

NATIONAL 4X100M /4X400M RELAY PROGRAMME 2019

YOUTH / U20 / U23 / SENIOR COACHING TEAM

4x100M		
Senior/U23	Lead Coach	Coach
Senior Men's 4x100m	Terrie Cahill – Cushinstown AC	Ciaran Conlon – Navan AC
U23 Men's 4x100m	Terrie Cahill – Cushinstown AC	Ciaran Conlon – Navan AC
Senior Women's 4x100m	Terrie Cahill – Cushinstown AC	Noelle Morrissey – Emerald AC
U23 Women's 4x100m	Terrie Cahill – Cushinstown AC	Noelle Morrissey – Emerald AC
U20/Youth	Lead Coach	Coach
U20 Men's 4x100m	Karen Kirk - Lagan Valley AC	Kevin Cogley – Moyne AC
Youth Men's 4x100m	Karen Kirk - Lagan Valley AC	Kevin Cogley – Moyne AC
U20 Women's 4x100m	Karen Kirk - Lagan Valley AC	Brendan Glynn – GCH AC
Youth Women's 4x100m	Karen Kirk - Lagan Valley AC	Brendan Glynn – GCH AC
Relay Programme Technical Support – 4x100m / 4x400m		Coach
		Drew Harrison – Emerald AC

4x400M	
Senior/U23	Lead Coach
Senior Men's 4x400m	Paul McKee – Beechmount Harriers AC
U23 Men's 4x400m	Paul McKee – Beechmount Harriers AC
Senior Women's 4x400m	Brian Corcoran – Raheny Shamrocks AC
U23 Women's 4x400m	Brian Corcoran – Raheny Shamrocks AC
Senior Mixed 4x400m	Drew Harrison – Emerald AC
U20	Lead Coach
U20 Men's 4x400m	David McCarthy – Le Cheile AC
U20 Women's 4x400m	David McCarthy – Le Cheile AC