

Athletic Association of Ireland Limited

**Congress 2012
Minutes**



Agenda

Saturday 28th April 2012

- 10.00 - 11.30:** Registration
- 11.30 - 11.35:** President's Introduction
- 11.35 - 11.40:** Adoption of Memorandum & Articles of Association
- 11.40 - 11.50:** Minutes of 2010 Congress and Matter's Arising
- 11.50 - 12.15:** Address by Kieran Mulvey (Chairman, Irish Sports Council)
- 12.15 - 12.20:** Auditors Report
- 12.20 - 13.30:** Reports:
- Chief Executive Officer
 - Finance and Risk
 - High Performance
 - Coaching
 - Competition
 - Juvenile
 - Schools
 - Universities
- 13.30 - 14.15:** Lunch
- 14.15 - 14.30:** President's Address
- 14.30 - 14.45:** Adoption of Standing Orders
Appointment of Scrutinisers
- 14.45 - 16.15:** Elections
- 16.15 - 16.30** Break
- 16.30 - 18.00:** Notice of Motions
- 20.00:** Congress Dinner
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Sunday 29th April 2012

- 09.00 - 10.00:** Registration
- 10.00 - 12.45:** Notice of Motions
- 12.45 - 13.00:** Inauguration of President
- 13.00** Close of Congress
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**Athletic Association of Ireland
1st General Congress
28th & 29th April 2012
Cavan Crystal Hotel**

Board Members, Regions and Counties Represented at Congress

| | |
|-----------------------|---|
| Liam Hennessy | President |
| Ray Flynn | Chair of High Performance |
| Jim Kidd | Chair of Coaching & Development |
| Ciarán Ó Catháin | Chair of Finance & Risk |
| Brendan McDaid | Chair of Competition |
| John Allen | Athletics Northern Ireland |
| Michael Hunt | Irish Schools Athletic Association |
| Paul Butler | Irish Universities Athletic Association |
| Ronnie Quigley | Athletics Leinster |
| Mary Cronin | Munster Athletics |
| Jim Ryan | Connacht Athletics |
| Neil Martin | Ulster Council |
| Co-opted Board Member | Caroline O'Shea |
| Co-opted Board Member | Iggy Ó Muircheártaigh |
| Co-opted Board Member | Gerry Dunne |

Delegates representing: Antrim, Carlow, Cavan, Clare, Cork, Derry; Donegal, Down, Dublin, Galway, Kerry, Kildare, Kilkenny, Laois, Leitrim, Limerick, Louth, Mayo, Meath, Monaghan, Offaly, Roscommon, Sligo, Tipperary, Waterford, Westmeath, Wexford, Wicklow, Connacht, Leinster, Munster, Ulster.

Apologies: Michael McKeon & Pierce O'Callaghan

Delegate Numbers: Day 1 211
 Day 2 146

Legal Advisor: Daibhi O'Leary, Arthur Cox

Call to order

Liam Hennessy, President of AAI called the 2012 Congress to order at 11.30am.

In Memoriam

The President called for a minutes silence for the following members who have passed away since Congress 2010.

Eamon Doherty, Mattie Murphy, Brian Downing, Louis Duffin, Barney O'Connor, Larry McGuill, Liam Gleeson, Shane Bonnar, Neil McCann, Dermot Early, Tony Darcy, Shay McDonald, Ed Healy, John Smyth, Mick O'Neill, Paddy Fitzgerald, Leo Lynch, Nora Healy, Padraic Cullina, Joe O'Flynn, Willie Neenan, Tim Nyhan, Bernard Walley, Bertie Messitt, Louis Kilcoyne.

Adoption of Memorandum & Articles of Association

Proposed: Liam Hennessy
Carried

An issue had been raised regarding an anomaly in the Memos and Arts on the wording for the election of the Juvenile Provincial Representative. The wording is different from the old Constitution. Any amendment can only be done by way of notice of motion to the next AGM or Congress.

Minutes of Congress 2010

Proposed: Liam Hennessy
Carried

Matters Arising

None

Address by Kieran Mulvey – Chairman Irish Sports Council

President, Chief Executive, Members of the Executive, Delegates

Our Mutual Agenda

It is a great privilege for me to have been invited to address your Annual Congress. Since my appointment as Chairman of the Irish Sports Council, I have been on a sharp learning curve on the myriad of issues associated with sport, its funding requirements, its personalities and its participants and volunteers.

I am truly impressed by the wealth of commitment dedication and talent in our NGB's, the range of the activities of sport organisations and the levels of their success both nationally and internationally.

I would like to think that my presence here today reaffirms the strong working relationship between our respective organisations and the mutual commitment to positive engagement which undoubtedly will be to both our benefits and that of the participants, athletes and volunteers we endeavour to support and encourage.

I wish to thank you for your positive words of appreciation for our financial and professional support. I endorse the view expressed in your Annual Report that it is resources well spent, appropriately accounted for, and the evident success displayed in your national and international activities bears adequate testimony to these observations. The achievements of your organisation continue to be a source of national acclamation with the truly remarkable podium finishes in a wide range of track and field disciplines over recent years.

The Olympics:

This year being an Olympic and Paralympic year there is a major focus on the sport of athletics. This is an opportunity to promote the wide ranging disciplines of track & field. It also presents challenges as your organisation bears the weight of scrutiny and the hopes of an expectant national public and media.

Succeeding in global events is, by definition, extremely difficult and rare. That notwithstanding, the AAI is enjoying a remarkably successful period in winning medals at

a variety of events and discipline for different age groups. Fionnuala Britton's marvellous gold medal at the European Cross Country Championships last December was the ultimate achievement in a year that produced much success. She provides a shining example to the many talented young athletes emerging through the AAI ranks and is somebody every person can seek to emulate.

Happily Ireland will be sending a strong team to London 2012 and the country will be represented with distinction by many outstanding athletes. It is the nature of the Olympic Games that the public turn their gaze every four years to this sport. All we can ask is that everyone performs to the standard that meets their own expectations, that they enjoy representing Ireland at the Olympics and that they feel enhanced by the whole experience.

It was signalled 2 years ago that funding for High Performance Sport would not be touched in the build-up to the London 2012 Olympic and Paralympic Games. No doubt everyone in this room understands the essential logic of that decision. There is a national imperative in ensuring that our athletes are given the maximum support in the preparation and performances at London 2012.

The Council points to the real return on that investment to the taxpayer. Over recent years high performance sport in Ireland has produced a series of outstanding displays across a number of sports. A system has emerged that produces sustained and repeatable success. Athletics has produced its share of that success and has achieved podium places at many championships in recent years. We make the case, based on the success achieved, for continued investment in high performance sport in Ireland.

Where do we go from here?

The Council had received an outline of the budget until 2014. As you are aware the budget has decreased by 5% in each of these years. I hope this position is not altered for the future years. Any further reduction beyond these figures would lead to diminished activities and consequential loss of involvement and participation.

I thank our Ministers for Sport and the Government for keeping these reductions to a manageable level and urge them to find new resources for the current and capital sports programmes.

ISC Strategy

The Council itself has published its "Strategy Statement" last month.

It is important to highlight that in our new strategy that there is a very significant emphasis on good governance and return on investment. Our new three-year strategy is aligned with Government policy. The Programme for Government made specific references to the needs for good governance and dispute resolution mechanisms within Irish sport. We must take note of those priorities and will work with everyone in Irish sport to meet those requirements.

During the strategic planning process we sought the view of our colleagues throughout the sports sector. One of the clear messages coming back was that National Governing Bodies enjoy excellent reworking relationships with the Council and value its role in Irish sport. I know that AAI works very well with the Council in all areas and excellent outcomes are being produced through that collaboration.

Three areas are highlighted for development in our Statement of Strategy:

- Participation
- Sustaining High Performance
- Building the Capacity of National Governing Bodies

The Council has published also its grant allocation for High Performance and the grants under the Carding System.

The Irish Sports Council has provided significant investment in high performance athletics over the past number of years. In 2012, €350,000 is provided to athletes through the International Carding Scheme. Almost €850,000 is provided for the AAI Performance Plan and there are a wide range of services provided by the Institute of Sport based at the National Sport Campus at Abbotstown.

In addition this month we have published the 2012 grants for each NGB.

I believe in full transparency in regard to our Sports Council budget and full accountability for the monies allocated and the rationale for those grant and expenditure decisions. The taxpayer who funds these activities deserves such an open window policy.

I believe it assists also in ensuring that all sporting organisations can be informed fully of the funding, policy and strategy approaches of the Council.

Building Capacity/Enterprise

I want to say a few words specifically about the collaboration between

The Institute of Sport and Athletics Ireland

The Institute works closely with Athletics Ireland in a number of areas:

- The Institute has a close working relationship with Performance Director Kevin Ankrom and is very supportive of the developing HP strategy that he leads.
- The Institute and AI have in the last month agreed that Institute personnel will be the service leads for AI in Strength and Conditioning, Nutrition, Physiology, Lifestyle and Individual Planning.
- Athletes regularly attend the Institute medical and physiotherapy clinics and have benefitted from the rapid referral service for specialist intervention and scans when required
- AI's head of high performance physiotherapy runs clinics for athletes twice weekly at the Institute's medical centre
- Increasing numbers of athletes are benefitting from the Institute's multidisciplinary support services – Fionnuala Britton and Mark Kenneally. In addition Derval O'Rourke and Paul Hession have been provided with performance analysis support using cutting edge technology.
- AI ran a two day medical screening program for junior athletes at the Institute

We hope that Sports and Athletes choose to draw their support services from the Institute team because we and hopefully they view the Institute as delivering the best services and having the best professionals working in a multidisciplinary way.

The Challenges

Times of crisis can bring out the best in this nation and we are a resilient people in the face of adversity. It is in the DNA of each of us.

I hope we can seize the current opportunities of less “bling” with less frenetic activity of little substance, to build a greater sense of national and local community solidarity. Sports can be the glue that binds us together in shared leisure and sporting events.

The Council believes that we must develop and encourage initiatives that increase participation in sports at all levels and in non-competitive active leisure activities at all age levels. The work of Local Sports Partnerships, the National Trails Office, the An Post/ISC family cycling events are important calendar events.

There is a noticeable increase in recreational running in Ireland. It is important for AAI to be centrally involved with that. Previous booms did not leave a lasting legacy. Now there is ample evidence of the excellent work of AAI in promoting and sustaining this new level of participation in running and other forms of physical activity.

For example I am aware that 15,000 young people will take part in the Schools' Track & Field programme which is on-going around the country. That is a fantastic number and well done to everyone involved. There is huge voluntary effort required in sustaining such a level of participation and I want pay tribute to all involved in that work.

For 2012 AAI plan an expansion of the Fit4Life programme with a target of that 15,000 women participating. Currently there are 92 Fit4Life clubs around Ireland and hopefully that number will grow. The programme is funded by the Women in Sport programme and is run in partnership Local Sports Partnerships.

I want to highlight the work of the Sports Partnerships in growing sport in communities, especially for people normally excluded from sport. The Fit4Life programme is a model of working with the Sports Partnerships to produce results that benefit everyone. It is great to see AAI working so closely with them.

I want to call also on Schools and Third-Level Institutions to open their facilities in out of study periods to local sporting organisations.

