



**Athletic Association of Ireland Limited**

**3<sup>rd</sup> Congress**

**23<sup>rd</sup> April 2016**

**Tullamore Court Hotel**

**Tullamore**

**Co. Offaly**

**MINUTES 2016**

## **PRESIDENT'S INTRODUCTION**

President Ciarán Ó Catháin welcomed all the delegates and formally declared Congress open. He warmly welcomed the Chairman of Sport Ireland, Mr Kieran Mulvey and invited him to address Congress.

## **KIERAN MULVEY – CHAIRMAN, SPORT IRELAND**

I wish to thank you for the kind invitation to address your Congress.

I would like to congratulate the President, Ciaran O’Cathain, the Board and Chief Executive John Foley for the substantial membership growth in the organisation. I want in particular to acknowledge the tremendous contribution of both Ciaran and John to the overall work of the Irish Sports Council in the past and their continuing contribution to the work of Sport Ireland. John has been especially helpful in our training programme for corporate governance enhancement and the mentoring of what we now have of a coterie of excellent Chief Executives and senior administrators in Irish sport. The cooperation between both bodies at executive and operational levels has never been higher and is reflected in the success we mutually bring to athletics in Ireland.

### **Participation**

Athletics Ireland membership continues to grow, reaching a record high of over 55,000 members.

Athletics Ireland, Fit4Life Meet N Train (Women in Sport) programme has been very successful. There are now 140 clubs with over 15,000 participants, where groups of recreational runners come together in a structured club environment and have an opportunity to train with others of similar ability under the guidance of trained Fit4Life Leaders.

### **High Performance**

Athletics Ireland have a strong High Performance System in place which allows for more consistent delivery of performances at major championships while also creating more medal opportunities in athletics. Fantastic work continues to be done by Kevin Ankrom, HP Director.

I would like to congratulate Robert Heffernan and Olive Loughnane who were recently upgraded to Olympic bronze and World gold medals. As I said recently on a “Prime Time” programme this is poor compensation for them when they were deprived of the wonderful occasion on that day.

- I would like to take this opportunity to congratulate Ireland Senior Women's team for winning bronze at the European Cross Country Championships.
- Investment in sport, simply put, is an investment in the future of this country, in its young people, in its amateur and professional sportspersons and instils a sense of National achievement and pride.
- Sport Ireland has provided significant investment in athletics. 2016 investment breakdown is as follows:

- Core Grant Athletics Ireland €887,000
- Women In Sport Athletics Ireland €40,000
- HP Athletics Ireland €810,000

**Anti –Doping**

- Sport Ireland’s Anti-Doping Programme is recognised internationally as an outstanding model of its type. The ultimate aim of the Anti-Doping Programme is to ensure that there is no abuse of drugs in sport in Ireland.
- Real cooperation is vital in this specific part of sport and I would like to acknowledge the work and partnership of Athletics Ireland in this area.

**Institute**

- The High Performance Training Centre provides support for Ireland's athletes in elite physical conditioning, testing, rehabilitation, nutrition, physiology, medicine, precision analysis, education, life-skills.
- The Institute works closely with Athletics Ireland to ensure that these services are pre-planned and tailored to the needs and services embedded in to Athletics Ireland high performance plans
- The New National Indoor arena is progressing well and will be completed in November, along with the Indoor facility at Athlone IT, we will now have two world class indoor facilities in Ireland and I am committed towards having a close working relationship between us and a synergy in the attraction of top class athletic events.

## LIST OF DECEASED MEMBERS

The President read out the names of the recently deceased members. This was followed by a minute's silence.

|                       |                              |
|-----------------------|------------------------------|
| Paddy McGovern        | Honorary Life Vice President |
| Tommy Hayward         | Honorary Life Vice President |
| Breda Synnott         | Honorary Life Vice President |
| Sean Kyle             |                              |
| Padraig Keane         |                              |
| Jim Mc Namara         |                              |
| Cashel Riordan        |                              |
| Dick Hodgins          |                              |
| Niall O'Shaughnessy   |                              |
| Pat Dunne             |                              |
| Cathy Daniels         |                              |
| Brian Kirk            |                              |
| Noel Gowran           |                              |
| Seamus Weldon         |                              |
| Mark Synnott          |                              |
| Margaret Ó Hógartaigh |                              |
| Jim Hogan             |                              |
| Donal English-Hayden  |                              |
| Val McGann            |                              |
| Pat McCourt           |                              |
| Neil Cullen           |                              |
| Sean O'Donnell        |                              |
| Paddy O'Donnell       |                              |
| Marie Gregan          |                              |
| Albert Mack           |                              |
| Pat Duffy             |                              |
| Eddie Wilson          |                              |
| Ronan Walsh           |                              |

|                  |
|------------------|
| <b>ROLL CALL</b> |
|------------------|

The number of registered members as of the 31<sup>st</sup> December 2015 was used to calculate the voting strength of each County.

| Province | County       | Total | Voting Strength | Delegates  |
|----------|--------------|-------|-----------------|------------|
|          | Antrim       | 2516  | 13              | 2          |
|          | Armagh       | 262   | 2               | 0          |
|          | Carlow       | 687   | 4               | 3          |
|          | Cavan        | 646   | 4               | 3          |
|          | Clare        | 1812  | 10              | 3          |
|          | Cork         | 6936  | 35              | 22         |
|          | Derry        | 926   | 5               | 0          |
|          | Donegal      | 2593  | 13              | 5          |
|          | Down         | 1858  | 10              | 1          |
|          | Dublin       | 8071  | 41              | 26         |
|          | Galway       | 3577  | 18              | 14         |
|          | Fermanagh    | 83    | 1               | 0          |
|          | Kerry        | 1770  | 9               | 2          |
|          | Kildare      | 2481  | 13              | 4          |
|          | Kilkenny     | 1999  | 20              | 3          |
|          | Laois        | 1332  | 7               | 5          |
|          | Leitrim      | 772   | 4               | 2          |
|          | Limerick     | 1905  | 10              | 6          |
|          | Longford     | 391   | 2               | 0          |
|          | Louth        | 2133  | 11              | 11         |
|          | Mayo         | 2331  | 12              | 12         |
|          | Meath        | 4326  | 22              | 9          |
|          | Monaghan     | 1136  | 6               | 0          |
|          | Offaly       | 887   | 5               | 5          |
|          | Roscommon    | 577   | 3               | 3          |
|          | Sligo        | 1435  | 8               | 5          |
|          | Tipperary    | 2360  | 12              | 9          |
|          | Tyrone       | 638   | 4               | 0          |
|          | Waterford    | 1531  | 8               | 8          |
|          | Westmeath    | 771   | 4               | 3          |
|          | Wexford      | 1887  | 10              | 3          |
|          | Wicklow      | 1784  | 9               | 5          |
|          | Munster      |       | 4               | 3          |
|          | Connaught    |       | 4               | 3          |
|          | Ulster       |       | 4               | 3          |
|          | Leinster     |       | 4               | 4          |
|          | AAI Board    |       | 14              | 12         |
|          | <b>Total</b> |       | <b>365</b>      | <b>199</b> |

## MINUTES AND MATTERS ARISING

Minutes Adopted.

**Proposed: Michael Quinlan.      Seconded: Jude Feehan**

There were no matters arising.

## COACHING AND DEVELOPMENT COMMITTEE REPORT

I am delighted to report the continued progress of both Coaching and Development over the last two years and the strengthening of the Committee's relationship with the Executive of Athletics Ireland. Active participation and leadership in C&D meetings by Pat Ryan, Director of Coaching and Development has aided in this relationship and contributed to productive dialogue and outcomes.

There were distinct objectives in both areas, and while not all were achieved, progress has been significant.

### **OBJECTIVES**

#### **Coaching**

1. Develop closer links with High Performance Committee to provide greater continuity and a better use of resources.
2. Continue to evaluate, improve and upgrade the Coach Education system.
3. Support coaches to improve expertise outside the formal Athletics Ireland education system.

#### **Development**

1. Continue to increase Athletics Ireland club membership.
2. Retain, upskill and develop young athletes and their coaches.
3. Provide support for clubs by giving practical and constructive advice on structure and club administration.

### **COACHING**

#### **Performance Coaching**

During the last four years coaching has come under the management of the Director of High Performance. This move was designed to increase the effectiveness of performance coaching.

The event co-ordinator's roles are realigned to meet changing demands and to recognise that different events are at different stages of development. As a result of discussions between the high performance

and the coaching committees, a coaching strategy group was set up involving members of both committees and chaired by CEO, Mr John Foley. This group has recently concluded their work and have developed a performance coaching strategy plan. The aim of this plan is to up skill coaches of all levels and to provide specific additional support and opportunities to the coaches of our high performing athletes. The plans include conferences, workshops, specific high performance sessions and mentoring with national and international mentors. Strategy co-ordinators in conjunction with the Event Co-ordinators will lead this exciting new initiative.

### Coach Education

Currently there are five different coaching awards; Athletic Leader, Assistant Coach, Endurance Running[new] and Levels 1, Level 2, Level 3 ( Level 3 is the IAAF Level IV).

The coaching education pathway is based on the Long Term Athlete Development model supported by Coaching Ireland and the IAAF as the internationally accepted standard for the development of athletes and coaches. The coaching syllabi were developed by reviewing best practice of coach education in a number of sports and countries. It is important to recognise that the formal coach education system is just a starting point. There are many event coaching workshops and seminars to help coaches develop especially if interested in a particular event area.

The Coach Education system continues to grow in quality, depth and strength with courses at all levels over subscribed during the last two years. The Athletics Ireland Level 3/IAAF level 4 connection has proved a significant success with a very high satisfaction rating. The fact that many of our talented coaches have been exposed to internationally recognised tutors with the highest coaching credentials has added value across all our event groups.

The Level 2 Course, also the responsibility of Coaching, has also been subjected to alignment with IAAF standards. The course now has one event group specialisation giving more in depth knowledge.

Level 1, Endurance Running (new), Assistant and Athletics Leader course, all offered at local and regional levels continued to attract 'full houses' and service fundamental needs of coaches and clubs throughout the last two years. Support information on the subject matter is now available online on the Coaching website.

### 2014/15 Breakdown

|                 | Year | Courses | Participants |
|-----------------|------|---------|--------------|
| Athletic Leader | 2014 | 30      | 511          |
|                 | 2015 | 29      | 455          |
| Assistant Coach | 2014 | 28      | 499          |
|                 | 2015 | 22      | 317          |
| Level 1         | 2014 | 15      | 309          |
|                 | 2015 | 11      | 213          |
| Level 2         | 2014 | 2       | 73           |
|                 | 2015 | 1       | 61           |

|                              |      |              |  |
|------------------------------|------|--------------|--|
|                              |      |              |  |
| Event Specific Coaching days | 2014 | 55 Workshops |  |
|                              | 2015 | 63 Workshops |  |

There was no Level 3 course. The syllabus for this course is being redrafted in conjunction with Coaching Ireland.

### **Coaching Juvenile Performance Squads**

These squads were organised in three provinces with four or five days in each region.

Specific juvenile endurance squads were run separately in 2015 and were extended into four Provinces when Athletics Northern Ireland came on board.

### **Coaching-Further Education**

A number of opportunities to support coaches to keep up to date and increase skill sets were offered during the past two years. Event specific workshops were offered at local, regional and national levels. Attendance at these workshops has been excellent and feedback from coaches has been very positive.

Many of our elite coaches attended event specific international coaching conferences during the period and the benefits will be apparent shortly at grass roots coaching levels.

## **DEVELOPMENT**

### **Development – Membership**

The increase in membership in the last few years has been highly encouraging as it provides the double advantages of indicating a healthy sport and the provision of increased membership income. I am pleased to report that our development team has played a significant role in the rise in membership over the last 23 years. Membership at the beginning of 2014 was 49,542 and increased to 56,533 at the end of 2015.

The growth has been boosted by the promotion of Fit4Life, Little Athletics and Sportshall athletic programmes by the Development team and further promotion of the sport in 3<sup>rd</sup> level colleges and 2<sup>nd</sup> level schools.

The recently ‘piloted’ coach education Endurance Course has supported the ever growing endurance running boom being experienced by our clubs across the country. Primary School Sportshall athletics, supported in many counties by Athletics Ireland County Boards, Local Sports Partnerships and County Councils introduced thousands of children to the positive and fun aspects of athletics. During 2015 sixteen counties ran successful programmes with finals taking place in Athlone IT indoor arena.

### **Development – Education and Up-skilling**

The Development Team has responsibility for Athletics Leader, Assistant Coach and Level 1 Courses. These courses are the mainstay of the club coaching system and are valuable in introducing coaches to our sport and maintaining a high level of coaching at juvenile level. The team, also target school teaches, PE graduates, former athletes and deliver the three fundamental course to under graduates into a number of 3<sup>rd</sup> level colleges/universities.



## **SUMMARY**

The last two years have been a mixture of development and consolidation for Coaching and Development. They have been typified by free exchange of information from the Executive, Staff and the Committee and many ideas from the Committee have been carried forward and promoted by the Coaching and Development team.

I would suggest, as this committee steps down, that Coaching and Development has moved forward and is focussed on the right issues.

May I thank the Coaching and Development Committee and the Director of Coaching and

Development for their support and positive input during my term. Thanks to the enthusiastic and hardworking team of Regional Development Officers for their huge Development and Coaching contribution at grass roots levels during the past two years. Thanks to the C.E.O., President and Board of Athletics Ireland for encouragement and support during the period. Finally, thanks to Coaching and Development colleague and Chair of High Performance, Brid Golden, for invaluable work in encouraging the High Performance and Coaching and Development committees to work in unison.

***Eamon Harvey***, *Chair of Coaching and Development*

## **REPORT ADOPTED**

***PROPOSED: PL. Curran***

***Second: Bernie O'Callaghan***

## COMPETITION COMMITTEE REPORT

Throughout the past 2 years we have been encouraged by the attendances at our Cross Country, Junior & under 23, Master Championships with the Senior championships a long way short of what should be in attendance. We need an aggressive marketing strategy with our high performers competing if we are going to attract spectators and sponsors. We can no longer sit by and watch our athlete's absence from our National Championships, of course there is always the exception and discretion can be used in consultation with High Performance but it needs to be the exception rather than the rule. Entries are up, new technical equipment has been purchased, and standards are improving all the time. An improved grant for the hosts for our Cross Country Championships from January 2016 is in place, we have young students /athletes assisting with the Indoor championships, showing their commitment to the sport, many positive things that we can be pleased with but a lot more to be done to attract the spectators back to our Senior Championships.

### CROSS COUNTRY

During Congress 2014 the amalgamation of Inter County and Inter Club was withdrawn by the AAI Board in favour of a motion presented which read "that a root and branch examination of Cross Country at all levels take place", following this decision the majority of Cross Country motions were deferred to a Cross Country Review Forum. All clubs county boards, provincial councils were notified and submissions were received from various areas. A Cross Country Forum was organised and arising from that motions were prepared and presented to AAI Annual General Meeting. Motions that were passed have been implemented bar the 4k Cross Country Championships which was deferred as many factors contributed to the cancellation of the event. Adverse weather conditions, travel warnings and poor conditions in the selected venue. The calendar was rearranged with Inter Clubs pre-Christmas, Inter County post-Christmas, Intermediate and Masters scheduled earlier in the year with the Cross Country Championship programme completed by mid-February.

**Inter County Championships** November 2014 DKIT, Dundalk, Co. Louth, a well-designed course to get the best of the College grounds was laid out, plenty of parking, good facilities, great numbers competing and the best cross country attendance by a great margin with a great atmosphere. Selection for European Championships at stake ensuring that the field were well populated by the best cross country athletes from all areas.

**Inter Club Championships** March 2015 Rostrevor Co Down , a beautiful course, well presented, good cooperation between ANI and AAI with tremendous support from Newry and Mourne District Council, however the numbers participation were not good, competitive and very enjoyable races but again the question remains why the fall off, many will say it is because there is no incentive to race cross country post-Christmas when there is no major event to plan for, others feel that Indoor Competition has taken over with the now well established Athlone International Arena in full swing.

Fast forward to November 2015 Santry Demesne Dublin, when the Inter Club finds a new date on the calendar following the AGM, biggest number of participants in Cross Country for a long number of years and good attendance numbers. Competition was excellent with all races hotly contested, selection for the European Cross Country Championships the reward on top of National Titles.

**Inter County Championships 2016** Tuam, Galway. County Boards were encouraged to enter their teams, Galway County rowed in behind the Association and worked hard to promote the event all to no avail. A wonderful course prepared by Tuam A.C. and Galway County, all the facilities that we could ask for but no support for the event.

It is evident by the numbers competing pre-Christmas that athletes are interested in Cross Country however it shows clearly that with an event such as European Championship selection that this time of the year is been targeted with the post-Christmas event regardless of its title has little or no appeal.

### **Masters Intermediate Cross Country**

Tuam, Co Galway February 2015. The absence of athletes cannot be said about this event, Cross Country conditions were good, very foggy atmosphere but great competition with an increase in competitors across all races. Strong support from the LOC and Galway County. B Championships and Relays added to the occasion with plenty of local athletes to cheer on in all the races.

**DKIT, Dundalk** Co Louth January 2016. Bigger than planned programme with the inclusion of the B Championships and relays but DKIT agreed to take on the additional races at short notice and the LOC ensured all went smoothly. Under foot conditions were difficult in some places, we were fortunate that the course held up with a few minor changes throughout the day to ensure a fresh area for running as the day progressed, great spectator course. Numbers in all races from B to masters was up, again local interest ensured a good atmosphere and good attendance.

### **Novice Cross Country**

Santry Demesne, Dublin December 2014.

A return visit to a well-tested and revered course, great competitor numbers, good attendance figures, enjoyable competition. Excellent juvenile competition with cooperation between both competitions committees, host club Clonliffe Harriers and Fingal County Council the event ran very smoothly.

St Augustine's College, Dungarvan, Co Waterford. December 2015.

Another great venue with a strong LOC, excellent course with great services available in the college. Another day of great competition with very strong novice races and very competitive juvenile races with ample numbers participating. Weather conditions were good but under foot conditions were heavy with the course still today in recovery mode.

**Autumn Open Cross Country** was held in 2014 with a great turn out of athletes over the well established course in Phoenix Park. Places on the Irish Masters Cross Country Team were at stake as the event doubled up as a selection race for the British & Irish Masters International Cross Country. 2015 the numbers were better again with a much coveted place on the Irish Masters Team with a home venue this year in Santry Demesne. Many senior and junior athletes took the opportunity to take on an early season cross country race on home soil. This competition is ideally situated on the calendar and could be marketed as an early season international event in the future, food for thought.

Overall, we had two very good years of Cross Country events, chip check test area was used successfully. Additional identification features in master's numbers showing the age category was well received. Results were delivered in a timely fashion. Change of service provider for chip recording was necessary midway through the period which did not altogether work out but we will continue to work on this area. As already referred to the senior championships needs overhauling with the possible amalgamation of the events the best and most practical option, combining both events to enable the association to put in place one big national senior cross country championship, however that is for

Congress to decide. Numbers entered over all categories from junior to masters has increased from 1800 approximately in 2014/5 cross country season to 2300 approximately in 2015/6 cross country season.

A huge congratulations to all the clubs and county boards who hosted the championships so well, Clonliffe Harriers Athletic Club, West Waterford Athletic Club, Athletics Louth, Galway Athletics, Tuam Athletic Club, Athletics Northern Ireland and Donore Harriers for facilitating the Autumn Cross along with the various land owners and colleges for the use of their facilities . The selection of courses remains a priority for both competitions committees ensuring that race day requirements are the best possible and therefore providing a safe environment for all to participate and enjoy our cross country championships.

## **ROAD CHAMPIONSHIPS**

National Road Relays, an event that is growing annually, 65 teams entered the championships in 2014 with Sligo A.C and Leevale A.C capturing the senior titles, 98 teams in 2015 with Donore Harriers and Leevale A.C taking the honours. Raheny Shamrocks A.C. annual hosts doing a super job.

**10K Championships** Phoenix Park in association with Great Ireland Run host club Celtic D.C.H. wonderful setting for this event, very well organised with great atmosphere. 93 teams completed the event in 2015 compared to 66 in 2014, again the team element growing.

Half Marathon Championships an event now incorporated with Rock and Roll, a truly festive occasion Mick Clohissey Raheny Shamrocks, and Sarah Mulligan D.S.D winners in 2014 with Paul Pollock Annadale Striders and Lizzie Lee Leevale A.C the 2015 Champions.

**Marathon Championships** in conjunction with Dublin City Marathon, remarkable growth in team competition, with 717 teams captured compared to 478 teams in 2014. The Expo in RDS giving all AAI teams the opportunity to check their details and make adjustments at the designated AAI desk. 2016 event will be held on Sunday 30<sup>th</sup> October. With the clubs now in a position to enter a team without declaring the names has greatly enhanced the team element but still posing difficulties with the results, athletes collecting their number at the Expo only, leaving the declaration numberless, this area needs to be fine-tuned.

## **National Road Walks**

The event was held in 2014 in St Anne's Park, Raheny a very popular venue with support from Raheny Shamrocks and Dublin City Council area Parks Department, June 2016 will see the return of the International Walks in the same venue.

## **TRACK & FIELD**

### **National League**

National League as always proving to be a must attend competition, more each year availing of the individual guest entry, terrific sportsmanship and competition. Venues Athlone IT, Morton Stadium, Waterford IT, Templemore ,Mary Peters Track and finals in Tullamore. Great support from the clubs in providing officials for the rounds. Changes made to the competition following the league review implemented successfully. Very encouraging to see new teams entering and providing good strong competition.

Leevale, DSD, St Abban's and Donore Harriers the 2014 premier and division winners.

Clonliffe Harriers, D.S.D, Tipperary County, Kilkenny City Harriers the 2015 premier and division winners.

### **AAI Games**

Return visit to Morton Stadium, Santry in 2014 and 2015 for the AAI Games, competition entries slightly up. Concern on the poor attendance in field events contrasting with some excellent entries and performances in track events.

### **Junior and Under 23**

2014 we travelled to Cork IT Bishopstown for the Championships where a national record was set in the 110mH by Sam Healy excellent support from Cork County Officials. 2015 saw a return to Tullamore Harriers Stadium where another great Championship was held, refreshing to see all the junior and under 23 athletes competing and to such a good standard in both venues, the 2015 championships were the final selection process for the European under 23 and Junior Championships. Again the commitment of Tullamore Harriers officials was excellent. Each year team's travel to the European Junior Clubs Championships, points are awarded from the National Junior Championships results with the highest points total getting a small grant from the association to attend. 2015 saw Raheny Shamrocks boys and Sli Cualann Girls travelling to Lieria, Portugal with the girls achieving a very credible 3<sup>rd</sup> place finish.

