, and roles within clubs planned for 2008

Indoor Athletics Workshop

- 18 Coaches attended a 'pilot' athletics workshop in Tralee, to help give ideas to clubs of suitable activities for clubs to run with younger athletes indoors.
- A further workshop is being held in Limerick on Monday April 7th

Competition Officials

- RDO's assisted with officiating at competitions for juveniles and schools

Reporting & Meetings

- RDO meetings are held Monthly
- Development KPIs are submitted as requested

Social Inclusion Initiative:

- In Cork, RDO, Cork LSP, 2 local athletics clubs and Local Authority working to develop Fit4Life and to develop running/walking paths to make athletics accessible to all within two disadvantaged community areas.

Looking Forward

The RDO's around the country have built up strong links with the clubs and local athletics people and it is hoped that we will continue to work with the people involved 'on the ground' to develop and strengthen Irish athletics. We aim to make athletics fun, socially inclusive, and more accessible to all. The focus for 2008 and beyond is to continue to help increase participation in athletics by;

- Building on the success of Little Athletics through the introduction of Little Athletics challenges, and further ideas for Athletics Leaders.
- To continue to assist our Fit4Life Meet n Train groups to cater for the growing demand, and introduce a further 21 groups, therefore 50 in total.
- Encourage 100 schools to take part in the Spar Mile Challenge within school
- Make May 11th Farmleigh 5k a family day by hosting Little Athletics and Juvenile agility challenge events as well as providing information about the Fit4Life programme to participants and their families.
- Offer more event-specific coaching workshops for club coaches within their own region in response to requests from the regions.
- Help clubs to grow and develop through our Club Development Programme
- Consolidate on the success of the Regional Squads by introducing more educational elements and develop talent identification criteria.
- Continue to run Coach Education courses to help Coaches to up skill Sligo
- Building club/school links (e.g Primary & Post Primary pilot programmes in and Donegal
- Pilot a new 'Running Coaches Course' in response to demand from the many people involved in Fit4Life and such initiatives for assistance.
- In conjunction with IAAF, to use the Olympic Games to help promote athletics in schools through a number of schools initiatives

The RDO's are resident in the areas in which they work and are contactable both by phone and by e-mail to discuss any ideas or issues etc that people may have in relation to the development of athletics in their area. Full contact details have been circulated to all clubs and county Boards and are also available on the Development section of Athletics Ireland website www.athleticsireland.ie/content/?page_id=722

COMPETITION REPORT

In the past two years our sport has come through a period of great change. Firstly with our new offices which has been a huge step forward and with that in place the recruitment of professional staff to support the officials in the day to day running of our competitions and other activities?

As Chairman of the competition committee I have the pleasure of reporting on our activities for the past two years 2006 and 2007, which have been very successful with some outstanding competition and well organized events by the many excellent officials that we have across the country.

INDOOR CHAMPIONSHIPS

The 2006 season got off to a moderate start with the AAI games in Nenagh. The 2007 Games much better supported with a good number of development athletes competing.

The 2006 and 2007 Junior Indoors were very well supported and some exciting talent competing. The Master Indoors continue to generate huge interest.

Once again thanks to NIAF we had our Senior Indoor of 2006 and 2007 in the Odyssey Arena. The entries were huge each year especially in the sprints, two very successful championships, many thanks to John Allen who played a large part in the organisation of these events.

CROSS COUNTRY

The 2006 Mc Mahon Galvin Intermediate and Masters Cross Country were held in Carrraigh na bhFear in Cork. Entries were very good for all races, a well laid out course, in general a very good days cross country.

The 2007 Woodie's DIY Intermediate and Masters were held in Santry Demesne and hosted by Clonliffe Harriers, another good days cross country with well laid out course and good numbers in each event.

The 2006 Mc Mahon Galvin Senior and Junior Cross Country were also hosted by Clonliffe Harriers in Santry Demesne. Good quality events, good entries and as before good course.

The 2007 Woodie's DIY Senior and Juniors were held on Sligo Racecourse and hosted by Sligo Athletics Club. A good and well organised event.

The 2006 Inter Counties Cross Country was held in St. Augustine's College, Dungarvan. This was one of the great cross country races of the year with a great win for Mark Christie. Senior women had a great winner in Fionnualla Britton and the two Junior races produced good wins for Cathal and Roseanne Galligan.

The 2006 Inter Counties Cross Country was held in the Curragh in County Kildare, well organised by Kildare County Board. This has to be one of the best central venues in the country. Good entries in all events, great running for Gary Murray in the senior Men and as

in last years Fionnuala Britton a popular winner in the Senior women. Good wins for John Coghlan and Charlotte Ffrench O'Carroll in the Junior events.

The 2006 Mc Mahon Galvin Novice Cross Country Championships was hosted by the Athlone Institute of Technology. Always an excellent course and facilities.

The Woodie's DIY 2007 Novice was held in St. Augustine's in Dungarvan. On this occasion we had difficult getting a course so once again West Waterford Athletic Club came to our assistance and despite renovation work in the College did an excellent job. Sincere thanks to Brother Patrick.

ROAD CHAMPIONSHIPS

Raheny Shamrock continues to host the National Road Relays. These championships have been hosted by Raheny in this central venue for the past no of year's always well organised and good hospitality afterwards.

As usual the National Marathons in 2006 and 2007 were held in conjunction with the Dublin City Marathon which has proved a successful formula and many thanks are due to Jim Aughney and his team for all there assistance.

The National Half marathon was held in Letterkenny in 2006 hosted by Letterkenny Athletics Club. The club put on a good show with over 200 finishers and a very close encounter up front with Joseph McAllister coming out on top.

The 2007 Half Marathon was also held in Donegal this time hosted by the Finn Valley Club in Stranorlor. Again a well organised event – 7 Senior men's and 10 Master teams finishing.

GRAND PRIX OF RACE WALKING

This event as in the past was held in the Phoenix Park. The six race programme included senior men & women 20k and a 50K International. Well done to all involved.

TRACK & FIELD

The Track & Field season kick off with the AAI Game each year moving around different venues, mainly for developing athletes and is a warm up for the rest of the season.

The 2006 and 2007 Juniors Championships were held in Tullamore and these are well supported events giving all involved the chance to witness the emerging talent. The U23 championships are held in conjunction with the juniors as the low numbers in this age group would not justify a stand alone competition. This event is under review.

The Masters Championships 2006 & 2007 held in Tullamore continues to grow in numbers. I mean very large - 60 competed in both the shot and long jump and equally big numbers in all the other events.

The Woodie's DIY National Track & Field Championships have been outstanding for a good number of years; with one hour live TV each year courtesy of RTE. This event always held two weeks before whatever major competition on in the year and is always supported by our elite athletes. Heats were held in most events and extremely good competition from our top class athletes.

The last event of the year is the National Track & Field Final. This event continues to get good support from the clubs and counties. The 2006 and 2007 Leagues were successfully coordinated by Brian Dowling – A job well done.

In 2006 the combined events was cancelled due to no entries received and in 2007 the event was run in conjunction with the Leinster Combined Events Championships in Navan. We now have a Combined Events co coordinator in place and we look forward to a better future for this specialist event.

The Track Relays continue to slide and it was decided to hold the field events with the National Championships and the Track events with the AAI Games.

CONCLUDING

In my concluding paragraphs it gives me great pleasure to mention my Competition Committee, they were a pleasure to work with, no task was too difficult, and they took pride in progressing our events, attended all meetings and in particular were present at all events.

The same must be relayed to all our officials around the country who were always on hand when the job had to be done. My thanks also to the Technical Committee who were most proactive.

During the past two years the competition has delivered on a few tasks, the grading of all our officials who were also supplied with a new uniform of polo shirt and jacket. From the technical committee and particularly Michael O'Hart who played a significant part in the production of an officials accreditation book which must be signed after each meeting. John Cronin and Georgina Drumm played a huge role in upgrading a competition rule book which will be available to all.

