



2023-2025



Agenda

Saturday 26th April 2025, Tullamore Court Hotel

10.00-10.30

Registration. Tea & Coffee available on arrival

10.30 – 10.35

President's Introduction

10.35 – 11.00

Roll Call by County

11.00 – 11.10

Minutes 2023 Congress

11.10 – 11.50

Summary Reports of Principal Committees:

Coaching & Development

Competition

High Performance

Juvenile

11.50 – 12.05

Auditors Report

12.05 – 12.25

Finance & Risk Report

2024 Audited Accounts & 2025 Budget Summary

Appointment of Auditors

12.25 – 12.45

Chief Executive Officer Report

12.45 – 13.00

President's Address

13.00 – 14.00

Lunch (hosted by Athletics Ireland)

14.00 – 14.15

Roll Call by County

Adoption of Standing Orders

Appointment of Scrutineers

14.15 – 14.55

Elections

14.55 – 15.00

New Life Vice President

15.00 – 17.30

Motions

17.30 – 17.45

Inauguration of President

17.45

Close of Congress

Tea/Coffee available

Total Members

Registered per county at 31st December 2024

Province	County	Total	Voting Strength
Leinster	* Antrim	3120	8
	* Armagh	575	2
	Carlow	752	2
	Cavan	824	3
	Clare	2160	6
	Cork	8828	23
	* Derry	851	3
	Donegal	2528	7
	* Down	3265	9
	Dublin	13306	34
	* Fermanagh	292	2
	Galway	3968	10
	Kerry	2433	7
	Kildare	2998	8
	Kilkenny	1790	5
	Laois	1346	4
	Leitrim	668	2
	Limerick	1818	5
	Longford	388	2
	Louth	2598	7
	Mayo	3041	8
	Meath	4602	12
	Monaghan	1477	4
	Offaly	1845	5
	Roscommon	1122	3
	Sligo	1523	4
	Tipperary	2890	8
	* Tyrone	789	2
	Waterford	1807	5
	Westmeath	1325	4
	Wexford	1797	5
	Wicklow	2161	6
Munster			4
Connacht			4
Ulster			4
Leinster			4
AAI Board			16
Total			247

*Information supplied by Athletics Northern Ireland

Coaching & Development Committee Report



Coaching & Development Committee Report

Presented by Seamus Flynn – Committee Chair 2023 - 2025

The past two years have seen a fantastic surge in the interest in athletics. Our recent National Indoor Championships was an audience sell-out. We sat engrossed through the Olympics in Paris and earlier, in the Europeans in Rome.

Defining a direct link between the activities of Coaching and Development and the current successes in the sport would be difficult, but it is a given that without Coaching and Development, we would not be seeing the current stars of our sport, achieve.

The work of the Coaching and Development team and Committee is varied, it is highly integrated into many aspects of the activities of Athletics Ireland and is constantly changing, while fundamentally remaining the same.

From the first contact of a would-be athlete or volunteer with athletics, whether through school, college or local club, the services of the Coaching and Development team reach to them, via the Athlete themselves, to the Coaches, Volunteers, through Teacher education and through club governance and structure.

Membership

The organisation continues to grow at a steady rate. The 70,000 member mark was reached for the first time in 2024. This represents significant work on the part of clubs, to grow capacity in order to accommodate our new members.

Club Volunteers

Our clubs lie at the core of our sport. The tireless work of our club volunteers forms the building blocks, that all other aspects of our sport draw from. Development of our clubs and success for our athletes would not be possible without the thousands of volunteer coaches who work weekly with our athletes at all levels. Our sport is indebted

to all of these coaches working at development, intermediate and high-performance levels. I wish to thank all our club volunteers for your service to our athletes and our clubs.

Club Development

Clubs remain a consistent and persistent contact, between the organisation and the public. Ensuring good governance within clubs is more and more important each year. Working with clubs to become better structured, more welcoming and better equipped to promote long-term engagement with the sport, falls upon the shoulders of the Club Development manager, Dermot McGranaghan, assisted by the other members of the RDO Team.

Club development programme packs were distributed in 2023, with a specific club development programme initiated later in the year. The club development programme aims to assist clubs in their efforts to maximise their effectiveness through the people, facilities and communities available.