### **Senior Championships**

Scheduling the championships to complement the major international events is the priority to ensure that our athletes get the last possible chance to achieve a standard or to impress the selectors. In 2015 it was the 400m athletes who were looking to impress with a place on the 4x400m Relay team up for grabs, and the race did not disappoint. Many of our high profile athletes were in attendance with some excellent performances. Start times and order of events for both Saturday and Sunday were changed with Sunday having the greater number of track finals with field events coupled to encourage more to attend which was achieved, still a lot to work to do but certainly a much better attendance than previous years. Technology is constantly improving and AAI are continuing to improve and upgrade. 2015 saw the introduction of a large screen on the hill in Morton Stadium with regular updates of results and start lists. RTE again were present and a good quality programme was aired on Sunday evening.

### **Masters Championships**

Tullamore Harriers is the home for Master's Athletics, with 2 throwing cages, 2 shot put areas all in full use on the day of the championships. With such a big programme of events over one day all the athletes and officials multi task to achieve a quality programme in good spirits. Outstanding performances throughout all age categories and genders.

### **Combined Event Championships**

We received a request to hold the Combined Events earlier in the calendar year for a better athletic season for the athletes. Implemented in 2015, the new approach to the combined events with the second day of the championships incorporated into the league with juvenile championships on a separate day. There were some issues with scoring for the club teams but it was agreed that it was worth pursuing giving the combined event athletes the opportunity to compete along-side club athletes. This year 2016 the 2<sup>nd</sup> day of the championships will be included with the AAI Games which

we are hopeful will work out better for the athletes with a second competition complimenting the combined events.

### **Spring Throws Competition**

Santry 2014, Athlone 2015 with a New National Record in Discus for Eoin Sheridan, very much an event that is appreciated by the athletes. This event gives the athlete an early season competition and allows them assess how their winter training has progressed. All performance are keenly watched by coaches and athletes.

## **INDOOR**

### **National Indoor League**

2015 second year into this new development event, plenty to be encouraged by, good team entry with some excellent performances. Team medals for all three positions introduced in 2015. Athletes taking the early opportunity to fine-tune their performances for the Championship season ahead.

2016 proved even more appealing with individual athletic numbers increased over all disciplines, the inclusion of guest athletes on final day was welcomed by all. Some wonderful club competition, team camaraderie was very much evident with the relay event at the end for both men and women determining the outright winners. New national under 23 60m Record set by Phil Healy on Final day of league. This event has proven to be very popular and can give the younger athletes an opportunity to compete with senior Club competitors and gain valuable performance experience.

- Leevale Athletic Club, Tallaght Athletic Club winners in 2015
- Sli Cualann Athletic Club and Clonliffe Harriers winners in 2016.

### **AAI Games**

2015 saw the overall standard improve with some admirable performances, Alan Bell International Starter was an invited guest. We received some requests from international athletes to compete in the event in 2016 which we were happy to accept, enhancing the competition and raising the standard for the athletes. At all times we try to facilitate the athlete where possible and it is at this kind of event that we can add the additional sprint race for the athletes if requested, with success. New false start equipment was in use for the 2016 season to great effect. Michaela Walsh Swinford set a new Junior Shot Putt record.

### **Junior Under 23 Championships**

2015 and 3 new Junior records set, Zak Irwin Sligo A.C.60m, Sam Healy Leevale A.C. 60m H and Long Jump, just a few of the outstanding performances by the Juniors and under 23 athletes. Again 2016 another 3 records broken Michaela Walsh Swinford Shot 13.97m, Jenna Bromell Emerald 400m 54.19 and Jordan Hoang Tullamore Harriers Triple Jump 14.44m all juniors. The performance level of all the junior and under 23 athletes is to be commended, a wonderful day's competition, getting bigger each year with super results.

### **Senior Championships**

Always looking to improve the timetable and schedule was reset and delivered a great 2 days of competition, the attendance level in 2015 was very disappointing however 2016 improved, but not enough, again I remark that we need all our athletes competing. That does not in any way take away from the great performances of those present.

2015 Adam Mc Mullen Crusaders a Euro qualifier in Long Jump 7.80m, Dara Kervick Clonliffe Harriers 400m another Euro qualifier ,stadium record for both Ian Rogers and Dave Donegan Clonliffe Harriers in Pole Vault 4.80m, Kelly Proper Ferrybank a 200m Stadium Record.

Roll on 2016 a new National Record in the Men's Shot Putt that stood for 25 years Sean Breathnach G.C.H. 18.16m, a stadium record for Marcus Lawler SLOT in the 200m, wonderful front running by Mark English and Ciara Mageean, double gold for Eoin Everard and Phil Healy to name but a few. There are many more fine performances over both years that deserve to be seen by the athletics family, RTE televised both years. In 2015 due to technical difficulties the event was not broadcasted at the scheduled time, 2016 the programme was aired at 8pm with good figures for viewership but we need the spectators present to enjoy the performances, encourage the athletes along and help create an atmosphere where they can achieve their goals.

### **Combined Events**

One of the first Indoor Championships of the Indoor season, 2015 we had good entries across all age categories with plenty of good strong performances from the Junior and Youth categories, 2016 Competition was of a high standard with Elizabeth Morland from Cushinstown breaking the Junior, under 23 and Senior National Record, amassing a total of 4043, the first Irish Athlete to surpass 4000 points for a pentathlon.

### **FIXTURES MEETING**

The Competition Committee continue to organise a fixtures meeting annually to arrange the athletic calendar with all aspects of the sport, Universities, Schools, Provincial Councils, Masters, Community Games, Coaching & Development , High Performance and both competitions committees. Challenging at times but is achieved with the cooperation of all involved.

### **FINALLY**

- Online entry has improved greatly, tremendous work is undertaken to prepare the start list in advance of the competitions which has greatly improved the quality of the service to the clubs ensuring accuracy of entry prior to an event, alleviating stress on athletes and club officials all contributing enormously to the success of the check in system at championships.
- Chip Check area at Cross Country Championships has again resolved some issues before the event which assists with the timely distribution of results.
- Meet Manager is now the norm at our championships with full use been made of the field terminals and Electronic Distance Measurement.
- New Electronic Score Boards linked to the field terminals purchased along with False Start Equipment and successfully used in 2016
- Timetables altered on the week of competition to reflect entries received published on AAI Web Site, giving the athlete advance notice of their event adjustment.
- Overall Competition book is updated after each AGM or Congress of Schools Athletics, Universities and AAI which is inclusive of all competition rules for Juvenile, Junior, Senior, and Masters.

- The Derryhale trophy was represented for the Inter County Senior Women in 2015, a trophy which has a long history with the sport.
- New Trophy for the Marathon Senior Women Individual Winner was presented in 2015.
- Call Room schedule implemented and appreciated by the athletes.
- Anti-Doping testing continues at our Championships successfully cooperating with Sport Ireland. We have a strong working relationship with no difficulties arising.
- Attendances at the Technical Committee has been informative and educational with progress made in a lot of areas.
- Live streaming for various competitions is a great asset to our members and friends who cannot attend the competitions, with many abroad checking in on the progress both on individual athletes and the overall event.
- Facebook and Tweets are at an all-time high with tremendous activity on the days of championships. Statistics and records are updated regularly which is of great benefit to all.
- Athlone IT Athletic Club have provided young athlete 'Kit Kids' for our Indoor Championships, doing wonderful work, our thanks to all concerned.
- Celtic DCH young athletes are the kids on the block for the Senior Championships in Morton Stadium again great support from this club, much appreciated by all.
- Our appreciation is extended to Athlone IT who facilitated us with the provision of a second high jump mat for the Combined Events Championships in Tullamore.
- Each year we nominate an official of the year, recipient for 2014 Tony Ennis Meath and 2015 John Mc Dermott Cavan, both have given outstanding support to the competitions programme and are worthy recipients.

Moira Aston Competition Manager along with Conor Greally have worked tirelessly over the past 2 years in the competition department to ensure that all the requirements for competition were met, entry lists prepared in advance and posted on AAI web site and anomalies and concerns sorted before you arrive to competition, results system advanced, online entry and registration constantly evolving and delivering to the clubs a programme that meets your needs. A high quality competitions programme is now standard, text message system for officials in operation, to name but a few of the many jobs undertaken. An enormous amount of work is undertaken on a daily basis and for this we are most grateful.

None of the above can be delivered without the immense support from all our officials throughout Ireland. The competition programme is very large and diverse which requires different skills to cover all the disciplines and events we have, the standard and commitment is at an extraordinary level not only at national but at provincial and county also. We have a new young group of students assisting at our Championship from Athlone IT, and a number of younger athletes too who have expressed an interest in working with us, all have contributed to deliver an effective competition programme. All I can give



you is my thanks and my belief that you are simply the best and that we can continue to advance the sport of athletics through your immense contribution.

Congratulations to all who were appointed to EAA and IAAF Competitions and in particular John Cronin, Tullamore Harriers who was appointed IAAF International Official.

The competition committee elected at Congress 2014 have worked diligently to ensure any difficulties encountered were dealt with positively and sensitively. Decisions were made without prejudice and the committee worked vigorously at all times for the best interest of the sport. I have benefited by the interaction of the debate, the level of passion of the members and the finish line was always 'what's best for the athlete'. The past 4 years has been a wonderful experience for me personally, I have met a group of people that have encouraged and supported me all the way through my tenure as Chair of the Competitions Committee. We have discussed and deliberated on many aspects of the sport, challenged each other but always respecting the decisions made. I cannot find the right words to express my strong sense of loyalty to this group of individuals and I will never ever forget the role they played in my development as an Athletics Ireland Official.

I wish the incoming committee every success and look forward to further advancement of the sport of athletics.

If I have inadvertently omitted any event or performance please accept my apologies.

To my fellow Board Members, President Ciaran O Cathain and John Foley CEO of Athletics Ireland my genuine thanks for all your support throughout the past 4 years.

**GEORGINA DRUMM, CHAIR OF COMPETITION**

*In addition to the above the Chair reported on successful events held in April i.e. Road Relays, Raheny, 10k Road Race, Phoenix Park and the Spring Throws in the Morton Stadium, Santry, and a tremendous performance by Adam King Iveragh A.C. in achieving a World Junior 'B' qualifying standard in the hammer.*

*The Chair thanked everyone involved in the organisation.*

**REPORT ADOPTED**

**PROPOSED: JOHN CRONIN**

**SECONDED: GEORGE MAYBURY**

## **HIGH PERFORMANCE COMMITTEE REPORT**

It has been an extremely busy two years in the area of High Performance in Athletics Ireland which has seen 331 of our athletes represent Ireland at 21 major championships. We have had very pleasing results with medals at European and world level as listed below. We have had 55 finalists in these championships and many others have had the opportunity to gain valuable championship experience.

I congratulate all our athletes who have represented Ireland in the last two years at juvenile, youth, junior, u 23 and senior level.

It must surely have been with mixed emotions that three of our athletes Robert Heffernan (European Bronze medal, 20K race walk, Barcelona 2010.), Derval O'Rourke, (European Indoor Bronze medal, 60m hurdles, Gothenburg 2013) and Roisin McGettigan (European Indoor Bronze medal, 3000m Turin 2009) received their due championship medals following the disqualification of others due to doping violations. We all lament over missed moments for them that cannot be ever regained and we congratulate them on marvellous achievements and their long overdue recognition. We salute them and are hugely proud of their phenomenal performances. We look forward to more of our athletes receiving their deserved medals from past championships in due course.

We have presently the highest ever number of carded athletes reflecting the depth of talent that is currently emerging through our juvenile and junior ranks. The challenge now is to provide the best pathways for these athletes to reach their potential at senior level.

In line with our strategic plan, the High Performance Department has expanded professionally in the last two years and now a team of five work full time for our association delivering the high performance program on a daily basis for our athletes. I would like to thank Kevin Ankrom, Jacqui Freyne, Stephen Macklin, Gillian Brosnan and Charlotte Gillick for their dedicated and diligent work for our athletes. Their commitment is commendable. I would also like to thank all those who travelled with our championship teams in a management, coaching or support capacity over the last two years.

We are fortunate to have an outstanding team of service suppliers for our carded athletes. We engage the services of excellent practitioners in the areas of medicine, physio, strength and conditioning, nutrition and psychology who go way beyond the call of duty in providing the highest standards of care for our elite athletes. I thank them for this commitment.

I believe High Performance and Coaching are intrinsically linked. To this end I have worked closely with Eamon Harvey, the Chair of Coaching. Together we have brought the opinions and philosophies of both the High Performance and Coaching Committees to the professionals. I wish to thank Eamon for his co-operation, help and support. Through discussion, debate and compromise we have achieved consensus and we have developed policies and strategies that reflect a vision representative of all stakeholders. My aim, if re-elected would be to continue to develop this philosophy, ultimately benefiting our international athletes at all levels.

Our major championship qualification standards now offer opportunities for a broader range of athletes to compete. As a small nation with a rich tradition, our athletes need to be assured that we provide an effective pathway to realise their potential. With greater depth in all our events, standards ultimately will rise.

The recently updated selectors' policy reflects a balance of professional and volunteer personnel and engages relevant expertise.

All policies are available to review on the Athletics Ireland website.

I wish to thank the President, Professor Ciarán O Cathain and the members of the Board of Athletics Ireland. Their support has been much appreciated over the last two years.

Special thanks to the members of the High Performance Committee who worked tirelessly in reviewing policies, engaging in discussions, reflecting on practice and giving of their expertise to help develop our high performance structures.

Finally I wish to thank The CEO of Athletics Ireland Mr John Foley who has been hugely supportive to me and the High Performance Committee over the last two years. He has facilitated the merging of the volunteer and professional opinion and has been an integral link in the successful building of sustainable structures.

It has been a privilege and an honour to serve as Chair of the High Performance Committee over the past two years.

| <b>Top 8 Performances April 2014- April 2016</b> |                             |                   |     |           |
|--|-----------------------------|-------------------|-----|-----------|
| Championship                                     | Number of Irish Competitors |                   |     | Event     |
| 2014 World Race Walking Cup                      | 5                           | No top 8 finish   |     |           |
| 2014 European Team Championships                 |                             |                   |     |           |
| League 1   | 41                          | Ireland           | 7th |           |
| 2014 European Combined Events : League 2         | 3                           | Michael Bowler    | 3rd | Decathlon |
|  |                             | Shane Aston       | 8th | Decathlon |
| 2014 European Championships                      | 28                          | Mark English      | 3rd | 800m      |
|  |                             | Paul Robinson     | 4th | 1500m     |
|  |                             | Men's 4 X 4       | 5th |           |
|  |                             | Fionnuala Britton | 8th | 10,000m   |
|  |                             | Marathon team     | 7th |           |
| 2014 European XC Championships                   | 36                          | Senior Women      | 3rd |           |
|  |                             | Senior Men        | 6th |           |
| 2014 European Youth Olympic Trials               | 15                          | Adam King         | 2nd | Hammer    |

|  |    |                       |     |              |
|--|----|-----------------------|-----|--------------|
|  |    | Pierre Murchan        | 5th | 3000m        |
|  |    | Donagh Mahon          | 7th | HJ           |
|  |    | Eoin Sheridan         | 6th | Discus       |
|  |    | Roseanna McGuckian    | 8th | 200m         |
|  |    | Louise Shanahan       | 5th | 800m         |
| 2014 World Junior Championships              | 9  | No top 8 finish       |     |              |
| 2014 Youth Olympic Games                     | 5  | Louise Shanahan       | 6th | 800m         |
|  |    | Michaela Walsh        | 6th | Shot         |
|  |    | Adam King             | 8th | Hammer       |
| 2015 European Indoor Championships           | 13 | Mark English          | 2nd | 800m         |
|  |    | John Travers          | 7th | 1500m        |
|  |    | Men's 4 X 4           | 6th |              |
| European Cup Winter Throws                   | 2  | no top 8 performances |     |              |
| IAAF World Relays                            | 11 | Women's 4 X 200m      | 5th |              |
| 2015 European Race Walking Cup               | 2  | No top 8 performance  |     |              |
| 2015 European Team Championships: League 1   | 49 | Ireland               | 6th |              |
| 2015 European Cup Combined Events : League 2 | 3  | Kourish Foroughi      | 7th | Decathlon    |
| 2015 World University Games                  | 5  | Thomas Barr           | 1st | 400m Hurdles |
|  |    | Ciara Everard         | 6th | 800m         |
| 2015 IAAF World Championships                | 14 | Robert Heffernan      | 5th | 50KM Walk    |
| 2015 European XC Championships               | 32 | Senior Women's team   | 3rd |              |
|  |    | U 23 Men's team       | 7th |              |
|  |    | Junior Men's team     | 8th |              |
| 2015 European Youth Olympic Festival         | 16 | Ciara Neville 100m    | 1st |              |
|  |    | Kevin McGrath         | 1st | 1500m        |
|  |    | Gina Akpe-Moses       | 2nd | 200m         |

|                                     |    |                      |           |        |
|-------------------------------------|----|----------------------|-----------|--------|
|                                     |    | Ryan Carthy Walsh    | 2nd       | HJ     |
|                                     |    | Sommer Lecky         | 3rd       | HJ     |
|                                     |    | Jamie Mitchell       | 4th       | 400    |
|                                     |    | Daniel Ryan          | 4th       | LJ     |
|                                     |    | Molly Scott          | 5th       | 100H   |
|                                     |    | Niamh Malone         | 6th       | 400H   |
|                                     |    | Lauren O Keefe       | 7th       | Hammer |
|                                     |    | Aaron McGlynn        | 7th       | 800m   |
|                                     |    | Brendan O Donnell    | 7th       | Hammer |
|                                     |    | Girls 4 X 1          | Final     |        |
| 2015 IAAF World Youth Championships | 3  | No top 8 performance |           |        |
| 2015 European Junior Championships  | 24 | Kevin Mulcaire       | 4th       | 5000m  |
|                                     |    | Girls 4 x 100m       | 4th       |        |
|                                     |    | Sam Healy            | 5th       | LJ     |
|                                     |    | Boys 4 X 100m        | 7th       |        |
|                                     |    | Sharlene Mawdsley    | 8th       | 200m   |
|                                     |    | Andrew Coscoran      | 8th       | 1500m  |
| 2015 European U 23 Championships    | 15 | Men's 4 X 100        | 5th       |        |
|                                     |    | Karl Griffin         | 6th       | 800m   |
|                                     |    | Marcus Lawlor        | 7th       | 200m   |
|                                     |    | Mark English         | 8th       | 800m   |
|                                     |    | Women's 4 X 1        | Finalists |        |

**Brid Golden**, Chair of High Performance

**REPORT ADOPTED**

**PROPOSED: John McGrath    SECONDED: Martin Fitzgerald**

## JUVENILE COMMITTEE REPORT

As Chairman of the Juvenile Committee I am pleased to report on our activities from May 2014 to April 2016. Following the General Congress of the Athletic Association of Ireland 2014 the newly elected Juvenile Committee and the provincial representatives held their first meeting at Athlone I. T on 14th May, the following positions and appointments were agreed. During this period the committee formally met on 13 occasions.

The meetings which were mostly held in conjunction with juvenile competition to minimise travelling and cost, were productive, informative with healthy debate on many aspects of juvenile athletics.

|                            |                      |
|----------------------------|----------------------|
| Chairperson:               | Jim Ryan             |
| Secretary:                 | Colette Quinn        |
| Finance Officer:           | Patsy Kelly/Jim Ryan |
| Competitions Secretary:    | Ciaran Doyle         |
| Cross Country Secretary:   | Evelyn O'Reilly      |
| Asst. Chairperson:         | Evelyn O'Reilly      |
| Child Officer:             | Matt Lynch           |
| Committee Member:          | Esther Fitzpatrick   |
| Committee Member:          | Bernie Dunne         |
| Provincial Representatives |                      |
| Ulster:                    | Evelyn O'Reilly      |
| Munster:                   | Tim Fitzpatrick      |
| Leinster:                  | Jim Corcoran         |
| Connaught:                 | Pat Fitzgibbon       |
| Co-opted Member:           | Brian Corcoran       |

It is extremely encouraging to observe the registered membership continued to rise during the past two years, with the formation of many new clubs and the great work undertaken by the Regional Development Officers. Matt Lynch continues in his role as Child Officer and attends meetings regularly informing the committee of any changes or advising on issues which require attention.

We have had very good championships with excellent Championship Best Performances, and we continue to work closely with the Competition and Technical Committees, especially on our Cross Country and Combined Event Championships.

The continuous emergence of young talent in the juvenile ranks, along with their success at International level, is of enormous satisfaction. It is wonderful to see the progress of athletes such as Thomas Barr, Ciara Mageean, Fionuala Britton-McCormack and Mark English perform so brilliantly on the international stage. Media coverage is also improving, helped along by the wonderful performances by the athletes. Attendances at our championships continue to rise and the wonderful work by the coaches and parents is evident to see at all of our championships.

## **CROSS COUNTRY**

The even and uneven cross country events produced brilliant competitions on very well constructed courses and great credit to the host clubs for their brilliant work preparing the courses and the help they provided. Louth County Board, Dundalk I T and Clonliffe Harriers AC, Santry Park were our hosts in 2014 and Clonliffe Harriers and West Waterford AC did the honours in 2015. The 2014 "B" cross country event was held in Tuam hosted by Tuam A C and Galway Co. Board and the 2014 Inter - County cross country relays which was staged in conjunction with the Inter Clubs event were staged in Rostrevor Co. Down.

The 2015 "B" event was held recently in Dundalk I T which attracted very big entries in all races. Due to the very inclement weather in December and January this competition was re-scheduled for the Co. Louth venue. Many thanks to Louth Athletics Board for facilitating the juveniles with the Masters, Intermediate and Inter County Relay events.

Following the cross country review a decision was taken at the A.G.M. April 2015 to discontinue the under 19 National Cross Country Championship which resulted in the under 18 and 19 age groups having only one race at the National Juvenile Championships each year. (The U19 "B" competition was discontinued in 2012)

All the organising committees and host clubs are to be congratulated on the wonderful work undertaken to provide venues with suitable services for our cross country championships and it must be said that the standard of courses continues to improve giving all our young athletes and spectators the best opportunity to enjoy Cross Country competition.

## **INDOOR TRACK & FIELD**

The indoor championships were held in the newly constructed international arena at Athlone

I.T. which were very well attended with large entries and many championship best performances were achieved, showing the continued progress of our juvenile athletes. This recently constructed infrastructure will be of tremendous benefit to athletics in Ireland well into the future. A special word of thanks is extended to Professor Ciaran O'Cathain, the Management and Staff of Athlone IT for all their assistance before, during and after the event.