A Competition Review Committee was set up consisting mainly of the Chairs of the Committees to look at ways to streamline competition. The report from this group has created major debate at a general meeting in the Clarion Hotel in Dublin and later at Regional road shows. Most people would agree that streamlining of our competition is due, the debate will continue and probably now is the time for Schools and Universities to get involved.

In conclusion I would like to thank the clubs around the country who have hosted our events, to our competition sponsors Woodie's DIY and to Mc Mahon Galvin for their support. To RTE and OB Sports for covering our events and to all the media for reporting on our competition.

Finally I would like to thank the office staff especially Bernie Dunne who worked day and night for our competition, coordinating all our entries, results and just about everything associated with competition.

Once again my sincere thanks to our many officials who give so freely off their time and to my fellow Board members – it was a pleasure working with all of you.

Paddy Marley, Chair of Competition

The Juvenile Committee with a committed team of officials has and continues to deliver a very demanding competition program for our younger athletes. All information relating to events is contained in the information booklet which is sent to all clubs at the start of the year.

Our Track & Field program covers Combined events, team competitions for the younger age-groups, championships for the 13-19 age-group, “B” championships, A.A.A’s, Celtic International, World Youth and E.Y.O.F. Our Cross Country program consists of 2 days championships plus a “B” championship. In 2006 we traveled to Dungarvan, Athlone and Sligo and in 2007 to the Curragh, Dungarvan and Donegal. Our Indoor Championships over 2 weekends took place in Nenagh in March or April and the Combined events also there in early January.

In both 2006 and 2007 at the Indoors there were some very impressive performances. There were 7 new Championship Best Performances in both 2006 and 2007. Last year the u/18 High Jump was an excellent and exciting competition with Barry Pender winning with a jump of 2.04m a C.B.P. Laura Cogan threw 13.66m in the Shot which was a National Junior Record.

In Tullamore 2007 despite the heavy downpours during the day there were some excellent performances. Jason Harvey set a new C.B.P. in the u/17 High Jump with 2.01m. Mairead Murphy set a new C.B.P. in the u/19 100m hurdles in a time of 14.42. She also won the 100m in 12.38.

2006 the 30th anniversary of the Celtic Games was held in Waterford. Over 320 athletes competed. The Celtic has been the stepping stone for many of our young athletes e.g. Susan Smith, Michelle Walsh, Brid Hallissey, Ciara Sheehy and Derval O’Rourke.

Athletics Ireland won the women u/18 section and came in second overall. Both Eoin Hannon u/18 and Tim Harrington u/16 had C.B.P’S with a jump of 6.96m by Eoin and 6.88m by Tim.

2007 the Celtic Games were in Antrim. A very successful and exciting competition with some superb performances. Suzanne Huet ran 9.51.2 in the 3000m a C.P.B. At the end of the competition three of the four A.A.I. age group teams headed the point’s tables. Athletics Ireland won the u/16 girls, u/18 women, the overall girls and the overall trophy. In 2008 Scotland will be the host country.

Our athletes competed in the E.Y.O.F. in Belgrade in 2007. Excellent performances from the team - 4 medals brought home. Silver for Charlotte Ffrench O’Carroll in the 3k, Silver for Noel Collins in the S/C with a P.B. of 5.52.06, Bronze for Niamh Whelan in the 100m with a P.B. of 11.87 and Bronze for Kouros Fouroghi with a jump of 2.08m.

The committee had our Waterford Crystal Star Awards in Arklow in 2006 and Claremorris in 2007 where the top athlete from each county was honoured for his/her achievements during

the year. Each athlete is presented with a piece of Waterford Crystal. This is always a very enjoyable and special occasion.

The Juvenile Committee is very committed to juvenile athletics and the juvenile athletes. Our prime concern is the athlete. There are some issues which must be tackled e.g. venues for cross country and the facilities there. The committee would especially like to see re-introduced the competition review meeting where 2 members per county would attend at the end of the Track & Field season.

Breda Synnott

Chair of Juveniles

THE IRISH SCHOOLS' ATHLETIC ASSOCIATION 2006 REPORT

I. Introduction

The year 2006 was an exciting year for us on a number of grounds. Over 850 schools countrywide affiliated to us; over 24,000 young people took part on our competitions; we ran competitions in cross country, indoor events, and track and field; we took part in three internationals, cross country, combined events and track & field against our near neighbours England, Scotland, and Wales and we continued to develop the association's policy across a broad range of issues.

II. Competitions

Our domestic competitive structure performed well. We held our own as regards numbers in both cross-country and track & field. In this "age of convenience" it is not easy to encourage young people to participate in sport and particularly an individual one like athletics. But by the efforts of teachers countrywide we attempted to arrest the trend in schools.

*It was a cold but dry day for cross country running at DCU for the **KitKat All-Ireland Schools' Cross Country Championships** with some great running from the young athletes.

An outstanding run by David McCarthy, St Augustine's Dungarvan in the Senior Boys' Race saw him run away from a good field with consummate ease. John Coghlan, Castleknock College, ran his best race of the year to take second place with Conor Flanagan, Malone College in third.

Again in the Senior Girls' Race we had another outstanding performance from Sarah Treacy, King's Hospital, who continued her outstanding form over the country with a great victory from Sarah Neary, Belfast Royal Academy.

The Intermediate Girls' race was a much closer affair with Ciara Cronin, Abbey CC Waterford, accelerating away from Charlotte Ffrench-O'Carroll, Loreto St Stephen's Green, over the final 300m.

Ryan Faulkner, St Malachy's, Craig Murphy, Douglas CS and Conor Dooney, Monkstown CBC was at the front of a very competitive Intermediate Boys' race which Ryan won at the end.

In both junior races we had run away winners in Shane Quinn, DLS Waterford, and Sasha Hooks, Belfast Academy.

*Two Irish individual winners and two team second places represented a good day's work for the **Kit Kat Irish Schools' Teams** at the annual schools' cross country international.

Shane Quinn from De La Salle School, Waterford was the impressive winner of the Junior Boys Event holding off England's Aaron Stone in a great finish with a new course record.

Backed up by Liam Markham, Kevin McCool and Brian Kelly the team took the bronze medals.

Another success for the Kit Kat Irish teams came in the Intermediate Girls' Race where Ciara Cronin, Abbey CC Waterford, won by a massive 13seconds. Followed home by Charlotte Ffrench-O'Carroll, Suzanne Huet, Rebecca Ffrench-O'Carroll, Niamh Ryan and Lorraine McCarthy Ireland just missed causing a major upset by beating England. England won by a mere 5 points.

Conor Dooney, Monkstown CBC, lead the Kit Kat Irish Schools' Team home in an excellent 4th place while Fiona McKenna, Loreto Abbey, led the Irish Junior Girls' home in 9th place.

*On a gloriously sunny day in Tullamore the KitKat **All-Ireland Schools' Track & Field Championships** produced more than its share of wonderful and at times record breaking performances.

There to grace the occasion was **Sonia O'Sullivan**, who flew in for the day, to return to the championships she dominated at the beginning of her career. One of Ireland's greatest ever sportspersons was to witness some outstanding performances from many of the young athletes who will be trying to emulate her achievements.

The day started with Kelly Proper, St Paul's Waterford, breaking Terrie Horgan's 1986 Senior Girls' Long Jump record with a fine 6.08m. This was not only a schools' record but also a National Junior Record. Not long after this the second oldest record in the book was broken by Claire Fitzgerald, Presentation Tralee, when she threw 13.60m in the Junior Girls' Shot Putt. The record she broke was Marita Walton's set in 1974.

This was the prelude for a whole series of outstanding performances. In the sprints although we had no records, due to a strong headwind in the home straight, we certainly had excitement. Jason Smyth, Limavaddy GS, won both 100m and 200m in the Senior Boys'. Niamh Whelan, Presentation Waterford, in the Inter Girls', Amy Foster, Glenlola Collegiate, in the Senior Girls' and Gerard O'Reilly, Bailieboro CC, in the Inter Boys' all completed sprint doubles.