Sport is an Investment

Our Society is broken and needs to be rebuilt. An essential pillar and foundation in that process of restructuring is participation in sports. The value of such participation economically, socially and in terms of personal health has been well documented by research undertaken by the Sports Council. We should not have to repeat it, time and time again to the Government or their advisors. The preservation of the Sports Council budget is a vital National interest effecting as it does our national wellbeing in matters of health, social and physical inclusion, the development of talent and participation and our international sporting reputation. 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 in the recovery of the sense of National achievement and pride.

London and summer 2012 is around the corner. Our track and field athletes have done us proud by their accomplishments in European and World events, by achieving increasingly both personally best time and qualifications standards. Recently our boxers, despite some eccentric voting, have met our expectations and our Ladies' and Men's Hockey teams were only a game and a few seconds away from qualifying. We will collectively build on these achievements towards other international events.

We all wish them well in their endeavours. I believe collectively we have supported them to the best in the services and resources available to us in the last numbers of years.

I congratulate everyone who has qualified and we can ask of them is to represent us with integrity, dignity and honesty. Any medals will be a bonus. (No pressure, folks!)

Post the Olympics, the Council, with the Olympic Council and the NGB's will review our High Performance Programmes in order to commence the appropriate planning and arrangements for the next international cycle and the funding for our involvement. I look forward to working with your Association in this review and in the context that all big achievements start in a small club, community or townland on this island, with the encouragement and mentoring of unsung heroes.

Finally,

May I wish you every success in your proceedings today and tomorrow, and that we strengthen our positive working relationship with your Officers and Executive into the future.

Again, I thank you for your attention and your kind invitation to your Congress.

Auditors Report – Joe Fitzgerald – Mulcahy O'Neill Fitzgerald

Proposed: Liam Hennessy
Seconded: Ciarán Ó Catháin
Carried

Chief Executive Officer Report – John Foley

Good Morning, Ladies and Gentlemen.

The two years since the last Congress have passed quickly and before I begin my presentation I would like to thank The Board, The various Committees and all of you Volunteers for the support you have given me during this period.

We have made significant progress in the past few years and now the organisation is stable and while like any organisation we have issues needing tackling I believe that we are moving in the right direction and there are a number of indicators to substantiate this statement.

I cannot over emphasise the contribution that the Irish Sports Council has made to Athletics Ireland in the past two years. This contribution has not only been monetary, it has been shown by the on-going support of the individuals involved particularly Kieran Mulvey, John Treacy, Finbarr Kirwan and Paul McDermott and Gary Keegan and his team from the Irish Institute of Sport.

As I said in my written report it is difficult to capture in words the incredible dedication of all of you who tirelessly and unselfishly give of your time in the interest of our sport.

I would now like to summarise the specific area of our organisation, outline the issues and update you on progress. I will have a copy of the presentation on our website on Monday morning.

Finance

Firstly, Finance. The priority in 2010 was to stabilise the organisation from a financial point of view and we have done that. Overall our revenues have grown as we achieve higher numbers of members and achieve revenue from either organising or partnering with third parties on Mass Participation events and through sponsorship. Cost have also grown as we increase activity and put in place a High performance structure.

You will see that we made a small surplus in 2010 and 2011 which we have put into an Insurance Reserve and we are also forecasting a marginal surplus for 2012. It is important that we continue to build our reserves to ensure that we can deal with any unforeseen circumstance in the future.

Core Funding has dropped in the past two years. This is in line with the general drop and applied to all Sporting Bodies of similar size. In fact the reduction in the larger sports was more severe. In 2012 while the reduction overall was 5% across all NGBs other than Soccer, Gaelic and Rugby where it was larger our reduction was in fact only 3% as the Irish Sports Council recognised the valuable work we were doing on "Women in Sport" and we received an increase in this area.

In High Performance we received an increase in 2012 as a result of having a structure in place and because of the quality of the plans which were presented to the Irish Sports Council and the Institute of Sport.

Overall our revenue in 2012 will grow to €3.6 million an increase of 7% on last year driven mainly by an increase in the number of members and the generation of more activity in all other areas. On recreating, the increase shown is resulting from our involvement with Rock n Roll Marathon, Samsung Night Run, Ray Darcy series, Irish Runner 5 mile and a couple of others which I will let you know about later in the year.

While the contribution from the Irish Sports Council is down in the past couple of years it is an enormous number particularly in these very difficult times. We are all aware of the cutbacks in health, social protection etc. and while a reduction is never welcome we continue to get significant support from the public coffers. Going forward the pressure on public funding will continue and we must ensure that we generate funding from our own resources. We have made a great start in 2012 and will be looking for support from all around the country to expand the activity in 2013 and beyond.

While we are dependent on public monies, our dependence is lessening in percentage terms as we generate our own revenue sources. In 2010 public funding accounted for 60% of our total revenue, in 2011 it accounted for 56% of our revenue and our forecast in 2012 is that it accounts for 51%. This is good progress and it needs to continue.

As you can see there is an increase in wages which is due to the structure we have put in place in High performance. Other areas where costs are showing increase are Competition, Coaching and development and Recreation as we incur costs to generate the higher income.

We are now spending the final parts of the €500,000 Capital Grant and the major proportion will be on the Competition System which has been tested and will go live in the next few

weeks. The remainder of the grant will be spent on Athletic Equipment in 2012. As you will be aware a new Capital Grant has been announced and we are already working our way through the priorities on this.

Membership

From 2009 to 2011 there has been a total increase in membership of 20% to 35,490 and I am confident that we will reach 40,000 in 2012. Year to date we are approx. 16% ahead of last year and I commend the County Boards and Clubs for their efforts in increasing membership.

You can see the regional membership breakdown to 2011 with every area increasing. Year to date 2012 shows an increase in every area also – driven by an increase in numbers in existing clubs and the forming of new clubs.

Juvenile membership continues to be by far the most important area for us in terms of membership and this will continue to be as we recruit new younger members and as more clubs are formed. Senior membership is increasing rapidly due principally to Fit4Life however the growth in Juvenile members continues.

One area not covered is the drop off in participation of 18 year olds an issue for every sport and is an area which will get special focus from the Board and the Executive team.

The number of female club members is now greater than the number of males which is as a result of the “Women in Sport” initiative driven by “Fit4Life. We must also embrace more men into this initiative which will result in even greater numbers participating in our sport.

The number of new clubs continues to grow and from 270 in 2009 we forecast that we will have 300 in 2012. There are still areas in which we have not impacted, namely Inner city and it will be one of our objectives in 2012/2013 to focus on these areas and I will discuss how we go forward with the relevant county boards/Clubs in the next couple of months.

Child Welfare

I would like to thank each of you for your assistance in ensuring that Child Welfare has received such focus in the past 2 years. We have achieved much in a short period and with everybody’s co-operation we have now had 3,000 members vetted and this continues. Now Moira Aston and Kieron Stout, both having been trained through the Irish Sports Council are tutoring clubs throughout the country. Also we have published a new Code of Ethics Book which is available for clubs. Taking care of our Children and vulnerable adults is the most important responsibility for all of us and I look forward to the continued support from Counties and Provinces in this area.

High Performance

We have had an excellent two years in High Performance

Derval O’Rourke – European Championships – Silver

Deirdre Ryan – World Championships – 6th

Ciarán O’Lionaird – World Championships – 10th

Fionnuala Britton – European Cross Country – Gold

Brian Gregan – Euro U23’s – Silver

As I mentioned earlier we have now a High Performance Director in place and he had to start from scratch as this is the first time we have had a senior experienced executive responsible for the high performance area. We have partnered with the Irish Sports Council and the Institute of Sport to ensure that it was robust plan and as a result funding overall for High Performance has been increased in 2012, the focus being 2012 as it is Olympic Year. The plan has already been implemented with clear goals and objectives geared to programme activities. Athlete Performance Agreements have been put in place for all carded athletes and individual athletes are being assisted with camps, travel, competition and medical support.

Other major achievements are the implementation of a High Performance database and website, a new carding scheme for development and Junior athletes and revised championship selection policies that align with our high performance goals and objectives.

Also we have in place leads in the areas of Physio, Strength & conditioning, Nutrition and Lifestyle and performance planning. We have increased the level of investment from the Institute of Sport with 500 hours of service from our providers.

Over time we plan to have a professional coaching structure and we will appoint full time coaches and I believe in this area we must endeavour to build our own and ensure that that a sustainable resource is available in Ireland in the long term. From a structure point of view it is important that elite coaching is part of high performance and we are working our way through this.

We now are building the structure in High Performance and of course there will be challenges. There will probably be pressure for immediate success and we may get some success in the short term, however this is all about building the long term capability in High Performance to ensure that we have sustainable performance. We are doing everything we can to ensure that 2012 is the best it can be and the support programmes for our qualified athletes and those still trying to qualify are comprehensive and at the same time we are putting the building blocks in place for 2013, 2014, 2015 and Rio in 2016. We must continue to build a sustainable structure and have courage to stay with it.

Juvenile/Junior High Performance:

World Juniors – Kate Veale – Gold

EYOF – Ruairi Finnegan – Gold

Ben Kiely – Gold

Siofra Cleirigh Buttner – Silver

Sarah Lavin – Bronze

Megan Kiely – Bronze

Karl Griffin – Bronze

World Juniors – Ciara Mageean – Silver

Junior & Youth High Performance:

- 36 Junior & Youth Athletes (1993 – 1993) carded at present
- All Junior & Youth Athletes and their coaches have received communication about the “new” carding scheme
- All the carding information is posted to the AAI HP website
- Individual Coach/Athlete meetings are taking place

- Information re World Junior Championships is on HP website
- Educational workshops/screening complete

Coaching

We have aligned our Coach Education pathways more closely with the IAAF. 24 Irish coaches have qualified as IAAF level 4 coaches and all previous AAI level 3 coaches have been certified. Level 2 assessments are continuing.

A new Athletics Ireland level 2 course is to be piloted in autumn 2012. We are using new Athletics Leader and Level 1 manuals and Athletics Ireland has adopted the IAAF "Run, Jump, Throw" manual for coaches starting out on coach education. We have three newly qualified Tutors graduated from the Coaching Ireland Tutor Course, and three more coaches starting the course in 2012.

National Squad Days and workshops are taking place in all event areas and all Event Areas now have functioning National Squads also each event area has its own page on AAI website. 'Pro-Sport Europe' has joined forces with the National Throws Squad to establish the Polanik Squad. This is a sponsorship funded by Brian Price and we thank him for his support.

In Coach Development a series of Event Specific Workshops are being offered around the country. A bursary scheme has been set up to assist coaches. We are planning a Coaching Conference Series for autumn 2012 and a Coach License scheme for AAI Level 3 Coaches.

Competition

37 individual championships are managed each year and all of these are organised to a high standard by the Juvenile Committee and the Senior Committee with the professional staff and particularly Bernie Dunne working together in the interest of the athlete. As I wrote in my report the level of commitment from all of you in running our competitions is quite extraordinary whether it is a cold and wet day in the Curragh in December, the Indoors in Nenagh or the outdoors in Tullamore or Santry. In cross country the issuing of guidelines has ensured that the standard of running events has improved significantly.