## **OUTDOORS TRACK & FIELD**

Outdoor Track & Field continues to go from strength to strength. The Children's Games and the juvenile championships were all staged in Tullamore Harriers stadium. Excellent performances were achieved and championship best performances recorded. Based on the talent of our Juvenile athletes the future of athletics in Ireland is in safe hands. As usual great help and courtesy was shown by all the host club officials, and great effort was made to ensure that all the events were held in a safe and fair environment to the satisfaction of the athletes, officials and spectators.

## INTERNATIONAL

The Celtic games were staged in Santry Dublin in 2014 and Scotland in 2015. Santry proved to be very successful for Athletics Ireland who had a very strong team and won all seven trophies on offer. Last year in Falkirk Scotland we encountered very strong opposition from the host country and Wales. Athletics Ireland won the u16 girls event. The Celtic games will this year be staged in Wales.

Juvenile U17 teams competed in the Celtic Cross Country with considerable success. The 2014 competition was hosted by Ireland which was held in Dunboyne Co. Meath. Both U17 boys and girls teams finished second. The 2015 teams travelled to Edinburgh where the boy's team finished first and the girl's team were second. Ireland also had development teams in both competitions that performed very well and gained very valuable experience for the future.

### E.Y.O.T. BAKU 2014

The 15 strong Irish team claimed five medals at the European Youth Olympic Trials in Baku, Azerbaijan from the 14th until the 19th of July. There were numerous personal and seasonal best performances achieved by the athletes on the Irish team and following their excellent performances in Baku Louise Shanahan, Michaela Walsh, Rosanna McGuckian, Adam King and Eoin Sheridan were selected to represent Europe at the Youth Olympic Games in Nanjing China. The Irish athletes all performed excellently against the best juvenile athletes in the world and all finished in the top 10 of their respective events with many producing PBs.

#### European Youth Olympic Trials. Irish Team:

|                     |           |
|---------------------|-----------|
| Louise Shanahan     | 800m      |
| Roseanna McGuckian: | 200m      |
| Phoebe Murphy:      | 200m      |
| Elizabeth Morland:  | 100mH     |
| Michaela Walsh:     | Shot      |
| Adam King:          | Hammer    |
| Donagh Mahon        | High jump |
| Keith Marks         | High jump |
| Annemarie Torsney   | Shot      |
| Aoife Vaughan-Witts | Hammer    |
| James Williams      | Hammer    |
| William Crowe       | 1500m     |
| Pierre Murchan      | 3000m     |
| Andrew Barkley      | Discus    |
| Eoin Sheridan       | Discus    |



In 2015 a team of 16 athletes travelled to Tbilisi, Georgia for the European Youth Olympic Festival. This proved to be a very successful trip as the team won 5 medals and had a number of Personal Best performances.

**The E.Y.O.F. team:**

|                   |                  |
|-------------------|------------------|
| Aaron McGlynn     | 800m             |
| Arlene Crossan    | Long Jump        |
| Ciara Neville     | 100m & Relay     |
| Brendan O'Donnell | Hammer           |
| Daniel Ryan       | Long Jump        |
| Gina Akpe-Moses   | 200m & Relay     |
| Jamie Mitchell    | 400m             |
| Kevin McGrath     | 1500m            |
| Laura Ward        | 1500m            |
| Lauren O'Keeffe   | Hammer           |
| Lauren Ryan       | Relay            |
| Molly Scott       | 100m (H) & Relay |
| Niamh Malone      | 400m             |
| Orlaith O'Brien   | Javelin          |
| Ryan Carty-Walsh  | High Jump        |
| Sommer Leckey     | High Jump        |

The medal winners were:

Gold: Kevin McGrath & Ciara Neville

Silver: Ryan Carty Walsh & Gina Akpe-Moses

Bronze: Sommer Lecky

Congratulations to all team members and management on a wonderful two year period at International level.

On the social scene, we honoured athletes from each county along with many other special achievement awards at the Emerald Crystal Star Awards function which were held in the Tullamore Court Hotel in 2014, and 2015. This night is the highlight of the year and the achievements of the athletes are nothing short of extraordinary.

To all our sponsors, GloHealth Insurance, New Balance, Emerald Crystal, we are enormously grateful for the support received.

Finally I applaud and commend all the officials who give so generously of their time to provide an athletic competition programme for the athletes. To the host clubs and venue providers I thank you for your continued co-operation, my thanks also to Moira Aston, Conor Grealley and all the staff in the office, the various committees, Regional Development Officers, to my fellow Juvenile Committee members, President Ciaran O’Cathain, C. E. O, John Foley and the Board members of AAI for all your support.

I have made many new friends in the sport during my last two years as Chairman of the Juvenile Committee and I wish to express my thanks to all who have helped me during that time. I am delighted at the success of our juvenile athletes and recognise that these young athletes are the future of our sport.

***JIM RYAN, CHAIRMAN OF JUVENILE COMMITTEE***

***REPORT ADOPTED***

***PROPOSED: Iain Shaw    SECONDED: Ciaran Doyle***

## **CHIEF EXECUTIVE OFFICER REPORT**

### **1. Introduction**

The past two years has seen significant progress in Athletics Ireland as we continue the growth of our sport. It is the combination of contributions from many areas which has resulted in this progress and I would like to thank the volunteers from all parts of the country for their continuing dedication to fostering Athletics at Club, County, Provincial and National level. Also the staff of Athletics Ireland deserve enormous credit for their contribution which has been way beyond the norm in terms of hours and professionalism. We could not do what we do without the continuing support of the Department of Transport, Tourism and Sport, Sport Ireland, the Institute of Sport and the Olympic Council of Ireland and relationships with these agencies continue to be fostered through ensuring that we operate professionally and by our continuing focus on Governance.

We have had significant success on the International stage at senior level in 2014 and 2015. The highlight was the achievements of Mark English at the European Indoors and Outdoors where he achieved Silver and Bronze respectively in the 800 metres. Also, we continue to medal in Cross Country at European level with the Women's Senior Team achieving the team bronze in both '14 and '15. Paul Robinson was just outside the medals at the European Outdoors placing 4<sup>th</sup>. Robert Heffernan continued to excel in the 50km Walk and followed up his victory at the World Championships in 2013 with a 5<sup>th</sup> place in 2015. Also in 2015 we saw Thomas Barr capping off a wonderful season by winning the World University Games 400 metres hurdles. Our National team also continues to progress and having finished 7<sup>th</sup> in the European 1<sup>st</sup> League in 2104 we improved to 6<sup>th</sup> place in 2015.

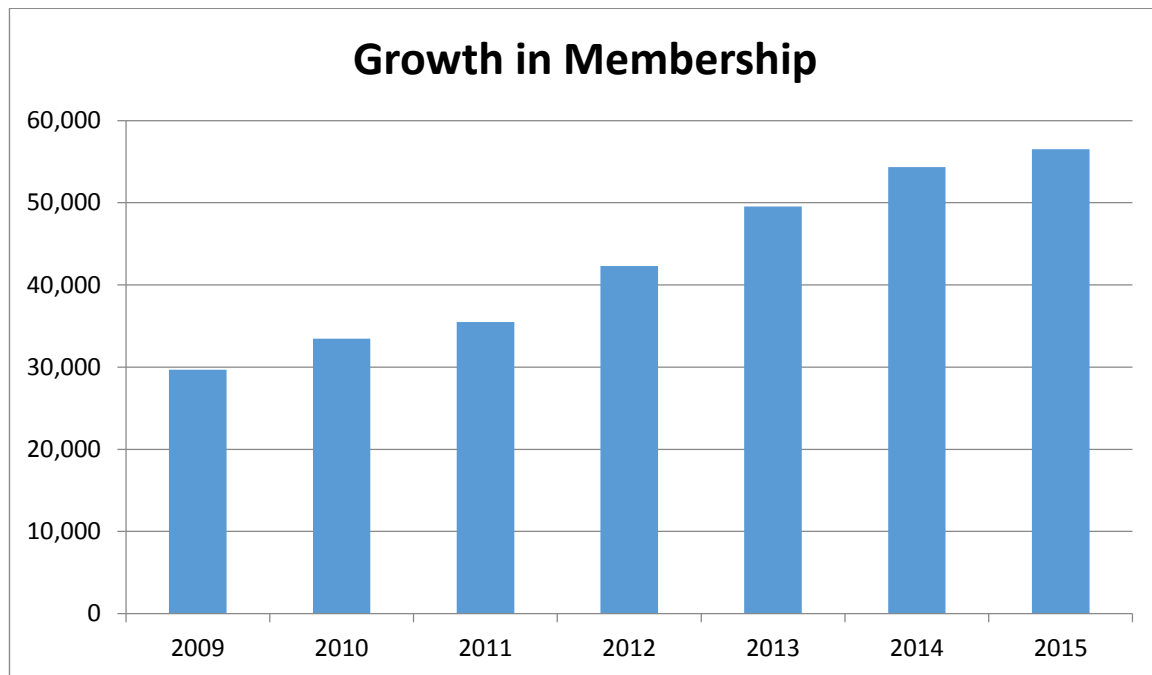
At Youth and Junior level we have also seen International success. In 2014 Adam King achieved the silver medal position in the European Olympic Trials and in the 2015 European Youth Olympic Festival we had gold medal performances from Ciara Neville (100 metres), Kevin McGrath (1500 metres), silver medals from Gina Apke-Moses (200 metres) and Ryan Carthy Walsh (H.J.) and bronze from Sommer Lecky (H.J.). A number of other youth athletes who have achieved top six positions at European level and with these very talented young people we have a bright future at International level.

### **2. Membership**

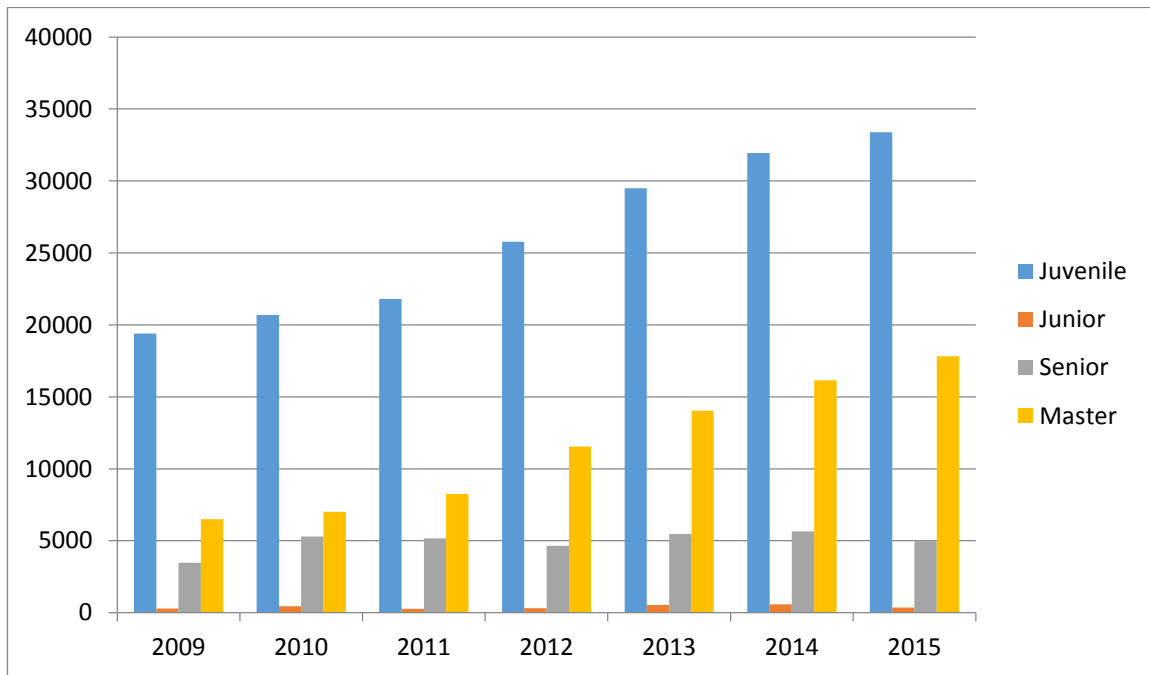
In 2009 the membership of Athletics Ireland was 29,685 and in the intervening period we have seen the numbers grow to by nearly double to 56,533. This growth has been across all the age-groups, Juvenile, Junior, Senior and Masters. The growth in Juveniles has been quite remarkable (19,405 in 2009 to 33,391 in 2015) and is again due to the work carried out by volunteers at local level complemented by the support of the Regional Development Officers. Also the growth in the Masters is hugely impressive (6,509 in 2009 to 17,812 in 2015). While the number of Juniors increased from 297 in 2009 to a high of 576 in 2014 it has dropped back to 360 in 2015 and while overall growth in the period since 2009 is encouraging this is an area needing focus to ensure that we can keep athletes in our sport as they transition from secondary school to university.

There is no doubt that having modern facilities assists us significantly in recruiting athletes to our sport. We are competing with other sports for the hearts and minds of young people and the building of the Athlone Institute of Technology indoor facility has been of enormous benefit to the sport. When we assess the various factors which helped us upgrade our sport in the past three years I think that the Athlone I.T. facility should be viewed as a major contributor and it is important that we continue to support it in years to come. This track, together with the building of new tracks and the upgrading of other facilities are key to us continuing to grow into the future. The Government's Capital Grant Scheme which is open to sports clubs to apply for funding has been an important factor in the building of facilities as has been the wonderful work carried out by local clubs in fund-raising.

**The following is the total membership increases from 2009 to 2015**

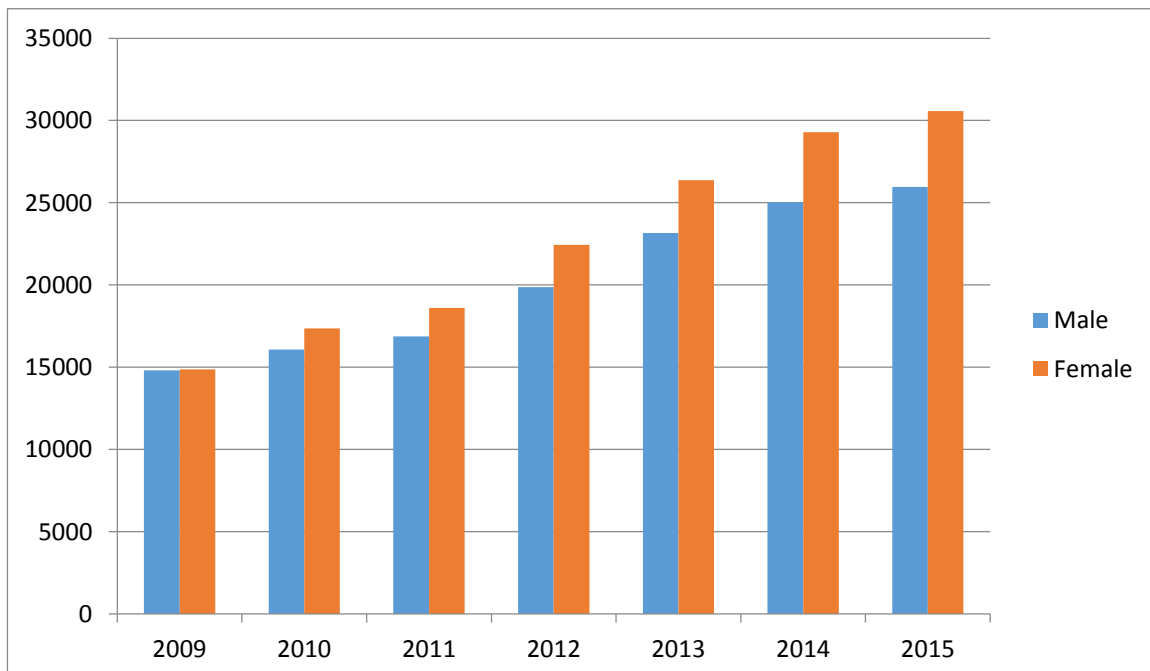


**The following chart shows the breakdown of growth in the age categories.**



When we compare ourselves to other sports we can see that the percentage of female members is higher than males assisted greatly by the funding of the Women in Sport programme through Sport Ireland. In 2009 the number of females registered was 14,879 (50% of total) and in 2015 this reached 30,575 (54% of total).

The following chart here shows the % of females and males 2009 to 2015.



### 3. Club Growth

Growth in our membership has come from a combination of existing clubs increasing their numbers and also the forming of new clubs. The following is a summary of growth in the numbers of clubs in the country since 2009:

| Year        | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 |
|-------------|------|------|------|------|------|------|------|
| Total Clubs | 264  | 279  | 291  | 307  | 310  | 327  | 358  |

We have seen significant growth in the numbers of clubs throughout the country in the period since 2009 and this growth has been achieved by dedicated volunteers assisted by the Regional Development team under the management of Pat Ryan. There are pockets however where little or no progress has been made namely in disadvantaged inner-city areas. In these areas “ball” sports are prominent however there are large numbers not participating in any sport and Athletics Ireland has been tasked to assist in increasing numbers taking part in regular exercise. We have been allocated funding in 2016 with the objective of increasing participation by children and adults in disadvantaged areas. In this context we plan to work with local communities to build sustainable club structures with the co-operation of primary and secondary schools.

#### **4. Competition**

The Chairs of Senior and Juvenile Competition have issued comprehensive reports on their respective areas which are included in the Congress papers. The volunteers and staff have worked tirelessly to ensure that we continue to run our national events to the highest standards and I would like to express my deep appreciation to Georgina Drumm and Jim Ryan for their support over the past two years. Both Chairs continue to embrace new technology which has been so important in improving our capability in running our competitions professionally. It is in the area of Competition that the partnership between the volunteers and staff is most evident on a daily basis and Moira Aston has been a true professional in managing these relationships in close co-operation with Georgina and Jim. We are one team striving for excellence and it is great to see that we are working so well together.

#### **5. Technical**

##### **a) Training and Certification of Officials**

##### **i. Courses Delivered**

General Officiating Introductory courses were hosted by a number of counties and provinces over the past 2 years. These courses were very well attended.

Officials’ training in a number of technical areas has also taken place which was then followed by application of this training at National events. Areas such as EDM, Field Terminals, Photo-finish, Meet Manager, Event Presentation, and False Start have seen existing officials and new officials complete training.

Should any part of Athletics Ireland wish to host a course please contact the incoming Technical Committee.

## ii. Pathway to National Technical Official

Due to a very complete calendar in early 2016 the hope is that this course will run again in September 2016. Any officials with an interest in completing this course should contact the incoming technical committee.

## iii. International Officials

Following the European Athletics (EA) TOECS II course and Area International Technical Official (ITO) Declan Curtin, Pierce O'Callaghan, Ronan O'Hart continue to serve on the panel.

John Cronin (Tullamore Harriers) continues to serve on the IAAF ITO Level III panel.

John Cronin was also appointed to the IAAF technical committee in 2015.

Following the EA Race Walking Judges Level II course Ray Flynn and Shaun Gallagher continue to serve on the panel.

Zuzana Malikova Costin also serves on the panel representing Slovakia.

Pierce O'Callaghan continues to serve on the IAAF Race Walking Judges Panel Level III.

Ronan O'Hart attended the EA VDM training course.

## b) Competition Equipment

A submission for competition equipment was prepared again for Sports Capital Grant. A portion of the application was successful. A new set of Wireless False Start equipment was purchased, along with new Electronic Timing, a set of display boards and clocks, an EDM, Video Id and an Event Presentation video wall.

The majority of the equipment was seen in action at the recent National Senior Indoor Championships at the AIT International Arena. The feedback from athletes and spectators on the equipment has been very positive.