Probably one of the best performances of the day came in the Inter Boys' 400m where Brian Gregan, St Mark's CS Tallaght, ran so powerfully to break Philip Beatie's 1980 record with a time of 48.65sec. Just before this we saw an excellent run by Harriett Cross, Bandon GS, in the 300m where she was just outside the record with 39.86sec. Kalyn Sheahan, Ursuline Waterford, was another to bring off a double when winning the 80 and 300m Hurdles with impressive performances.

As usual the middle distance races had their element of excitement and surprise. David McCarthy, St Augustine's, in an attempt to break another long-standing record ran from the front in the Senior Boys' 800m and finished just outside with 1.52.88. Charlotte Ffrench-O'Carroll, Loreto St Stephen's Green, took 8 seconds off the record in the Inter Girls' 3000m with 9.50.08. Niall Touhy, Newtown School, showed impressive form to win a difficult double in the Inter Boys' 800 and 1500m. Sarah Treacy, King's Hospital, was another to

dominate with an emphatic victory in the Senior Girls' 1500m. Ciara Cronin, Abbey CC Waterford, continued her series of schools' victories with a win in the Inter Girls' 1500m with a most impressive 4.35.37. Her club mate, Shane Quinn, DLS Waterford, was another emphatic winner in the Junior Boys' 1500m with 4.14.00. A marvellous run by Noel Collins, Drumragh Integrated School, in the Inter Boys' 1500m Steeplechase with a time of 4.21.94 which was just outside the record. While in the Senior Boys' 2000m Steeplechase Stephen Scullion, Wellington College, ran an excellent 5.58.36.

In the field events we had wonderful competition as well. A double from Cian Healy, Belvedere College, in the Senior Boys' Shot and Discus was followed by wins from Patrick McCabe in the Hammer and Anthony McCreery in the Pole Vault, to ensure that Belvedere College won the College of Science Cup.

Other good performances came from Denise Byrne, Fingal CC, in the Senior Girls' Javelin with a throw of 39.18m, Claire Fitzgerald, Presentation Tralee, having won the shot with a record won the Discus with 37.71m, Luke Mangan, Belvedere College, threw 16.39m to win the Inter Boys' Shot, Jenny Brown, Magherafelt HS, won the Inter Girls' Shot with 11.93m while Laura Cogan, St Kevin's Dunlavin, won the Senior Shot with 12.88m. A very good Inter Boys' High Jump competition saw Jason Harvey, Campbell College, win from Gary Coulter, Ballymena Academy, and Caolainn Halsey, Shimna College, on count back all having cleared 1.95m.

The relays at the end were as usual exciting. In the Intermediate Boys' Relay a fantastic performance by the team from Belfast, RBAI, saw them set a new record of 44.13 to beat a very good Belvedere team who were only 1/10th sec outside the previous record. The very last event of the day, the Senior Boys' Relay, produced a fitting climax to a wonderful day's sport when Castleknock College took the gold with a near recording breaking performance of 42.92secs.

The championships this year certainly showed the large crowd the future of Irish Athletics. **The 2006 KitKat All-Ireland Schools' Track & Field Championships** will remain in the memory for a long time.

*On a day less hectic than the KitKat All-Ireland Track & Field on the first Saturday in June The KitKat Tailteann Interprovincial was still a very good day of athletics in Tullamore. We had two records and a number of outstanding performances. Just like in the KitKat All-Ireland there was a wind against in the home straight which made any sprint records almost impossible.

Among a whole host of outstanding performances on the track the 3000m run of Charlotte Ffrench-O'Carroll, Loreto St Stephen's Green, was exceptional. Charlotte had already set a new mark at the All-Ireland and once again she ran away from the field to set a new record of 9.50.9secs. The only other record was set by the Leinster Girls in the 4 x 300m with 2.47.7 secs. We had another fine double in the girls' sprints from Niamh Whelan who is progressing into a fine prospect. Ciara Cronin, Abbey CC Waterford, once again ran impressively to win the 800m and only just failed to set a record. Others to impress in the girls' events were Harriett Cross, Bandon Grammar School, in the 300m, Suzanne Huet, Loreto Foxrock, in the

1500m and we had a treble from Claire Fitzgerald, Presentation Tralee, in the Shot, Discus and Javelin.

In the boys' events the middle distance runners were the stars. Craig Murphy, Douglas CS, showed how he is developing into an exceptional runner with 8.46.6secs in the 3000m and Noel Collins, Drumragh Integrated, just missed the record in the 1500m Steeplechase with 4.23.2. Others to stand out included Gerard O'Reilly, Bailieboro CC, in the sprints and Daniel Clifford, Intermediate School Killorglin, who had a double in the Shot and Discus.

*A gloriously sunny day for the **KitKat Irish Schools' Team** at the annual Schools' Track & Field International held this year at Grangemouth Stadium, Scotland. A very strong English team set 4 Championship Best Performances. In all Ireland won 3 gold, 9 silver and 10 bronze medals.

We had some outstanding performances from the young athletes from all the home countries. The star performer was undoubtedly Alison Leonard, England, who won the 800m in an amazing 2.06.87.

From an Irish point of view Niall Touhy ran from the front in the 800 metres to win impressively. We had a one-two in both high jumps with Gary Coulter winning the boys from Jason Harvey, both clearing 2 metres and Grainne Moggan, Sancta Maria Ballyroan, taking gold in the girls' event with Maureen Farrell second. Ciara Cronin's performance in the 800metres of 2.08.31 was outstanding in that it took a record by the English girl to beat her.

Once again we had good performances from our walkers with Donna Carolan and Niall Prendiville taking creditable second places.

Other notable performances came from Niamh Whelan in the 100m and 200m, Charlotte Ffrench-O'Carroll, Loreto St Stephen's Green, in the 3000m with a personal best of 9.48.41, a time which would have won the event in most years, Daniel Clifford in the Discus, Noel Collins in the Steeplechase, Gerard O'Reilly in both sprints and Kalyn Sheehan in both hurdle events.

Overall Ireland finished second in the match result.

*Another successful day for the **KitKat Irish Schools' Teams** at the annual Schools' Combined Events Indoor International held at the Kelvin Hall, Glasgow on Saturday last 9th December.

With two team silver medals and two team bronze medals together with an individual silver it was another strong performance from the Irish. Over the last 10 years we have performed admirably at this international with only the might of the English Schools' keeping the Irish Schools' in second place.

Under 18 Girls

In the Girls Under 18 event the Irish girls were in contention all the way through the competition. Kalyn Sheehan, Ursuline Waterford, competing in this international for the fifth time was best of the Irish in 5th place.

Individual Results:

1.	Meghan Beesley, England	3,572 points
2.	Anna Newton, England	3,453 points
3.	Caryl Granville, Wales	3,432 points
5.	Kalyn Sheehan, Ireland	3,376 points
6.	Claire Rockall, Ireland	3,375 points
8.	Grainne Moggan, Ireland	3,103 points
10.	Katie Hewitt, Ireland	2,927 points

Team Result:

1.	England	10,406 points
2.	Ireland	9,854 points
3.	Wales	9,140 points

Under 16 Girls

Brave performances from the Irish Girls under 16 team saw them take deserved silver in the team event being beaten by an outstanding English team. Orla Finn, Kinsale Community School, was our star performer taking the silver in the individual event. Orla was lying in 5th place going into the last event, the 800m, and won in an impressive 2.32.17.

Individual Results:

1.	Kaneesha Johnson, England	3,216 points
2.	Orla Finn, Ireland	3,182 points
3.	Emma Bucket, England	3,156 points
7.	Joanna Mills, Ireland	2,902 points
8.	Catriona Farrell, Ireland	2,899 points
11.	Aoife Bartley, Ireland	2,862 points

Team Result:

1	England	9,484 points
2.	Ireland	8,983 points
3.	Scotland	8,722 points

The Under 18 Boys team was a creditable 3rd in the team event, only passed in the last event, the 800m, by the Scottish. This was a very young Irish team with three of them under age again next year. Jason Harvey, Campbell College, with a fifth place was best of the Irish.