The concept of a three-year plan assists clubs to examine their status quo and challenge themselves to think about setting and achieving future goals. Workshops, webinars and club visits were held to assist clubs. The initial intake was 39 clubs, and the majority are currently at various stages of progress, with four clubs completing the programme. A similar number have expressed interest in starting the next programme later this year.

The RDO team have met with numerous clubs to discuss their various development needs. This complements the overall club strategies, that are developed with Dermot.

The number of clubs has increased to 372, in 2024. The variety and type of club is growing and evolving. This ranges from an increasing number of adult recreational running clubs, well-being and support

groups, juvenile-only clubs, as well as competitive clubs.

Support documentation to advise groups on the requirements in forming a new club was developed and published. This provides clarity on many of the issues involved in establishing a new club.

Waiting lists are a recent phenomenon. This is often as a result of rapidly expanding club membership, resulting in capacity issues. Steady progress has been made in some areas to reduce the waiting lists. To this end, the recruitment of volunteers is a perennial challenge, that seems to have become more onerous since Covid.

Access to indoor, or all-weather training facilities is a function of our changing climate. Finding innovative solutions and challenging clubs to explore solutions, is part of the interaction between the team and the clubs.

The Sports Capital Programme is an important means to equip our clubs with the necessary infrastructure and facilities. Significant effort went into supporting clubs in their applications.

The online information workshops were complemented through 20 club visits and numerous follow-up conversations, both online and via phone. Many of the applications were also reviewed prior to submission. The recent programme saw our clubs receive €6.2 million, the highest figure to date.

Teamwork

I would like to thank our Coaching and Development team for all their dedicated work for our athletes, coaches and clubs. This team is led by Pat Ryan and supporting Pat are:

Dermot McGranaghan
Club Development Manager

Conor Wilson
Coach Education Manager

Grace Lynch
Athlete Education Manager

On the ground, Regional Development Officers work with clubs, counties and regions.

Paul McKee
Donegal, Cavan, Monaghan, Louth.

Barry Pender
Galway, Mayo, Sligo, Leitrim.

Bashir Hussain
TUS and Westmeath, Offaly, Longford, Roscommon

Colette Quinn and Gary Crossan
DCC and Dublin

Neil Taylor
Louth, Meath, Kildare, Wicklow

Marcus Lawler
SETU, Carlow, Kilkenny

Colin Byrne
Waterford, Tipperary, Wexford, Laois.

Olivia Scully Hahne
Cork, Kerry, Limerick, Clare

Coach Education

Coach education is critical to the success of the organisation. It provides clubs with the skills to enable coaches and athletes, realise their potential. It builds capacity, facilitates increased membership, while ensuring that the athlete's experience is positive. There is a perpetual requirement to train coaches as membership rises and to replace coaches who naturally move on.

2023			2024	
	Courses	Participants	Courses	Participants
Athletics Leader	16	248	20	300
Assistant Coach	36	514	33	550
Endurance Coach	10	243	8	163
Level 1	10	187	16	341
Level 2	1	66	1	67
Level 3			1	13 (completed)
Total	73	1256	79	1434

Conor Wilson is currently working with World Athletics to develop an on-line coaching platform. It is envisaged that we will be able to offer elements of an introductory level course e.g. Assistant Coach during 2025.

Work has started on an AAI policy on Recognition of Prior Learning (RPL) in conjunction with Vicky Guy, in Sport Coaching Ireland. Conor is also working with Sport Coaching Ireland on the coach education database with a view to incorporating this into an AAI Coach Licence programme.

Workshops

In addition, other workshops included the following:

Activity	Content	Workshops	Participants
Run, Jump, Throw Workshops	Continuous Professional Development for coaches who have completed Assistant Coach / Level 1	11	182
Intermediate / Advanced Event Workshops	Continuous Professional Development for Level 1 & Level 2 coaches. <ul style="list-style-type: none"> Stuart McMillan (ALTIS) workshop, John Coghlan / Derval O'Rourke - hurdles, Jonas Dadoo workshop (speed/jumps). 	3	215

Regional Squads

Grace Lynch, the Athlete Development Manager leads the Regional Squads and has worked to revise and upgrade the squads. The squads have two elements, Development and Performance. The Development squad is open to athletes up to Under 15, while the Performance squad caters for Under 16 to Under 19.