## c) Records

### 2014

| Outdoor/Indoor | Record   | Event | Performance | Name          | Club                      |
|----------------|----------|-------|-------------|---------------|---------------------------|
| Indoor         | Junior M | 60m   | 6.88        | Keith Doherty | Tallaght A.C.             |
| Indoor         | U23 M    | 800m  | 1.46.82     | Mark English  | UCD. A.C.                 |
| Indoor         | Senior M | 800m  | 1.46.82     | Mark English  | UCD. A.C.                 |
| Indoor         | Junior M | 200m  | 21.26       | Marcus Lawler | St. Laurence O'Toole A.C. |
| Indoor         | U23 W    | 60m   | 7.36        | Phil Healy    | Bandon A.C.               |

|         |          |             |          |   |  |
|---------|----------|-------------|----------|---|--|
| Indoor  | U23 W    | Triple Jump | 12.96m   | Caoimhe King  | Westport A.C.  |
| Indoor  | Junior M | 200m        | 21.19    | Marcus Lawler   | St. Laurence O'Toole A.C.  |
| Indoor  | Youth M  | High Jump   | 2.09m    | Donagh Mahon  | Gowran A.C.  |
| Indoor  | Youth M  | High Jump   | 2.10m    | Donagh Mahon  | Gowran A.C.  |
| Outdoor | Youth M  | Discus      | 56.38m   | Eoin Sheridan   | North Westmeath A.C.   |
| Outdoor | Junior W | Hammer      | 58.98m   | Emma O'Hara   | Galway City Harriers A.C.  |
| Outdoor | U23 W    | Triple Jump | 12.75m   | Caoimhe King  | Westport A.C.  |
| Outdoor | Senior W | 100m        | 11.40    | Amy Foster  | City of Lisburn AC   |
| Outdoor | U23 W    | 10000m      | 33.36.36 | Sarah Collins   | Finn Valley A.C.   |
| Outdoor | Youth M  | Discus      | 58.44m   | Eoin Sheridan   | North Westmeath A.C.   |
| Outdoor | Senior M | 400m H      | 49.61    | Thomas Barr   | Ferrybank A.C.   |
| Outdoor | Senior M | 400m H      | 48.90    | Thomas Barr   | Ferrybank A.C.   |
| Outdoor | U23 M    | 400m H      | 49.61    | Thomas Barr   | Ferrybank A.C.   |
| Outdoor | U23 M    | 400m H      | 48.90    | Thomas Barr   | Ferrybank A.C.   |
| Outdoor | U23 W    | Triple Jump | 12.81m   | Caoimhe King  | Westport A.C.  |
| Outdoor | Junior M | 110m H      | 14.11    | Sam Healy   | Leevale A.C.   |
| Outdoor | Youth W  | Hept        | 5062pts  | Elizabeth Morland   | Cushinstown A.C  |
| Outdoor | Senior W | 4x100m      | 43.84    | Amy Foster,<br>Kelly Proper,<br>Sarah Lavin,<br>Phil Healy          | City of Lisburn AC,<br>Ferrybank AC,<br>UCD AC,<br>Bandon AC             |
| Outdoor | Senior M | 4x400m      | 3.03.57  | Brian Gregan,<br>Brian Murphy,<br>Richard Morrissey,<br>Thomas Barr | Clonliffe Harriers AC,<br>Crusaders AC,<br>Crusaders AC,<br>Ferrybank AC |
| Outdoor | Senior M | 4x400m      | 3.01.67  | Brian Gregan,<br>Mark English,<br>Richard Morrissey,<br>Thomas Barr | Clonliffe Harriers AC, UCD AC,<br>Crusaders AC, Ferrybank AC             |

## 2015

| Outdoor/Indoor | Record   | Event | Performance | Name      | Club         |
|----------------|----------|-------|-------------|-----------|--------------|
| Indoor         | Junior M | 60mH  | 7.89        | Sam Healy | Leevale A.C. |
| Indoor         | Junior M | 60m   | 6.88        | Zak Irwin | Sligo A.C.   |



|         |          |           |          |   |   |
|---------|----------|-----------|----------|---|---|
| Indoor  | Junior M | 60m       | 6.83     | Zak Irwin   | Sligo A.C.  |
| Indoor  | Junior M | Long Jump | 7.53m    | Sam Healy   | Leevale A.C.  |
| Indoor  | Youth W  | 60m       | 7.45     | Ciara Neville   | Emerald A.C.  |
| Indoor  | Youth W  | 200m      | 24.01    | Ciara Neville   | Emerald A.C.  |
| Outdoor | Junior M | 110m H    | 13.99    | Matthew Behan   | Crusaders A.C.  |
| Outdoor | Junior M | 5000m     | 14.02.30 | Kevin Mulcaire  | Ennis Track   |
| Outdoor | Youth W  | Hept      | 5612pts  | Elizabeth Morland   | Cushinstown A.C   |
| Outdoor | Senior M | 400m H    | 48.65    | Thomas Barr   | Ferrybank A.C.  |
| Outdoor | U23 M    | 4x100m    | 40.18    | Jonathon Browning,<br>Eanna Madden,<br>Keith Pike,<br>Marcus Lawler     | Ballymena & Antrim,<br>Carrick-on-Shannon,<br>Clonliffe Harriers,<br>St. Laurence O'Toole |
| Outdoor | Junior W | 4x100m    | 45.08    | Ciara Neville,<br>Murphy,<br>Roisin Harrison,<br>Sharlene Mawdsley      | Emerald A.C., Ferrybank A.C.,<br>Emerald A.C.,<br>Newport A.C.                            |
| Outdoor | Junior M | 4x100m    | 40.89    | Eoin Doherty,<br>Zak Irwin,<br>Sean Lawlor,<br>Joseph Ojewumi           | Tallaght A.C., Sligo A.C., Donore,<br>Tallaght A.C.                                       |
| Outdoor | U23 W    | 4x100m    | 44.68    | Sarah McCarthy,<br>Cliodhna Manning,<br>Sarah Lavin,<br>Phil Healy      | Mid Sutton A.C., KCH, UCD A.C.,<br>Bandon A.C.  |
| Outdoor | U23 M    | 4x100m    | 40.11    | Jonathon Browning,<br>Eanna Madden,<br>Kieran Elliott,<br>Marcus Lawler | Ballymena & Antrim,<br>Carrick-on-Shannon,<br>Clonliffe,<br>St. Laurence O'Toole          |
| Outdoor | U23 M    | 4x100m    | 39.89    | Jonathon Browning,<br>Eanna Madden,<br>Kieran Elliott,<br>Marcus Lawler | Ballymena & Antrim,<br>Carrick-on-Shannon,<br>Clonliffe,<br>St. Laurence O'Toole          |
| Outdoor | Youth W  | 100m H    | 13.62    | Elizabeth Morland   | Cushinstown A.C   |
| Outdoor | Senior M | 4x400m    | 3.01.26  | Brian Gregan,<br>Brian Murphy,<br>Thomas Barr,<br>Mark English          | Clonliffe Harriers,<br>Crusaders A.C.,<br>Ferrybank A.C.,                                 |

UCD A.C.

|        |         |       |         |              |           |
|--------|---------|-------|---------|--------------|-----------|
| Indoor | Youth M | 3000m | 8.35.36 | Shane Hughes | Mullingar |
|--------|---------|-------|---------|--------------|-----------|

**2016**

| <b>Outdoor/Indoor</b> | <b>Record</b> | <b>Event</b> | <b>Performance</b> | <b>Name</b>            | <b>Club</b>               |
|-----------------------|---------------|--------------|--------------------|------------------------|---------------------------|
| Indoor                | Junior W      | Penthalon    | 4,043pts           | Elizabeth Morland      | Cushinstown A.C           |
| Indoor                | U23 W         | Penthalon    | 4,043pts           | Elizabeth Morland      | Cushington                |
| Indoor                | Senior W      | Penthalon    | 4,043pts           | Elizabeth Morland      | Cushington                |
| Indoor                | Junior W      | Shot Putt    | 13.97m             | Michaela Walsh         | Swinford A.C.             |
| Indoor                | Junior M      | Triple Jump  | 14.44m             | Jordan Hoang           | Limerick Emerald          |
| Indoor                | Junior W      | 400m         | 54.19              | Jenna Bromell          | Limerick Emerald          |
| Indoor                | Senior M      | 600m         | 1.17.52            | Zak Curran             | Dundrum South Dublin      |
| Indoor                | U23 W         | 800m         | 2.03.74            | Siofra Clerigh Buttner | Dundrum South Dublin      |
| Indoor                | Senior W      | 1500m        | 4.08.66            | Ciara Mageean          | Dundrum South Dublin      |
| Indoor                | U23 W         | 60m          | 7.35               | Phil Healy             | Bandon                    |
| Indoor                | Junior W      | Shot Putt    | 14.00m             | Michaela Walsh         | Swinford A.C.             |
| Indoor                | Senior M      | 500m         | 60.93              | Mark English           | UCD A.C.                  |
| Indoor                | Junior W      | Shot Putt    | 14.39m             | Michaela Walsh         | Swinford A.C.             |
| Indoor                | Senior W      | Mile         | 4.28.40            | Ciara Mageean          | UCD A.C.                  |
| Indoor                | Junior W      | Shot Putt    | 14.92m             | Michaela Walsh         | Swinford A.C.             |
| Indoor                | Youth M       | 200m         | 21.76              | David McDonald         | Menapians                 |
| Indoor                | Youth M       | Pole Vault   | 4.30m              | Shane Martin           | Ballymena & Antrim        |
| Indoor                | Senior M      | Shot Putt    | 18.16m             | Sean Breathnach        | Galway                    |
| Indoor                | Senior M      | Shot Putt    | 18.27m             | Sean Breathnach        | Galway                    |
| Indoor *              | Youth W       | 60m          | 7.42               | Molly Scott            | St. Laurence O'Toole A.C. |
| Indoor                | Youth W       | 60m H        | 8.37               | Molly Scott            | St. Laurence O'Toole A.C. |
| Indoor                | Youth W       | 60m H        | 8.32               | Molly Scott            | St. Laurence O'Toole A.C. |

## 6. Coaching and Development

The Chair of Coaching and Development, Eamon Harvey, has issued a comprehensive report which is included in the Congress papers. We all agree that coaching is integral to everything we do and the work on ensuring that proper coaching structures continues at all levels from basic to elite.

Over the past two years we ran 138 courses with 2,438 participants. Also, in conjunction with Coaching Ireland, 118 Event Specific Coaching Days were run in the period.

In his report Eamon refers to Elite Athlete Coaching which is an area where there has been significant debate over the past number of months and has resulted in a consensus being reached on how we can make meaningful progress and upskill Irish coaches to ensure that we will have home-grown expertise in every discipline in the future. This will involve mentoring of our coaches on a regular and systematic basis by the best coaches available to us. This is a really exciting development and I commend the work of the group in analysing the issues and deciding on a path forward. While I chaired the group, the decision makers were Eamon Harvey, Brid Golden, Jeremy Lyons, Tom Crick, Kevin Ankrom and Pat Ryan and it was a pleasure working with them and to see the dedication and commitment to this most important area.

## **7. High Performance**

Brid Golden as Chair of H.P. has reported comprehensively on this area and on the performances of our international athletes. We have made significant progress in the programme and the professional approach is working well. This is particularly evident in the number of athletes benefiting from the programme in all age groups. Winning medals and reaching finals at European and World level continues to be the priority and very obvious progress is evident. It is particularly encouraging to see the progress at European/World level in Youth and Junior level in disciplines such as Combined Events, Sprints, Relays and Field Events. The latter is an area where historically we have achieved considerable success and is where the aforementioned Coach Mentoring initiative will be of enormous benefit in bringing these athletes through to the next stage of their development.

Each year we present to Sport Ireland and the Institute of Sport and are required to show evidence of how we have progressed in the previous year and what we plan to achieve in the forthcoming year. We are in a competitive environment where we are up against other sports for funding and the progress achieved needs to be sustained to ensure that the level of support continues into the future. We will continue to supplement the Sport Ireland funding through the Recreation Running programme to ensure that we can assist the maximum of athletes to achieve their goals.

The role of Sports Science, driven by our Director of High Performance, Kevin Ankrom, in partnership with the Institute of Sport will continue to be a key component of the High Performance Programme. This will result in healthier, better prepared athletes in the future and in turn mean better more consistent performances. Kevin is to be commended for putting in place these structures which will serve future generations in the areas of sports science and also competition management and team selection. These combined with a renewed focus on coaching, which is so integral to the future success of our athletes, will be the cornerstones of how we go forward.

Finally on High Performance; the issue of doping in the sport of Athletics internationally has received significant coverage in the media in the past number of months. The President has written to the IAAF voicing our deep concern on the issue and demanding that a thorough investigation be put in place urgently and that the necessary steps be put in place to ensure that we clean up our sport. This is the most serious issue facing the sport of Athletics right now and if we are to safe-guard our sport for future generations no stone can be left un-turned in solving the problem. In Ireland we have an excellent anti-doping programme managed by Sport Ireland where our athletes are regularly tested and educated. The details of our Anti-Doping programme is handled in the next section of the report.

## 8. Anti-Doping

### a) ANTI-DOPING REPORT 2015

#### Testing

| Sport Ireland Programme |                      |                          |             |       |
|-------------------------|----------------------|--------------------------|-------------|-------|
| National Governing Body | In Competition Tests | Out of Competition tests | Blood Tests | Total |
| Athletics Ireland       | 16                   | 96                       | 94          | 206   |

| User Pays               |                      |       |
|-------------------------|----------------------|-------|
| National Governing Body | In Competition Tests | Total |
| Athletics Ireland       | 16                   | 16    |

### b) **Period of report: 1st January 2015 – 31st December 2015**

Athletics Ireland continually works with the Anti-doping Unit in Sport Ireland around Anti-doping rules, Registered Testing Pools and Testing at competitions. Outreach programmes where the Sport Ireland Anti-doping Education Coordinator and colleagues attended the National Championships and met with athletes, coaches and parents and provided education around anti-doping. Education seminars by the Sport Ireland Education Coordinator took place for Junior and Youth Carded athletes at their camp in Athlone.

Athletics Ireland works closely with Sport Ireland to ensure the membership has up to date, relevant information regarding the various aspects of Anti-Doping via our websites, entry forms and registration forms. This could include general information for athletes and more detailed information regarding checking medications; testing procedures and prohibited substances for competitive athletes.

AAI provide the clubs with a template membership form that includes a note regarding anti-doping and testing. Entry forms also include information regarding testing.

Sport Ireland now requests that the NGB Anti-Doping Officers provide an annual AGM report.

The Anti-Doping Officer ensured that relevant anti-doping material was distributed at competitions, camps and screening days.

There were 25 athletes on the registered testing pool in 2015.

Athletics Ireland Anti-Doping Officer – Gill Brosnan

## **9. Marketing**

### **a) Marketing & Communications**

#### **i. Sporting Environment**

Athletics is competing in a sporting media landscape which is dominated by ball sports. This is the case in all European markets and it is our objective to ensure that we “box above our weight” in terms of achieving coverage in the media.

Regardless of how competitive athletics is compared with the other sports on both the European and World stage, medals equals success in the eyes of the media and public. Success delivers the ultimate cut-through in media exposure which was evident in December when the Women’s Cross Country team took bronze at the European Cross Country Championships. The level of coverage received was quite unprecedented with front page coverage in the main and sports sections of national newspapers as well as national television.

#### **ii. Media Coverage**

Generating media coverage for athletics around national and international championships (Juvenile, Senior and Schools) is a key objective of Marketing. There has been a consistent flow of quality updates provided to key athletic correspondents with relevant content (including quotes from athletes) before during and after both national and international championships. Continuing to work closely with RTÉ is also a priority. A one hour highlight programme of this year’s GloHealth Indoor Championships Senior Track & Field was aired on RTÉ 2 on Sunday 28<sup>th</sup> February and peak viewership for the programme was 87,400.

#### **iii. Media Training**

Media training is a key part of an athlete’s development pathway. It is imperative that athletes understand how to interact and communicate effectively with the media, to manage their reputation and have an understanding of their media obligations as a carded athlete. The Marketing team delivered media training in both 2014 and 2015 aimed to the Junior, U23 and Youth carded athletes.

#### **iv. Website**

The Athletics Ireland website was revamped in 2015. The Marketing team continues to modify the website to improve the functionality, content and look of the website on an on-going basis. In 2015, the Athletics Ireland website had over 1.4 million visits to the website, with the yearly websites visits increasing by 400,000 visits since 2013. Unique visitors (number of unduplicated visitors) have also increased over the two year period to 358,000.

#### **v. Irish Runner Magazine**

The Irish Runner Magazine is an important channel of communication for our sport and we work very closely with Frank Greally to ensure that Athletics Ireland’s events are promoted and presented in a positive manner. The magazine is also reaching out to a wider audience of people who are interested in running and this is important as we target new readers to achieve higher sales and readership. Irish

Runner launched a website in 2015 and this is proving to be successful in reaching consumers who are interested in all aspects of running.

Sales of Irish Runner Magazine are relatively in line with previous years in what is a highly competitive market. More and more readers of books, newspapers and magazines are reading them digitally and are developing a digital strategy to cater for this market. We are also examining the best strategy for the sales of the paper version of the magazine.

## **vi. Social Media**

Social media has become one of the main challenges of communication between Athletics Ireland and our fans (athletes, parents, coaches, key stakeholders and media). It allows us to engage with our fans in a two-way conversation, providing relevant and engaging content. Strong growth has been achieved in this area over the last two years with our Facebook likes have increasing by 142% over the last two years from 8,023 to 19,401. Twitter followers have also increased 52% from 8,510 to 15,500. Athletics Ireland also has an Instagram account and You-tube channel which are also performing well among our target audience.

Video content has been performing extremely well across all of our social media platforms. A post-race interview with Eoin Everard after winning both the 1,500m and 3k at the GloHealth National Senior Indoor Championships yielded a 47% level of engagement with our Facebook audience. These numbers illustrate the passion of our online audience and the power of our social media platforms.

Athletics Ireland has continued to provide live streaming for key events in the athletic calendar. In 2015, the GloHealth Indoor Juvenile Track and Field Championship received 10k viewers with the GloHealth Irish Schools Track and Field Championships receiving 15.4k viewers in the same year.

## **b) Sponsorship Management & Acquisition**

The Marketing department is committed to providing quality sponsorship support services to all our partners. In 2014, GloHealth became the title sponsor of our national championships (Juvenile, Senior and Master) and our Fit4Life programme in a three year deal 2014 - 2017. GloHealth extended their sponsorship to the Schools Championships in 2015.

New sponsorship has also been acquired for recreational races owned by Athletics Ireland. Affidea (formerly Euromedic) sponsored the Sonia 5k races in Dún Laoghaire and Cork. Virgin Media has recently come on board as the new sponsors of the Night Run which will take place in May 2016.

## **c) Branded Material**

The Marketing team works closely with our sponsors to ensure branded material is consistent across all of our events both national competitions and recreational events. Emphasis has also been placed on all printed and online material to ensure a more consistent look and feel is across all of Athletics Ireland's marketing collateral.

#### **d) Marketing National Senior Championships**

The Marketing team endeavour to optimise the coverage of our National Championships. For the GloHealth Senior Outdoor Championships in 2014 there was a promotional photo call in Santry Stadium with Mark English and a number of other athletes. Photos from this shot were used for the local outdoor campaign, adverts in the local press, social media and on the Athletics Ireland website. There was a pre-event promotional video that was shared across our social media platforms. During the championships there were live twitter updates, post-race video interviews. Finally, both a pre and post event press release was issued to local press.

#### **e) Recreational Events**

There are three key recreational events of which we have complete ownership: the Grant Thornton Corporate, Sonia 5k series and the Remembrance Run 5k. The Marketing team developed and implemented extensive marketing, PR and promotional plans to attract entries to these events. In 2015, the Grant Thornton Corporate 5K Team Challenge added two new races to the series – National Sports Campus, Fingal and Cork City along with the flagship race in the Dublin Docklands. In year one the NSC, Fingal race had 150 teams (600 participants) and the Cork City race had 200 teams (800 participants). The Docklands event continues to be a huge success with the race selling out in both 2014 and 2015 with an impressive 1,250 teams (5,000 participants) last year. The Remembrance Run 5k has also grown in numbers of the last two years with more than 3,000 participants registering in both 2014 and 2015. Athletics Ireland held two Sonia 5k races in association with Euromedic in 2015. The first event took place in Dún Laoghaire in June with the second race taking place in Sonia's home town of Cobh in September.

Two new events have been added to Athletics Ireland's recreational calendar in 2016. The Virgin Media Night Run and Dublin Remembers Run 1916. The Virgin Media Night Run will take place on Sunday 22<sup>nd</sup> May @ 9:30pm around Dublin City Centre. The Dublin Remembers Run will take place on the same date as the Easter Rising 100 years ago, Sunday April 24<sup>th</sup>. The route will take participants along key landmarks of the 1916 Easter Rising including the GPO, the Four Courts, Mendicity and Kilmainham.

In addition, support is provided to event organisers of races which we have a partnership including the Rock 'n' Roll Half Marathon, Operation Transformation, Healthy Heart Run and Lust for Life.

The recreation running programme is an important source of revenue for the organisation and allows us support initiatives particularly in the High Performance area. Our appreciation to Dermot Nagle, George Maybury and Tom McCormack and the rest of the team for their commitment to our recreation events. We held our first event in Cork in 2014, the Samsung Night Run, followed in 2015 by the Grant Thornton Corporate Challenge and we would like to express my thanks to Pat Walsh, Paddy Buckley, Bill Allen and John Quigley and their team.

John Holian worked tirelessly in both 2014 and 2015 in managing the organisation of the recreation events and deserves huge credit.

The Marketing team also has responsibility of managing the Athletics Ireland's recreational running database which now has a subscription of over 45,000.

## **f) National Athletics Awards**

The National Athletics Awards recognises Ireland's most successful athletes, clubs, coaches and officials each year. A full promotional plan and event management plan was planned and delivered by Athletics Ireland's staff in 2014 and 2015.

## **g) Merchandising Clothing**

The license agreement format of outsourcing the selling of the merchandise clothing continues. This allows Athletics Ireland to receive an annual payment from the sale of the merchandise without any significant risk as we do not have to allocate resources to transport, sales costs, stock management or finances. This merchandise is extremely popular with our juvenile athletes.

# **10. Irish Schools**

## **1. Schools' Performance: National Championships**

### **i. All-Ireland Track and Field:**

2014 Produced 9 Championship best performances.

- Online Streaming Stats: Total views – 2014 – 10,352 Viewers.
- Harry Purcell winning the 400m / 800m Double

2015 Produced 15 Championship best performances.

- Online Streaming Stats: Total views - 14,692 Viewers.
- Introduction of 5 Minor Events in 2015 for both girls and boys.
- A total of 118 events.
- Zak Irwin and Ciara Neville both achieved European Junior Standards

### **ii. All-Ireland Cross Country:**

In 2014, the All-Ireland Schools Cross Country Championships was held in Cork Institute of Technology which provided some very competitive races with the highlight being Siofra Cleirigh Buttner winning the senior's girls race, making it six medals in six years for the Colaiste Iosagain student at Cross Country.

In 2015, the All-Ireland Schools Cross Country Championships was held in Clongowes Wood College, Clane which produced the largest crowd to date at a Schools Cross Country. This also was the first time



a Cross Country was live streamed from a venue with 6081 viewers online. Kevin Mulcaire proving his class in the Senior Boys.

### **iii. All-Ireland Combined:**

The 2014 All Ireland Combined Events was held at the International Indoor Arena in Athlone, the standard continues to improve since the event was moved indoor.

The 2015 All-Ireland combined event was held at the International Indoor Arena in Athlone. Kate O'Connor (St Vincent's Dundalk) and Daniel Ryan (CBS Thurles) highlighted the championships with record breaking performances. O'Connor dominated the junior girl's age group with a tally of 3,865 points to set a new Irish record, while Ryan was equally impressive in the intermediate boys with a total of 3,785 points - also a new record.

### **iv. Tailteann Interprovincial Games:**

The 2014 Tailteann games were held in Santry with some great performances recorded. Michaela Walsh and Sean Lawlor were the two outstanding performers on the day, breaking records in the Hammer, Shot and the 200m respectively.

The 2015 Tailteann Games were held in Morton Stadium, Santry with Ciara Neville (Castletroy College) continued her impressive form with a duo of first place victories in the 100m and 200m girl's events. Neville broke two Tailteann game records in the process, running a time of 11.4s in the 100m and 24.1s in the 200m.

## **2. Schools' Performance: International Championships**

### **i. Track and Field International:**

The 2014 SIAB Track and Field Championship were held in Cardiff, which produced a winning tally of 13 gold, 9 silver and 8 bronze. Three of the winning distances were new championship records. Eoin Sheridan broke a thirty year old record in the boy's discus with a throw of 55.43 meters, while Michaela Walsh set new figures in the Shot and Discus.

The 2015 SIAB Track and Field International was held in in Grangemouth, Scotland and the Irish team won, 7 gold, 5 silver and 12 bronze medals, earning a comfortable second placing in the team competition.

## **ii. Cross Country International:**

The 2014 SIAB Cross Country International was held in Bolton. Ireland provided the winner of the Junior Girls, Caoimhe Harrington. In the Junior Boys, first through Patrick Maher and also a third through, James Gerard Maguire. Further success came in the final race with a silver medal for Kevin Mulcaire.

