



Athletics Ireland

NEWSLETTER

After the recent wonderful athlete performances at our Micro Meet in the National Indoor Arena we must pause and take time to congratulate all involved in what was an excellent team effort between athletes, officials, organisers, and staff. A large team of 24 athletes heading to Torun, Poland for the European Indoor Championships promises more high calibre performances and another occasion to achieve personal bests while it also gives the athletes an opportunity to showcase their talent on the international stage. We look forward to this event commencing on the 5th of March and we know that you will join us in wishing the entire team and management every success.

The focus of the Board in recent weeks has been our upcoming Congress on the 24th of April. Due to the limitations of movement and gatherings that Covid 19 presents the format of Congress will be virtual and this alone presents logistical and technical challenges to overcome with over 400 voting delegates eligible to attend and many motions to present. It is our intention to deliver a first-class Congress and we greatly appreciate our members support for this important event.

There has been a huge interest from our Clubs in the latest round of Sports Capital Grant funding with the application closing on 1st March. The educational seminars conducted by our development team regarding the grant application have certainly assisted many Clubs and we wish success to all those that have applied.

We have aspired to communicate in a regular and consistent manner over 2020 and this will continue. We are sending multiple messages to all Club, County and Provincial Secretaries on a weekly basis and this monthly newsletter is an opportunity for all stakeholders to catch up on recent happenings. We encourage all members to contact us with stories of interest and best practice to share within the athletics community.

We hope that you and your families keep safe and healthy during these exceptionally difficult pandemic times and please contact us if you require any assistance.

Our thoughts go out to all those loved ones lost in recent months.

Keep Safe and Best Regards.

Georgina Drumm **Hamish Adams**
President **CEO**



2021 European Athletics Indoor Championships Selections

A bumper Irish team of 24 athletes have been selected for the European Indoor Athletics Championships in Torun on March 5-7.

Several of our top performers from the 2019 edition of this championships return in 2021, including medallists Mark English and Ciara Mageean, along with semi-finalist Phil Healy, while there are several performers who can additionally target a final or better, most notably 800m record breakers Siofra Cleirigh Buttner and Nadia Power, along with Andrew Coscoran, Sean Tobin and John Travers.

[Full Squad](#)

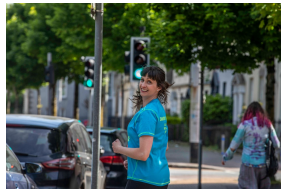


Hugely successful Irish Life Health Elite Micro Meet

The weekend in numbers:

- 61 Unique Athletes
- National Senior Record 1
- National U23 Record 4
- National U20 Records 3
- PBs 30
- SBs 37 (not including PBs)
- 21 Athletics Ireland European Indoor Standards.

[Day 1 and Day 2 Report](#)



New Appointment of South Western Regional Officer

Athletics Ireland has teamed up with the Sanctuary Runners to create a new South Western Regional officer role for the solidarity-through-sport initiative.

[Learn More](#)



Over 40,000 take on Operation Transformation 5k and Runuary Challenges

Thousands of walkers and runners from every county in Ireland laced up and took on Athletics Ireland managed virtual event over the last month.

Next up is the free to enter Virtual Irish Runner 5k sponsored by Sports Travel International which takes place this weekend (Feb 27th & 28th). Registration is still open so make sure to get your clubmates involved and #ConquerTheDistance .

[Future Virtual Events](#)



Record Breaking Start to 2021

Athletes continue to sparkle indoors with a record breaking start to 2021.

- [Sean Roth Pole Vault Record](#)
- [Eric Favors Shot Put Record](#)
- [Nadia Power 800m Record](#)
- [Mark English 800m Record](#)
- [Cian McPhillips U20/23 800m Record](#)
- [Darragh McElhinney U23 3000m Record](#)
- [Israel Olatunde U20/U23 60m Record](#)
- [Siofra Cleirigh Buttner 800m Record](#)

[Full List of Irish Records](#)

Recognising and responding to the challenges of REDs



Coach Education Workshop Series- Supporting athletes with fuelling for performance and health.

In collaboration with Sport Ireland Institute and Bodywhys- The Eating Disorders Association of Ireland, Athletics Ireland will host a series of online interactive workshops.

[Register](#)



Choose to challenge this international Women's Day - March 8th

This International Women's Day (IWD March 8th 2021) we are asking you to celebrate your female members, leaders, officers and athletes by hosting a virtual event of your choice.

- Connect more of our members
- Increase the visibility of women's achievements
- Raise awareness about women's equality
- Lobby for accelerated gender parity

#ChooseToChallenge #IWD2021
#WomenInSportIRE

[Register your event](#)



Fit4Life Clubs

The RDO Team are conducting an enquiry in relation to Fit4Life to establish the number of registered Fit4Life clubs within Athletics Ireland.

We want to improve our database of Fit4Life clubs and reach out to those who are currently running programmes within their areas and communities.

If you currently run Fit4Life within your club, we ask you to please fill out the following link below.

[FIT4LIFE CLUB ENQUIRY](#)



Sliabh Ban Club News from Roscommon

In this strange unfamiliar and disrupted time to our lives, the Sliabh Ban A.C community have delivered motivation, positivity, support and encouragement to promote exercise routines, connectivity, personal challenges and greater wellbeing to all its members by utilising the club expertise.

[Read full article](#)



Women in Coaching Workshop - Laura Turner

An Olympian with an enviable wealth of experience in international Athletics and a diverse educational background, Laura is a coach with a broad knowledge base. Laura has accrued over 15 years' experience in Athletics from grass-roots through to her senior athletic career as a GB International sprinter and medallist on the global stage.

[Learn more](#)



**REFLECTIVE
CONVERSATIONS AND
TOP TIPS FROM COACHES
AND ATHLETES**

Webinar Series: Reflective Conversations & Top Tips from Coaches & Athletes

AAI RDO Bahir Hussain has compiled a series of webinars interviewing some of the top Coaches and Athletes know to Irish Athletics.

A stellar line up of individuals including : Ciara Mageen, Steve Vernon, Teresa McDaid, Emmett Dunleavy and John Travers to name but a few! Watch our episodes now!

[Watch the series](#)



Team Ireland's 'Don't Scroll By' Campaign

The new initiative by the Olympic Federation of Ireland calls on the public and sporting stakeholders to take a zero-tolerance approach to online hate speech and to #DeleteBanReport it.

[More Information](#)



Sports Capital & Equipment Programme deadline extended to 5pm Mon 1st Mar

The 2020 round of the Sports Capital & Equipment Programme is now open for applications - deadline extended until 5pm Monday 1st March

Grants are available to voluntary, not-for profit sports clubs, community groups, NGBs, and local authorities. Third level colleges, Education and Training Boards (ETBs) and schools may only apply for funding jointly with sports clubs or organisations.

[Statement](#)



Congress 2021

The 2021 Congress of the Athletic Association of Ireland CLG will take place on Saturday 24th April either in person at a venue to be confirmed or virtually dependent on government Covid guidelines.

[Notice](#)



Athletics Membership 2021

Athletics is for life and not just for lockdown. Here are just some of the benefits your local club can offer.

[Benefits of Membership](#)

Coronavirus
COVID-19



Latest COVID-19 Updates

View Athletics Irelands updates and resources in relation to the COVID-19 Pandemic.

[Latest Update](#)

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