Individual Result:

1.	Ashley Bryant, England	3,485 points
2.	Daniel Gardiner, England	3,395 points
3.	Ben Gibb, England	3,294 points
5.	Jason Harvey, Ireland	3,179 points
7.	Christopher Russell, Ireland	3,114 points
8.	Ben Reynolds, Ireland	3,047 points
12.	Gavin Kennedy, Ireland	2,843 points

Team Result:

1.	England	10,174 points
2.	Scotland	9,418 points
3.	Ireland	9,418 points

Under 16 Boys

Wales with an exceptional performance from UK record holder, David Guest, won this event for the first time. The Irish kept trying right to the end with Jamie Keogh, Carlow CBS, leading the way.

Individual Results:

1.	David Guest, Wales	3,543 points
2.	Antoine Woodman, Wales	3,163 points
3.	Ciaran Donnelly, England	3,100 points
9.	Jamie Keogh, Ireland	2,587 points
10.	David Roberts, Ireland	2,522 points
11.	Matthew Ramsay, Ireland	2,508 points
14.	Conor Caulfield, Ireland	2,392 points

Team Result:

1.	Wales	9,486 points
2.	England	8,984 points
3.	Ireland	7,617 points

2007 Report

Just when we think that we have come to the end of another string of exciting talent in schools' athletics new stars emerge to freshen up the scene. This past year was no exception with new standards being set right across the board. As we enter an exciting era for athletics in Ireland the new generation is certainly keeping pace with the times.

* On a blustery day in March **the KitKat All-Ireland Schools' Cross Country Championships** was held in Dublin City University. This championship was the culmination of two months of hectic competition involving some 10,760 young athletes from 563 schools nationwide. Shane Quinn, De La Salle Waterford, looked good and proved his potential by going on to win the **KitKat SIAB Cross Country International**, which we hosted here in DCU. Honours went north in the Intermediate Girls' with the victory of Eimear Black, Dominican Fortwilliam, over Ciara Mageean, Assumption Ballynahinch, with Tara Jameson, Dominican Wicklow, running a courageous race to break the northern monopoly.

Just like in the Junior Boys' we had an outstanding winner in the Intermediate Boys' race when Noel Collins, Drumragh Integrated Omagh, used his strength to pull away from Ciaran McKenna, Gormanston, and Keith Maher, Nenagh CBS, on the last lap. An outstanding team performance by St Aidan's CBS Whitehall with five in the first twenty gave them an emphatic victory in the team competition.

One of the most eagerly awaited races was the Senior Girls'. It produced a surprise winner when Suzanne Huet, Loreto Foxrock, opened up a commanding lead early on and held on to the finish to record a win over her training partners the French-O'Carroll twins, Charlotte and Rebecca, and the Ulster Champion, Ruth Gillespie, Carrickfergus Grammar.

Throughout his young career John Coghlan, Castleknock College, has steadily improved, particularly on the track. But this year under the guidance of his famous father, Eamonn, he has shown steady improvement over the country. This was by far his best performance of the

year when in conditions more suited to the mud lark John showed great strength to hold off the challenge of Craig Murphy, Douglas CS. David Flynn, Coolmine CS, ran strongly to take third.

* **The KitKat All-Ireland Schools' Track & Field Championships** held on the first Saturday in June has become one of the most eagerly awaited events on the Irish athletics calendar. Saturday 2nd June 2007 didn't disappoint with some outstanding performances, including five championship best performances and a whole host of personal bests.

Three of the record breakers were girls' with Charlotte French-O'Carroll, Loreto St Stephen's Green, setting the first early in the day in the Senior Girls' 3,000m. Running from the front Charlotte pushed all the way to win in an exceptional 9.43.02. She took over 8 seconds off the previous best set by Patricia Logan in 1985. Charlotte is an outstanding prospect who now holds the distinction of having broken the Intermediate and Senior records in successive years.

A great run from the highly talented Noel Collins, Drumragh Integrated School Omagh, in the 1500m Steeplechase who ran from the gun to take two seconds off the mark set by Colin Costelloe in 2002 with 4.18.30.

In the Junior Girls' Hammer, Gabby McNally, Lurgan Junior High School, added 2 metres to the record with 46.33 metres. There were some excellent performances in the sprints but in all but one of these the wind exceeded the permitted limit of +2metres per second. This was the 100m win of Niamh Whelan, Presentation Waterford, in the Intermediate Girls' with a time of 11.90. Niamh had earlier in the day won the 200m in a very fast 24.13 but with a following wind that was over the permitted limit.

Once again Shane Quinn, DLS Waterford, set a new mark in the Junior Boys' 1500m with 4.08.87, breaking the record set by Austin Finn in 1991. One of the races that we had looked forward to was the duel between John Coghlan, Castleknock College, and David McCarthy, St Augustine's. in the 1500m. But this failed to materialize as David moved away to win comfortably in 3.52.27 with John holding off Ian Ward, Royal & Prior Raphoe, in 3.56.0. Neil Tuohy, Newtown School, ran a superb 800m to win in 1.53.24 from Anthony Leighio, Drimnagh Castle.

* The annual KitKat **Tailteann Interprovincial** fixture took place in Tullamore on the 23rd June in poor weather conditions. Nevertheless there were some excellent performances, particularly from a group of juniors who were stepping up an age group.

If one was looking for a star of the future then you would be excited by the progress of 14 year old Shane Quinn, DLS Waterford. Shane has already won the KitKat Schools' International on two occasions and this year is showing the same sort of performances on the track. He ran as usual from the front and won in an impressive 4.02.33.

Claire Fitzgerald from Pres Tralee was in great form recording a treble in the shot, discus and javelin to win the overall award for girls, the Fr. Lonergan Trophy. Winning the boys' equivalent was Jason Harvey, Campbell College, who jumped 1.95m to win the high jump and later completed the double by taking gold in the hurdles.

Noel Collins from Drumragh Integrated School repeated his steeplechase win of the KitKat All Ireland schools, but this time he had to hold off the close attention of Tomás Cotter, St. Mary's Dundalk, who clocked 4:22.85 to the winners 4:21.17. Collins' time improved on Liam Reale's 1999 record of 4:22.3.

* Despite traveling through the night to get to Newport due to the inclement weather in England and Wales the **KitKat Irish Schools' Team** had an exceptional day at the annual **SIAB Schools' Track & Field International**.

The Irish took an unprecedented 6 gold, 5 Silver and 8 Bronze medals. The highlight was the victory of **Tomas Cotter** who ran from the front in the 1500m Steeplechase to win impressively in a superb 4.20.23.

In the Boys high jump **Jason Harvey**, cleared 1.95 metres to improve on his 2nd position of last year.

Once again we had good performances from our walkers with **Fiona Dennehy** winning the girls' event in 15.11.14. **Hannah Lewis** has been steadily improving her long jump throughout the season and won with 5.74m. It isn't often that Ireland get a 1,2 in the shot putt but this was the exception when **Jenny Brown** took the gold with 12.08m and **Aoife Hickey** was just behind in 2nd with 12.00m.

At the very end of the day the Irish had a notable victory in the **Boys' 4 x 100 relay** beating a very strong English team in 43.38.

* The performance of the day at the **KitKat All-Ireland Schools' Combined Events Championships** in Santry came in the Inter Boys' event from Jason Harvey of Campbell College, Belfast, who was pushed so hard by Ben Reynolds, Sullivan Upper School, that to win he had a to set a new record for the event of 4,185 points.

Another outstanding display came from Joanna Mills, Ballyclare High School, in the Junior Girls' Event when scoring 3,037 points. The Inter Girls' event saw Roisin Howard just hold off Orla Finn to win by 14 points.

* The KitKat Irish Schools' team claimed a notable victory at the annual **Schools' Combined Events International** in the Kelvin Hall last Saturday when the Under 18 Boys' Team were victorious over England. This was the first time in over 20 years of this competition that England had been beaten.

Going into the last event the boys were lying in second place and only tremendous runs by all four competitors in the 800m saw them overhaul England to win by 15 points. Campbell College's Jason Harvey with 2.02.46 brought him from 5th to 2nd in the individual competition. Ben Reynolds, Sullivan Upper School, in 5th place, Francis Egan, Knockbeg College, in 9th and Gavin Kennedy, DLS Waterford, in 12th place made notable contributions to the team success. All four of the boys were over 3,000 points. The key to the success was the improvement of Francis Egan from Knockbeg College Carlow, who scored 3,206 points.

