



A message from President Georgina Drumm:

2020 and first part of 2021 has been difficult for all sports including Athletics however we have navigated our way through and now we are seeing light at the end of the tunnel. I am extremely proud that any guidance and recommendations on Covid 19 given to our clubs and members were followed and supported.

I wish to thank all our members and friends for their collaboration and solidarity not only this past difficult year but on the successful years prior to the pandemic.

As you all know competition is the essence of our sport and overall, like all sports participating levels and membership numbers have been affected by the pandemic but I feel confident that our members will return to our clubs and when that happens, we are committed to making their return a positive and fulfilling experience.

I have no doubt there is going to be a demand for road racing as soon as we are able to get runners on the roads again, we can still look with positivity to the number of people exercising across all walks of life, this is evident as we go about our limited daily activities, participation and interest in our sport continues.

Athletics Ireland strategic plan covering 2021 to 2028 plan is our road map for the next 7 years. We have set ourselves very ambitious targets and I know that working together we can achieve.

I am delighted that we have agreed the terms of reference for the first Athletes Commission which will be led by Paul McNamara, and the progress made in the area of Women in Sport Programme is very encouraging all new initiatives that will benefit all. Visibility of women should and will be increased through programmes like this.

As a president it is vitally important that there is an excellent relationship with the CEO. I am fortunate that I have worked with Hamish Adams over the past three years witnessing at first hand his work ethic and collaborative approach delivering for the Association on a daily basis. He has at all times shown his willingness to listen, act and deliver, it has been a rewarding experience for the Association.

The staff of the association are a huge part of who we are and have worked collaboratively with all the committees to help bring us to where we are today, everybody has a part to play and I think we had a fine team performance.

We have had remarkable administrators, coaches, volunteers and athletes at every level, we must never forget their contribution and to honour their legacy it is imperative that we carry on and create more success stories and heroes, we will continue collectively to rise to the occasion and drive this sport to greater and better things. It is what we can and will do after this pandemic to make our

sport better that will be remembered and will be our legacy.

While my term has ended, I will continue to volunteer in Athletics and look forward to working with you and of course seeing you face to face over the coming months. Also, as a member of the Olympic Federation of Ireland Board, and I thank our Board for nominating me, I will remain close to our sport, a sport which is a major part of my life.

Standing before you 5 years ago as the newly elected President there were many emotions I could call out, but above all I was proud that you placed your trust in me, I hope I honoured that trust.

To all the members of our clubs and the committees and Board members I wish that you enjoy the challenges, achieve and succeed, this sport needs you.

Finally, I wish to thank you all, who you represent for giving me this incredible opportunity and support during my time of Presidency, an experience of a lifetime.

Shoot for the moon, even if you miss you will land among the stars.

Keep Safe and Best Regards.

Georgina Drumm

President of the Athletics Association of Ireland



Athletics Ireland 2021 to 2028 Strategic Plan

We officially launched our 2021 to 2028 Strategic Plan at Congress last Saturday. This new plan attached below provides us with a roadmap to future success. We thank you all for your contributions to this plan as we have embarked on an extremely wide consultation process with all stakeholders in our sport to finalise this plan.

We aim to deliver our vision of Inspiring the nation to be active, healthy and to perform through athletics.

[Strategic Plan](#)



Congress 24th of April 2021

Congress 2020 took place last Saturday the 24th of April 2021 and we congratulate all those who were elected or appointed to the Board and Principal Committees.

The date of the re-convened Congress will be communicated to all in the coming days and at the conclusion of the re-convened Congress the new Board and Committees will commence their official duties, in the interim period the status quo Board and Committees will operate.

[Congress](#)



Irish relay teams touch down in Poland ahead of World Relays

Both Irish relay teams will be in action on Saturday (May 1st) at the World Athletics Relays Silesia21, with the mixed 4x400m first to take to take to the track at 6.35pm (Irish time).