The Senior Online Entry System for Individuals and Teams has been completed and Provincial Secretaries have access to Online Entry system for the Juvenile championships. The Juvenile County entry system is progressing and will be available before the Track Season. The next phase will be the roll out of the system to the Provinces for use in regional championships to feed back into our National Events

These are some of the events which we have handled through our on-line entry system
Run with SPAR and Ray

Powerade: Ireland on Your Marks - Ulster

Juvenile Indoor Championships

Assistant Coach Course

Powerade: Ireland on Your Marks - Munster

Powerade: Ireland on Your Marks - Leinster

Athletics Leader Course, Taughmaconnell,

Assistant Coach Course, Cork IT

Samsung Run Dublin @ Night

Athletics Leader Course, Greystones,

AAI Track & Field Games

The Meet Manager comprises of laptops at the check in area, the call room, the start area and the media room, together with hand held terminals at field events. These feed directly into the system server in the TIC room. This system will be available to Provinces & County Boards in the future.

We have had an information/training session for officials on the new system which will be up and running at the AI games in May.

Congratulations to the 21 Officials who passed the National Technical Official (NTO) exams in 2011. Also to the 19 officials who passed the Race walking judges exams in 2011. It is important that we continue to train our officials and we must encourage younger officials as it is great to see younger people like Ronan O'Hart leading the way

Development

Assistant Coach and Athletics Leader provide a gateway into coaching at a club level. The Level 1 course up-skills coaches and increases their effectiveness. The course content has been evaluated and the manuals have been upgraded. The demand for courses continues to be very strong.

In 2011 the following courses were held

- Athletic Leader – 30 Courses – 264 Attendees
- Assistant Coach – 21 Courses – 393 Attendees
- Level 1 – 12 Courses – 306 Attendees

Fit4Life groups are a significant contributor to growth in membership. The benefits include:

- Raising the profile among the general public
- Generating revenue for clubs
- Recruitment of Athletes, helpers and coaches

The number of clubs running Fit4life programmes has grown at a phenomenal rate since its inception in 2006 when we had 14 clubs to 92 in 2011 and a forecast in 2012 of 110. I would like to acknowledge Bernie Kelly and from St Abbans Ben Brennan who have done such a wonderful job on fit4life and to all the other people who have helped to grow this area which is not only contributing to Athletics Ireland but also to the general well-being of the nation

Regional Squads continue to provide opportunity for athletes to obtain expert coaching and for coaches to attend and learn. Five Regional Squad events are held in each province per year with squads revamped to reflect demand for more focused training for older athletes together with multi-event focus for the younger athletes.

Also in the development area we run event workshops which provide opportunities for athletes and coaches to learn. The focus is on Technical Events. S&C and sports psychology has also been added to the 45 workshops we held in 2011.

Irish Schools

594 Schools affiliated in 2011. We plan to recruit 650 in 2012. Almost 11,000 competitors took part in the cross country championships with almost 17,000 competing in the track & field season. 60 Schools and almost 6,000 participated in the School Mile Challenge in 2011 with 100 schools and 10,000 participants expected in 2012. Standards in the championships are improving each year.

There is a need to recruit new teachers and to up-skill existing ones continually. 76 teachers completed coaching courses in 2011, we plan to extend this to 100 in 2012. Training has been provided for PE students in officiating and coaching in DCU during 2011. Similar projects will run during 2012.

Marketing

Professional Marketing to our members and to the wider community is essential to ensure the health of our sport and our website is the key ingredient in communicating a positive message. It is the shop window of our sport. It has to be vibrant and updated constantly. In 2011 we have added a coaching section, a Juvenile page and a schools page. We plan to re-vamp our site in 2012 to ensure that we are ahead of the market. To date we have had 300,000 unique visitors to our site and we are targeting 400,000 by 2014.

With regard to social media we use Facebook & Twitter for key two way communication. It allows fans to feel part of the Athletics Ireland community and is important to our younger members. The Athletics Ireland Facebook page now has 2,700 LIKES and the Athletics Ireland Twitter page has just fewer than 2,200 followers. We plan to have 7,000 Facebook LIKES and 6,000 Twitter followers by 2012.

Our PR activity has focused on increasing publicity for all positive athletics achievements & to mitigate the impact of negative publicity. PR plans were activated for all championships with press releases issued on any performance of note by an Irish Athlete. We continue to develop excellent relationships with RTE. Media coverage of €3M achieved for National Senior and Juvenile Championships and Irish Schools media coverage valued at €1.5M.

Sponsorship is a vital source of income which allows delivery of programmes and competition. We are fortunate to have Woodie's DIY, our flagship sponsor for 10 years and we are grateful for their partnership. We continually work to secure new sponsors and we have had recent sponsorship from Grant Thornton, Aviva & Powerade. We plan to give even more focus to the area of sponsorship in 2012 and future years.

Irish Runner

In 2011 we re-launched the Irish Runner magazine to celebrate its 30th year of publication and to make it attractive to a wider audience. This was supported by a publicity campaign and Frank Greally generated both Radio and Newspaper coverage. We did increase sales and advertising in 2011 in what was a very difficult market where magazine sales overall fell by approximately 20%. While the increase in sales is encouraging we are endeavouring to

manage an area which needs more resources if we are to achieve growth. The facts are that Frank has done a really commendable job in publishing the Irish Runner for the past 30 years and he sees that there may be new opportunities for the Irish Runner. We are examining ways of managing the magazine differently and reaching a significantly wider audience and become a major influencer in the running community. More on this later in the year.

In 2011 we held the Farmleigh Family Fitness Festival which attracted significant numbers of people and we were fortunate to get support from a number of sponsors. We plan an even bigger event in 2012 and this year we are getting support from the Irish Sports Council. As part of the event which includes Little Athletics we have a family mile run in the grounds of Farmleigh. There is an opportunity to take this event out of Dublin to other urban location in 2013 and we will be inviting a number of you to this year's festival to see how we can work together on expanding this event.

You will have seen the Up and Running page which Frank Greally writes each week in the Irish Independent. This reaches 150,000 people each week and is a testament to how Frank is regarded in the wider running community.

We carried out a piece of research recently to measure the number of adults jogging or running and we found that 37% of all adults now run in Ireland. 46% are men, 29% are women. 53% of 16 to 24 year olds run and 25% of 55 years plus run

We also asked why people ran and the reasons were getting down weight, keeping fit, de-stressing, clearing the mind, enjoyment, training for sports, getting fresh air, getting free exercise and others saw it as a personal challenge. This shows how important our sport is to people's lives and presents us with an opportunity with the Irish Sports Council to become the "Sport for Life".

Summary

- We operate to high standards in Financial Management and Governance.
- Our membership has grown significantly.
- Garda Vetting is well underway and we have started Code of Ethics courses for clubs.
- We run close to 40 National Championships to a high standard.
- We have a High Performance Director in place and a strategy has been communicated
- Coaching is receiving fresh impetus in a structured manner
- We are now a major player in the mass participation area with potential to grow significantly
- We have created alliances with partners to generate revenue
- We have won new sponsorship in what has been a difficult operating environment
- Our relationships with our major stakeholders is excellent
- We communicate through traditional and digital media ensuring that our membership and the wider public have information on a timely basis

Objectives

- Continue to operate to the highest financial and governance standards
- Through recruitment in juvenile, senior and Fit4Life grow our membership to 50,000 members
- Operate to the best demonstrated standards in ensuring that our children and vulnerable adults are protected and feel secure
- Operate our competitions to the highest standards, embracing technology, through the present volunteer base and the recruitment of new well trained people
- Ensure that High Performance and Coaching in AI is to the best International standards and that the environment is such that we optimise the opportunity of winning major events including the Olympic Games, World Championships and European Championships
- Recruit full time coaches in all disciplines
- Provide and encourage an environment where coaches can be educated and informed to a level that will ensure that athletes in all disciplines can meet their full potential
- Become the leaders in participation fitness through building on the base created in 2012
- Expand our sponsorship reach to new areas such as Fit4Life, Little Athletics and International Teams
- Ensure that there is open and honest communication with all our stakeholders and that we operate to the highest standards in our relationships
- Embrace the dispute resolution service available through Just Sport Ireland
- Continue to embrace Digital Marketing ensuring that we are the leaders in Irish Sport in communication with our members in a wider market
- Ensure that Irish Runner optimises its potential through its present form or through partnership with a Publishing House with the objective of increasing its reach to a significant proportion of the athletic community

Proposed: Ciarán Ó Catháin
Seconded: Brian Corcoran

Finance Report – Ciarán Ó Catháin

Proposed: Michael O'Hart
Seconded: Michael Quinlan

High Performance Report – Ray Flynn

Matters Arising:

Padraig Griffin – There is need for a clear and coherent policy on selection and High Performance should consider accommodating B standard athletes.

Peter Hynes – According to the attendance records, ten members of the High Performance Committee attended less than half of the committee meetings.

Response – Ray Flynn

There is a clear selection policy on the Athletics Ireland Website. The High Performance Committee consists of three elected members and 3 co-opted members who attended the majority of the meetings. Ray thanked the High Performance Committee for their work.

Proposed: Michael O'Connell
Seconded: Bríd Golden

Coaching & Development Report – Jim Kidd

Matters Arising:

Tom Clinton – An initiative to form a Coaches Association was not successful in 2011. There is a need for such a body if anyone is willing to take on the task Athletics Ireland needs to engage with the Department of Education to address the high drop-out rate of teenage athletes, possibly extending the syllabus over an increased period of time and awarding points for sport. Tom thanked Pádraig Griffin for reminding Congress of our duty of care to young athletes.

Response - Jim Kidd

It was disappointing that the Coaches Association initiative was unsuccessful, it would have provided an essential forum for coaches to share information for the benefit of their athletes.

Proposed: Bríd Golden
Seconded: John McDermott

Competition Report – Brendan McDaid

Matters Arising:

Nick Davis – Athletics Ireland has developed a good relationship with Dublin City Council and is now seen as the body responsible for organising events.

In 1999 Athletics Ireland was set up as the National Governing Body. In this regard why are there reports from four separate areas within the competition report? Can we look at competition systems and rationalise competition for youth athletes?

Charlie O'Neill – Although the policy to link championship events with mass participation events is generally a good initiative, there have been some delays in the availability of results from these events, particularly the National 10k Championships. What is being done to provide accurate results quickly?

Response - Liam Hennessy

Within Athletics Ireland memo & arts there is clear integration of ISAA and IUAA with Athletics Ireland, work is continuing in this regard. We will discuss progress at the AGM next April.

Response - Brendan McDaid

There have been a number of meetings with the ISAA and IUAA and a resolution is close.

Our amalgamation with bigger races is very positive & beneficial. The problem with chip timing is caused by incorrect or insufficient information provided by participants on the on-line entry system. Our own on-line entry system will help to resolve the issue.

Proposed: Paddy Marley
Seconded: John Cronin

Juvenile Report – John McGrath

Matters Arising:

Michael Heery – Offered his help and support to the incoming president in integrating the various bodies under the umbrella of Athletics Ireland.

Carol Kiernan – Events should be held in a central location in order to minimise travel time expense for all.

Response – John McGrath

Attempts have been made to reduce the volume of competition for juvenile athletes.

Events locations are chosen with a view to fairness to all counties & regions.

The UAC should have been mentioned in the juvenile report – apologies for the oversight.

Thanks to the Juvenile Committee for their hard work.

Proposed: Nicky Cowman
Seconded: Mary Burgoyne

Irish Schools Athletic Association – Michael Hunt

ISAA would like to see further integration with Athletics Ireland over the coming year.

Irish Schools provide four stages of cross country competition for athletes, Regional, Provincial, National & International. Statistically 66.66% of athletes are eliminated at the regional stage and only .4% progress to international. In schools track & field there are five stages. 80% are eliminated at stage 1; 2% progress to stage 4 and only 1% progress to stage 5. The majority of athletes, knocked out at stage 1 of both cross country & track & field competitions have experience of too little, not too much competition.