The 2015 SIAB Cross Country International, organised by Anthony White and the ISAA, proved to be a great success, both on and off the field. The three visiting countries were full of praise for the package provided at Santry. A brilliant winning run from Darragh McElhinny of Colaiste Pobail Bantry gave Ireland a podium place in the Junior Boys.

## **iii. Schools Combined International:**

### ***December 2014 – Schools Combined Events – Glasgow***

Irish Schools enjoyed their best day ever at the annual Schools Pentathlon at the Emirates Arena in Glasgow. All four teams pushed the usually dominant English all the way for the top of the podium and when all the points were totted the Junior Girls prevailed to take a historic team gold for the first time in the history of this competition with all the others teams taking silver. History was also created individually with Elizabeth Morland, from Dunshaughlin Community School winning the Inter Girls and in doing so crashed through the 4000 point barrier setting a new Championship record.

### ***December 2015 – Schools Combined Events – Glasgow***

Kate O'Connor was the big story of the day at the International Schools Combined Events Championships setting a new record of 3803 points in the Junior Age Category breaking Katarina Johnson-Thompson's record. Johnson-Thompson set the record of 3769 points for England in 2007. O'Connor recorded 5.57m in the long jump, 9.37 seconds in the 60 Hurdles, 1.66m in the High Jump, 11.25m shot put and 2:19.45 in the 800m to win the junior girls in style.

## **3. Schools' Participation Figures:**

### **i. Affiliated Schools:**

- 2014 – 693 Schools Affiliated
- 2015 – 669 Schools Affiliated

ISAA continue to identify areas / regions in which Athletics is not undertaken in Schools and develop links with local clubs and build relationships to introduce the sport of athletics.

### **ii. Cross Country Championships:**

- 2014 - 12,400 Individual Entries
- 2015 - 12,098 Individual Entries

**iii. Track & Field:**

- 2014 – 15,388 Individual Entries
- 2015 – 15,415 Individual Entries

**4. New Breed – Schools Programme**

The New Balance, New Breed Schools Initiative was rolled out in search of the next generation of Irish athletes and encouraging a new wave of participation. Students were taken through three main tests: standing long jump; vertical jump and timed sprint through electronic speed-gates.

**Progress:**

- 13 Post Primary Schools Nationwide
- 795 - 1<sup>st</sup> year students tested
- National Press (RTE) and Local Press coverage

**5. iRunForFun – Recreational Running Initiative for Post Primary Schools**

- Taking place across 40 Post Primary Schools.
- 20,000 Students taking part.

**6. School Mile Challenge:**

- 2015 – 61 Schools (14,763) Participants (32% Growth in participant)
- 2014 – 42 Schools (10,043) Participants (29% Growth in participants)

**11. Universities**

The availability of the Athlone International Arena as a venue for the Irish Universities Indoor Championships has continued to impact on the numbers of competitors and performances. Ten Championship Records were set between the championships in 2015 and 2016. Both of these championships were live streamed on the internet. The outdoor track and field championships were hosted by Waterford IT at the Waterford Regional Sports Centre in 2014 with three Championship Records and at the Mary Peters Track in Belfast in 2015 by the University of Ulster with four Championship Records.

As in the past number of years, the Universities Cross Country Championships in 2015 and 2016 were held conjointly with the Irish Schools Championships, both of which were live streamed. In 2015 at Clongowes Wood School, UCC won the Women's Championship for the first time in 20 years. In 2016 at the Sligo Racecourse, the University of Limerick lifted the Women's title after a fifteen year gap.

At the Road Relay Championships within the confines of Maynooth University, University College Dublin completed a hat-trick of wins in the Women's Championship in 2014 and 2015, while Dublin City University continued to dominate the T & F championships, the Men's Cross Country and the Men's Road Relays.

The Irish Universities versus Scottish Universities match which was revived in 2013 continued successfully. Irish Universities won the match at Grangemouth, Scotland in 2014 and at the Mary Peters track, Belfast in 2015. The 2016 match is scheduled for Kilmarnock, Scotland at the end of May 2016.

A Universities Athlete of the Year award was introduced by Athletics Ireland in 2014, won by Maria O'Sullivan (TCD) and John Travers (AIT). The 2015 recipient was Thomas Barr (UL) for his outstanding performances at Universities Championships, both indoors and outdoors, and his Gold Medal in the 400mH at the 28th Universiade in Gwangju, South Korea.

## **12. Child Safeguarding**

### **CHILD SAFEGUARDING**

Athletics Ireland is committed to the safeguarding and protection of all children and young people in our sport. Over the years our child protection policies have been implemented in line with the national guidance outlined by the Department of Children and Youth Affairs in the Children First Act 2015 and by Sport Ireland in their Safe Sport programme. In 2011 our Code of Ethics was published ensuring that our sport is up-to-date and in line with relevant documents, current best practice and legislation throughout the island of Ireland. Clubs, county and provincial boards continue to implement safe recruitment policies and safeguarding guidelines. In recent years a more proactive strategy of informing, tutoring and supporting clubs has resulted in a greater awareness and understanding of what is required in good safeguarding practice. Young people's involvement in sport is a key component to their physical and emotional development. Almost Sixty percent of our members are under the age of eighteen. As a sport we need to ensure that their early experiences are positive and enjoyable, irrespective of their ability, gender, social class and race. Club volunteers deliver valuable contributions to these positive experiences by acting as mentors and role models in their dealings with young people. In particular the work of our Club Children's Officers are instrumental in the implementation of our Child Protection Policy and safeguarding guidelines. We continue to build on this work to ensure that all young people's involvement in athletics is a valuable and rewarding experience.

#### **a. Garda Vetting**

Over the past 5 years a total of 6569 applications for Garda vetting have been processed by Athletics Ireland. The National Vetting Bureau Act due to commence in May 2016 will make it an offence to work with children without having completed a successful vetting application.

#### **b. Child Safeguarding Training**

Two levels of safeguarding training are now offered to clubs by Athletics Ireland.

Basic Awareness in Child Protection (Code of Ethics) & Club Children's Officer course.

- In 2014 34 child safeguarding courses were delivered to 393 leaders nationwide.
- In 2015 37 child safeguarding courses were delivered to 383 leaders nationwide.

#### **c. Consequences of Social Media & well-being workshop for young people**

In 2015 we launched a new workshop for young people. This workshop is about the consequences of sharing personal information on social media, the rights that young people have and most importantly

where they can go to get help. In 2015 over 120 young people and volunteers have attended our consequences & wellbeing workshop.

**d. Mental health and Wellbeing web resource**

In 2015 we developed a webpage signposting support services for 25 mental health and wellbeing organisations from Aware to the Samaritans. On one single page anybody in need of support can find a description of the service and how to make contact. This wellbeing resource page is on our website.

**e. Children in Sport working groups**

Athletics Ireland continues to be represented on the Children in Sport group within Sport Ireland and the All Ireland Designated National Children's Officers group with the NSPCC in Belfast. We continue to play an active role in these groups that inform and shape policies and guidelines that influence children's experiences in sport in Ireland.

**f. Club Mark**

In 2013 an Athletics Ireland Club Mark system was designed, piloted and launched. Since then 14 clubs have received accreditation. Club Mark is a planning and development tool for clubs. Accreditation is awarded after an online workbook has been completed and evaluated.

## **13. The Future**

In the Strategic Plan 2013-2016 we identified seven key strategic priorities as follows:

To promote the growth of the sport of athletics and health and fitness generally among our members.

To support the achievements of our elite athletes, in particular by implementing the High Performance Plan.

To build on the existing base of Coaches and Officials.

To promote the sport of Athletics among Juveniles and Schools.

To promote health and fitness in the population as a whole.

To further develop the supporting infrastructure.

To ensure good governance and financial stability.

We have made significant progress in all seven strategic priorities and all seven will be important as we embark on the 2017-2020 plan.

## **14. Appreciation**

I would like to express my appreciation to:

- The Board, particularly the President and the Chairs who I have worked closely with in the past two years.
- The staff who have worked hard to support the organisation and myself.
- The people who volunteer throughout the country in the interest of the sport.
- Our funders, particularly Sport Ireland.
- Our sponsors, GloHealth, New Balance and Grant Thornton.
- The media.

**JOHN FOLEY, Chief Executive Officer**

**The CEO presented the following summary of his report to Congress**

Ladies and Gentlemen,

You will have seen my report in your Congress pack and my intention this morning is to give a summary of the principal areas and to speak about the future.

Firstly I would like to thank the Board for its support over the past two years and also prior to this period. A particular thanks to Ciaran O’Cathain who I have worked closely with during his period as President. Ciaran, your period as President has been a very positive one for the organisation and I have enjoyed working with you. Also I appreciate the great work of the Committees and the progress which has been made in the past two years.

I am blessed with the staff working with me in Athletics Ireland and the commitment shown is commendable.

I have said a number of times in the past number of years that the Volunteers are the key people in our sport and without you it would not be possible to run our competitions, training sessions and all the other activities necessary to ensure the success of this fine sport. I appreciate everything you do.

There has been a lot of preparation for this Congress and Bernie Dunne and Liam Hennessy have been of enormous help. Bernie has worked tirelessly over the past number of weeks and Bernie I appreciate your commitment.

**Slide 2. Summarising the past 2 years:**

Peter Hanlon will take you through the detail of the financial situation in the afternoon however in summary we had a small surplus in 2015 of €12,000 and also benefitted from the revaluation of the building which adds €118,000 extra to the bottom line. Peter will also take you through the Athletics Enterprises numbers and you will see a similar improvement in the bottom line.

You will note the increase in revenue from 2014 to 2015 and this increase is as a result of the focus on recreational running events which funds a number of our programmes particularly in High Performance. We continue to endeavour to do more and more such as supporting Grand Prix events such as Cork City Sports, Athlone I.T. International, The Morton Games and Letterkenny International which are such positive showcases for our sport. Also, as a result of more athletes achieving standards for international competition we are giving more support to High Performance.

Slide 3. Membership:

At the end of 2015 we had 56,500 members which is close to double that achieved in 2009. As you know our objective is to reach 60,000 by the end of 2016 and while we are striving to achieve this I think that a number close to 58,000 is more realistic.

***Slide 4. Membership (Juvenile, Masters)***

This slide shows growth by age group and particular mention needs to be given to the remarkable growth in Juvenile Athletics over the last number of years. In 2009 we had just over 19,000 Juvenile Members and in 2015 this had grown to over 33,000. Also in Masters we have seen growth from 6,500 to close to 18,000 in the same period. There are more and more Masters competing, however the primary reason for this significant increase is the emergence of the Fit4Life groups around the country and the support of Sport Ireland through the Women in Sport programme.

***Slide 5. Gender***

The number of females versus males in our clubs continues to increase and at the end of 2015 54% of our members are female.

***Slide 6. Clubs***

Growth in the number of clubs follows the same pattern as membership and since 2009 close to 100 new clubs have been set up around the country and at the end of 2015 we have 358 in total. The growth in the number of tracks is assisting us in recruiting and retaining athletes and the Department of Sport's Sports Capital Programme has been of significant assistance in this regard. There are still pockets of the country which can benefit from new facilities we will work with the various stakeholders in the next 18 months to achieve this.

***Slide 7. Funding***

Without Sport Ireland's considerable support we could not do what we do. Each year for the past 6 years it has contributed close to €2 million to Athletics Ireland and without this we would have a far different organisation. One of the objectives we have as an organisation is to continue to grow our own revenue streams and we are doing this and compared to 2010 we have increased from €1.3 million to €2.3 million and we now raise over 50% of our total revenues through our own resources.

***Slide 8. Competition:***

Georgina and Jim have given very comprehensive reports on competition and all I want to do is to thank people who have managed our competitions in the past two years. You are doing a wonderful job. It is during the preparation for competition and the days of competition that the volunteer and staff work very closely together and I am delighted to see that this works so well. Georgina and her team on Senior Competition and Jim and his team on Juvenile Competition have done a great job and Moira Aston her team working in partnership with both of them and

their committees ensures that our competitions are managed professionally and the needs of the athletes are at the forefront. Moira has become a really vital part of the management of Athletics Ireland not only in competition but in other areas and I want to acknowledge this and express my appreciation.

**Slide 8. Technical:**

Training is an integral part of the Technical brief and continues in the various areas. We are fortunate that we have a number of very high calibre people who represent us internationally namely John Cronin, Ronan O’Hart, Declan Curtin and Pierce O’Callaghan. Can I give John Cronin special mention as he was elected to the IAAF Technical Committee in 2015 and was a Technical Official at the recent World Indoors.

On Race-Walking: Ray Flynn, Shane Gallagher & Pierce O’Callaghan are International Judges.

**Slide 9.Schools:**

Secondary Schools continue to be an integral part of Athletics Ireland and we work very closely on all the activities particularly the Regional, Provincial and National Championships. The championships are the highlight of the school activities however we are also working with teachers on the recreational aspect of the sport through the mile challenge and the “I run for fun” initiative. Getting kids in school active is a primary objective of the Government’s “Healthy Ireland” initiative and we will continue to be an integral part of this drive. While we will continue to focus on secondary schools we will also give a great deal of attention to primary schools through our “Fit for Class” programme. This programme is being piloted in 10 schools and our plan is to extend it to primary schools nationally from September 2016. It emphasises the fun of athletics participation and the basics of agility, balance and co-ordination. We have been asked by Sport Ireland to focus on disadvantaged areas and primary schools will be a focus for us as we move forward.

**Slide 10. Universities**

University competition continues to progress and it has been a very successful two years. D.C.U., U.C.C., L.U., and U.C.D. have won titles in the past two years and there is great depth in the championships. The highlight of the year from a University perspective was of course the fantastic performance by Thomas Barr by winning the 400 metres Hurdles at the World University Games.

**Slide 11. Child Safeguarding.**

We continue to make progress in the important area of Child safeguarding and are Tutoring and Vetting all our members who are involved with children. Kieron Stout has made huge strides in all aspects of welfare and is available to help clubs on child protection and welfare



matters. I would like to acknowledge Matt Lynch and his contribution and advice on these matters. The safety of our children and vulnerable adults is one of the most important aspects of our sport and I appreciate the commitment of all our clubs in ensuring that we take it seriously. The reality is that legislation is in place now dictates how we operate on child safeguarding and Kieron works closely with Sport Ireland to ensure that we are compliant in every area.

**Slide 12. Coaching and Development:**

Eamon has reported on Coaching and Development and we are making huge strides in this area and we continue to run courses to cater for all the needs of our coaches in co-operation with Coaching Ireland. Some of you will be aware of the “Coach Mentoring Initiative” which is focused on mentoring our coaches to make them the best they can be. I attended part of a session in Athlone last Saturday and saw first- hand the enthusiasm and eagerness to learn. Brid and Eamon together with Pat Ryan, Tom Crick from Athletics Northern Ireland, Jeremy Lyons and Kevin Ankrom have been the drivers of this initiative and they are to be commended. On Saturday we delighted that Deirdre Ryan and Ciaran McDonagh were the mentors and it is planned to invite a number of our now retired athletes to help us going forward. Tomorrow we continue our Endurance initiative and over 130 coaches have signed up.

**Slide 13. High Performance:**

In 2016 Robert Heffernan will take part in his fifth Olympic Games. This is an extraordinary achievement. Recently Rob was upgraded to bronze medal for the London Olympics 50k walk as a result of a ban being imposed on a Russian athlete for doping. Also, you will be aware that Olive Loughnane was promoted to Gold Medal position for the 2009 World Championships 20k walk as a result of the ban imposed on the Russian athlete who had won the gold. Derval O’Rourke was upgraded to the Bronze Medal position for the 2013 European Indoor Championships. While it is great to see these athletes receive their just rewards it is highly inappropriate that they had to wait until now rather than the appropriate standards being in place to ensure that people who were doping were caught before they could compete at championships.

On High Performance overall we continue to progress. Our systems and management are professional, we are seeing more and more athletes emerge. We now are supporting 150 athletes in the programme and we have a hugely impressive crop of young athletes and with the appropriate coaching, competition and medical support we are confident that we will see a significant improvement in performances at International competition in years to come. You will see from the slide where the money on High Performance is spent which is in the main funded by Sport Ireland and supplemented by fund raising through organising recreational running events.

**Slide 14. Anti Doping:**

I mentioned the doping issue earlier and we are fortunate in this country that we have a robust programme run by Sport Ireland and we work very closely with Sport Ireland on this programme. We have 25 athletes who are tested on a regular basis during competitions and while they are in training.

**Slide 15. Marketing:**

We continue to attract prestigious sponsors and are delighted to have GloHealth, New Balance and Grant Thornton on board with us. We continue to endeavour to add value to our sponsors and ensure that we optimise positive coverage of their brands.

The world has changed in Marketing. In my years in Marketing we communicated through T.V., Radio, Press and Billboards. The emergence of social media means that communicating with our target audience is more complex with Facebook and Twitter being hugely important. The Athletics Ireland and Irish Runner Facebook and Twitter vehicles of communication are doing well and we will continue to focus on these.

**Slide 16. Recreational Events:**

Recreational events are becoming more and more important to us on revenue generation. We have a number of events which we own and a number which we manage for other organisations. Tomorrow morning we have an event in Dublin which will have 4,000 participants to celebrate the 1916 Rising and in May we have the Virgin Media Night Run which will have 6,000 taking part and many others through the year. I would like to acknowledge Dermot Nagle, George Maybury, Tom McCormack, Nick Davis, Michael Quinlan and Harry Gorman for their continued assistance in this area and also John Holian who worked tirelessly over the past two years to get us to where we are as well as doing his Finance role. In Cork Pat Walsh, Paddy Buckley, Bill Allen and John Quigley have been enormous help to us.

**Slide 17. Facilities:**

I spoke about facilities earlier and it is important to put on record the enormous contribution of the Nenagh Indoor track and more recently the Athlone I.T. International Arena has made to the progress of our sport and the new track at Abbotstown will be a huge asset from 2017. However I think sometimes that we could take the Athlone facility for granted now that we have it for a few years however it is important to recognise that it was built in the main through private funding and took enormous courage from Ciaran O’Cathain to bring it to fruition. It was before my time but the same is true of the Nenagh indoor track and Sean Naughton and his colleagues. Some of you will be aware that Leevale A.C. are planning an indoor High Performance facility and again great credit due to this club for their vision in

building this. There are many others around the country also and the clubs involved are to be commended.

**Slide 18. Future:**

We are near the end of the end of the 2016 plan and in the main we have achieved our objectives. This is a journey which will continue and the preparation for the 2017 to 2020 will commence next week and will be published, having taken input from all stakeholders, in the 4<sup>th</sup> Quarter of 2016.

Lastly I would like to speak about myself and my plans. This will be my final Congress as C.E.O. and I will retire at the end of 2017. My primary duty in the next months is to assist the new President and to pave the way for my successor. It has been a thoroughly enjoyable time in my life and my commitment for the next 18 months will not waiver. This is a great organisation and I am proud to be a part of it. Thank you for your support in the past and for your ongoing support.

Before I finish I would like to show you a short clip from the Inter-Varsities which were held last week. While our sport has been troubled greatly by the drug issues which have surrounded it this clip epitomises our sport. It has been seen around the world and this is what our sport is all about.

Thank You.

John Foley

Q: Jude Feehan questioned the low attendance of some of the Board Members at Board meetings?

A. Correction to minutes re Neil Martin who attended 7 meetings (not 5). Catherina McKiernan resigned due to other commitments. Roy Dooney resigned as he was appointed to the Board of Sport Ireland and this was deemed to be a conflict of interest.

For future Congresses the report on attendance will include a note if a member resigns from the Board during the period.

Q: Maurice Ahern (Donore Harriers) voiced his view that we were not getting sufficient coverage on the media for Athletics and asked the C.E.O. to comment?

A: JF outlined the coverage we were receiving on National and especially on local press and the fact that we are working with RTE on recorded highlights of our National Championships and that a number of our events are now being live-streamed. We continue to be focused on

receiving coverage in traditional media and on social media which is becoming more important in communicating our message.

Q. Pippa Hackett asked for a further breakdown on Juvenile membership by age category to examine particularly the older age groups to determine if there are drop-offs and what we can do to keep these children in the sport?

A: JF committed to doing an analysis of this and to communicate the results.

Q. Collette Kelly questioned why, despite the fact that we have trained so many leaders and coaches over the last number of years, the burden of coaching in clubs continues to fall on so few people?

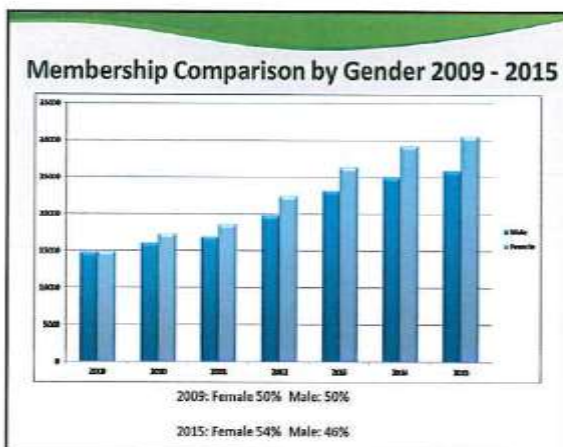
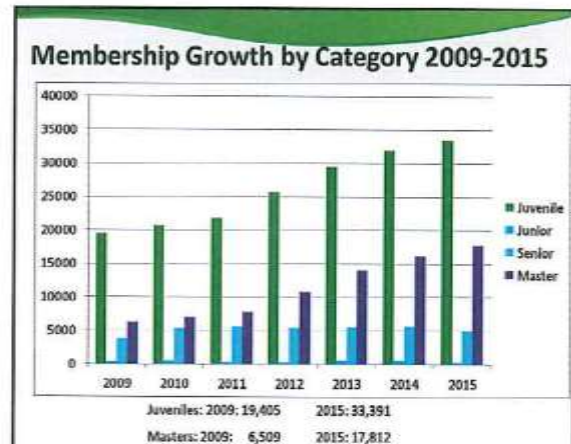
A. JF undertook to investigate and communicate the findings.

Q. Brendan Meade expressed his disappointment with the lack of support given to clubs by AAI regarding the Precision Timing receivership. He acknowledged that John Foley had visited Navan to meet with the clubs. John Foley offered to assist them in the future with advertising in Irish Runner and on our website.



