

Endurance Coaches Network (ECN) 5 Speaker Line Up and Bios



Brian Sweeney

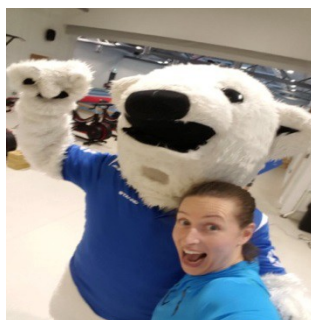
Brian Sweeney is a Swim Coach who has been coaching for over 25 years. Having commenced his coaching career in his teens in his home club, he has been the Head Coach to Templeogue Swim Club in South Dublin, with some time as Head Coach in Shark SC in Galway. He has served as Performance Manager for Swim Ireland's National Youth Squads and has coached at European Youth Olympic & European Junior Championships whilst also staff coach at European Senior level. A qualified Team Manager and Tutor, Brian has also served as a participant and mentor on the Sport Ireland Institutes PEP Horizon programme. Brian has coached athletes to multiple Irish Age Group & Senior titles, Irish Junior record holders and podium at EYOF level, while also qualifying athletes on to World Junior and European Senior teams in his career. Committed to continued learning and shared experience Brian is keen to work with coaches across sports.



Robert Heffernan

Robert is one of Ireland's greatest ever athletes and a sporting legend. He is a European, World and Olympic medallist over 50km race walk and the 2013 World Champion. The Togher AC and Cork athlete has been an inspiration to many and his glittering career has led him to compete at five Olympic Games starting in Sydney in 2000. He boasts personal best times of 1.19.22 for 20km and 3.37.54 for 50km. He has won many National titles over 5km/10km/20km and has always been a top performer at the major championships for Ireland, most recently finishing 8th at the World Championships in London.

Martina McCarthy



Martina is the senior strength & conditioning coach at the Sport Ireland Institute. She is a former Olympic athlete and former Irish International sevens rugby player. Martina has worked with multiple European and World medallists across athletics, triathlon, modern pentathlon and badminton. She has extensive athlete preparation experience at both junior & senior level and has worked in a full time role with Sport Ireland over the last 5 years.

Paul Carragher



Paul is a Chartered Physiotherapist with over 15 years of working with athletes from a variety of sports. He has been Lead Physiotherapist with Armagh GAA since 2007 and has been working with Athletics Ireland since 2013 based out of the Institute of Sport in Abbottstown. He has travelled with Irish teams to numerous international competitions including, European and World Championships and Olympic Games. He also owns and runs a private Physiotherapy Clinic in Newry.