ISAA lost Nestle as a sponsor in 2008, Michael Hunt acknowledge the support provided by Athletics Ireland during this difficult time.

The term of office for Michael is terminating, he expressed his thanks to the Board as he steps down.

Proposed: Jim Kidd
Seconded: Paul Butler

Irish Universities Athletic Association – Paul Butler

The University Committee consider themselves fully integrated with Athletics Ireland and operate under AAI rules.

IUAA will have a central role in tackling the dropout rate of young athletes.

Being included means being referenced in matters relating to athletics.

IUAA run their competitions around the academic year with a view to providing as little disruption to students as possible. Varsity competitions are hugely popular with a large number of requests for guest places.

Presidents Address – Liam Hennessy

Delegates you will have read and debated the comprehensive reports from the CEO and the Chairs of the Committees. By any yardstick I think you will agree that considerable progress has been made across a broad range of areas since our last Congress.

To paraphrase the reports we have:

- Achieved stability in our finances and a high level of overall governance
- Our membership has grown significantly
- Our child welfare processes are very robust
- All our championships are run to a high standard
- Our officials training is vastly improved
- We have a strong high performance programme in place
- Coaching has improved considerably including the most welcome alignment with the IAAF system
- We are now serious players in mass participation events
- We have created new sponsorship in these difficult economic times
- Our overall communications have improved considerably

Of course we know that in general the public and the marketplace judge us largely on our international success and in that regard we had a good two years. We won an historic team gold at the European under 23 cross country, Fionnuala Britton won gold in the senior women's at the European CC, Derval O'Rourke had a silver from the Europeans in Barcelona, Ciara Mageean had a silver at both World and European juniors, Brian Gregan won a silver at the European under 23's, Kate Veale won gold at the World Youths. There were an extraordinary 6 medals won at the EYOF and impressive 4th places by Rob Heffernan in the Europeans over 20k and 50k walk. There was also a record number of records and hugely significant a greater overall depth of performances especially from emerging talent and of course we have 16 athletes qualified for London.

And for the future the objectives are clearly outlined by John in his report and presentation. I believe these are achievable targets.

There are many challenges, though decreased Government funding could affect our ability to reach our objectives. However our own fund generation shows that from 60%

dependency 2 years ago we will move to around 50% by the end of this year and further projected decreases in the following years.

The recent census reports showing an increase of population to 4.6 million with the NI census showing a population of 1.8 million. This is hugely positive and provides considerable scope for on-going development. Our population is diverse, we welcome this diversity, which is self-evident particularly at under-age.

It is imperative though that we produce a steady stream of high achieving athletes for without that we have poor credibility in the market. A further help in that regard should be the availability of the new indoor track in Athlone. That vital piece of infrastructure aligned with the recent improvements in Nenagh will help the sports development enormously. It could also be a catalyst to revamp the whole winter competition schedule.

It is essential that as an organisation we work in close co-operation with the various government agencies, institutions, organisations, media and sponsors. A critical partnership is that with the Irish Sports Council who provide such a large percentage of our core and High Performance funding. I would like to thank the Chairman Kieran Mulvey, CEO John Treacy, his staff and that of the Institute for Sport for their open house approach, support and enthusiasm.

I would also compliment the ISC on the clarity around their 2012 to 2014 strategy based simply on advancing the participation strategy, developing capacity of the NGB sector and sustaining the High Performance system.

We have been fortunate to secure substantial funding from the Department of Sport from previous capital schemes. I am delighted that Minister Varadkar has secured a partial restoration of the scheme. The capital programme has enabled us to progress in many areas. Some funding from this new scheme would be of immense assistance in fulfilling our strategic objectives.

I would like to express our thanks to Donagh Morgan and his staff, mostly based in Killarney for their support. This year saw the retirement of Sec. General Con Haugh who was pivotal to the development of the sports strategy in this country. I thank Con for his support over the years and wish him well in his retirement.

There has been a good working relationship and communication with the OCI in terms of London. Planning is going extremely well and we wish all our athletes and indeed the whole Irish team lead by Chef de Mission Sonia O'Sullivan every success. It is a great opportunity for all of us to capitalise upon for the sport. Cooperation on the EYOF has also been excellent and details on 2013 will be available shortly.

We have very good working relationships with the EAA and IAAF. It was particularly gratifying that we now have programmes on coaching and officiating aligned with the IAAF - a mammoth achievement in the last year. It was a particularly noteworthy occasion at the EAA Congress in London last year that we had a member elected to Development (Nick Davis), Competition (Pierce O'Callaghan) and the Council (Liam Hennessy), the only country in Europe to achieve such a result. I am delighted to report that John Cronin was appointed as the Technical Delegate for the European Under 23 Championships in 2013 and Ronan O'Hart and Michael Quinlan have had appointments as ATO's at international events.

The relationship between Athletics Ireland and Athletics Northern Ireland is excellent. That should be self-evident from the seamless manner in which championships are held

throughout the island. I particularly thank John Allen for his work over the years regarding the Odyssey.

Relationships between the UAC and ANI are also at an all-time high. We have agreed at Liaison Committee level i.e. UAC, ANI and AAI for better coordination, to have two meetings per annum as against one. That should help to strengthen further the relationships.

To improve the communications with the regions we held some meetings in the past year which I feel have been mutually beneficial. These meetings will continue on a regular basis. I discussed at these meetings the possibility of a joint funding programme of development initiatives. I am pleased to report the Leinster, Munster & Ulster have agreed to come on board. The coordination, monitoring and evaluation of the initiatives agreed will be done by Pat Ryan and Jacqui Freyne on our side and by a representative from each of the regions.

We have very good day-to-day relationships with the media, print, radio and TV and we thank them sincerely for the absolutely necessary coverage they provide for our sport. More and more it is clear that digital media is crucial as a communications tool for our members, fans, media and sponsors. I am delighted that we have advanced hugely in this area and you will have seen in the CEO's report how effective our website is, we had 300,000 unique visitors to our site last year, i.e. 300,000 different people logged on. There were over a million visits and the average time per person was three minutes (very high). The website is currently being revamped (embracing the road race scene and others like technical) and it is clear that those figures will be massively improved by the time of the next AGM 2013 and 2014 for Congress.

Can I take this opportunity to thank most sincerely a journalist Brendan Mooney recently retired from the Examiner. Brendan's vast knowledge and deep understanding of the complexities of the sport has made him a deserved figure of respect and probity. I consider Brendan a friend and a great confidant over the years. I wish him every success in his retirement.

Our sponsors are of course vital to us. I would like to sincerely thank, Woodie's DIY, Asics, Aviva, Pro-Sport Europe, Grant Thornton, Powerade & Tipperary Crystal for their valued support.

2012 is the 100th anniversary of the formation of the IAAF. Many celebrations are in the pipeline by the IAAF including the World Junior Championships in Barcelona and a huge gala again in Barcelona next November. A major publication on the history of the federation will issue during the year. You may be aware that the current history of the IAAF shows Ireland (or Eire as it was called until Al Guy got it changed to Ireland some twenty odd years ago) as a member since 1938 having applied in 1937. To cut a long and tangled process very short I received the following letter about 10 days ago following a submission I had made:

"This is to confirm that Ireland was first recognised as a member of the IAAF in 1924 rather than 1938. Please be advised that the IAAF records will be amended accordingly."

Can I express my profound thanks to Cyril Smyth for his impressive research on this and also to Pierce O'Callaghan. Incidentally this case was made based on facts and not revisionism. An application was made by the NACAI in September 1923 to the IAAF and confirmed in January 1924.

As part of the European Athletics family it is imperative that Ireland plays its part in hosting international events. As you know we successfully hosted the European Cross

Country in 2009. It is 1997 since we last hosted a track and field event, the former European Cup now revised as the European Team Championship. We have submitted a comprehensive bid to host the team championship in the Morton Stadium on the 22/23 June 2013. If our bid succeeds it will be the largest ever team track and field event in Ireland. There are 12 countries including Norway, Sweden, Finland, Holland, Portugal, Switzerland & Romania with approx. 900 people including team officials. The bid could not have been submitted without the written support of the Irish Sports Council, Fingal Council, Setanta Sports, National Sports Campus and Clonliffe Harriers. Can I express my deep appreciation to Dermot Nagle on the exceptional work done on the bid. Incidentally we will know the outcome from European Athletics in early June.

The statistics section of the website has been enhanced considerably over the last year. Up-to-date records, ranking lists, all-time lists and various rolls of honour are included and indeed used as a vital source of accurate information internally and externally. It demands huge time and expertise to keep apace of all the activity of our athletes from all the locations around the world.

In that regard I would express thanks to Killian Lonergan and Der Donovan for the exceptional work they do. There is one and perhaps the final outstanding major piece of research to be completed and that is the compilation of the progressive list on national records in all events from the 1880's to date. I am delighted to report that four intrepid enthusiasts have embraced the challenge and done magnificent work in the past couple of months, Pierce O'Callaghan, Tony O'Donoghue, Cyril Smyth and Killian Lonergan. I look forward to seeing the fruits of this ground breaking research towards the end of the year.

Before I conclude I would like to thank all the Board members for their constructive contribution over the past two years. To the best of my recollection all decisions were by consensus. This certainly made my life easier.

I enjoyed all my invitations to the various parts of the country and was able to see at first hand the work being done at all levels. I thank all for their kind hospitality and welcome. Can I say a special word of thanks to all the staff for their exceptional dedication to our sport. On a personal level I thank the many staff members who responded willingly and pleasantly to my many and varied requests for information.

I thank John Foley CEO for bringing great stability and vision to Athletics Ireland and to his sometimes unrelenting dog with a bone approach to solving issues. Can I particularly and sincerely thank John for his communication skills, every fly that went up a wall he told me about!

I am deeply honoured to have lead this organisation for the past four years and indeed for the on-going trust by the membership in electing me, without a break, to the various positions on the Board since December 1978.

I look forward to Ciarán being inaugurated as President at the end of Congress and I wish him sincerest good wishes as he leads the organisation during his term of office.