### Congress 2016 Athletics Ireland Ltd

|                      | Income & Expenditure |      |
|----------------------|----------------------|------|
|                      | 2015                 | 2014 |
| €000                 |                      |      |
| Income               | 4435                 | 4041 |
| Expenditure          | 4423                 | 4044 |
| Surplus              | 12                   | (3)  |
| Property Revaluation | 118                  | -    |
|                      | 130                  | (3)  |



### Funding

|                      | 2010         | %   | 2011         | %   | 2012         | %   | 2013         | %   | 2014         | %   | 2015         | %   |
|----------------------|--------------|-----|--------------|-----|--------------|-----|--------------|-----|--------------|-----|--------------|-----|
| Irish Sports Council | 1,344        | 60% | 1,911        | 56% | 1,883        | 49% | 1,750        | 45% | 1,732        | 45% | 1,857        | 44% |
| Athletics Ireland    | 1,314        | 40% | 1,497        | 40% | 1,972        | 51% | 2,138        | 55% | 2,141        | 55% | 2,396        | 56% |
| <b>Total</b>         | <b>3,258</b> |     | <b>3,408</b> |     | <b>3,855</b> |     | <b>3,888</b> |     | <b>3,873</b> |     | <b>4,253</b> |     |

\*\* Includes Rio €138K & 40K – Get Ireland Active

2014 & 2015 excludes carding



### Competition

**Highlights:**

- Volunteers and staff working together
- Use of Technology
- Seasons becoming more distinct
- Issue of creating excitement – Worldwide issue
- Kids events during senior competition
- Social Media – Using effectively
- Records for 2014 & 2015: Outdoor 28  
Indoor 16




### Technical

**Highlights:**

**Training:** EDM, Field Terminals, Photo Finish,  
Meet Manager, Event Presentation, False Start

**International Officials:**

- John Cronin: IAAF ITO Level 3 Panel  
– Appointed to IAAF Technical Committee
- Declan Curtin, Pierce O’Callaghan, Ronan O’Hart  
– European Athletics ITO’s

**Pathway to National Technical Officials:**  
– September 2016




### Schools

- **Affiliated Schools:** 2014: 693 2015: 669
- **Competitors:** Cross Country: 2014: 12,400 2015: 12,098  
Track & Field: 2014: 15,388 2015: 15,514
- **I Run For Fun:** 40 secondary schools, 20,000 students
- **School Mile Challenge:**
  - 2015: 61 Schools, 14,763 participants
  - 2014: 42 schools, 10,043 participants
- **Fit4Class:** Primary Schools Initiative: Pilot of 10 Schools  
Roll-out in September '16

**FIT4CLASS**




### Universities



**Thomas Barr: World University Games 400mH Champion 2015**

**Championships Outdoor:** 2014: Waterford R.S.C.  
2015: Belfast – Mary Peters

**Indoor:** 2014/2015 – Athlone


**Cross Country Championships:** 2014: Clongowes Kildare  
2015: Sligo – Racecourse

**Road Championship:** 2014-2015: Maynooth

### Child Safeguarding

- 776 sports leaders tutored in Child Protection since 2014  
➤ as per Children First Act 2015
- 6,569 Garda Vetting applications completed since 2011  
➤ as per National Vetting Bureau Acts 2012 – 2016
- E-Vetting beginning for AAI in 2016
- Children’s Officers newsletter & social media pages established
- Social Media & Wellbeing workshop for young people created
- Mental Health & Wellbeing strategy & website published
- AAI part of Child Protection in Sport cross border forum
- Ongoing support to clubs on child protection & welfare matters



## Coaching & Development

- 138 Courses & 2,438 participants in 2014/2015
- 118 Event specific Coaching days – Coaching Ireland
- Coach Mentoring
  - New initiative
  - First session very successful
  - Continued focus on growing our own coaches




## High Performance

- Continuing to make progress, management, planning
- Impressive group of Youth & Junior athletics
- Spend on H.P. (€000)

|                              | 2014 | 2015 |
|------------------------------|------|------|
| • Competition                | 226K | 268K |
| • Athlete Services           | 184K | 168K |
| • Camps/Prep competitions    | 89K  | 95K  |
| • Carding I.S.C. programme   | 168K | 188K |
| • Carding (A.A.I All levels) | 184K | 196K |
|                              | 851K | 915K |





## High Performance

### Anti-Doping

- A.I. works closely with Sport Ireland
- 25 athletes on the registered testing pool in 2015
- Tests:
 

|                    |    |
|--------------------|----|
| In competition     | 16 |
| Out of competition | 96 |
| Blood Tests        | 94 |




## Marketing

Sponsorship: GloHealth, New Balance, Grant Thornton

Website:

- Social Media/AAI Website: 4 million visits (400,000 annually)
- Facebook: 19,401 likes
- Twitter: 15,500 followers
- Irish Runner:
  - Website: 500K visits (81.5K unique)
  - Facebook: 23,000 likes
  - Twitter: 10,000 followers



T.V./Radio/Press:

- Generating coverage a key marketing objective
- Consistent flow of communication to media
- R.T.E. partnership important – 87,400 viewership of Indoor Highlights



## Recreational Events

- Key source of revenue
- Increase in % of adults running – 320K
- Running 2<sup>nd</sup> most popular activity

- Events (own)
  - Dublin Remembers 1916
  - Virgin Media Run – Dublin @ Night
  - Grant Thornton Corporate Events (3)
  - Remembrance Run
- Events (Managed)
  - Operation Transformation
  - Lust for Life
  - Darkness Into Light
  - Rock 'N' Roll 1/2 Marathon



1916  
1920  
1916

5K




## Facilities

- Progress being made on upgrading & building of tracks
- Athlone I.T. International Arena hugely significant
- Abbotstown facility being built
- Nenagh Upgrading
- Leevale planning a High Performance Indoor facility
- Opportunity for more




## Future

➤ New Strategic Plan: 2017 – 2020

➤ Strategic Priorities: 7 Key Strategic Priorities



1. Promote Growth of Sport
2. Support Elite Athletes
3. Build base and expertise in Coaching & Officials
4. Promote athletics through Juveniles & Schools
5. Promote Health & Fitness in general population
6. Develop Infrastructure
7. Ensure good Governance & Financial stability



## ATHLETICS IRELAND CONGRESS 2016



## **PRESIDENTS ADDRESS**

What a week it's been for Irish athletics! It's not often that an intervarsity relay race becomes a YouTube sensation, but that's exactly what Phil Healy's 'run for the ages' was at the Morton Stadium. The original video has garnered 1.5 million views, as well as generating a media storm around the world and setting social media alight. Phil's fantastic performance was a perfect example of the honesty of sport and how at its very best it captures the public imagination like nothing else.

It was also positive proof of the growing strength and popularity of Irish athletics, with membership of Athletics Ireland now at an unprecedented level. Every community you pass through around the country is characterised by people on the move, whether participating in initiatives such as Fit4Life or Operation Transformation. This is a vital development in terms of the future health and well being of this nation. It requires ongoing collaboration across a wide panoply of stakeholders and the development of innovative ideas and schemes to sustain this energy.

At the elite end, recent years have seen a step shift in terms of the quality of infrastructure available for our athletes. Naturally, I am very proud of the International Arena at AIT, while the facilities at the National Sports Campus complement and extend what is available in Athlone. These were necessary and long-overdue investments for the resourcing of the sport.

Camus said: 'You cannot create experience. You must undergo it' and of themselves, these world-class facilities will not garner medals for Ireland. However, they do transform the athletics and sporting landscape, so that state-of-the-art training and competition facilities are now much closer to home and will provide access to upcoming generations of sportsmen and women, for whom success in track and field might otherwise remain just a dream.

As outgoing President, I take enormous encouragement from these developments. However, it would be naïve to pretend that everything is well in our sport. I'm referring here to the breach of trust caused by the actions of a few motivated by their own personal gain.

As the national governing body for athletics – or just simply as sports fans – it is disheartening to see that trust breached time and time again. Never has the issue of performance-enhancing substances been so much in the media spotlight, but despite numerous high profile exposés and public naming and shaming, sportsmen and women in cahoots with their band of backroom cheats continue to flaunt the laws.

The result is the destruction of faith in sporting endeavour. The legal maxim ‘innocent until proven guilty’ is now being turned on its head – ‘guilty until proven innocent’. This is not in the best interests of athletes, NGBs, sponsors and certainly not in the best interest of fans. The logical end result of such continuous breaches of trust will be a growing level of cynicism – nothing will be taken at face value anymore.

According to Harvard professor, Youngme Moon, ‘the way to keep criticism from devolving into cynicism is to make it the starting point rather than the punctuation mark’. This places a considerable responsibility on the IAAF, therefore, to redouble its efforts to remove this cancer from the world of athletics. I am proud to say that Athletics Ireland has been in the vanguard when it comes to testing and drug enforcement. However, this affords us no room for complacency and we must use our resources to support Sebastian Coe and the IAAF in this task. We have seen how the drugs cheats have affected Irish athletes – like Olive Loughnane, Rob Heffernan, Derval O’Rourke and Róisín McGettigan to name just four – so we must take this sense of righteous outrage and be a strong voice in the international athletics community for the very highest of standards. George Bernard Shaw put it well when he said: ‘The reasonable man adapts himself to the world and the unreasonable man persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man.’ For the sake of our sport, we must be unreasonable and uncompromising if we are to halt the spread of the disease of drugs in athletics.

It goes without saying that just as we expect the very best for our athletes, so too we expect the very best from Athletics Ireland as an organisation. From my experience as President and indeed even before that, I appreciate the enormous contribution which all members of the AAI community make – from the paid staff and committee members to the volunteers and officials. A debt of gratitude is owed to one and all. I believe, however, that we also need to undertake a root and branch review of the association, so that we can best

respond to the challenges of the future. I believe that we need to look at our governance and particularly to explore how the committees can best serve the needs of our constituents and stakeholders.

There is a Japanese proverb which states that ‘A single arrow is easily broken, but not ten in a bundle.’ We need our committees to have the strength of ten arrows. We also need to ensure that they are fit for purpose and that the underlying structure supports the reception of fresh ideas, new thinking and new members. If the only constant is change, then we need to build that into our DNA.

We are not the first, or indeed the only, NGB to face these challenges. This means that we can look to international experience, such as our counterparts in the Netherlands, for example, to help in our own review and self-examination. I can’t pretend that this process will be easy, but I believe it is absolutely essential to the future health and well being of Athletics Ireland. It will enable us to adapt to the challenges of mass-participation, competing for space and attention in a crowded leisure and sports market, securing the financial stability of the association, and achieving at the highest level internationally.

I want to conclude by acknowledging the support and friendship of so many people within Athletics Ireland over the past four years. CEO, John Foley, and his team, my fellow board members for your understanding and your contribution to you my friends your clubs and your athletes it has been my privilege to work with all of you and I wish you all continued success for the future.

F. Scott Fitzgerald wrote: ‘Vitality shows in not only the ability to persist, but in the ability to start over.’ A new presidency marks a fresh beginning; I wish the incoming President all the best in his/her role and I look forward to supporting and being part of a renewed and vital Athletics Ireland.

*Go raibh míle maith agaibh.*

## AUDITORS REPORT

The Auditor Joseph Fitzgerald on behalf of Mulcahy O'Neill Fitzgerald & Co read out his Independent Auditors Report from Pages 8/9 of the Directors Report and Financial Statements for the company.

## FINANCE & RISK COMMITTEE REPORT

I have now completed my second term of Chair of Finance & Risk and it gives me great pleasure to present my report to you covering the periods from our initial meeting in May 9<sup>th</sup> 2014 to our final meeting March 7<sup>th</sup> 2016.

The period in question has been one of consolidation. Athletics Ireland income grew to €4,435,636 from €4,040,959 the previous year and I am happy to report a small surplus on trading of €12,276 as opposed to a loss of €2,995 last year. The key drivers of income over the period of the last 12 months have been:

**Sport Ireland** (formerly Irish Sports Council)

Continued weakness in the general economy has put pressure on the demands on Government finances resulting in minimal increases in the overall funds allocated to Sport Ireland. I am pleased that our share of this funding has remained high due to the excellent working relationships between our CEO and Sport Ireland and the performance plan set out by our HP Director.

As I explained in my last report Sport Ireland have begun to pass over the funds for our top High Performance athletes (Podium, World Class and International) to Athletics Ireland to pay to athletes directly. This change has been very effective in enabling our HP Director to work with these athletes.

The year before the Olympics is normally the most costly year of the cycle as there is a heavy competition programme and athletes have increased training and preparation needs to help them achieve Olympic qualification. We were very happy that Sport Ireland gave us a one off Rio Grant of €138,000 at the end of 2014 to allow us to invest in our athletes in this important year.

Since my last report the Government have issued their first health policy, Healthy Ireland and a new National Physical Activity plan recommending adults undertake thirty minutes (juveniles an hour) of activity five times a week. We were very pleased to receive an investment grant of €40,000 under the Get Ireland Active programme to undertake twenty Irunforfun pilot programmes in secondary schools. We await notification of our 2016 allocation under this programme and will increase the number of schools involved. Part of our 2016 programme will be to create links with these schools and local clubs delivering the Fit4Youth programme.

### Registration and Affiliation

We continue to grow both the number of clubs and members with 56,533 members registered at the end of 2015 and 335 clubs providing services to these members. We are holding to our Strategic Objective of having 60,000 members registered by the end of the current year.

### **Competition and Other Activities**

We were delighted to recruit new partners Glohealth for our Championships and Fit4life programme, Forest Feast for Little Athletics and summer camps and Euromedic for the Sonia5ks.

We are grateful that our existing partners New Balance, Competitor Group (Rock n Roll), Samsung and Grant Thornton for continuing their investment in our sport.

### **Recreational Events**

Members of the Finance Committee ( Dermot Nagle, George Maybury and Alan Worrall) have worked closely with staff and volunteers from County Boards and Clubs to ensure our events were well organised from an operational and safety point of view. We are also indebted to Tom Mc Cormack for his assistance in road measuring and drawing up of maps.

Plans covering Event Management, Traffic Management, Risk Assessments and Training of volunteers were created and implemented. We now are involved in 15 mass participation events up from 7 in 2013.

In 2013 we made a surplus of €75,000 on recreational events and the current set of accounts show that this surplus has increased to €186,000. Within these events we support clubs with grants on the basis of their assistance hosting planning and organising these events.

We have also grown summer camps so they are now in 15 locations and would welcome more clubs to set up these camps up as it allows teenage members of the club to learn new skills as camp leaders and future coaches.

### **Wages/Salaries**

Wages have remained static since 2013. During the period some positions were made redundant and Staff numbers in 2013 were 28 and now stand at 31. As in my last report I confirm no bonuses were paid to staff and the only adjustments in pay were where additional responsibilities were taken on by staff.

### **Northwood Property**

Our investment in the premises in Northwood Court is showing some signs of recovery and in accordance with our Revaluation policy we have had the Building revalued and as recorded in the accounts it shows an increased in Use value of €118,000 which helps improve our balance sheet as is shown in the accounts. This revaluation will be again carried out at the end of 2018 and the hope would be that at that stage the loan to Athletics Ireland Enterprises Ltd will be reduced significantly

### **2016 Budget**

A budget for 2016 has been agreed by the current board. The Finance Committee has sought various changes and thanks to the good working relationship between the committee and the team the budget was approved at our March meeting

It shows a proposed break even position.

**RISK REPORT:**

We have over the course of the last two years dedicated significant committee time to this area and we have relied heavily on the expertise of George Maybury and Alan Worrall in this regard. We have agreed a new Safety Statement at Head office and it's been signed by all staff and Safety training has been undertaken by most of the employees over two evenings in Northwood by Alan.

We are now proposing to extend the remit to focus on Events of our own such as Cross Country and Track and Field events at every level to ensure that we are constantly seeking to eliminate risk and to be able to run our competitions in a safe way for all. A one page document to be used by those hosting cross country events in draft form and it is hoped this will be adopted by all counties and regions in addition to it forming the backbone of our own events.

There is also a need to be able to offer support to clubs and County Boards to ensure that they are assisted in all aspects of the promotion of the sport including other general competitions and it is hoped in 2016 to provide some safety training at least at regional level.

As I advised in my last report Risk is an evolving process, one which develops, grows and constantly challenges. In the past two years we have drawn up risk assessments for the offices in Northwood, Road Races, and Track and Field Championship Venues

Child Welfare and Dispute resolution are areas we have invested in by recruiting a full time Child Safe Guarding officer who also facilitates clubs to resolve disputes. This is an area that we are very proud of and the work of Kieron Stout in this area. He is available to discuss any safeguarding concerns with clubs and his expertise in the area is acknowledged. In the last 12 months policies lost child policy, social media and dispute resolutions and Residential Camps have been drawn up.

The current board received no training on their roles and responsibilities and this is essential for the new board to complete early in their term as it allows all parties to understand the risks they are accepting by becoming directors and the scope of the boards' role in policy direction.

The legal expenses incurred by the company this year were modest and we must acknowledge the significant and ongoing support of Gerry Dunne of O'Brien Dunne and Co who led us through a very difficult dispute that was concluded successfully in 2015.

The Board will need to attend to the Governance requirements that it faces and the various conflicts that have been identified only some of which are being looked at. There is a need for external support in this area but I am strongly of the view this should be self-funded and that the external Consultants used should be independent of any of our funders.

There is a significant amount of work to be carried out by the company to comply with the requirements of the Companies Act 2014 and in that regard you will see the name of the company has been changed to Athletic Association of Ireland Ltd by Guarantee and work needs now to be carried out on our Memorandum and Articles of Association. I would advise that some of the motions laid before the Board were ruled out on the basis that there was a need to act without constraint in the changes to the Memorandum and Articles, to ensure they give every member an equal opportunity and to ensure there are no grounds for discrimination whether to/by our members or the staff we employ.

My two terms are now over and I leave the Board in the hope that the period of my involvement has been positive. The challenges faced by volunteers when joining the Board should not be underestimated and the debate and passion that takes place at meeting shows a very real determination to act in the best interests of the members who we all ultimately represent. There is a need for a better understanding of the role of the Board and how the Chairs interact with the Employees as this is the area where I felt most friction arose. The absolute need for the Board to receive training on their roles and responsibilities is critical to a harmonious relationship between the volunteer and the board. We are very lucky with the calibre of Staff that we have working for us. Many evening when attending meeting at head office there were numerous employees working late to ensure the Association is best placed to deliver for all its stakeholders.

I am are very grateful to the committee of Carmel Kelly Dave Evans Donal Murnane George Maybury Alan Worrall and Dermot Nagle whose support and advise was critical over the last few years. The balance in the team between those from business, accountancy or Risk allowed us to fully debate and decide on best practice which I hope on balance we achieved. We also had a good geographical spread of members to hopefully represent every regions view.

As myself and Dave Evans retire (Dave having the unique distinction of never having been beaten in the election) I wish the Sport well in the future and finally I would also like to express my appreciation for the guidance and support of John Foley in his role as CEO and also to John Holian and Roisin Horgan on the day to day management of our affairs.

**Peter Hanlon**, Chair of Finance & Risk

### ***REPORT ADOPTED***

**PROPOSED: Karl O'Connell    SECONDED: Michael Quinlan**

The Chair Peter Hanlon presented to Congress the following PowerPoint summary of his report.



**Congress 2016**

|                    | Income & Expenditure |      |       |
|--------------------|----------------------|------|-------|
| €000               | 2015                 | 2014 | 2013  |
| <b>Income</b>      | 4435                 | 4041 | 4,389 |
| <b>Expenditure</b> | 4423                 | 4044 | 4,395 |
| <b>Surplus</b>     | 12                   | (3)  | (6.0) |

**Congress 2016**

|                           | Income – Sport Ireland |      |      |
|---------------------------|------------------------|------|------|
| €000                      | 2015                   | 2014 | 2013 |
| <b>Core</b>               | 806                    | 816  | 828  |
| <b>Hosted Events</b>      | 80                     | 70   | 71   |
| <b>Get Ireland Active</b> | 40                     | 0    | 0    |
| <b>Women in Sport</b>     | 40                     | 46   | 43   |
| <b>Performance</b>        | 886                    | 800  | 808  |
| <b>Carding</b>            | 168                    | 168  |      |
| <b>Total</b>              | 2040                   | 1900 | 1750 |

**Congress 2016**

|   | Income – Other Grants |      |      |
|---|-----------------------|------|------|
| €000  | 2015                  | 2014 | 2013 |
| <b>DTTS Sports Capital Equipment Grants</b> | 192                   | 179  | 201  |
| <b>Euro Race Walk Judges Conference</b>     | 0                     | 0    | 27   |
| <b>SIAB Hosted T&amp;F</b>                  | 0                     | 5    | 12   |
| <b>Ulester Schools</b>                      | 0                     | 1    | 0    |
| <b>EAMIAAF</b>                              | 40                    | 43   | 17   |
| <b>Total</b>                                | 232                   | 228  | 257  |

**Congress 2016**

| Sports Capital Equipment Grants             |            |
|---|------------|
| €000  | €'000      |
| DTTS Sports Capital Equipment Grants 2014   | 200        |
| Unspent at December                         | 137        |
| Jan 2016 Technical Equip for Competition    | 77         |
| Feb 2016 Coach Education Packs              | 50         |
| April 2016 – Various Competition Implements | 10         |
| <b>Total Committed</b>                      | <b>137</b> |

**Congress 2016**

|                       | Costs – Wages |       |        |
|-----------------------|---------------|-------|--------|
| €000                  | 2015          | 2014  | 2013   |
| <b>Staff Wages</b>    | €1164         | €1172 | € 1197 |
| <b>Staff Expenses</b> | €106          | €07   | €112   |
| <b>Total</b>          | €1270         | €1269 | €1309  |
| <b>Full Time</b>      | 23            | 22    | 22     |
| <b>Part Time</b>      | 8             | 5     | 8      |



## Congress 2016

|              | Income – Coaching & Development |            |            |
|--------------|---------------------------------|------------|------------|
| €000         | 2015                            | 2014       | 2013       |
| Coaching     | 12                              | 22         | 23         |
| Development  | 85                              | 93         | 84         |
| <b>Total</b> | <b>97</b>                       | <b>115</b> | <b>107</b> |



## Congress 2016

|              | Costs – Coaching & Development |            |            |
|--------------|--------------------------------|------------|------------|
| €000         | 2015                           | 2014       | 2013       |
| Coaching     | 58                             | 72         | 75         |
| Development  | 159                            | 130        | 120        |
| <b>Total</b> | <b>217</b>                     | <b>202</b> | <b>195</b> |



## Congress 2016

|                           | Income – Coaching |           |           |
|---------------------------|-------------------|-----------|-----------|
| €000                      | 2015              | 2014      | 2013      |
| Coach Education Level 2/3 | 6                 | 21        | 23        |
| Endurance Coach Network   | 3                 |           |           |
| Child Welfare Training    | 2                 |           |           |
| National Squads           | 1                 | 1         | 0         |
| <b>Total</b>              | <b>12</b>         | <b>22</b> | <b>23</b> |