The Under 18 Girls' team took second place with Sandra Lawler, St Mary's Naas, producing a number of PB's to take the bronze medal. A great start to the day by Sandra who ran 8.87 secs in the 60 Hurdles, which was the third fastest time. She ended the day with a superb run of 2.31.15 in the 800m.

The Under 16 Boys' Team battled all the way to take the bronze medals. Joanna Mills, Ballyclare High School, was in contention for a medal throughout the day and ended up in a creditable second place. She ran 9.12 secs in the hurdles which was the fastest time and jumped the second best long jump with 5.42m.

*** The Future**

As part of the strategy to increase participation in athletics the Schools' Committee has an important role to play. We feel that there are many areas that can lead to a significant increase in participation. These can be in all aspects of the sport.

At cross country level we need to establish county competitions as many more could get their first taste of athletics here. Presently they are being run in some counties and not others. Because of the haphazard nature of the events the rules can change from county to county. This can lead to confusion among the teachers whom we are trying to encourage. In 2008 the Schools' committee aims to establish a schools' structure to run these competitions in as many counties as possible.

The track & field season, being the last term, can often be short and leave little time to develop the sport at schools' level. On the occasions when the last term is longer we would see a structure of inter school competition to encourage more to participate in our sport. In 2008 the opportunity exists to try to develop this policy.

The Schools' Committee is happy to be part of the success of juvenile athletics in the 32 counties of Ireland and have recognised that success in many ways. We realise that we could not operate without the voluntary work done by teachers throughout the country. These are the unsung heroes of Irish Schools' athletics. Their dedicated service to the young people of Ireland is recognised and appreciated by us. We thank them sincerely for their efforts.

This year has been our first as part of the overall structure of Athletics Ireland. We are grateful to those in Athletics Ireland who have made us welcome as part of the athletics family. We feel that we have a contribution to make and that this is best done when we are all working together for the benefit of those young athletes in our care.

We are indebted to our sponsors of many years, Nestle, who have supported us for so long. They also are part of a successful team.

John Shield

Schools Administrator

IRISH UNIVERSITY ATHLETICS ASSOCIATION

The Association's main objective is to promote, develop and regulate Irish University Athletics at a domestic and international level. Its membership is drawn from the athletics clubs of the Universities, Colleges and Institutes of Technology of the Irish Third Level Education Sector.

There are currently 20 member colleges of the Association. The Association currently is funded solely through member college subscriptions.

The Association holds 4 Domestic Championships and participates in one international competition throughout the year:

- The Road Relay Championships (November)
- The Indoor Track and Field Championships (December)
- The Cross Country Championships (March)
- The Outdoor Track and Field Championships (April)
- The Celtic Universities International Cross Country

Athletes eligible to compete in our championships are also eligible for World University Games and the World University Cross Country Championships.

Summary of the IUAA Championships since April 2006.

Championship	Host College	Athletes	Colleges	Results
2006 Outdoor C'ships	University of Ulster	216	19	Overall Team 1 st University of Ulster
2006 Road Relay C'ships	NUI Maynooth	157	9	Male Team 1 st University College Dublin Female Team 1 st Dublin City University
2006 Indoor Championships	IUAA	166	15	Overall Team 1 st Dublin City University
2007 Cross Country Championships	Athlone Institute of Technology	119	14	Male Team 1 st Dublin City University Female Team 1 st Dublin City University
2007 Celtic International Cross Country	Dublin City University	46	8	Male Team 1 st IUAA Female Team

				1 st IUAA
2007 Outdoor Championships	Dublin City University	276	16	Overall Team 1 st Dublin City University
2007 Road Relay C'ships	IUAA	177	9	Male Team 1 st Dublin City University Female Team 1 st Dublin College University
2007 Indoor Championships	IUAA	156	16	Overall Team 1 st Dublin City University
2008 Cross Country Championships	NUI Galway in association with ISAA	135	15	Male Team 1 st Dublin City University Female Team 1 st Dublin City University

John Saulters
IUAA

Total Members Registered Per County @ 31/12/2007

Province	County	Total	Votes
	Antrim	198	2
	Carlow	472	5
	Cavan	736	7
	Clare	873	9
	Cork	3286	33
	Donegal	900	9
	Down	8	1
	Dublin	2827	29
	Derry		
	Galway	938	10
	Kerry	1149	12
	Kildare	878	9
	Kilkenny	921	10
	Laois	540	6
	Leitrim	244	3
	Limerick	910	10
	Longford	47	1
	Louth	797	8
	Mayo	998	10
	Meath	1866	19
	Monaghan	506	6
	Offaly	270	3
	Roscommon	545	6
	Sligo	360	4
	Tipperary	1383	14
	Tyrone	53	1
	Waterford	925	10
	Westmeath	226	3
	Wexford	1211	13
	Wicklow	969	10
Munster			4
Connaught			4
Ulster			4
Leinster			4
AAI Board			13
Total		25036	292

NOMINATIONS

President

Liam Hennessy	Donegal Sligo Wexford Cavan	Ulster Leitrim Tipperary	Clare Meath Connaught	Cork Monaghan Leinster	Galway Offaly Munster
Breda Synnott	Dublin	Limerick	Waterford	Wicklow	

Chair of Coaching

Paddy Fay	Clare Offaly	Cork Sligo	Galway Wexford	Limerick Leinster	Meath Connaught
Maeve Kyle	Donegal	Ulster	Monaghan	Cavan	
Michael Quinlan	Dublin	Louth			

Chair of Competition

Georgina Drumm	Clare Louth Wicklow	Cork Offaly Munster	Dublin Roscommon	Leitrim Sligo	Limerick Wexford
Brendan McDaid	Donegal Leinster	Ulster Connaught	Galway Cavan	Meath	Monaghan

Chair of Finance & Risk

Mary Coghlan	Donegal Galway Offaly Leinster	Ulster Leitrim Sligo Munster	Clare Limerick Tipperary Connaught	Cork Louth Waterford Cavan	Dublin Monaghan Wexford
Gerry Giblin	Meath				
Michael Quinlan	Wicklow				

Chair of High Performance

Dermot Nagle	Dublin				
Maeve Kyle	Meath				
Patsy McGonagle	Donegal Monaghan Waterford Cavan	Ulster Offaly Wexford	Clare Roscommon Leinster	Cork Sligo Munster	Galway Tipperary Connaught

Chair of Juvenile

John McGrath	Donegal	Ulster	Clare	Cork	Galway
	Limerick	Meath	Sligo	Waterford	Wexford
	Leinster	Munster	Connaught		
Aine Pobjoy	Dublin	Offaly			

Provincial Representatives

Connaught					
Ray Flynn	Leitrim	Roscommon	Sligo	Connaught	
Leinster					
Ronnie Quigley	Meath	Offaly	Wexford	Wicklow	Leinster
Munster					
Martin Fitzgerald	Clare	Cork	Limerick	Tipperary	Waterford
	Munster				
Ulster					
Neil Martin	Donegal	Ulster	Cavan		
Patsy Kelly	Monaghan				

Coaching Committee

Ciaran Conlon	Meath				
Br. John Dooley	Clare	Cork	Limerick	Meath	Monaghan
	Tipperary	Waterford	Wicklow	Munster	
Pat Kelly	Donegal	Ulster	Limerick	Monaghan	Offaly
	Tipperary	Waterford	Wexford	Wicklow	
Dan Kennedy	Meath				
Maeve Kyle	Donegal	Ulster	Clare	Limerick	Tipperary
	Waterford	Wicklow	Munster		
Michael Quinlan	Cork				
Jim Ryan	Galway	Roscommon			