Adoption of Standing Orders

Proposed: Fabian Walsh
Seconded: Gerry Davenport
Carried

Elections

President

Ciarán Ó Catháin

Proposed: Áine Pobjoy
Seconded: Andy Hallissey
Elected

Chair of Coaching & Development

Jim Kidd

Proposed: David Evans
Seconded: Brian Corcoran
Elected

Chair of Competition

Georgina Drumm

Proposed: John Cronin
Seconded: Brendan McDaid
Elected

Chair of Finance & Risk

Neil Martin (54 Votes)

Proposed: John McDermott
Seconded: Evelyn O'Reilly

Peter Hanlon (150 Votes)

Proposed: Colette Quinn
Seconded: Brendan Meade
Elected

Chair of High Performance

Ray Flynn

Proposed: Michael O'Connell
Seconded: Bríd Golden
Elected

Chair of Juvenile

Jim Ryan

Proposed: Mary Burgoyne
Seconded: John McGrath
Elected

Provincial Representatives on the Board as per Article 31 (g) (vii)

Connacht

Michael O'Hart

Proposed: Áine Pobjoy
Seconded: Anne McHugh
Elected

Jim Ryan (Withdrawn)

Leinster

John Cronin

Proposed: Martin Heery
Seconded: Carmel Kelly
Elected

Munster

Mary Cronin

Proposed: Mossie Woulfe
Seconded: Michael Lillis
Elected

Ulster

Brendan McDaid

Proposed: Patsy McGonagle
Seconded: Gerry Davenport
Elected

Coaching & Development Committee – 5 Candidates to be elected

Carlin Kieran
Withdrawn

Clinton Tom (192 Votes)

Proposed: Martin Heery
Seconded: Brendan Meade
Elected

Corcoran Brian (187 Votes)

Proposed: Pat Hooper
Seconded: Mary Burgoyne
Elected

Doherty David (112 Votes)

Proposed: Evelyn O'Reilly
Seconded: John McDermott

Dowling Brian (174 Votes)

Proposed: Carmel Kelly
Seconded: Patsy Kelly
Elected

Golden Bríd (183 Votes)

Proposed: John McGrath
Seconded: Paul Butler
Elected

Wilkinson Martin (182 Votes)

Proposed: Maeve Kyle
Seconded: John McDermott
Elected

Tom Clinton, Brian Corcoran, Brian Dowling, Bríd Golden & Martin Wilkinson elected

Competition Committee – 5 Candidates to be elected

All Candidates Proposed by Micheal Quinlan – Seconded by John Quirke

Ahern Tim (Withdrawn)

Cronin John (186 Votes) – Elected

Doyle Ciarán (49 votes)

Killeen Ina (60 votes)

Marley Paddy (149 votes) – Elected

McDaid Brendan (117 votes) – Elected

McEvoy Hugh Pat (48 votes)

McGrath John (77 votes)

McKeon Michael (17 votes)

Meade Brendan (Withdrawn)

O'Hart Michael (139 votes) – Elected

Pobjoy Áine (81 votes)

Quigley Ronnie (97 votes) – Elected

John Cronin, Paddy Marley, Brendan McDaid, Michael O'Hart & Ronnie Quigley elected

Provincial Representative on the Competition Committee – Article 80 (d) (ii)

Connacht

Patricia Griffin

Proposed: Michael O'Hart
Seconded: Dave Evans
Elected

Leinster

Brendan Meade

Proposed: Ronnie Quigley
Seconded: John Cronin
Elected

Munster

Tim Ahern

Proposed: Pat Walsh
Seconded: Bríd Golden
Elected

Ulster

Patsy Kelly

Proposed: John McDermott
Seconded: Carol Kiernan
Elected

Finance & Risk Committee – 3 Candidates to be elected

Davenport Gerry (159 votes)

Proposed: Patsy McGonagle
Seconded: John McDermott
Elected

Evans David (174 votes)

Proposed: Andrew Talbot
Seconded: Mary Burgoyne
Elected

Hanlon Peter (Withdrawn)

Nagle Dermot (139 votes)

Proposed: Pat Hooper
Seconded: Brian Corcoran
Elected

Tynan Michael (134 votes)

Proposed: PL Curran
Seconded: Brian Dowling

Gerry Davenport, David Evans & Dermot Nagle elected

High Performance Committee – 3 Candidates to be elected

Ahern Tim (Withdrawn)

Denmead Robert (85 votes)

Proposed: Carmel Kelly
Seconded: Brian Dowling

Dooley Br. John (117 votes)

Proposed: Fabian Walsh

Seconded: Danny McClafferty
Elected

Ryan Jim (Withdrawn)

Tony Ennis, Esther Fitzpatrick, John McGrath, Anne McHugh & Áine Pobjoy elected

**Provincial Representative on the Juvenile Committee – Article 80 (d) (iii)
Leinster**

| Leinster | Munster | Connacht | Ulster |
|------------------------------------|-----------------|--|-----------------|
| Nicky Cowman Ciarán Doyle (W/D) | Tim Fitzpatrick | Pat Fitzgibbon Jim Ryan (W/D) Anne McHugh (W/D) | Evelyn O'Reilly |

Nicky Cowman, Tim Fitzpatrick, Pat Fitzgibbon, Evelyn O'Reilly elected

Deputy President

Jim Kidd (38), Georgina Drumm (124 votes), Ray Flynn (26 votes)

Georgina Drumm elected

Motions

General

1. That the Athletics Ireland Board members & Principal committee members be instructed by this Congress to implement in full, all motions passed at every Congress without exception.

**Cork County Board
Motion Void**

2. That Consideration is given to decreasing the entry fees for junior, senior and master competitions.

**Cork County Board
Withdrawn**

3. That all Event Permits by Clubs or Organisations to County Boards for approval should on receipt of that approval be forwarded to Athletics Ireland with the relevant documentation and fees by that County Board.

**Munster Council
Withdrawn**

4. That all Road Race permits signed by clubs and countersigned by County Boards should be forwarded with relevant club cheque to National by the County Board.

**Limerick County Board
Withdrawn**

5. That on receipt of a Licence to promote an event of 10K and greater that organisers should ensure that athletes U18 not take part.

**Munster Council
Limerick County Board
Withdrawn**

6. That the Board shall establish a racewalking subcommittee which will report to the competition committee and to the Board as appropriate and shall meet from time to time as deemed necessary in order to fulfil such tasks as are allocated to it by the competitions committee and/or the Board.

**Leitrim County Board
Withdrawn**

7. That Irish Schools and Universities include Athletics Ireland Logo on all literature pertaining to schools competitions.

**Sligo County Board
Proposed: Pat Fitzgibbon
Seconded: Michael O'Connell
Carried**

8. That any Rules or Regulations introduced by the Technical Committee which affect competition and which are not IAAF rules should not be implemented until/unless they are passed at Congress except in the interest of Safety.

**Munster Council
Cork County Board
Proposed: Tim Fitzpatrick
Seconded: Pat Walsh
Carried**

9. That the National Competition Committee be instructed by this Congress to implement Motion 31 regarding Rotation of Juvenile Cross Country Championships between the 4 Provinces, which was passed at the 2006 Congress held in the Armada Hotel, Limerick Junction, Tipperary. Motion 31 reads (That venues for the National Juvenile Cross Country Championships rotate between the Provinces).

**Munster Athletics
Cork County Board
Proposed: Tim Fitzpatrick
Seconded: John Meagher
Defeated**

10. That in matters directly related to athletics – squad selections, information about suitable workshops/coaching opportunities, carding matters or travel related to representing Athletics Ireland, Athletics Ireland staff and officials who are Garda vetted need to be allowed to contact athletes directly. A copy of letter/email of selection should also be sent to the athletes club.

**Sligo County Board
Proposed: Anne McHugh
Seconded: John Meagher
Carried**

Articles of Association

11. That the Articles of Association of the Association (“Company”) be and are hereby amended by the deletion of existing Article 52 (a) (xi) and the substitution therefore of the following new Article 52(a) (xi):

52(a)(xi) Persons co-opted by the Board: the Board shall have the power to co-opt any persons it deems advantageous to the Board to hold office for such period as may be decided by the Board during a lifetime of the particular Board (i.e. until, at the latest, conclusion of the next Congress). A maximum of three such appointees shall be on the Board at any one time.

Board
Proposed: Ciarán Ó Catháin
Seconded: Paul Butler
Carried

12. That the Articles of Association of the Association (“Company”) be and are hereby amended by the deletion of existing Article 52 (c) and the substitution therefore of the following new Article 52 (c)

52(c) Each member of the Board shall have one vote.

Board
Proposed: Ciarán Ó Catháin
Seconded: Jim Kidd
Carried

13. That the Articles of Association of the Association (“Company”) be and are hereby amended by the addition thereto of the following new Article 25(h) and the re-numbering of existing Article 25(h) as Article25(i):

25(h) All decisions issued under the Appeals procedure set out in Article 25(f) and 25(g) above may be appealed exclusively by referral to Just Sport Ireland within 14 days after the decision has been communicated to the person or body in respect of whom or which the decision was made, for final and binding arbitration in accordance with the Just Sport Arbitration Rules (as amended from time to time). The decision of the arbitrator(s) thereunder shall be final and binding on all concerned.

Board
Proposed: Liam Hennessy
Seconded: Ciarán Ó Catháin
Carried

14. That the Articles of Association of the Association (“Company”) be and are hereby amended by the addition thereto of the following new Article 26 and the re-numbering of existing Articles 26 to 101 as Articles 27 to 102 and that the Articles of Association be amended accordingly:

26. All disputes other than those provided for under Articles 21, 22, and 23 (Anti-Doping) and Article 25 (Disciplinary Matters) arising out of or in connection with the Memorandum & Articles of Association shall be referred to Just Sport Ireland for resolution by mediation in accordance with the Just Sport Mediation Rules (as amended from time to time). In cases where the dispute remains unresolved following the aforementioned mediation process, the dispute shall be referred to Just Sport for final and binding arbitration in accordance with the Just Sport Arbitration Rule (as amended from time to time). The decision of the arbitrator(s) thereunder shall be final and binding on all concerned.

Board
Proposed: Liam Hennessy
Seconded: Ciarán Ó Catháin
Carried

15. That Article 80 (d) (ii) be amended to read as follows;
‘A Competition Committee, with a sub committee dealing specifically with juvenile athletes, who shall be responsible for the implementation of the competition programme, developing policies and rules including technical, and shall consist of a Chair who shall be elected at Congress and 14 individuals, five (5) of whom shall be elected at Congress and five (5) appointed by the Board with one (1) individual from each province which has nominated a person as a member of this Committee’.

Ulster Athletic Council
Proposed: Neil Martin
Seconded: John Cannon
Defeated

16. That Article 80 (d) (v) be deleted.

Ulster Athletic Council
Void

17. Article 31 (g) (vi) be deleted.

Ulster Athletic Council
Void

18. That nominations by County Boards for Provincial Representatives on the Board of Athletics Ireland and National Committees shall be submitted to the relevant Provincial Convention at which such representatives shall be selected and the selections shall be submitted to Congress for ratification.

Munster Council
Withdrawn

Bye Laws

19. That the Athletic Association of Ireland Ltd. ("Company") adopts a national Bye Law procedure for Transfers, with transfer date of 1st April and 1st September.

Board
Proposed: Neil Martin
Seconded: Jim Kidd
Carried

20. That the Board of the Athletic Association of Ireland Ltd. ("Company") appoints an Appeals Committee to review transfers in dispute.

Board
Proposed: Neil Martin
Seconded: Jim Kidd
Carried

21. In exceptional circumstances and subject to approval by the Appeals Committee a registered member may compete as an unattached athlete for a period not exceeding 30 days.

Board
Proposed: Neil Martin
Seconded: Ray Flynn
Defeated

22. That if a registered member of an affiliated club wishes to represent an affiliated Third Level Institution normal transfer procedures will apply.

Board
Proposed: Neil Martin
Seconded: Ray Flynn
Carried

23. That for competition within Ireland athletes (North/South) who are registered members of more than one club in Ireland:

- (i) may only compete for 1 club in open competition: this will be the club which the athlete has been a registered member of the longest.
- (ii) having competed for a club in open competition an athlete cannot compete for another club in open competition within Ireland without going through the normal club transfer procedure.