The squads are held in regional clusters catering for Dublin/Leinster, Connacht, Munster and Ulster. The

athletes attend four sessions and receive coaching based upon their event groups. The sessions are organised in advance to reflect seasonal training requirements.

The aim of the squad sessions is to provide additional supports, that can be more than some might attain at their local club. This involves providing an educational component, with the athletes attending workshops on Strength & Conditioning, Training and Recovery theory,

Health and Wellness tracking, Goal setting and Competition preparedness, as well as University options and pathways.

Event	Sessions	Registered athletes
Development Squad	4	459
Performance Squad	4	825
Total		1,284

County Squads

A template for county squads was produced and published. This was supported by a workshop outlining the model used in Kerry. County squads are a natural precursor to Regional Squads where they present an opportunity to upskill coaches at local county level. They also provide a networking opportunity within a short travel radius.

Coaching Resources

The AAI Coach programme has further expanded to include sprints. This sits alongside the existing resources covering a bank of other event resources.

Spraoi Games

At Congress the C&D committee took on a recommendation, to examine the competitive structure for young athletes. A group were formed under the Chair of Sheelagh Quinn from Sport Ireland and with the support of Dr Philip Kearney (University of Limerick), Niamh Richardson, Pat Whelan from our Juvenile Committee, Andrew Lynam from our Competition committee, Fintan Reilly from our High performance committee and Billy Delaney from the Irish Schools Athletic association. They looked at various studies and feedback that had been compiled in previous years by AAI, as well as drawing upon their significant years of experience. The group reported that young athletes derive significant benefit from regular, appropriate competition, rather than infrequent, high pressure stepping-stone competition, where exclusion results from failure to achieve success.

It became clear that the concept of Spraoi games, which had been in gestation by AAI was a possible solution.

Spraoi is a team-based event with a focus on affording young athletes the opportunity to participate in running, jumping and throwing. The

combined event format allows all activity to take place within a two-hour timeframe. Young athletes get to enjoy athletics without the intensity of championship competition. This model is extremely successful in other sports and we feel that it will benefit our young athletes. The model was heavily influenced by the work of Dr. Philip Kearney at the University of Limerick.

It has been successfully piloted in Donegal and Dublin, with other events taking place in clubs around the country. Athletes, parents and coaches who have the opportunity to experience the event expressed their enjoyment and satisfaction with the format. Plans are in place to expand this programme.

The concept is also being packaged to enable it be used at primary schools and within clubs.

In somewhat similar vein, the Coaching and Development committee were also asked to look at developing a precursor event to the Pole vault discipline, and the promotion and development of the event. Guided by the experience of Juliet Claffey, a small group reviewed the barriers to Vaulting and like many of our disciplines access to facilities and suitable equipment became an obvious area of focus. To that end, Athletics Ireland invested in small beginner type poles and distributed them to a number of clubs around the country, where athletes and coaches had expressed an interest in the discipline. Numerous come and try days were held for young juvenile athletes, which proved very successful and demonstrated a need. Out of this, the numbers of coaches and athletes who are actively participating in Pole vault has grown at local, regional and national level. In turn standards at formal competition have improved greatly and it is now common to see new Championship best performances being set by both boys and girls.

Leargas Programme

The Fit4Class programme provides primary schools with a ten week programme introducing primary school pupils to athletic based activities and has been hugely successful. The programme reached over 43k children in 2022. The revised, more specific programme for 5th and 6th class pupils has been welcomed.

The Diversity Games

This competition provides opportunities for schools, primary and secondary, with significant numbers of immigrant children, to enjoy athletics. The flagship events organised in collaboration with Offaly Local Sports Partnership involve 700+ children from 13 counties in the AIT arena. These children are encouraged to continue to participate with their local clubs.

The Daily Mile initiative has been hugely successful. In excess of 1000 Primary Schools have joined the programme since April 2018. I wish to congratulate and thank Anthony White and Frank Greally for their fantastic work on this very successful programme.