Competition Committee

Tim Ahern	Clare Munster	Cork	Limerick	Meath	Tipperary
John Cronin	Donegal Wicklow	Ulster Leinster	Offaly Munster	Waterford	Wexford
Brian Dowling	Donegal Leinster	Meath	Offaly	Waterford	Wicklow
Georgina Drumm	Louth Cavan	Sligo	Wexford	Wicklow	Leinster
Michael Godley	Cork	Limerick	Tipperary	Munster	
Patricia Griffin	Galway	Leitrim	Monaghan	Connaught	
Patsy Kelly	Monaghan				
Paddy Marley	Donegal Leinster	Ulster	Dublin	Offaly	Waterford
Brendan McDaid	Donegal	Meath	Offaly	Tipperary	Wexford
Hugh Pat McEvoy	Ulster	Monaghan			
John McGrath	Ulster	Cavan			
Brendan Meade	Meath	Wexford			
Michael O'Hart	Donegal Sligo Cavan	Ulster Monaghan Meath	Galway Offaly	Leitrim Waterford	Limerick Connaught
Charlie O'Neill	Dublin				
Aine Pobjoy	Dublin	Limerick	Monaghan	Cavan	
Ronnie Quigley	Wexford	Wickow	Leinster	Cavan	

Finance & Risk Committee

John Allen	Donegal	Ulster			
Rita Brady	Donegal Monaghan	Ulster Tipperary	Galway Wexford	Limerick Cavan	Meath
Mary Coghlan	Cork	Wexford			
Dave Evans	Clare Offaly	Galway Roscommon	Leitrim Leinster	Limerick Munster	Meath Connaught
Gerry Giblin	Donegal	Offaly	Tipperary		
Peter Hanlon	Cork Monaghan Leinster	Dublin Offaly Cavan	Galway Tipperary	Limerick Waterford	Meath Wicklow
Terry Hayes	Galway	Leitrim	Sligo	Connaught	

High Performance Committee

Ann Keenan Buckley	Donegal Monaghan Cavan	Ulster Offaly	Cork Tipperary	Galway Wicklow	Meath Leinster
Brian Corcoran	Dublin				
Ray Flynn	Leitrim	Sligo	Connaught		
Jim Kilty	Cork Wicklow	Galway Cavan	Limerick	Tipperary	Waterford
Maeve Kyle	Cork	Wexford			
Sean Kyle	Monaghan				
Ronnie Long	Limerick				
Catriona McKiernan	Donegal	Ulster	Meath	Cavan	
Dermot Nagle	Louth	Leinster			
Brendan Quinn	Tipperary				
Frances Shaw	Donegal				

Juvenile Committee

Nicky Cowman	Offaly	Waterford	Wexford	Leinster	
David Doherty	Donegal	Ulster			
Georgina Drumm	Louth	Wicklow	Leinster		
Tony Ennis	Donegal Meath Wicklow	Ulster Offaly Leinster	Cork Tipperary Munster	Galway Waterford	Limerick Wexford
Esther Fitzpatrick	Clare Munster	Cork	Limerick	Tipperary	Waterford
Tim Fitzpatrick	Cork				
Barrie Holmes	Monaghan	Cavan			
Hugh Pat McEvoy	Cork	Monaghan			
John McGrath	Galway Cavan	Meath	Offaly	Tipperary	Wexford
Ann McHugh	Donegal Roscommon Cavan Leinster	Ulster Sligo Leinster Connaught	Galway Waterford Connaught	Leitrim Wexford	Meath Wicklow
Aine Pobjoy	Clare Louth	Cork Wicklow	Dublin Munster	Galway Cavan	Limerick
John Quirke	Dublin				
Jim Ryan	Donegal Sligo Cavan	Ulster Tipperary Connaught	Galway Waterford	Limerick Wexford	Meath Leinster

Provincial Representative

Competition Committee

Mary Cronin	Clare	Cork	Limerick	Tipperary	Munster
Patricia Griffin	Roscommon				
Patsy Kelly	Donegal	Ulster	Monaghan		
Ronnie Quigley	Meath	Wexford			

Juvenile Committee

Nicky Cowman	Meath	Wexford	Wicklow		
Tim Fitzpatrick	Cork	Limerick	Tipperary	Waterford	Munster
Barrie Holmes	Donegal	Ulster			
Hugh Pat McEvoy	Monaghan				

MOTIONS FOR CONGRESS 2008

Governance & Constitution

1. That the Athletic Association of Ireland (AAI) trades hereafter as Athletics Ireland.

Board

2. That the Athletic Association of Ireland incorporates as a Company Limited by Guarantee, commencing January 2009.

Board

3. That this Congress agrees to hold an E.G.M. before the end of 2008 to agree the Memorandum and Articles of the new Company Limited by Guarantee.

Board

4. That all Board members serve a maximum of two consecutive terms in a given role.

Board

5. That all Principle Committee members serve a maximum of three consecutive terms (for clarity these committees are Coaching, Competition, Finance & Risk, High performance and Juvenile) in a given role.

Board

6. That an outgoing President of the Association may be returned as an unelected Board Member for one two-year term of the Board immediately following completion of his/her term as president.

Board

7. That article 8.3.1 of the Constitution is hereby amended to provide for the Coaching & Development Committee to consist of five elected members and five appointed members; and that, in order to give immediate effect to this alteration the 4th and 5th polling candidates for election to the Coaching Committee at this Congress be deemed to have been elected to the Coaching & Development Committee with effect from the conclusion of this Congress.

Board

8. That a new membership category of Associate Member be introduced with the following conditions
 - Associate Members have no voting rights.
 - Associate Members may not compete in AAI Championships
 - Associate Members must be members of clubs and/or affiliated bodies.

Board

9. That where an elected/nominated member of the Board is unable to attend a Board Meeting, the Board may at its discretion permit an alternative representative to attend the meeting. The alternative will not have voting rights.

Board

10. That the Board strikes the annual registration fee by October 31st each year effective for the following calendar year.

Board

11. That the Association remove article 5.1 (8) from the Constitution

Board

12. That the Association adopts as its anti-doping rules The Irish Anti-Doping Rules as published by the Irish Sports Council and as amended by it from time to time.

Board

13. That Congress shall re-convene to discuss any business and/or motions that are unable to be dealt with during the two days of Congress.

Cork

14. Add the following to Article 4.5

A person shall become a member of the Association by paying an annual membership fee, including AAI registration fee to a member Club. In paying their fee, the member agrees to abide by the Constitution and Byelaws of the Association. Each member club shall ensure that all its member athletes are entered on the registration list.

Cork

15. Add the following to Article 5

No person shall be eligible for election or shall take up any position on any AAI Board, Committee or Sub-Committee unless he/she is a registered member of the AAI

Cork

16. That the Coaching Committee has its membership extended by two members.

Donegal

17. That the role and responsibilities of the Coaching Committee reflect accurately the entire work of the Committee and that the Committee shall consist of a Chair who shall be elected at Congress and ten (10) individuals, five (5) of whom shall be elected at Congress and five (5) appointed by the Board.

Ulster

18. Article 6.4 add the following:

Each County Board shall submit a calendar of its events to AAI at least 8 weeks before the end of the previous year.

Cork

19. That Congress considers the position re Dublin and Cork for a position on the AAI Board similar to the privileged position of the 4 Regions.

Dublin

20. That the following be added to Article 4.4 of the Constitution

“Each County Board shall receive from the AAI 5% of the Annual club and Registered Members fees”

Dublin

21. That article 5.2 be deleted and replaced with the following

The Board shall meet at least six times a year. The President or Vice-President shall preside at all meetings of the Board. The Vice-President shall carry out the duties of the President in the absence of the President.

Dublin

22. That Article 5.3 be deleted and replaced with the following:

Only members elected at Congress shall have a vote at Board Meetings

Dublin

23. That in the establishment of Articles of Association for AAI provision be made for a one day Annual General Meeting in alternate years to those of Congress where formalities related to the Companies Act are complied with, Directors Reports and policy motions from County Boards and Provincial Councils along with any other matters which the Board deems necessary be on the agenda for discussion.