[Full Preview](#)



Weekend Review: Cooke and O'Connor shine in a week of big performances

Aoife Cooke (Eagle AC) secured the qualifying time for the marathon in Tokyo with a stunning 2.28.30 performance at the Cheshire elite marathon (April 25). The winning time smashed her personal best of 2:32:34, which she ran to win the Irish marathon title in Dublin in 2019. The result places Cooke 4th on the Irish all-time list, just ahead of Sonia O'Sullivan. Cooke joins Fionnuala McCormack in securing the 2021 Olympic marathon standard.

Kate O'Connor broke her own Irish Heptathlon record with a superb second place performance (only 7 points of the win) at the Multistars World Athletics Combined Events Challenge in Italy, clocking up 6297 points.

[Weekend Review](#)



FEDERATION OF IRISH SPORT HONOURS GEORGINA DRUMM

the Federation of Irish Sport honoured the dedication and service of President of Athletics Ireland, Georgina Drumm as one of their Outstanding Contribution recipients for 2021.

A history breaking legacy for Georgina Drumm, the first female president of Athletics Ireland which under her stewardship saw female membership increase by 20,000 between 2008 and today.

[Read More](#)



Athletics Ireland welcomes Sport Ireland announcement of €40 million investment in sports sector

Sport Ireland today announced an investment of €40 million to National Governing Bodies for Sport (NGBs), High Performance athlete support and to the network of Local Sports Partnerships (LSPs) for 2021.

The announcement follows a year in which the sector has been significantly impacted by Covid-19 restrictions in place since March 2020.

[Full Article](#)



'Go The Distance' Challenge Coming Soon

This May you can step it out and 'Go the Distance' for your local athletics club.

Help your local club hit a 500km target over three weeks and they will be entered into a draw to win some great prizes with thanks to Irish Life Health.

[Read More](#)

Thousands set to take on take on the Virtual Irish Runner 10 Mile

The Irish Runner 10 Mile is back and going virtual again for 2021. Thousands of walkers and runners are already signed up and set to take on the challenge between 29th - 30th May.

It is FREE to enter, with the option to purchase a



series t-shirt, medal, and bandana should you choose to.

#ConquerTheDistance

[Free Entry](#)



Club La Santa's new running track promises you the conditions to perform at your very best!

A recent running track refurbishment alongside "Running Analysis" has made Club La Santa a dream training location for runners of all abilities.

The new CONIPUR Vmax running tracks offers the foundation for faster times, allows improved force transmission, absorbs less energy and reduces stress on the joints.

For more information about Club La Santa's athletics facilities for group and individuals please click the link below.

[Read More](#)



Latest Club Profiles

Check out our latest club profiles which include Donore Harriers A.C. and Clongriffin A.C.

Please contact marketing@athleticsireland.ie or your Regional Development Officer if you would like to have your club featured.

[Read More](#)



Upcoming Webinar

Priming for Performance and Recovery in Training and Competition - What to Do and When to Do It & Introduction to Biokinetic Energy - the Fourth Energy System with Peter Thompson

Dates: Friday 30th April & Wednesday 5th May

Time: 7-30pm to 8-50pm

[Register](#)



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

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

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

[Watch the series](#)

Online Exercise Resources



Athletics Ireland have put together an online resource offering up tips and advice to help you stay active while adhering to the latest HSE guidelines with respect to COVID-19.

Exercise helps with not only your physical health but also your mental health, and the simplicity and accessibility of athletics makes it the perfect form of exercise to keep you enjoying an active lifestyle.

[Learn More](#)



2021 Provisional Competition Calendar

Athletics Ireland are pleased to release a provisional 2021 competition calendar.

All events are subject to the easing of current Covid-19 restrictions and changes to the competition calendar will be made intermittently so we advise people to check the Athletics Ireland website for regular for updates.

[Fixture List](#)



Contact Your Regional Development Officer

The Athletics Ireland Development Officers have a wide brief covering coach education, club support and development as well as participation. The events of the last year have proved challenging for clubs as normal activities and events have been curtailed and sometimes cancelled altogether.

The RDO team has adapted to this situation and are available to offer support to clubs, officials, coaches, and athletes. Details for your RDO can be found via the link below.

[Contact My RDO](#)



Athletics Membership 2021

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

[Benefits of Membership](#)

Coronavirus
COVID-19



Latest COVID-19 Updates

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

[Latest Update](#)

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