Thanks

Sincere thanks to the Coaching and Development team within Athletics Ireland and to all those who travelled the length and breadth of the country to support our athletes and clubs

I would like to thank Sheelagh Quinn, Dr Philip Kearney, Pat Whelan, Andrew Lynam for their guidance.

I would also like to thank the 10 elected and co-opted members of the Coaching and Development Committee for the last two years. Ailish McSweeney, Bernard McAree, Brian McGonagle, Colette Kelly, David Denieffe, Juliet Claffey, Moira Aston, Niamh Richardson, Pat Power and Saragh Buggy. We also had the support of David Murphy from the Juvenile Committee, Fintan Reilly from the High Performance committee, as well as our CEO Hamish Adams and President John Cronin.

Whether through attendance at meetings, or fielding phone calls, those listed above were most generous of their time and shared their knowledge and experience. This collective effort enabled good guidance of Coaching and Development.

Moving forward there is still work to be done and evolution in our sport is healthy, for all involved. As I hope to serve in the role for a further two years, I will work hard to advocate for good Coaching and Development activity, within Athletics Ireland.

Competition Committee Report



Competition Committee Report

Presented By Andrew Lynam – Chair
Competition Committee 2023-2025

Over the past two years, Competition Committee has seen continuous improvement and expansion across all competition formats. Increased participation, spectators' entry, enhanced technology, and greater international collaboration have significantly strengthened our competition structure. As we look ahead, we are committed to maintaining this upward trajectory, aiming for an even more successful 2025/2026 competition period.

Since our last congress in 2023, we have been actively engaged in over 60 days of National Events, seamlessly transitioning from one event to another across U20, U23, Senior, and Master levels. We continue to advance with the integration of more technology at our events, with the latest purchases soon to be implemented following a successful application to the 2023 Sports Capital.

The Competition Committee's oversight is extensive, encompassing all aspects of our sports, from Track & Field to Road and Cross Country, as detailed in this report.

Outdoors Track & Field

May Open

21st May 2023 – Templemore

19th May 2024 – Morton

The May Open came in as a replacement event for the first round of the league which traditionally took place in the last weeks of May. These are small competitions that are focusing on the Sprints, Hurdles and Field events as these athletes can have limited opportunities for domestic events.

National Seniors

151st – 2023 – 29th & 30th July – Morton

The 2023 Irish Senior T&F Champs celebrated

exceptional athleticism at Morton Stadium along with the 150th anniversary of the longest running senior champs in the world. Champions emerged across various events, with standout performances defining the competition. Sarah Healy dominated the middle-distance races, clinching gold in both the 800m and 1500m. Mark Smyth showcased his sprinting prowess, winning the 100m and 200m titles. In the field events, Kate O'Connor excelled in the heptathlon events, while Eric Favors claimed victory in the shot put. The event highlighted Ireland's athletic talent, with seasoned athletes and rising stars delivering memorable performances. It was a testament to the dedication and spirit of Irish athletics.

152nd – 2024 – 29th & 30th June – Morton

The 2024 event featured a range of competitions and saw several records being broken. Nicola Tuthill broke the Championship Record in the U23 Hammer Throw with a best of 64.89 meters. Nick Griggs set a new U20 Championships Record in the 1500m with a time of 3.45.91. Conor Kelly broke the U20 men's 400m championship record with a time of 47.62 seconds. Oisín Joyce broke his own championship record in the javelin with a throw of 70.56 meters. The event was a significant milestone in Irish athletics, showcasing the talents of both senior and junior athletes and providing a platform for future stars to shine.

Rhasidat Adeleke headlined the final day of the championships with a record-breaking 100m display, clocking a new Irish record of 11.13 seconds to a record crowd in modern times.

Junior & U23's

2023 – 2nd July – Tullamore Harriers

The 2023 U20 & U23 T&F Champs were filled with remarkable performances and new records. In the U20 men's category, Thomas Williams claimed the

title in the hammer throw with a distance of 70.45 meters. For the U23 women, Katie Bergin stood out by winning both the 100m and 200m races, clocking 11.45 seconds and 23.67 seconds respectively. Among the record breakers, Cian Crampton set a new national record in the U20 men's discus with a throw of 58.30 meters, while Israel Olatunde broke the Irish record in the U23 men's 100m, finishing in 10.15 seconds. These athletes demonstrated exceptional skill and determination, making the championships a memorable event.