Leitrim

24. Amend Article 1.4: Article 1

“An person being a member of a registered club, whose registration fee has been paid”

Cork

Competition

25. That following the report from the Competition Review Group which was presented to the membership at a meeting in Dublin on the 17th November 2007 and to subsequent regional meetings that a Commission be formed to review the feedback from these forums. The Commission would be charged with presenting its findings to a member’s forum in 2009. This would be followed by the delivery of a comprehensive Competition Plan for the sport at Congress 2010. The Commission would be chaired by an independent facilitator and would comprise of representatives from the following committees: Competition, Juvenile, Coaching, High Performance, Technical, Schools, Universities. The Commission would have the power of co-option.

Board

Juvenile Competition

26. That the height of the steeplechase barriers for boys under 17 1500m Steeplechase be lowered to 2’6”.

Wicklow

27. That the height of the steeplechase barriers for boys under 18 2000m Steeplechase be lowered to 2’6”.

Wicklow

28. That if passed by Congress, the rule change affecting the height of the barriers in boys steeplechase event come into effect immediately as it would not be an inconvenience to any athlete.

Wicklow

29. That Juvenile Cross Country distances be altered so that:

- a) Girls and boys run the same course and distance
- b) Distances for the younger age groups would be significantly longer, our suggestion would be in the order of:

U11	1000m	U12	1500m
U13	2000m	U14	2500m
U15	3000m	U16	4000m
U17	5000m	U18	6000m
U19	7000m		

Justification:

- A longer race would make the start less important, reducing the mass sprint start that is such a feature of Cross Country as it stands.
- There is plenty of competition for the faster runner, increasing cross country distances would allow the endurance athlete to perform earlier on.
- This would reduce the dreaded drop out as the distances increase and the sprinters become uncompetitive.
- Girls and boys running different distances is blatantly sexist and totally unjustified.
- The above distances and girls and boys running the same courses would significantly simplify course organisation and design.

Mayo

30. That a scheme be introduced to encourage the 13-16 year old age group into athletics in the same way the Little Athletics and Fit4Life schemes target other age groups.

Cork

31. That for T&F Championships, athletes currently Juvenile U19 (2008 ages) be:

- a) Administered by the Senior Committee
- b) Be allowed to compete as U19 and Junior on the same day
- c) With medals for both categories i.e. Under age and Junior

Cork

32. That no changes be made to the Juvenile Rules of Competition between one Congress and the next, except in the interest of safety.

Cork

33. That under 12s compete in the individual events in National T&F competition, which they previously enjoyed, instead of the current team events.

Cork

34. That under 11s compete in the individual events in National T&F competition, which they previously enjoyed, instead of the current team events.

Cork

35. That under 10s compete in the individual events in National T&F competition, which they previously enjoyed, instead of the current team events.

Cork

36. That under 9s compete in the individual events in National T&F competition, which they previously enjoyed, instead of the current team events.

Cork

37. That wherever possible to try and co-ordinate that the weights, distances, height of hurdles, distance between hurdles etc be similar at both club and school competition.

Dublin

38. That a new team competition for U/10 and U/12 athletes to be scrapped and a combined event competition is held instead. Each athlete to compete in three events and the points totaled.

Dublin

39. That AAI follow internationally recognised best practice for the development of young athletes, particularly in respect of children under the age of 12.

Leitrim

40. That the minimum requirement for two athletes to be of the age group for U17/U18 & U19 track and field relay teams be dispensed with at inter county level so as to bring them into line with the position with regard to the composition of juvenile cross-country teams where no such minimum requirement applies.

Meath

41. That no changes can be made to National Juvenile age groups and Championship events except through congress,

Meath

42. Paired competition for up to 13 years abolished in favour of individual competition at Provincial and National level.

Tipperary

43. For Cross Country B Competition teams of three to score for the club at Provincial and National level.

Tipperary

44. That U12 be added to the current National Juvenile Track & Field Competition.

Connaught

Senior Competition

45. That a more accurate timetable of events be introduced for all National Cross Country fixtures.

Cork

46. That for the Premier division of the National Track & Field League final only two events are dropped from each teams points score.

Dublin

47. That the premier division of the National Track & Field League final be an inter-club competition with no guests.

Dublin

48. That in the matter of graded teams within a competition, the last finishing team in a grade shall not be relegated where there exists in that grade a team that has not competed within that grade. Such non-competing teams shall be relegated instead. Where there is more than one such team, lots shall be drawn to determine the team to be relegated.

Meath

49. That no change can be made to National track and field league except through Congress.

Meath

Master Competition

50. That an athlete may not score on both a Senior and Master team in either the National Half Marathon or National Marathon Championships.

Donegal

51. That a new team competition be introduced in the National Masters Cross Country and Road Championships for those competitors over 50 (V4) years of age.

Donegal

52. That an over 50 club team category be introduced in Road and Cross Country Championships for Master men and women.

Ulster

53. That an athlete may not be on both a Senior and Master team in the National Marathon Championships.

Ulster

54. That Athletics Ireland introduce an O/50 for men and O/45 for women inter club and inter county at the Master Cross Country and Road Championships

Clare

55. That the AAI introduce a new team structure in the Masters Competition as follows:

A team comprising of the age groups over 35, 40 and 45

A team comprising of the age groups over 50, 55 and 60

Dublin

56. That in Masters inter-county cross-country and road races team championships there shall be a separate inter-county team category for athletes over 45 years of age.

Meath

57. That an over 50 Club and County Team category be introduced in Road and Cross Country for Master Men.

Tipperary

58. That an over 45 Club and County Team category be introduced in Road and Cross Country for Master Women.

Tipperary

Ordinance

59. Congress instructs the Board of Management in conjunction with the Coaching Committee to put in place at the earliest opportunity a clearly defined process by which coaches are appointed to various Irish teams taking part in International competition.

Leitrim

60. To encourage the development of Irish coaches only NCTC Level 3 qualified coaches be nominated for positions as team coaches to International teams. These nominations to be approved by the Coaching Committee.

Dublin

61. That National Competition entry fee increases should be agreed at Congress

Cork

62. That admission charges to National Competitions should be agreed at Congress.

Cork

63. That all ratified AAI rules be published and available on the AAI website.

Cork

64. That all AAI Bye-Laws be published and also available on the AAI website.

Cork

65. That the AAI shall annually prepare a calendar of all its Championships, matches and invitation meetings. The calendar shall be drawn up at least 6 weeks before the end of the previous year and shall be amended or supplemented by the AAI as appropriate from time to time. The AAI shall rule on an event application within four weeks of receipt of the application. In the event of a ruling not being made within the time period, the event shall, by default, be deemed to be sanctioned.

Cork

66. That the AAI shall not, without consulting with the affected county/counties organise an event on a day/date for which another event has already been scheduled in the calendar.

Cork

67. That where the AAI has not published a calendar by the due date, Provincial and County Boards shall be free to schedule its own events, except where specifically notified of individual events. Note: Where an event has been publicised by or on behalf the AAI by email or on the AAI website that shall be considered sufficient.

Cork

68. That all entries to National Juvenile Championships be accepted from Regional /Provincial Secretary only, or by a person nominated by him/her in a temporary capacity only.

Cork

69. That the National Juvenile Rule of Competition which states “No entry or change of entry on the day” should be strictly adhered to, without exception.

Cork

70. A code of conduct be drawn up for athletes competing at all competitions.

Cork

71. Competition officials have the right to caution competitors and disqualify them from a competition if they do not adhere to the code of conduct.

Cork

72. That complimentary I.D. admission cards be issued to the managers of teams competing at National Championships.

Dublin

73. That the Strategic Plan be enhanced to clearly show the proposed integration pathways between the constituent bodies of the Athletic Association of Ireland. This strategic plan should after wide consultation with the membership be presented to Congress 2010 for approval.

Dublin

74. That the roles of all paid staff be clearly set out together with the reporting structures

Dublin

75. That Congress agrees that all paid staff should work on the basis of contracts which will as appropriate preclude the employee from paid involvement with other Sports or activities.

Dublin

76. Congress instructs the Board of Management in conjunction with the Coaching Committee to put in place at the earliest opportunity a clearly defined process by which coaches are appointed to various Irish teams taking part in International competition.