Board
Proposed: Neil Martin
Seconded: Ray Flynn
Carried

24. That Congress adopts the following Athletic Association of Ireland Ltd Bye Laws regarding Transfers:

- 1.1 An application for a transfer of a registered member from one affiliated Club to another club shall be made on the company transfer application form.
- 1.2 All registered members who wish to transfer will be required to complete a transfer application form.
- 1.3 If a registered member of an affiliated club wishes to represent an affiliated Third Level Institution, normal transfer procedures will apply.
- 1.4 There will be 2 (two) transfer dates 1st April and 1st September each year.
- 1.5 The application form shall be forwarded to the registrar/secretary of the county board by the club that the member wishes to join prior to the April or September County Board Meeting

The form must be signed in the following order by the:

- Member (in the case of a minor by the parent or guardian)
- New Club
- Outgoing Club
- County Board (outgoing club)
- County Boards (out of county club transfer)
- County Boards (inter county transfer)

1.6 County Board

- (a) The completed form shall be received no later than 7 days before the beginning of the transfer month.
- (b) County board Meeting in April or September will review the application, sign and date form provided the member is in good standing with the Association
- (c) Forward the completed forms to the Athletic Association of Ireland Ltd.
- (d) Inform both clubs of the decision and inform them of the effective transfer date.
- (e) If the transfer is an out of county transfer, the form is to be forwarded to the New County.
- (f) Transfers not approved i.e. disputed transfers - at the agreed dates April or September must be forwarded to the Appeals Committee.
- (g) In the absence of a County Meeting in April or September, or if the application is delayed by the county for other reasons, transfer requests will be referred to the Appeals Committee.
- (h) All transfer forms received by an incoming county to be forwarded to the Athletic Association of Ireland Ltd.

1.7 Registered Members Duties

- i. From the date of approval a member will not be entitled to compete for either the outgoing or incoming clubs for the remainder of the months.
- ii. Transfer is effective on 1st May or 1st October whichever applies.
- iii. Athletes may compete as an individual during the month of April or September in which the transfer request is made.
- iv. Athlete must wear white colours if competing in any competition during that period of time.
- v. Athletes who are granted a transfer will not be eligible to transfer again for a further year.
- vi. Athletes who transfer between Athletics Association of Ireland and Athletics Northern Ireland affiliated clubs will be subject to the transfer procedure of the governing body of the club they are joining.
- vii. If the registered member is moving from one county to another, the registered member has the choice to represent the new county or continue to represent the old county in Inter County Competition; the county they wish to represent must be indicated on the transfer form.
- viii. If at another time the registered athlete wishes to change his county allegiance from the above, an-inter county transfer will be required.

1.8 Lapsed Membership

- a) A member, who has not been a registered member of any club for 3 (three) calendar years, will not require a transfer form. The set April and September transfer dates will not apply. (Amendment) *Provided the athlete is in good standing with his previous club.*
- b) If last membership was within the last 3 (three) calendar years a transfer application must be completed and forwarded to the relevant county board.

1.9 Appeals System

1. An appeal of any transfer application refused by a county board can be made to an Appeals Committee appointed by the Board of the Athletics Association of Ireland Ltd. Which will include a representative from each province.
2. The Appeals Committee will meet when required in the months of April and September.
3. A transfer appealed shall not come into force until ratified by the Appeals Committee.
4. In the event of a club or county refusing to sign a transfer, the Appeals Committee will consider the application.
5. The Appeals Committee will inform the relevant county of their decision (in writing) along with the athlete. The decision of the Appeals Committee is final.

1.10. Unattached Athletes

- a) In exceptional circumstances and subject to approval by the Appeals Committee a registered member may compete as an unattached athlete for a period not exceeding 6 months.
- b) After the 6 month period the registered member must join an affiliated club.
- c) If the registered member has formerly been a member of an affiliated club they shall require a transfer, please refer to lapsed membership 1.8
- d) The set April and September transfer dates will not apply.

1.11 Competition within Ireland for athletes (North /South) who are registered members of more than one club in Ireland.

- (i) may only compete for 1 club in open competition: this will be the club which the athlete has been a registered member of the longest.
- (ii) having competed for a club in open competition an athlete cannot compete for another club in open competition within Ireland without going through the normal club transfer procedure.

**Board
Proposed: Neil Martin
Seconded: Ray Flynn
Carried**

- 25.** That where it relates to Inter Club Transfers within a County the following should be added as Bye Law 1.2(d):

The Transfer Application shall be considered immediately on receipt by the Hon. Registrar of the County Board for the Club to which the athlete wishes to transfer and if it appears to him to be in order she/he shall record such transfer. The date of recording shall be regarded as the date from which the 30 days waiting time shall commence. The Hon. Registrar shall notify headquarters.

**Cork County Board
Void**

- 26.** That Article 1.3 (a); the transfer application shall be considered immediately by the Honorary Registrar of the County from which the athlete wishes to transfer and if all is in order he shall record such transfer. The date of recording shall be regarded as the date of Transfer. The Honorary Registrar shall notify the following of the transfer; Athletics Ireland, Registrar of the County the athlete is transferring too and both clubs.

And 1.5 an athlete who has transferred shall not be eligible to represent his new club in inter club competition until 30 days after the date of the recorded transfer and shall not be eligible to transfer for a further one year.

**Louth County Board
Void**

27. In relation to Club to Club Transfers outside of the County in which your Club is affiliated, the following shall be the manner in which all Juvenile transfers up to the age of 19 (competes U18) will be dealt with:

- Cooling off Period – There is to be a three month cooling off period from the date a Juvenile (aged up to 17 – competes U18) requests a transfer, at the end of which the Clubs and County Board(s) involved can look to accept the transfer request. An athlete may withdraw their transfer request at any stage within the three month cooling off period, however if they later put back in a transfer request (even within the initial three month cooling off period) the three month cooling off period starts again.
- Liaison Officer – Liaison Officers are to be appointed as soon as possible after a transfer request is received and will work with the Athlete(s), Parents, Clubs & County Board(s) involved. The Liaison Officers appointed must be acceptable to the Athlete(s), Parents, Clubs & County Board(s) involved.
- Transfer Window – The transfer window is to be set for one month each year with closing date being the 31st August each year, whereby any transfer requests agreed during the previous twelve months can be processed. The 31st May (while can be looked at) will only be processed (if accepted) on the 31st of August of the following year. 30 days stand down period to still apply after transfer request has been processed.

**Athletics Leinster
Void**

28. That in the case of juvenile registered members there shall be no transfers allowed to clubs outside of their current county of registration except in the case of a permanent change in principal residence.

**Meath County Board
Void**

29. That all inter-club transfers between clubs in different counties must be sanctioned by both County Boards involved.

**Meath County Board
Void**

30. That Congress adopts the following Athletic Association of Ireland Ltd. Bye Laws regarding Provincial Councils;

A Provincial Council may be formed in each of the four provinces of Ireland in accordance with Article 17(a) of the Articles of Association of the Athletic Association of Ireland Ltd. ("Company").

The President of the "Company" shall at all times be an ex-officio member of the Provincial Council.

Objectives of a Provincial Council

The primary aim of a Provincial Council should be to foster the development of athletics and the dissemination of technical and other information to all County Boards, Clubs and registered members throughout the Province and in pursuance of that aim;

1. Shall establish friendly and loyal co-operation between all registered members for the benefit of athletics.
2. Shall strive to ensure that no racial, religious, political or other kind of discrimination be allowed in athletics, and to take all practicable measures to stop such discrimination.
3. Shall strive to secure that there shall be no hindrance to the participation of any individual in athletic competitions on racial, religious or political grounds, and to ensure that there be no such hindrance in Athletics meetings over which the Provincial Council or Athletics Association of Ireland have control.
4. Shall strive to ensure that for all elected positions in the Provincial Council there shall be no discrimination toward race, religion, politics, age or sex.
5. Shall ensure that all athletics meetings between registered members, including Provincial, County and Club Championships or Games, shall be held under the laws and Articles of Athletics Association of Ireland Ltd. /Athletics Northern Ireland/ IAAF whichever applies.
6. Shall decide any dispute that may arise between registered members, if called upon to do so.

Duties of a Provincial Council

1. Shall administer athletics in its Province, as directed by the Board of Athletics Association of Ireland Ltd. and by the Annual General Meeting. It shall have direct responsibility for Competition, Coaching, Finance and Development (including Administration, Equipment, Facilities, Social & Community Development) within the Province.
2. (a) Shall summon a Provincial Convention annually.
 - b) The Council shall determine the number of delegates so that they be not less than two, which each County Board or club as the case may be, may sent thereto
3. Shall be responsible for all competition within the Province and shall, as far as possible, ensure that each year, Provincial Championships are held. The Entry fees for such Championships shall be determined by the Provincial Council.
4. Shall propose Nominees, including the Provincial Representative on the Board of Athletics Association of Ireland Ltd, and prepare motions for Athletics Association of Ireland Ltd. Congress and appoint delegates to attend same.
5. (A) Shall have power in respect of any competition under its jurisdiction to suspend any County Board, Club or person found guilty of any offence against the Articles of Competition.

- (B) Shall have power in respect of any matters under its jurisdiction to suspend any County Board, Club or person found guilty of any offence against the Articles of the Athletic Association of Ireland Ltd. or of any conduct likely to bring the Athletic Association of Ireland Ltd or Provincial Council into disrepute.

No such suspension shall be imposed unless and until the County Board, Club or person concerned has been given an opportunity of explanation to the Council. An appeal shall lie to the Board of Athletics Association of Ireland from the decision of a Provincial Council under this article.

6. Shall determine the number of delegates;
 - a) Required to constitute a quorum for both General and Annual General meetings.
 - b) With voting rights that each County Board or Club may send to each general meeting.
7. Shall forward to the Board of Athletic Association of Ireland a copy of the Honorary Secretary's and Honorary Treasurer's Reports within the first three months of each year.
7. Shall consider applications to form a county board within its jurisdiction, which must be submitted by all affiliated clubs in the said county .
8. Shall meet at least four times in each year.

Annual Provincial Convention

1. The Annual Provincial Convention shall consist of;
The outgoing Honorary Officers, who shall continue in office until the conclusion of the Convention, the representatives of each County Board or Club as determined by the Council. County Boards or Clubs under suspension shall not be entitled to representation.
2. The Business of the Annual Convention shall be:
 - (a) to scrutinise the credentials of those present.
 - (b) to receive the Honorary Secretary's Report.
 - (c) to receive the Honorary Treasurer's Report.
 - (d) to receive the Reports of all other elected officers.
 - (e) to elect officers by ballot with responsibilities as set out below.

No person shall be eligible to be a Council member unless he/she is a registered member of an athletic club.

- (i) Chairperson.
- (ii) Vice Chairperson.
- (iii) Honorary Secretary.
- (iv) Honorary Treasurer.
- (v) Honorary Competition Secretary.
- (vi) Honorary Child Welfare Officer

Provincial Councils shall have power to appoint any such other officers as the Convention considers necessary. Provincial Councils shall have power to appoint sub-committees as when it shall be deemed necessary to carry out the work of the region.

- (f) To determine the number of representatives which each County Board or Club as the case may be, shall have on the Provincial Council during the ensuing year.
 - (g) To transact business, in the form of motions, of which due notice has been given and which is not reserved to the Board. A simple majority of delegates present and entitled to vote shall be required to carry such motions.
3. The decision of any meeting or convention of the Provincial Council may not be altered or rescinded at a subsequent meeting unless notice of motion has been given to the meeting at which the decision was made or to a subsequent meeting. The notice of motion shall be communicated to every person entitled to attend but may not be carried except by a two-thirds majority of those present and voting. A decision on a notice of motion shall not be subject to revision until the expiration of twelve months from the date of such decisions.