## Costs – Coaching

|                   | Costs – Coaching |           |           |
|-------------------|------------------|-----------|-----------|
| €000              | 2015             | 2014      | 2013      |
| Coach Education   | 12               | 15        | 15        |
| National Squads   | 23               | 36        | 33        |
| Endurance Squad   | 5                |           |           |
| Coach Development | 1                | 2         | 2         |
| Tutor Training    | 4                | 1         | 4         |
| Staff Expenses    | 6                | 9         | 6         |
| Phones            | 2                | 4         | 7         |
| Committee         | 4                | 4         | 3         |
| Admin             | 1                | 1         | 3         |
| <b>Total</b>      | <b>58</b>        | <b>72</b> | <b>75</b> |



## Congress 2016

|                                 | Income – Development |           |           |
|---------------------------------|----------------------|-----------|-----------|
| €000                            | 2015                 | 2014      | 2013      |
| Coach Education Level 0/Level 1 | 71                   | 81        | 70        |
| Development Workshops           | 5                    | 3         | 5         |
| Regional Squads                 | 9                    | 9         | 9         |
| <b>Total</b>                    | <b>85</b>            | <b>93</b> | <b>84</b> |



## Congress 2016

|                    | Costs – Development |            |            |
|--------------------|---------------------|------------|------------|
| €000               | 2015                | 2014       | 2013       |
| Coach Education    | 43                  | 57         | 41         |
| Regional Squads    | 29                  | 26         | 19         |
| Get Ireland Active | 18                  |            |            |
| Development Days   | 14                  | 9          | 16         |
| Staff Expenses     | 38                  | 28         | 39         |
| Phones             | 4                   | 4          | 4          |
| Other              | 13                  | 6          | 1          |
| <b>Total</b>       | <b>159</b>          | <b>130</b> | <b>120</b> |



## Congress 2016

|              | Income – Competition and Marketing |            |            |
|--------------|------------------------------------|------------|------------|
| €000         | 2015                               | 2014       | 2013       |
| Competition  | 293                                | 326        | 283        |
| Marketing    | 173                                | 207        | 190        |
| <b>Total</b> | <b>466</b>                         | <b>532</b> | <b>488</b> |

## Congress 2016

|              | Costs – Competition and Marketing |            |            |
|--------------|-----------------------------------|------------|------------|
| €000         | 2015                              | 2014       | 2013       |
| Competition  | 523                               | 530        | 499        |
| Marketing    | 161                               | 165        | 81         |
| <b>Total</b> | <b>684</b>                        | <b>698</b> | <b>570</b> |

## Congress 2016

|              | Income – Competition Entry Fees |            |            |
|--------------|---------------------------------|------------|------------|
| €000         | 2015                            | 2014       | 2013       |
| Senior       | 98                              | 95         | 85         |
| Juvenile     | 46                              | 40         | 39         |
| Schools      | 33                              | 22         | 0          |
| Permits      |                                 | 59         | 64         |
| <b>Total</b> | <b>177</b>                      | <b>216</b> | <b>188</b> |

## Congress 2016

|                    | Income – Competition Gates & Programmes |            |            |
|--------------------|---|------------|------------|
| €000               | 2015                                    | 2014       | 2013       |
| Senior             | 37                                      | 39         | 28         |
| Juvenile           | 61                                      | 57         | 51         |
| Schools            | 17                                      | 13         | 16         |
| <b>Total Gates</b> | <b>115</b>                              | <b>109</b> | <b>95</b>  |
| <b>Total Entry</b> | <b>177</b>                              | <b>216</b> | <b>188</b> |
| <b>Total Comp</b>  | <b>292</b>                              | <b>325</b> | <b>283</b> |

## Congress 2016

|                            | Costs – Competition |            |            |
|----------------------------|---------------------|------------|------------|
| €000                       | 2015                | 2014       | 2013       |
| Travel                     | 108                 | 98         | 92         |
| Accommodation              | 82                  | 67         | 57         |
| Track Hire                 | 65                  | 62         | 58         |
| Medals etc                 | 46                  | 51         | 51         |
| Venue Set up               | 40                  | 72         | 65         |
| Programme Printing & Photo | 25                  | 37         | 18         |
| Official Training/Uniforms | 5                   | 4          | 3          |
| Juv/School Internationals  | 64                  | 58         | 35         |
| Hosted Events              | 79                  | 71         | 71         |
| Other                      | 8                   | 10         | 37         |
| <b>Total</b>               | <b>523</b>          | <b>530</b> | <b>489</b> |

## Congress 2016

|                           | Costs – Competition |            |            |
|---------------------------|---------------------|------------|------------|
| €000                      | 2015                | 2014       | 2013       |
| Hosted Event Grants       | 79                  | 70         | 71         |
| Senior                    | 224                 | 217        | 191        |
| Juvenile                  | 124                 | 141        | 116        |
| Schools                   | 76                  | 75         | 61         |
| Staff                     | 9                   | 10         | 8          |
| Senior Committee Meetings | 4                   | 6          | 7          |
| Juv & Schools Committee   | 2/5                 | 3/8        | 3/5        |
| Euro Walks                |                     | 0          | 27         |
| <b>Total</b>              | <b>523</b>          | <b>530</b> | <b>489</b> |

**Congress 2016**

|  | Income – Commercial |            |            |
|--|---------------------|------------|------------|
| €000   | 2015                | 2014       | 2013       |
| Sponsorship  | 159                 | 194        | 180        |
| Glohealth, New Balance ,<br>Forest Feast, Last Lap, Lar<br>Byrne |                     |            |            |
| Awards – Star  | 14                  | 14         | 6          |
| <b>Total</b>   | <b>173</b>          | <b>208</b> | <b>186</b> |



**Congress 2016**

|                 | Costs – Commercial |            |           |
|-----------------|--------------------|------------|-----------|
| €000            | 2015               | 2014       | 2013      |
| Awards          | 25                 | 29         | 18        |
| TV & Streaming  | 38                 | 19         |           |
| Sponsor Video   | 9                  | 9          |           |
| Website         | 21                 | 27         | 12        |
| Other Marketing | 68                 | 82         | 51        |
| <b>Total</b>    | <b>161</b>         | <b>166</b> | <b>81</b> |



**Congress 2016**

|              | Income – Registration & Affiliation |            |            |
|--------------|-------------------------------------|------------|------------|
| €000         | 2015                                | 2014       | 2013       |
| Affiliation  | 51                                  | 48         | 47         |
| Senior       | 366                                 | 360        | 330        |
| Juvenile     | 405                                 | 389        | 356        |
| Schools      | 18                                  | 18         | 33         |
| <b>Total</b> | <b>870</b>                          | <b>815</b> | <b>785</b> |



**Congress 2016**

|                | Income – Recreation |            |            |
|----------------|---------------------|------------|------------|
| €000           | 2015                | 2014       | 2013       |
| Managed Events | 301                 | 242        | 394        |
| Own Events     | 330                 | 158        | 122        |
| Summer Camps   | 39                  | 26         | 11         |
| Permits        | 58                  |            |            |
| <b>Total</b>   | <b>728</b>          | <b>426</b> | <b>527</b> |



**Congress 2016**

|                     | Costs – Recreation |            |            |
|---------------------|--------------------|------------|------------|
| €000                | 2015               | 2014       | 2013       |
| Managed Events      | 119                | 82         | 289        |
| Own Events          | 320                | 134        | 118        |
| Credit Card Charges | 25                 | 20         | 15         |
| Titan Consulting    | 33                 |            |            |
| Admin & Marketing   | 15                 |            |            |
| Fit4life Programme  |                    | 9          | 9          |
| Summer Camps        | 30                 | 25         | 22         |
| <b>Total</b>        | <b>542</b>         | <b>270</b> | <b>453</b> |



**Congress 2016**

|                 | Costs – Performance |            |            |
|-----------------|---------------------|------------|------------|
| €000            | 2015                | 2014       | 2013       |
| Carding         | 168                 | 168        | 158        |
| Athlete Support | 167                 | 180        | 48         |
| Travel          | 228                 | 184        | 147        |
| Accommodation   | 68                  | 71         | 65         |
| Medical         | 188                 | 202        | 132        |
| Preparation     | 121                 | 81         | 83         |
| Admin           | 28                  | 38         | 34         |
| Consulting      | 12                  |            | 10         |
| <b>Total</b>    | <b>1001</b>         | <b>944</b> | <b>675</b> |



**Costs – Administration**

| €000           | 2015       | 2014       | 2013       |
|----------------|------------|------------|------------|
| Insurance      | 253        | 249        | 233        |
| Rent           | 84         | 84         | 85         |
| Board          | 30         | 30         | 19         |
| Legal /Consult | 50         | 42         | 62         |
| Staff Travel   | 36         | 27         | 34         |
| IT & Phone     | 40         | 35         | 34         |
| Post & Stat    | 60         | 50         | 68         |
| Bank Charges   | 22         | 3          | 12         |
| Electricity    | 11         | 11         | 15         |
| Other          | 20         | 31         | 10         |
| <b>Total</b>   | <b>606</b> | <b>563</b> | <b>572</b> |




**Congress 2016**

| €000                        | 2015 | 2014 | Analysis Total Costs 2013 |
|-----------------------------|------|------|---------------------------|
| Expenses Paid to Volunteers | 207  | 200  | 199                       |
| Expenses paid to Staff      | 140  | 136  | 143                       |
| Expenses Paid to Board      | 31   | 53   | 35                        |
| Phone Costs                 | 29   | 36   | 30                        |



**Congress 2016**


| €000                | Ath. Assoc of Irl Ltd Balance Sheet |       |       |
|---------------------|-------------------------------------|-------|-------|
|                     | 2015                                | 2014  | 2013  |
| Fixed Assets        | 324                                 | 352   | 475   |
| Investment          | 485                                 | 366   | 306   |
| Debtors/Stock       | 346                                 | 463   | 230   |
| Cash                | 123                                 | 42    | 12    |
| Creditors           | (615)                               | (751) | (520) |
| Creditors Over Year | (199)                               | (140) | (237) |
| Reserves            | 464                                 | 333   | 336   |



**Reputational Risk**

IAAF Anti Doping

Governance Code



**Congress 2016**

| Principle                                | Governance Code Sub Principles |
|--|--------------------------------|
| Leading our Organisation                 | 14                             |
| Exercising Control over our Organisation | 17                             |
| Being Transparent and accountable        | 13                             |
| Working Effectively                      | 17                             |
| Behaving With Integrity                  | 14                             |
|  | 75                             |



**Financial Risk**

Membership Growth - Capacity

Sponsorship –IAAF impact

Recreation Events- Improving Economy



**Operational Risk**

**Health & Safety at Events**


**Volunteer Recruitment ,  
Training and Retention**




**ATHLETICS IRELAND  
BUDGET 2016**

**Congress 2016**

| €000               | Budget Income & Expenditure |             |
|--------------------|-----------------------------|-------------|
|                    | Budget 2016                 | Actual 2015 |
| <b>Income</b>      | 4736                        | 4436        |
| <b>Expenditure</b> | 4716                        | 4423        |
| <b>Surplus</b>     | 20                          | 12          |



**Congress 2016**

| €000                                    | Budget Income |             |
|---|---------------|-------------|
|   | Budget 2016   | Actual 2015 |
| <b>Sports Council Grants</b>            | 1945          | 2040        |
| <b>Other Grants</b>                     | 380           | 232         |
| <b>Registrations &amp; Affiliations</b> | 863           | 870         |
| <b>Competition &amp; Related</b>        | 533           | 466         |
| <b>Coaching &amp; Development</b>       | 124           | 87          |
| <b>Recreational Events</b>              | 883           | 728         |
| <b>Miscellaneous</b>                    | 0             | 3           |
| <b>Total</b>                            | 4736          | 4436        |



**Congress 2016**

| €000                              | Budget Expenditure |             |
|-----------------------------------|--------------------|-------------|
|                                   | 2016 Budget        | 2015 Actual |
| <b>Wages</b>                      | 1202               | 1164        |
| <b>Coaching &amp; Development</b> | 242                | 217         |
| <b>Performance</b>                | 954                | 1001        |
| <b>Competition &amp; Related</b>  | 716                | 684         |
| <b>Administration</b>             | 648                | 606         |
| <b>Recreational Events</b>        | 754                | 542         |
| <b>Depreciation</b>               | 200                | 210         |
| <b>Total</b>                      | 4716               | 4423        |



**Athletics Ireland  
Enterprises Limited**


**Congress 2016**

| Athletics Ireland Enterprises Ltd<br>Income Statement |       |       |
|---|-------|-------|
| €000  | 2015  | 2014  |
| Turnover  | 273   | 274   |
| Admin   | (218) | (266) |
| Interest  | (4)   | (7)   |
| Revaluation   | 46    |       |
| Tax   | (11)  | (2)   |
| Surplus   | 87    | (21)  |



**Congress 2016**

| Athletics Ireland Enterprises Ltd - Income |      |      |      |
|--|------|------|------|
| €000                                       | 2015 | 2014 | 2013 |
| Merchandise                                | 8    | 10   | 15   |
| Irish Runner                               | 197  | 194  | 172  |
| Property                                   | 68   | 70   | 68   |
|  | 273  | 274  | 252  |




**Congress 2016**

| Athletics Ireland Enterprises Ltd - Costs |      |      |      |
|---|------|------|------|
| €000                                      | 2015 | 2014 | 2013 |
| Merchandise                               | 0    | 0    | 11   |
| Irish Runner                              | 160  | 165  | 167  |
| Property Admin                            | 21   | 38   | 36   |
| Depreciation                              | 37   | 82   | 82   |
| Loan Interest                             | 4    | 7    | 6    |
|   | 222  | 293  | 302  |



**Congress 2016**

| Athletics Ireland Enterprises Ltd<br>Balance Sheet |        |        |         |
|--|--------|--------|---------|
| €000   | 2015   | 2014   | 2013    |
| Fixed Assets                                       | 879    | 865    | 947     |
| Debtors  | 78     | 60     | 36      |
| Cash   |        | 10     | 5       |
| Creditor less Yr                                   | (336)  | (330)  | (309)   |
| Creditor over Yr                                   | (1027) | (1000) | (1,161) |
| Reserves   | (406)  | (493)  | (472)   |




## APPOINTMENT OF AUDITORS

Joseph Fitzgerald FFCA, Mulcahy O'Neill Fitzgerald & Co proposed as Auditor for Athletic Association of Ireland Ltd.

**PROPOSED: George Maybury      SECONDED: Martin Leyden**

### STANDING ORDERS

1. Voting for all elections shall be by secret ballot
2. Voting for all motions and amendments shall be by a show of hands: amendment of Articles of Association (Art 83) requires a **75% majority**; otherwise a **simple majority** will apply.
3. The Proposer of a motion may speak for **3 minutes**, but no longer than **3 minutes**.
4. The Proposer of an amendment may speak for **2 minutes**, but no longer than **2 minutes**.
5. A Delegate speaking to a motion or an amendment thereto must not exceed **2 minutes**.
6. The Proposer of a motion may speak for a second time for **2 minutes** before a vote is taken, but **no other** delegate can speak a **second time** to the same motion.
7. A Delegate may with the consent of the Chairman move "**That the question be now put**" after which, when the Proposer has spoken a vote must be taken.
8. Standing orders shall not be suspended for considering any matter not on the agenda, except by the consent of a majority equal to two thirds of those present and entitled to vote.
9. Only members of the Board, registered delegates of County Boards and Provincial Councils may move motions or amendments.

### APPOINTMENT OF SCRUTINEERS

The following were appointed as scrutineers:

**Michael Quinlan: Ann McHugh: Declan Curtin: Martin Wilkinson: Brian Dowling: Ina Killeen: Cyril Smyth: Neil Martin: Michael Gillespie.**

## ELECTIONS

4. All **elections** shall be conducted by secret ballot.
  
5. A **simple majority** of the votes cast shall be required, for each nominee, to be elected.
  
6. **Elections shall be held in the following order:**
  - (i). President
  - (ii). Chair of the Coaching and Development Committee
  - (iii). Chair of the Competition Committee
  - (iv). Chair of the Finance and Risk Committee
  - (v). Chair of the High Performance Committee
  - (vi). Chair of the Juvenile Committee
  
4. **Ordinary members of the Principal Committees as follows:**
  - (i) Coaching and Development Committee: **5 candidates.**
  - (ii) Competition Committee: **5 candidates**
  - (iii) Finance and Risk Committee: **3 candidates**
  - (iv) High Performance Committee: **3 candidates**
  - (v) Juvenile Committee: **5 candidates**
  - (viii) Ordinary members of the Principal Committees; Each ballot paper, to be valid, must register a number of votes equal to the number of candidates being elected as provided in Article 81(d)
  
7. **Deputy President**, elected from the persons (other than the newly-elected President) who are to take office as Board Members at the conclusion of Congress.



**ELECTIONS – (Article 32 (g))**

**THE FOLLOWING ARE THE RESULT OF THE ELECTIONS. VOTES ARE IN BRACKETS.**

**PRESIDENT**

**Drumm, Georgina (171)**

PROPOSED: Pat Cheshire

SECONDED: Brendan Meade

**Flynn, Ray (23)**

PROPOSED: Paddy Kelly

SECONDED: Ann McHugh

***GEORGINA DRUMM Elected***

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**CHAIR OF COMPETITION COMMITTEE**

**Cronin, John**

PROPOSED: Ciaran Doyle

SECONDED: Pdraig Griffin

***JOHN CRONIN Elected***

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**CHAIR OF COACHING & DEVELOPMENT COMMITTEE**

**Harvey, Eamon**

PROPOSED: David Murphy

SECONDED: George Maybury

***EAMON HARVEY Elected.***

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**CHAIR OF HIGH PERFORMANCE COMMITTEE**

Golden, Brid

PROPOSED: John McGrath

SECONDED: PL. Curran

***BRID GOLDEN Elected***

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**CHAIR OF FINANCE & RISK COMMITTEE**

Maybury, George

PROPOSED: Dermot Nagle

SECONDED: Martin Leyden

***GEORGE MAYBURY Elected***

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**CHAIR OF JUVENILE COMMITTEE**

Fitzgibbon, Pat (57)

PROPOSED: Colette Quinn

SECONDED: Gordon Brett

McGrath, John (134)

PROPOSED: Evelyn O'Reilly

SECONDED: Antoinette O'Brien

***JOHN MCGRATH Elected***

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## **COACHING & DEVELOPMENT COMMITTEE**

(5 CANDIDATES TO BE ELECTED – ART. 81(D) (I))

**CANDIDATES:** **Corcoran, Brian, Flanagan, Eamon, Golden, Brid, Murphy, David,**  
**\*Murphy, Robert, Reilly, Fintan,**  
\*Absent, name withdrawn (ref. Art. 32g)

**ELECTED:** **Corcoran, Brian, Flanagan, Eamon Golden, Brid, Murphy, David,**  
**Reilly, Fintan,**

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## **COMPETITION COMMITTEE**

(5 CANDIDATES TO BE ELECTED – ART. 81(D) (II))

**CANDIDATES:** **Cronin, Mary (136) Dunne, Bernie (173) Flynn, Ray (91) Hooper, Pat (179)**  
**McDaid, Brendan (179) Marley, Paddy (187)**

**ELECTED:** **Cronin, Mary Dunne, Bernie Hooper, Pat Marley, Paddy**  
**McDaid, Brendan**

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## **FINANCE & RISK COMMITTEE**

(3 CANDIDATES TO BE ELECTED – ART.81 (D) (III))

**CANDIDATES:** **Bruton, Brian (64) Martin, Neil (90) Murnane, Donal (89) Nagle, Dermot (133)**  
**Quinlan, Michael (158) Thompson, Tom (withdrew)**

**ELECTED:** **Martin, Neil Nagle, Dermot Quinlan, Michael**

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## HIGH PERFORMANCE COMMITTEE

(3 CANDIDATES TO BE ELECTED – ART.81 (D) (IV))

**CANDIDATES:** Ahern, Tim: \* Lonergan, Killian: McDaid, Teresa: Lyons, Jeremy:

\*Absent, name withdrawn (ref. Art. 32g)

**ELECTED:** Ahern, Tim: McDaid, Teresa: Lyons, Jeremy:

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## JUVENILE COMMITTEE

(5 CANDIDATES TO BE ELECTED – ART.81 (D) (V))

**CANDIDATES:** Doyle, Ciaran (167) Dunne, Bernie (150) Fitzgibbons, Pat (71) Fitzpatrick, Esther (111) Kelly, Patsy (30)

McGrath, John (60) McHugh, Anne (60) Quinn, Colette (76) Evelyn O'Reilly (140) Jim Ryan (135)

**ELECTED:** Doyle, Ciaran Dunne, Bernie Fitzpatrick, Esther O'Reilly, Evelyn Ryan, Jim

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## DEPUTY PRESIDENT

**John Cronin:** Proposed: Adrian Curley Seconded: Ciaran Doyle

**JOHN CRONIN ELECTED**

## PROVINCIAL REPRESENTATIVES

The following have been elected at the respective Annual Provincial Convention

Art. 2 (e) (vii) (viii) (ix)

| <b>Committee</b>              | <b>Name</b>         | <b>Region</b>   |
|-------------------------------|---------------------|-----------------|
| <b>Board:</b>                 | Jim Ryan            | <i>Connacht</i> |
|                               | Brian Dowling       | <i>Leinster</i> |
|                               | Jim Ryan            | <i>Munster</i>  |
|                               | Neil Martin         | <i>Ulster</i>   |
| <b>Competition Committee:</b> | Patricia Griffin    | <i>Connacht</i> |
|                               | Ronnie Quigley      | <i>Leinster</i> |
|                               | Tim Ahern           | <i>Munster</i>  |
|                               | Patsy Kelly         | <i>Ulster</i>   |
| <b>Juvenile Committee</b>     | Amanda Hynes        | <i>Connacht</i> |
|                               | Jim Corcoran        | <i>Leinster</i> |
|                               | Tim Fitzpatrick     | <i>Munster</i>  |
|                               | Dermot Mc Granaghan | <i>Ulster</i>   |

## MOTIONS

### ARTICLES OF ASSOCIATION

1. THAT: Article 81 be amended to read as follows:  
"a member of any single Principal Committee may not hold that position for more than three (3) consecutive terms"

**BOARD**

**WITHDRAWN**

2. THAT: The Memorandum of Association (Article 2) be amended by the addition of the words "trail running" to the Article.