Leitrim

77. Congress calls on the Olympic Council of Ireland, the Irish Sports Council and other interested parties to devise and put into operation without delay a process by which athletes of the various disciplines who have the potential to represent Ireland in the 2012 Olympic Games in London are given the maximum level of ongoing support over the next four years

Leitrim

78. That the Athletic Association of Ireland investigates the possibility of Irish athletes competing in the Commonwealth Games in their own right.

Meath

79. That the Association purchase or enter into a long term lease for a suitable venue in a central location in order for this Association to host all its cross country events and cater for all its cross country requirements

Roscommon

80. That this Association adopts a policy of rotation within the recognised regions in order to host their required Congress.

Roscommon

81. That the CEO of Athletics Ireland publish and issue to all registered clubs by the 31st Jan of the year of congress, details of all action(s) taken by the AAI or its agents on each motion approved by the previous congress.

Roscommon

82. We propose that the past NACAI National Senior outdoor track champions would be honoured equally at the National Senior AAI outdoor track championships each year, comparable to the previous BLE National senior outdoor track championship winners.

Meath

83. That National AAI promotes the provision of indoor tracks and training facilities for each province.

Munster

84. That Provincial Competition Secretaries meet with National Competition Secretary two months prior to competition season.

Munster

BYE-LAWS

85. That there shall be no transfers allowed for juvenile athletes to clubs outside the county of their outgoing club except where a permanent change of principle residence takes place. Such transfers being subject to the formal approval of the executive or a sub committee set up by the executive.

Meath

86. That there shall be no transfers allowed for Junior, Senior and Master Athletes to clubs outside the county of their outgoing club except where a permanent change of principle residence takes place. Such transfers being subject to the formal approval of the executive or a sub committee set up by the executive

Meath

Addendum

Cavan Motions

- C1.** That the Juvenile Inter Club Cross Country be held over two days. Even ages 14,16,18 on one day and uneven ages 13,15,17,19 on the other day. Athletes under 12 are not allowed to compete other Athletes are allowed to move up one age group.
 - C2.** That the first four clubs from the Regional Championships and the first 12 individuals qualify for the National Juvenile Cross Country Championships
 - C3.** That the National Juvenile Cross country Championships be Inter Region and Inter Club
 - C4.** That the National 'B' Cross Country Championships be discontinued and replaced with a Regional development competition
 - C5.** That the National Inter County Cross Country Relays be discontinued
 - C6.** That the National Track & Field Championships Outdoors and Indoors be for Boys and Girls under 13 to under 19 Athletes are confined to their own age group
 - C7.** That Competition for Children aged under 9 be held at County level only. [Counties to select their own programme i.e. Primary Schools, Sportshall Track
 - C8.** That Competition for athletes aged 10,11 and 12 be confined to Regional competition only [Regions to develop their own programme to suit the age and ability of the children
 - C9.** That The National 'B' Track & Field Championships be discontinued and replaced with a regional development competition.
 - C10.** That the National Inter County Relays be discontinued
 - C11.** That the Regional coaching development sessions be expanded
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Athletics Leinster Motions

- L1. That the duly registered name of the Athletic Association of Ireland be retained in its totality.
 - L2. That the current limitation of two consecutive terms per chairperson of the principle committees of the Athletic Association of Ireland be extended to include Article 5.1.7, 5.1.9, 5.1.10, 5.1.11
 - L3. A definition of affiliated organisations be added to Article 1 of the Constitution of the Athletic Association of Ireland subject to legal advice.
 - L4. In Article 5.3, delete The Independent Chairman shall only have a vote in the case of a tie in the voting
 - L5. That Article 8.10 be deleted from the Constitution of the AAI as it is no longer relevant
 - L6. That Article 5.1.8 be deleted from the Constitution of the AAI as it is no longer relevant
 - L7. That the Bye Laws and Constitution of the Athletic Association of Ireland be published in one booklet and distributed within 60 days from the completion of Congress
 - L8. That the AAI accept, i.e. not revise, entry standards set by the IAAF / IOC or other relevant body.
 - L9. That competition motions passed at Congress introducing new individual events be implemented immediately providing they do not impact on a competition to be held within 30 days of Congress.
 - L10. That in Masters inter-county and inter-club cross-country and road race team championships there shall be a separate category for athletes over 45 years of age.
 - L11. That athletes in the Masters categories wishing to enter events in international competition be allowed to enter / compete for places, on the basis of their AAI membership and not be required to also register as a member of the Masters Association.
 - L12. That all equipment required for National T & F and National Indoor Finals is available at the venue and is of the highest quality
 - L13. That the juvenile age groups (i.e. U9 – U19) currently promoted by the AAI be retained.
 - L14. That the outdoor track and field competition for age group under-12 be on an individual basis at National Level and also, where applicable, on a team basis
 - L15. That the AAI recommend to the schools that the same date be used as for the juveniles in the AAI i.e. that all ages operate from the 31st December/1st January.
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L16. That the Juvenile Championship Seasons structure be revised as follows:

September to December	Cross country
January to March	Indoors
April to July	Track & Field

No competitions in August.

L17. That the existing structures for Cross Country and Track and Field B competition be continued.

L18. In the age groups U17, U18 and U19 – that the minimum requirement of two athletes to be of the age group for juvenile track & field relay and team competition teams be dispensed with, so as to bring them into line with the position with regard to the composition of juvenile cross-country teams where no such minimum requirement applies.

L19. Have six medals available for presentation (4 engraved) for all relays when substitutes are present.

L20. That a quantity of non engraved sub medals be available on the day of cross country competition.

L21. That Hurdles Specifications be reviewed.

L22. That Weights of throwing implements be reviewed.

L23. That the length of the wire on the 2.5kg hammer be amended to 119cm in line with all other competitions

L24. That a steeplechase be introduced for the Under 17 Girl's age group.

L25. That the distances for Steeplechase for Girls be as follows:

Under 17 1200m

Under 18 1500m

Under 19 2000m

L26. That the top six Clubs in each age group at Regional Cross Country Championships qualify for National Finals, so as to increase participation

L27 That a Club hosting a National Juvenile Cross Country Championship be allowed to enter teams in all ages, even if they have not qualified from the Regional Championships (so as to ensure local interest in the event)

L28. That all Juvenile Cross Country distances (under 11 to 19 years) be increased to bring them into line with the rest of Europe.

The distances would be:

Age	Proposed
U16 Girls	3000
U17 Girls	3000
U18 Girls	4000
U19 Girls	5000
U16 Boys	4000
U17 Boys	5000
U18 Boys	6000
U19 Boys	7000

L29. That all fees be abolished for Athletics Leader Coaching Courses.

L30. That the Coaching and Development departments devise and implement a new course at a level between Athletics Leader and the new Level 1 which is comparable in standard to the original Introduction course provided by the Association.

L31. That clubs, in addition to athletes, be informed of selection of their athletes to Regional and National squads.

L32. That AAI introduce a Talent Identification scheme on the following lines

- A. 5th Class in Primary School to be targeted.
 - B. A number of easily administered & valid exercises be drawn up.
 - C. Primary Schools invited to participate in the scheme at no cost - teachers to be trained to administer scheme.
 - D. Schools unwilling to have teachers trained to be included and externally assessed.
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- E. Athletes with ability invited to participate in County squad - via letter to their parents. Minimal charge to cover administration - €? General education-all events covered.
- F. All students not just those identified to be leafleted with details of local club.
- G. Awards Scheme / Badge Scheme to be included.

L33. That present competitions held at National level for U9 to U11 athletes be dropped from the calendar and replaced with an honours scheme - to be identified with a possible sponsor or if no sponsor available - Shamrock Awards.

- A. Awards to be conducted at regional level.
 - B. Set of standards to be devised .Could be based on documented results from regional / national championships or could be adapted from standards available from the UK or elsewhere.
 - C. All participants to be awarded with a certificate + medal or badge + tee shirt.
 - D. All athletes to compete in their own age group.
 - E. Athletes to compete in one of each of these events to include one of the following / Sprint / Middle Distance / Throw / Jump
 - F. More than one of each event can be offered - athletes to chose.
 - G. Badges could be awarded per event at level attained or overall performance could decide level attained.
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