Board
Proposed: Neil Martin
Seconded: Ray Flynn
Carried

- 31.** That Congress adopts the following Athletic Association of Ireland Ltd Bye Laws regarding County Boards

A County Board may be formed in each of the 32 counties in Ireland in accordance with Article 17(e) of the Articles of the Athletics Association of Ireland.

There shall be at least three (3) Clubs which have been in existence for not less than two (2) months in such County. The Board shall be formed at a Convention of all Clubs summoned at a convenient time and place by the Provincial Council.

Objectives of a County Board

- 1. The primary aim of a County Board should be to foster the development of athletics and the dissemination of technical and other information to all Clubs and persons throughout the County and in pursuance of that aim;
- 2. Shall establish friendly and loyal co-operation between all Members for the benefit of athletics.
- 3. Shall strive to ensure that no racial, religious, political or other kind of discrimination be allowed in athletics, and to take all practical measures to stop such discrimination.
- 4. Shall strive to secure that there shall be no hindrance to the participation of any individual in athletic competitions on racial, religious or political grounds, and to ensure that there be no such hindrance in Athletics meetings over which the County Board, Provincial Council or Athletics Association of Ireland have control.
- 5. Shall strive to ensure that for all elected positions in the County Board there shall be no discrimination toward race, religion, politics, age or sex.
- 6. Shall ensure that all athletics meetings between registered members, including County and Club Championships or Games, shall be held under the laws and Articles of Athletics Association of Ireland.

7. Shall decide any dispute that may arise between registered members, if called upon to do so.

Duties of a County Board

1. Shall administer athletics in its County, as directed by the Board of Athletic Association of Ireland and by the General Congress. It shall have direct responsibility for Championship Competition, Coaching, Finance and Development (including Administration, Equipment, Facilities, Social & Community Development) within the County.
2. Shall be responsible for the initial affiliation of new clubs to Athletic Association of Ireland within its jurisdiction.
3. Shall be responsible to review all licence applications for non championship events within its jurisdiction.
4. Shall be responsible to accept all Transfer Applications from registered members duly completed, and if all is in order, approve in accordance with Bye-Law 1.6.
5. (a) Shall summon a County Convention annually.

(b) The County Board shall determine the number of delegates so that they be not less than two, which each club may send thereto.
6. Shall be responsible for all competition within the County and shall, as far as possible, ensure that each year, County Championships are held. The Entry fees for such Championships shall be determined by the County Board.
7. (a) Shall have power in respect of any competition under its jurisdiction to suspend any club or person found guilty of any offence against the Articles of Competition.

(b) Shall have power in respect of any matters under its jurisdiction to suspend any Club or person found guilty of any offence against the Articles of the Athletic Association of Ireland or of any conduct likely to bring the Athletic Association of Ireland Provincial Council or County Board into disrepute.

No such suspension shall be imposed unless and until the Club or person concerned has been given an opportunity of explanation to the County Board. An appeal shall lie to the Provincial Council from the decision of a County Board under this article, except in a Transfer case where the appeal lies with the Appeals Committee.

8. Shall select the teams to represent the County in Inter-County competitions.
9. Shall propose Nominees, including the Provincial Representative on the Board of Athletic Association of Ireland, prepare motions and appoint delegates to attend Athletic Association of Ireland Congress.
10. Shall propose Nominees, prepare motions and appoint delegates to attend Provincial Council Convention.
11. Shall not incur any liability or expense in the name of or on behalf of the Provincial Council or the Board of Athletic Association of Ireland.

12. Shall forward to the Board of Athletics Association of Ireland a copy of the Honorary Secretary's and Honorary Treasurer's Reports within the first three months of each year.
13. Shall determine the number of delegates;
Required to constitute a quorum for both General and Annual General meetings.
With voting rights that each club may send to a general meeting.
14. Shall meet at least six times in each year.

Annual County Convention

1. The Annual County Convention shall consist of;
The outgoing Honorary Officers, who shall continue in office until the conclusion of the Convention, the representatives of each Club as determined by the County Board.

Clubs or persons under suspension shall not be entitled to representation.

2. The Business of the Annual Convention shall be:
 - (a) to scrutinise the credentials of those present.
 - (b) to receive the Honorary Secretary's Report.
 - (c) to receive the Honorary Treasurer's Report.
 - (d) to receive the Reports of all other elected officers.
 - (e) to elect officers by ballot with responsibilities as set out below.

No person shall be eligible to be a Board officer unless he/she is a registered member of an affiliated athletics club

- (i) Chairperson.
- (ii) Vice Chairperson.
- (iii) Honorary Secretary.
- (iv) Honorary Treasurer.
- (v) Honorary Competition Secretary.
- (vi) Honorary Child Welfare Officer

County Boards shall have power to appoint any such other officers as the Convention considers necessary. County Boards shall have power to appoint sub-committees as when it shall be deemed necessary to carry out the work of the region.

- (h) to determine the number of representatives which each Club as the case may be, shall have on the County Board during the ensuing year.
 - (i) to transact business, in the form of motions, of which due notice has been given and which is not reserved to the Board of Athletics Association of Ireland.
Passing of such motions shall be by a majority of the delegates present and entitled to vote.
3. The decision of any meeting or convention of the County Board may not be altered or rescinded at a subsequent meeting unless notice of motion has been given to the meeting at which the decision was made or to a subsequent meeting.
The notice of motion shall be communicated to every person entitled to attend but

may not be carried except by a two-thirds majority of those present and voting. In the event that a change to the Articles of Competition is proposed a simple majority will suffice to carry same. A decision on a notice of motion shall not be subject to revision until the expiration of twelve months from the date of such decisions.

Board
Proposed: Neil Martin
Seconded: Ray Flynn
Carried

- 32.** That County Boards may organise, host or promote any non-championships event, competition or games involving non-members, as it sees fit, for the promotion of sport of athletics within the county and may apply, in its own name, for a licence in respect of such event, competition or games. Such event, competition or games shall be held under the laws and Articles of Athletics Ireland.

Meath County Board
Proposed: Brendan Meade
Seconded: Martin Heery
Carried

- 33.** That County championships may provide appropriate competition for all registered members within the County.

Meath County Board
Withdrawn

Finance and Risk

- 34.** That the gate fee for entrance by registered adult Athletics Ireland members to all national level competitions be removed.

Cork County Board
Withdrawn

Competition

- 35.** That where Provincial Competition Secretary is required to attend a National Championships by the National Juvenile Committee, Athletics Ireland should reimburse them for all expenses.

Munster Council
Withdrawn

- 36.** That Athletics Ireland holds a National 10 mile Road Race.

Waterford County Board
Munster Athletics
Proposed: Andy Hallissey
Seconded: Paul Butler
Defeated

37. That the National Senior 4 x 100 metres and the 4x 400 metres relay championships for men and women be held on the same weekend and incorporated into the National Track & Field championships.

Dublin County Board
Proposed: Pat Hooper
Seconded: Andy Hallissey
Carried

38. That the entry fees for Relay teams in the National Relays held in conjunction with the Junior, U23 and Masters Track and Field Championships, be the same as for individual events.

Dublin County Board
Proposed: Pat Hooper
Seconded: Andy Hallissey
Carried

39. That the entry fees for Senior Relay teams in the National Relays Track and Field Championships be the same as for individual events.

Dublin County Board
Proposed: Pat Hooper
Seconded: Andy Hallissey
Carried

40. That a National Spring Throwing Competition be introduced by Athletics Ireland for the Discus, Javelin and Hammer at Juvenile, Junior, U23 and Senior level.

Mayo County Board
Connaught Council
(Amended)
Proposed: Paddy Kelly
Seconded: Jim Ryan
Carried

41. That an indoor U23 competition be introduced to be run in conjunction with the juniors.

Connacht Council
Proposed: Terry Hayes
Seconded: Brian Dowling
Carried

42. That the IAAF rules re trials in the field event competitions be implemented in the National League;

“So long as an athlete presents for trial before the 3rd round is complete, the athlete will be allowed to compete.”

Dublin County Board
Withdrawn

43. That in Inter Club Cross Country and Road Championships where there are teams of 8 with 4 to score, 6 medals will be presented. (This was passed previously at Congress but not enforced).

Munster Athletics
Proposed: Vincent McCarthy
Seconded: Mossie Woulfe
Defeated

44. That Cross Country distance for Master Men be reduced to 4000m for over 65 and upwards.

Board
Proposed: Brendan McDaid
Seconded: Georgina Drumm
Carried

45. That Master Men Cross Country Over 65 and upwards team of 6 to run, 3 to count over a distance of 4000m.

Board
Proposed: Brendan McDaid
Seconded: Georgina Drumm
Carried

46. That the Over 60 team category be introduced in both men and women's championship events, where Over 50 teams already exist. i.e. team championships be in 10 year groups, Over 40, Over 50 and Over 60.

Cork County Board
Withdrawn

47. That in master team competition Athletics Ireland re introduce, the women and men's Over 35 team. The team event would be for women Over 35 and Over 50 and the men Over 35 and Over 50.

Munster Athletics
(Amended)
Proposed: Vincent McCarthy
Seconded: Pat Fitzgibbon
Carried

48. That Athletics Ireland will hold a short hurdles event for ages 35-49 years at the Masters Indoor and Outdoor Track and Field Championships.

Athletics Leinster
Proposed: Ciarán Doyle
Seconded: Carmel Kelly
Carried

49. That Cross Country distance for Novice Women be increased to 4000m

Board
Proposed: Brendan McDaid
Seconded: Martin Heery
Carried

50. That Cross Country distance for Intermediate Women be increased to 5000m

Board
Proposed: Brendan McDaid
Seconded: Neil Martin
Carried

51. That Cross Country distance for Intermediate Men be reduced to 8000m

Board
Proposed: Brendan McDaid
Seconded: Neil Martin
Carried

52. That Cross Country distance for Junior Women Inter Club be reduced to 4000m

Board
Proposed: Brendan McDaid
Seconded: Ronnie Quigley
Carried

53. That Cross Country distance for Junior Men Inter Club be reduced to 6000m

Board
Proposed: Brendan McDaid
Seconded: Neil Martin
Carried

54. That Cross Country distance for Senior Men Inter Club be reduced to 10,000m

Board
Proposed: Brendan McDaid
Seconded: Ray Flynn
Defeated

55. That Athletics Ireland rename Juvenile B Track & Field Championships to Development Events.

Board
Proposed: John McGrath
Seconded: Ciarán Ó Catháin
Carried

56. That Athletics Ireland Rename Juvenile B Cross Country Championships to Development Events for the following ages for both Boys and Girls:

Under 11 1000m
Under 13 1500m
Under 15 2500m
Under 17 3000m

Board
Proposed: John McGrath
Seconded: Georgina Drumm
Carried

57. That the distance of national juvenile B cross country championships be reduced, with particular regard to the older age groups where numbers are decidedly smaller.

**Cavan County Board
Withdrawn**

58. That the National Juvenile B Championships Cross Country & Track & Field should commence at the same age as the A Championships.

(Amended) That the National Development Track & Field Championships should commence at the same age as the A Championships. Athletes must compete in their own age category.

**Cork County Board
Proposed: Tim Fitzpatrick
Seconded: Ray Flynn
Carried**

59. That Athletics Ireland present medals to the first 12 athletes in the All Ireland B Cross Country Championship and in the Inter Club Awards that six medals be presented to the winning club teams.