**BOARD**

*Proposed: Ciarán Ó Catháin*

*Seconded: Jude Feehan*

**CARRIED**

3. THAT: the Articles of Association regarding Congress be clarified/amended to clearly specify the procedure to be adopted should the meeting need to be adjourned due to time constraint or for any other reason.

**CORK**

*Proposed: Tim Fitzpatrick*

*Seconded: Colette Kelly*

**DEFEATED**

### BYE LAWS

4. THAT: the current date of transfer for juveniles change from April to 31<sup>st</sup> January.

**SLIGO**

*Proposed :Ann McHugh*

*Seconded: Rianne McHugh*

**DEFEATED**

|                             |
|-----------------------------|
| <b>JUVENILE COMPETITION</b> |
|-----------------------------|

5. THAT: the decision of the AGM 2015 to discontinue the U19 Cross Country Championships be rescinded and that the championships be reinstated into the juvenile competition programme with immediate effect.

**BOARD/MAYO/WATERFORD/DONEGAL/LEINSTER/GALWAY/ROSCOMMON**

*Proposed: Ciarán Ó Catháin*

*Seconded: Joe Walsh*

**CARRIED**

6. THAT: the National Cross Country distances for Juvenile athletes be reviewed and reduced as per the table below:

| Age      | Current Boys | Current Girls | Proposed Boys | Proposed Girls |
|----------|--------------|---------------|---------------|----------------|
| Under 11 | 1500         | 1500          | 1200          | 1200           |
| Under 12 | 2000         | 2000          | 1500          | 1500           |
| Under 13 | 2500         | 2500          | 2000          | 2000           |
| Under 14 | 3000         | 3000          | 2000          | 2000           |
| Under 15 | 3500         | 3500          | 2500          | 2500           |
| Under 16 | 4000         | 4000          | 3500          | 3000           |
| Under 17 | 5000         | 4000          | 4000          | 3000           |
| Under 18 | 6000         | 4000          | 5000          | 3500           |

**DUBLIN**

*Proposed: Dermot Nagle*

*Seconded: Pat Hooper*

**DEFEATED**

7. THAT: the Inter County Cross Country Relays be amended to the inter Club Cross Country Relays for a trial period of 2 years. Current distances would remain as is i.e. 4 x 500m.

**BOARD**

*Proposed: Jim Ryan*

*Seconded: Tim Fitzpatrick*

**CARRIED**

8. THAT: a 3K event for girls at U16 and U17 be added to the track and field outdoor programme, bringing it in line with the same event for boys and with the Schools Athletics programme and this be added to the 2017 programme.

**LEINSTER**

***Proposed: Jim Corcoran***

***Seconded: Ciaran Doyle***

***CARRIED***

9. THAT: In order to provide greater competitive opportunities in longer distance events the Juvenile Committee review the current programme, indoors and outdoors, for all ages boys and girls.

**CORK**

***Proposed: Michael Herlihy***

***Seconded: Bill Allen***

***RECOMMENDATION***

10. THAT: The first four (4) individuals from each region qualify for the National Juvenile Championships except for the 600m where the first three (3) will qualify.

**GALWAY**

***Proposed: Michael Tobin***

***Seconded: Iain Shaw***

***CARRIED***

11. THAT: the opening height for U12 boy's high jump be reduced from 1.15m to 1.05m in both indoor and outdoor track & field competition.

**GALWAY**

***RECOMMENDATION***

12. THAT: the opening height for U13 boy's high jump be reduced from 1.20m to 1.15m in both indoor and outdoor track & field competition.

**GALWAY**

***RECOMMENDATION***



13. THAT: Along with the current qualification rules to the Indoor National Championships for all Juvenile Jumps events at U12 to U16, an athlete achieving equal to, or above a qualifying standard set by National in their Provincial level should also be allowed to qualify.

**CORK**

**WITHDRAWN**

14. THAT: Along with the current qualification rules to the Indoor National Championships for all Juvenile Throws events at U12 to U16, an athlete achieving equal to, or above a qualifying standard set by National in their Provincial level should also be allowed to qualify.

**CORK**

**WITHDRAWN**

15. THAT: The boys U17 Hurdles outdoor race be changed to the following specifications; Distance 100m. Approach 13m. Spacing between Hurdles 8.5m. No of Hurdles 10. Height of Hurdles 3' (91.4cm)

**CORK**

**Proposed: Colette Kelly**

**Seconded: John Copithorne**

**CARRIED AS AMENDED**

16. THAT: The Boys U15 Hurdles Outdoor race be changed to the following specifications; Distance 80m. Approach 12m. Spacing between Hurdles 8m. Finish 12m. No. Of Hurdles 8. Height of Hurdles 2'62. (76.2cm).

**CORK**

**Proposed: Colette Kelly**

**Seconded: John Copithorne**

**DEFEATED**

17. THAT: The Boys U15 and U17 Indoor Hurdles have the same Approach and Spacing between Hurdles as the Outdoors.

**CORK**

**Proposed: Colette Kelly**

**Seconded: John Copithorne**

**CARRIED**

18. THAT: The Boys and Girls U13 Hurdles Indoors have the same approach an spacing between Hurdles as for Outdoors (70m hurdles)

**CORK**

***Proposed: Colette Kelly***

***Seconded: John Copithorne***

**WITHDRAWN**

19. THAT: In the Boys and Girls U13 Hurdles outdoors, the event be changed to Distance 70m. Approach 11m. Spacing between Hurdles 7m. Finish 17m. No of Hurdles 7. Height of Hurdles 7. Height of hurdles 2'3".

**CORK**

***Proposed: Colette Kelly***

***Seconded: John Copithorne***

**DEFEATED**

|                           |
|---------------------------|
| <b>SENIOR COMPETITION</b> |
|---------------------------|

20. THAT: "AAI introduce for the 2016 track and field season a standardised set of rules for the national event "weight for distance" whereby the implement is thrown from behind a straight board and measured perpendicularly to the Board.

The technical specifications of the throwing implement to be confirmed by the Technical Committee before the start of the 2016 track and field season.

**ROSCOMMON**

***Proposed: Pat Fitzgibbon***

***Seconded: Ronan O'Hart***

**RECOMMENDATION**

21. THAT: in the senior 56lb Weight for Men an athlete must be 18 years of age on 31<sup>st</sup> December to compete in the year of competition.

**BOARD**

***Proposed: Georgina Drumm***

***Seconded: Neil Martin***

**CARRIED**

22. THAT: In order to provide greater competitive opportunities in longer distance events the Competition Committee review the current programme, indoors and outdoors, for junior men and women.

**CORK**

***Proposed: Michael Herlihy***

***Seconded: Jude Feehan***

**RECOMMENDATION**

23. THAT: Novice athletes must be 18 years of age or over on the 31<sup>st</sup> December in the year of competition.

**TIPPERARY**

***Proposed: John Moore***

***Seconded by: Anthony Carolan***

**WITHDRAWN**

24. THAT: in the Hammer, athletes are allowed use their own implements and if they so wish, are also allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organisers for approval.

**TIPPERARY**

***Proposed: Anthony Carolan***

***Seconded: Martin Fitzgerald***

**CARRIED**

25. THAT: in the Discus, athletes are allowed use their own implements and if they so wish, are also allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organisers for approval.

**TIPPERARY**

***Proposed: Anthony Carolan***

***Seconded: Martin Fitzgerald***

**CARRIED**

26. THAT: in the Shot Put, athletes are allowed use their own implements and if they so wish, are also allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organisers for approval.

**TIPPERARY**

***Proposed: Anthony Carolan***

***Seconded: Martin Fitzgerald***

**WITHDRAWN**

27. THAT: the National Senior & Junior Inter County Cross Country Championships be held in conjunction with the National Senior & Junior Inter Club Championships.

**DONEGAL/ DUBLIN**

***Proposed: Pat Hooper***

***Seconded: Neil Martin***

**CARRIED**

28. THAT: the Inter Club and Inter County Cross Country Championships be combined as one race.

**WEXFORD**

**WITHDRAWN**

29. THAT: the National intermediate and inter county senior races be merged and the combined race to include county team and intermediate categories over 8 km and 6 km for men and women respectively.

**GALWAY**

**WITHDRAWN**

30. THAT: in Senior Inter Club and Inter County Cross Country Championships Men and Women that the first three (3) teams are declared the Winners irrespective of grades allocated (with Grades B & C as appropriate only applying from 4<sup>th</sup> place team onwards).

**BOARD**

***Proposed: Georgina Drumm***

***Seconded: Pat Hooper***

**CARRIED**

31. THAT: four team members are required in order to score for Grade B and Grade C teams in Inter County Senior Men's competition.

**GALWAY**

***Proposed: Brian Bruton***

***Seconded: Iain Shaw***

**DEFEATED**

32. THAT: in the case of Combined Age Categories in Inter Club Cross Country where under 18 and Junior athletes compete in the one race that the under 18 category athletes can score on both teams if declared. A motion was moved to read inter club and inter county

**BOARD**

***Proposed: Georgina Drumm***

***Seconded: Pat Hooper***

**CARRIED**

33. THAT: the maximum gap between the National Inter Clubs Cross Country and the European Cross Country be 2 weeks.

**DUBLIN**

***Proposed: Pat Hooper***

***Seconded: Paddy Marley***

**REFERRED TO COMPETITION COMMITTEE**

34. THAT: there be a minimum of two weeks between Provincial & National Cross Country Fixtures.

**WEXFORD**

***Proposed: Paddy Morgan***

***Seconded:***

**WITHDRAWN**

35. THAT: the National 4Km Cross Country Championship be scrapped.

**DUBLIN**

***Proposed: Pat Hooper***

***Seconded: Ina Killeen***

**CARRIED**

36. THAT: a cross country committee be established by Athletics Ireland to organise, structure and promote the cross country season

**GALWAY**

**WITHDRAWN**

37. THAT: the cross country committee include at least two current athletes or coaches (subject to above motion 36 being carried)

**GALWAY**

**WITHDRAWN**

38. THAT: Master athletes competing in mixed age category races (e.g. National Masters cross country) be required to wear age category numbers on their back as identifiers.

**GALWAY**

***Proposed: Brian Bruton***

***Seconded: Maurice Ahern***

***CARRIED***

39. THAT: an annual survey of adult members be undertaken by the competition committee to seek views and recommendations on season structure and competitions at national level across track and field, road racing and cross country.

**GALWAY**

***Proposed: Brian Bruton***

***Seconded:***

***RECOMMENDATION***

40. THAT: in finals of track races at National Masters competitions, races are split strictly on age category.

**GALWAY**

***Proposed: Brian Bruton***

***Seconded: Jude Feehan***

***WITHDRAWN***

41. THAT: Motions regarding a change or changes to the Rules of Competition, may only be sanctioned by Congress, except in the interest of safety.

**CORK**

***WITHDRAWN***

42. THAT: Congress only, will have the right to decide upon the abolition of existing events or competitions that are directly under the auspices of AAI, except in the interest of Safety.

**CORK**

***WITHDRAWN***

43. THAT: In Combined Events Championships, a category for 40 -49 Men and Women be introduced for Indoor and Track and Field.
- a. Women Hurdles, High Jump, Shot Put, Long Jump, 800m
  - b. Men Hurdles, Long Jump, Shot Put, High Jump, 1000m

**BOARD**

*Proposed: John Cronin*

*Seconded: Michael Quinlan*

**CARRIED**

44. THAT: in Senior Men Shot Put, Discus and Hammer an athlete must be 18 years of age on 31<sup>st</sup> December in the year of competition to bring AAI in line with IAAF Competition Regulations.

**BOARD**

*Proposed: Ciarán Ó Catháin*

*Seconded: Brendan McDaid*

**CARRIED**

45. THAT: in events of 10,000m or over an athlete must be 18 years of age on 31<sup>st</sup> December in the year of competition to bring AAI in line with IAAF Competition Regulations.

**BOARD**

*Proposed: Ciarán Ó Catháin*

*Seconded: NEIL MARTIN*

**CARRIED**

46. THAT: in the Senior Javelin Competitions for Men an athlete must be 18 years of age on 31<sup>st</sup> December in the year of competition to compete in line with IAAF Competition Regulations.

**BOARD**

*Proposed: John Cronin*

*Seconded: Georgina Drumm*

**CARRIED**

47. THAT: this Congress directs the Competition Committee to offer, in all of the Association's master's championships, all events and age groups, where the event and age group is approved by the WMA (World Masters Athletics)

**MEATH**

*Proposed: Philip Cogavin*

*Seconded: Brendan Meade*

**DEFEATED**

48. THAT: Hurdles should be introduced at National level, both indoors and outdoors, for all master age groups for men and women with correct heights and distances according to WMA rules for each age group.

**MEATH**

**WITHDRAWN**

49. THAT: the Hurdles for the combined events at National level, both indoors and outdoors, for all master age groups for men and women should be correct heights and distances and scoring according to WMA rules for each age group. M50+ and W50+ combined events at indoors presently is a quadrathlon, these athletes should be given the opportunity to compete over all events should they wish.

**MEATH**

**WITHDRAWN**

50. THAT: the Triple jump should be introduced at National level, both indoors and outdoors, for all master age groups for men and women according to WMA rules for each age group.

**MEATH**

**WITHDRAWN**

## ADMINISTRATION

51. That any decisions approved by Congress/AGM on changes or updates to AAI Competition rules cannot be revisited for a period of 24 months.

**BOARD**

*Proposed: Eamon Harvey*

*Seconded: Nick Davis*

*Arising from a question from the floor, Gerry Dunne, Legal Adviser, clarified the legal position.*

**CARRIED**



52. THAT: Athletics Ireland actively manages or seeks to influence the organisation of participation running events, for example Park runs, to protect the interests of the athletics community.

**CORK**

***Proposed: Michael Herlihy***

***Seconded: John Quigley***

***RECOMMENDATION***

53. THAT: for a new Club dealing with Juveniles Under18, adults must have Garda Vetting.

**CORK**

***WITHDRAWN***

54. THAT: AAI would accept Paypal payments for registrations, events, etc. along with credit cards as clubs are being denied credit or debit cards by banks, and a lot are taking payments from members via Paypal.

**LIMERICK**

***Proposed: Paul***

***Seconded by:***

***RECOMMENDATION***

55. THAT: at National Juvenile events clubs be given passes for 1 or 2 coaches to attend without having to pay for admission.

**LIMERICK**

***WITHDRAWN***

56. THAT: Athletics Ireland introduce a coach's identity card for all Level 1 coaches and above.

**LAOIS/DONEGAL**

***WITHDRAWN***

57. That: all Level 1 coaches and above gain free admission to National championships by presenting their coaches identity card.

**LAOIS**

***WITHDRAWN***

58. THAT: coaches who accompany athletes to National Championships should not be charged Admission to events.

**DONEGAL**

**WITHDRAWN**

59. THAT: accredited club coaches to National Championships be granted free admission.

**GALWAY**

**WITHDRAWN**

60. THAT: where a designated warm-up area with controlled access is in operation the Competition Organisers have a Coach check-in and accreditation and that Registered Coaches can have access to warm-up areas.

**CORK**

***Proposed: Colette Kelly***

***Seconded: John Copithorne***

**RECOMMENDATION**

61. THAT: the portion of the annual AAI permit fees returned to the relevant County Boards at the end of the calendar year be increased from 10% to 20%.

**WEXFORD**

***Proposed: Paddy Morgan***

***Seconded: Joe Walsh***

**DEFEATED**

62. THAT: in order to encourage clubs to host National Cross Country events Athletics Ireland make a grant available to those clubs in the sum of €1,000.

**DUBLIN**

**WITHDRAWN**

63. THAT: AAI discourages all event promoters from issuing invitations to compete to athletes who have been found in violation of doping offences.

**DUBLIN**

***Proposed: Dermot Nagle***

***Seconded: Chris Wall***

**CARRIED**

64. THAT: all records and championship titles be rescinded of any athlete found guilty of a doping offence.

**ULSTER**

**WITHDRAWN**

65. THAT: the full text of all Motions submitted to Congress by County Boards or Provincial Councils, must be, included in the Congress Syllabus, in their entirety and not in part for discussion by delegates.

**CORK**

***Proposed: Tim Fitzpatrick***

***Seconded: Colette Kelly***

**CARRIED**

66. THAT: the Competition Rules be amended so that in order for an athlete to be either a Title Holder/ Medallist ( to be defined as referring to top 3 finishers or top 3 winning team members , in track and field - outdoor and/or indoor - cross country or road ) and/or the holder of a Championship Record (individual or team), the athlete must be a holder of, or be eligible to hold, an Irish passport and/or must reside on the island of Ireland ( for a minimum of 6 consecutive months immediately prior to the relevant Championships) and must be a member of an affiliated club on the island of Ireland.

**BOARD**

***Proposed: Georgina Drumm***

***Seconded: Neil Martin***

**CARRIED**

67. THAT: the relevant section of the Competition Rules and Regulations 2015-2016 be amended as follows:

**Championship medals**

An athlete cannot qualify for an individual or team medal in any championship unless s/he is a holder of, or eligible to hold, an Irish Passport, and is affiliated to an association which is a member of IAAF

Or Is a registered member of an athletic club affiliated to the Athletics Association of Ireland and normally resides on the island of Ireland (i.e. is resident in Ireland for a

period of not less than 183 days in one calendar year and 280 days in two consecutive years).

**DUBLIN**

**WITHDRAWN**

68. THAT: travelling and out-of-pocket expenses be paid to Carded Youth and Junior Athletes for travelling to:

- Assembly points prior to travelling to Training Camps,
- Assembly points prior to travelling to venues where competitions in which they have been selected to represent Ireland, are being held,
- National Squad Coaching Sessions,
- Medical or Physiotherapy Centres when attendance is mandatory,
- Medical Centres for immunisation prior to travelling to Training Camps, or to Competitions in which they have been selected to represent Ireland,
- Carding Scheme meetings at which attendance is mandatory,

**CONNACHT**

***Proposed: Paddy Kelly***

***Seconded: Peter Hynes***

**DEFEATED**

69. THAT: this Congress instructs the incoming Board, within a period of six (6) months from the date of this Congress, to establish a Juvenile National Squad for the event of Pole Vault following its highly successful introduction in 2014 on the grounds that it is logical extension for the development of the event.

**ROSCOMMON**

***Proposed: Pat Fitzgibbon***

***Seconded: Anthony Carolan***

**CARRIED**

70. THAT: the AAI 50 mile radius rule re permits for road races be dropped in relation to races in different counties but within the 50 mile radius.

**GALWAY**

***Proposed: Brian Bruton***

***Seconded: Iain Shaw***

**DEFEATED**

71. THAT: Congress instructs the incoming Board to engage with the relevant authorities to ensure that only AAI permitted races are granted permission to proceed by the Gardai, Parks Authorities and Local Authorities.

**KERRY**

***Proposed: Martin Fitzgerald***

***Seconded: Brendan Cullen***

**RECOMMENDATION**

72. THAT: the AAI manage the permitting system so that full consideration is given to limiting races that are proposed to be held on the same day as National Senior championships in cross country and may conflict or impact thereon.

**GALWAY**

***Proposed: Brian Bruton***

***Seconded: Darren Butler***

**CARRIED**

73. THAT: AAI establish a system of grading road races when permitted (with the aim of the best races receiving the best grades e.g. Gold/Silver/Bronze)

**GALWAY**

***Proposed: Brian Bruton***

***Seconded: Iain Shaw***

**RECOMMENDATION**

74. THAT: AAI identify road races as club/commercial/charity when granting permits and when publicising same.

**GALWAY**

***Proposed: Brian Bruton***

***Seconded: Alan Talbot***

**RECOMMENDATION**

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## APPOINTMENT OF HONORARY LIFE VICE PRESIDENTS

On the recommendation of the BOARD the following were elected:

**Liam Hennessy,**

**Nick Davis**

**Michael Heery.**

## INAUGURATION OF PRESIDENT

The outgoing President, Ciarán Ó Catháin to loud applause presented the chain of office to the newly elected President, Georgina Drumm.

The President then addressed Congress as follows:

Firstly I would like to acknowledge and thank the County Boards & Provincial Councils for your nominations and support here today. My congratulations to all the elected members & to the various committees and I look forward to working with you. My sincere appreciation to Ciarán Ó Catháin for his leadership and guidance as President of the Association over the past number of years.

My thanks to my fellow colleague and official Ray Flynn for his kind words, we have been friends for a long number of years and I know we can continue with that friendship and work together for the betterment of our sport.

To the Louth Co Board of which I am a proud member I cannot speak highly enough about you, my gratitude to you.

The success and development of athletics depends on the extraordinary effort and expertise of a multitude of individuals at all levels of our sport, from club athletics through the championship events county, provincial /region and national, coaches, families, organisers , administrators, sponsors and the media, each has an important contribution to make . We often hear people referring to athletics as an individual sport, but in the pursuit of the athlete's goals there is a huge team behind that success which starts with the club and works all the way

through the system to deliver a performance only the athlete can achieve, then we can all admire and celebrate together. Success cannot be taken for granted.

We need to accelerate public interest in our sport, I will echo the sentiment of European Athletics by saying that it is only by building awareness are we likely to attract additional support from the government , media, commercial partners and volunteers.

Inclusiveness must be a key driver for the sport going forward, particularly to the group of athletes who no longer find competing rewarding. We must welcome them into other areas as officials, coaches and administrators where we can all benefit from their involvement, there is a place for all in our sport.

We must continue to strengthen the national systems to help clubs deliver more and better services to our members. Supporting the work of the clubs when they reach out to engage more people is essential. The association must be lead and governed well and then if necessary embrace change. The temptation to follow the old familiar path should be avoided. If there is anything that needs clarification or if there is anything we can do please let us know. Don't talk about us at the side of a field or on the road side, talk with us and we will work closely to try and resolve any issues or questions you may have.

One of the most visible values in competition is Fair Play and Sportsmanship, to see at the end of a magnificent display of middle to long distance running, exhilarating sprinting, sheer technical ability and excellence in field eventing the athletes congratulating each other with enthusiasm for the performance is a worthy sight, an example for the younger generation of athletes to see and emulate and example that we should be and are proud off.

We must also strive to support the authorities to eliminate doping in sport and support our athletes. There are many other areas that we could talk about Strategic Planning, Communication, and Benefits for life, but not today.

To stand here before you my peers and speak to you in this capacity is pretty daunting. I am honoured that you have elected me as President of the Athletic Association of Ireland. I have endeavoured throughout my involvement with athletics to listen, try to act impartially and deal with situations with integrity, I will hopefully continue to represent you to the best of my ability.

**3<sup>rd</sup> Congress**

**23rd April 2016**

**Tullamore Court Hotel**

**Tullamore**

**AUDITED ACCOUNTS**