(Amended) That Athletics Ireland present medals to the first 12 athletes in the All Ireland Development Cross Country Championship and in the Inter Club Awards that six medals be presented to the winning club teams.

**Munster Athletics
Proposed: Vincent McCarthy
Seconded: Michael Lillis
Carried**

60. That Athletics Ireland take more cognisance of weather forecasts and conditions and consider sooner the cancellation of cross country events, having concern for the welfare of young athletes competing, and concern for spectators travelling long distances.

**Munster Athletics
Proposed: Martin Leyden
Seconded: Mossie Woulfe
Defeated**

61. That in the interest of parents and young athletes that the presentation of team medals at Cross Country Championships takes place after the results are confirmed for each race.

**Cork County Board
Withdrawn**

62. That the U9, U10 and U11 team event be replaced with an individual competition.

**Mayo County Board
Proposed: Michael Oliver
Seconded: Peter Hynes
Defeated (58 for 62 against)**

63. That teams qualifying for the Athletics Ireland Children's Games be permitted to replace a team member with a reserve for the purpose of competition.

Donegal Athletics Board
Ulster Council
Proposed: Brendan O'Donnell
Seconded: Carol Kiernan
Carried

64. That the Ball Throw in juvenile competition be replaced with the Turbo Javelin effective from 2013.

Dublin County Board
Proposed: Colette Quinn
Seconded: Pat Hooper
Carried

65. That Athletics Ireland introduces a girls Under 15 National Pole Vault competition.

Waterford County Board
Withdrawn

66. That the 300m under 17 and 18 girls Track & Field be increased to 400m with immediate effect to bring in line with IAAF distances for that age.

Board
Proposed: John McGrath
Seconded: Georgina Drumm
Carried

67. That the 300m under 18 girls Indoor be increased to 400m with immediate effect to bring in line with IAAF distances.

Board
Proposed: John McGrath
Seconded: Jim Kidd
Carried

68. That the 300m hurdles under 17 Boys and Under 17 & 18 Girls Track & Field events be increased to 400m hurdles with immediate effect to bring in line with IAAF distances.

(Amended) That the 300m hurdles under 18 Girls Track & Field events be increased to 400m hurdles with immediate effect to bring in line with IAAF distances

Board
Proposed: John McGrath
Seconded: Evelyn O'Reilly
Amended Motion Carried

69. That the under 18 Boys & Girls and the under 19 Girls relay be increased to 4x 400m with immediate effect to bring in line with IAAF distances for that age.

Board
Proposed: John McGrath
Seconded: Ray Flynn
Carried

70. That the existing combined events championships for boys and girls under 17, under 18 and under 19 be deleted and replaced as follows:

1. **Youth & Junior Boys'** combined events championships be held with immediate effect as follows:

Octathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 and 222.

2. **Youth & Junior Girls'** combined events championships be held with immediate effect as follows:

Heptathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 & 222.

Board
Proposed: John McGrath
Seconded: Evelyn O'Reilly
Carried

Amendment:

That the boys and girls under 19 be deleted and included in the Junior Category Decathlon (outdoors) and Heptathlon (indoors)

Proposed: John Cronin
Seconded:
Carried

71. That in order to assist in the development of the National Juvenile Combined Events High Jump competition, each competitor shall be entitled to a maximum of 4 (four) aggregated fouls throughout the whole event.

All other relevant rules for the jump event within this competition will continue to apply. The winner will be allowed to continue according to IAAF Rule 181.2.

Roscommon County Board
Sligo County Board
Withdrawn

72. That girls under 16, 17 and 18 weights be realigned to reflect IAAF changes in youth weights with immediate effect.

| | |
|---------|-------|
| Shot | 3kg |
| Hammer | 3kg |
| Javelin | 500gr |

Board
Proposed: John McGrath
Seconded: Evelyn O'Reilly
Carried

73. That Girls Hammer under 14 and 15, Boys Hammer under 14 short wire to be discontinued with immediate effect.

Board
Proposed: John McGrath
Seconded: John Meagher

Carried

74. That in the interest of child welfare and fairness, all national juvenile competitions should be held at a centrally located venue (e.g. Tullamore, Templemore, Athlone), with particular regard to Athletics Ireland U9-U11 Team games (Children's Games)

Cavan County Board
Proposed: Carol Kiernan
Seconded: Evelyn O'Reilly
Defeated

75. That Cross Country distances for Girls under 17, 18 & 19 be reduced to 4000m to bring in line with Junior distances.

Board
Proposed: John McGrath
Seconded: Evelyn O'Reilly
Carried

76. That Cross Country distance for Boys under19 be reduced to 6000m to bring in line with Junior distances.

Board
Proposed: John McGrath
Seconded: Pat Hooper
Carried

77. That the current cross country format be maintained unless and until a proposal to change emerges from a review.

Mayo County Board
Withdrawn

78. That a committee should be set up to review the distances run by juveniles at National cross country.

Munster Athletics
Cork County Board
Withdrawn

79. That distances for juvenile athletes at cross country championships be changed. The proposed distances are as follows:

| | <u>Girls</u> | <u>Boys</u> |
|-----|--------------|-------------|
| U9 | 75 | 750m |
| U10 | 1000m | 1000m |
| U11 | 200m | 1200m |
| U12 | 1500m | 1500m |
| U13 | 2000m | 2000m |
| U14 | 2500m | 2500m |
| U15 | 3000m | 3000m |
| U16 | 3000m | 3500m |
| U17 | 3500m | 4000m |

| | | |
|-----|-------|-------|
| U18 | 3500m | 5000m |
| U19 | 4000m | 6000m |

**Cork County Board
Withdrawn**

80. That Juvenile cross country distances shall be:

| Age | Girls | Boys |
|-----|--------|--------|
| U11 | 1,200m | 1,200m |
| U12 | 1,500m | 1,500m |
| U13 | 2,000m | 2,000m |
| U14 | 2,500m | 2,500m |
| U15 | 3,000m | 3,000m |
| U16 | 3,500m | 3,500m |
| U17 | 4,000m | 4,500m |

**Meath County Board
Withdrawn**

81. That qualification from province Ulster, Munster, Leinster and Connaught be increased to 5 (five) club teams for cross country championships to increase participation.

**Board
Proposed: John McGrath
Seconded: Cecil Johnston
Defeated**

82. That qualification from province Ulster, Munster, Leinster and Connaught be increased to 4 (four) County teams for Cross Country Championships to increase participation.

**Board
Withdrawn**

Hon Life Vice President – Al Guy

**Proposed: Liam Hennessy
Carried**

Conclusion – Liam Hennessy

Sincere thanks to all the delegates who attend over the two days.

Thanks to all outgoing committee members for their wonderful contribution to athletics over the past two years.

Cavan County Board and in particular Carol Kiernan were most helpful with the organisation of Congress, many thanks.

The coordination of all matters relating to congress was undertaken by Bernie Dunne, many & sincere thanks.

Athletics Ireland AGM 2013 will be held in on April 27th in Dublin

Athletics Ireland Congress 2014 will be held in Cork on 26th & 27th April

Wishing you a safe journey home.

Professor Ciarán Ó Catháin inaugurated as President of Athletics Ireland

Professor Ciarán Ó Catháin – Acceptance Speech

It is a great personal honour for me to accept the role of President of Athletics Ireland. At the outset, I want to acknowledge the outstanding work performed by Liam Hennessy over the past four years; we are all greatly indebted to Liam for his stewardship of the association. I would like to thank the counties and regions that nominated me for the presidency and I look forward very much to working closely with you in the coming years. I am also very grateful to the members of the Finance and Risk Committee, to Roscommon County Board, and indeed to all those who have shared their advice and lent support over the ten years of my involvement with the sport.

This Olympic year is an exciting time for Irish athletics and for Irish sport in general. We live in a sport-obsessed country, where the successes and trials of our sporting heroes live long in the popular imagination. Delaney, Coghlan, Tracey and O'Sullivan, amongst countless others, have all quickened the national pulse and raised roars of encouragement and congratulations.

It is difficult to think of any other endeavour that unites all classes and groups in the way that sport does. That places a great responsibility on us as a professional association to ensure the future growth and success of our sport. That duty of care extends from encouraging greater participation in athletics, through to supporting our under-age athletes, as well as our club and elite performers.

It is also about recognising the distinct needs of each group, and in particular, about hearing and listening to the voice of the athlete. This will be one of the priorities of my presidency, to create the mechanisms for engaging more with those at the front line, those who don the vest and give life and limb to break the tape. I believe that through encouraging greater numbers of athletes to get involved with the association, we will successfully pass the baton to the next generation.

At a practical level, this can be achieved through co-opting our club athletes onto the committee and sub-group structure of Athletics Ireland. This is an approach that I have adopted throughout my professional career, and it is one that is working particularly well at AIT, where students are represented on every committee in the institute. Such a philosophy creates a sense of ownership that will be particularly important for the on-going success of our organisation long after London 2012.

It is 64 years since Ireland sent 73 Olympians to the 1948 London Games. Dr Morgan McElliggott, a cardiologist from Athlone and a member of the Irish rowing team often tells the story of his experience some seven decades ago. At that time the Irish team was

together for a mere 17 days in total. By comparison, the American crews were a year together in training. Not surprisingly, the Irish rowers fared poorly.

Although the preparation of our athletes has improved considerably since those post-war days, there is no doubt that much more remains to be done in terms of providing an appropriate support infrastructure for all of our athletes. That includes the mentoring and coaching resources available, as well as the physical facilities.

That was one of the principal motivations behind the construction of the new indoor arena at AIT. It is a resource for the Midlands, but it is also a major addition to the national sporting infrastructure. We have the fastest growing sport in the country, with 40,000 members – an increase of 60% in the last five years. In fact, with the growing focus on public health and fitness levels through Operation Transformation and now Senator Coghlan's pilot programme at school level, Athletics Ireland is ideally placed to drive this national agenda. The success of Fit4Life shows what we can do as an association in this regard, but I believe that if we are to continue to build on this success, we also need to provide the facilities for people to be able to train on a 12-month basis. The response we are getting to date in Athlone convinces me that the new indoor track on campus will be a major boost to our sport.

And, indeed, when I look to the accomplishments of our under-age athletes last year, I am more assured than ever of a bright future. The success achieved at the World Youths in Lille, and in garnering six medals at the European Youth Olympic Festival bodes well for the World Junior Championships and beyond.

During the Celtic Tiger years, there was a sense that volunteerism was on the wane. Whether it's the sudden loss of affluence or some other reason, there is little doubt that volunteering is once again alive and well in Irish society. That ethos is particularly vibrant in Athletics Ireland, amongst our 280 affiliated clubs. Each week, thousands of administrators, officials and coaches give freely of their time to play a vital role in our organisation. I want to highlight their role during my presidency, and to underline its importance. I also want to see us recruit new, well-trained people, so that we have a constant influx of fresh enthusiasm into the organisation.

We are not in the marketplace for miracles, but our stock in trade is hard work and hope. That permeates all levels. I want to see our association work harder than ever – to build on the progress that has been made in terms of coaching and development, on placing the association on a sound financial footing, on enhancing our high performance structures – and I want hope and success to be the fruits of that labour.

We must engage even more with the general public through all branches of the media. Utilising Facebook and Twitter, for example, should become as instinctive to us as placing the hurdles on the track. We should not be afraid to say what we stand for and to highlight the excellent work that we do.

I look forward to commencing this work immediately as President of Athletics Ireland. Together, we can build a bright future.

Thank you.