This Championship also facilitated the qualification for the U20 DNA ECCC meet in Rome (ITA). Ratoath A.C. were successful in Qualification and came 1st in the B.

2024 – 3rd August 2024

The 2024 edition took place a bit later than usually due to the World U20s. Israel Olatunde (Tallaght AC) secured the U23 title with a time of 10.35, while Katie Bergin (Moyness AC) won the women's U23 100m gold in 11.93 and the 200m title in 24.54. Conor Kelly (Derry Track Club) set a new U20 men's 400m record with 47.62, and Niamh Murray (Bray Runners AC) won the U20 women's 400m in 55.94. Joe Burke claimed the U20 200m title in 21.60, and Precious Akpe Moses won the women's 200m in 24.44. European U18 hammer champion Thomas Williams won gold with a throw of 62.20m, while Cian Crampton claimed the U20 discus title with 51.77m. Seamus Clarke walked to gold in the 5000m in 21:30.15, and Oisín Joyce broke his own championship record in javelin with a throw of 70.56m.

Continuing on from the past two years once again Ratoath A.C. qualified for the U20 DNA ECCC meet in Pombal (POR). Ratoath A.C. were successful in Qualification and came 6th overall.

AAI Games / Combined Events 2023 – 15th + 16th July – Morton

The AAI Games and Outdoor Combined Events Championships held on July 15th and 16th, 2023, showcased impressive athletic performances. In the men's 200 meters, Mark Smyth emerged victorious with a time of 20.50 seconds, while David McGlynn won the men's 10,000 meters, finishing in 29:50.85. Adam Nolan excelled in the men's 110 meters hurdles (0.991m), clocking 13.84 seconds. In the field events, Sean Mockler dominated the men's hammer

throw with a distance of 68.36 meters. In the men's decathlon, Jack Forde excelled with strong performances in the field events, accumulating a total of 6211 points. For the women's heptathlon, Lara O'Byrne showcased her athleticism, finishing with 4,690 points.

2024 – 13th + 14th July – Morton

Jack Forde (St. Killian's A.C.) and Laura Frawley (Nenagh Olympic A.C.) were crowned Senior Combined Events champions. Forde retained his decathlon title with 5902 points, excelling in shot put, high jump, discus, and javelin. Laura Frawley won the heptathlon with 4831 points, dominating the 100m hurdles, high jump, and long jump. The AAI Games saw standout performances in field events. David Cussen (Old Abbey AC) set a personal best in the men's high jump with 2.20m. Niamh Fogarty (Raheny Shamrock AC) threw 56.36m in the women's discus, and Sean Mockler (Moyness AC) threw 68.09m in the hammer. Molly Scott (SLOT) posted 13.72 in the 100m hurdles, while Sean Carmody (Leevale) clocked 14.02 in the 110m hurdles. Emmet Jennings (Dundrum South Dublin AC) won the Senior Men's 10,000m in 31:31.16, and Shona Heaslip (An Ríocht) won the Senior Women's race in 33:37.49.

National Masters

2023 – 12th August – Tullamore

The National Masters in Tullamore saw over 500 athletes compete for national honours. Gemma Thompson (Spartans) W35 won gold in the 100m and 200m. Adina Gheorghiu (DSD) W45 posted the fastest times in the 100m and 200m. Peter Wilson M40 (Lagan Valley) won the men's 100m, while Rodger Condon M35 (St. Finbarrs) took gold in the 200m. Olga Nedvede (Dooneen AC) W35 excelled in discus, javelin, and shot put.

2024 – 4th August – Tullamore

The National Masters concluded the outdoor athletics season in Tullamore with excellent performances. Gemma Thompson (Spartans) won the W35 200m in 26.60, while Avril Dillon (Dundrum South Dublin A.C.) claimed W40 100m gold in 12.61. Adina Gheorghiu (Dundrum South Dublin A.C.) completed the W45 sprint double, and Denise Toner (Clones AC) starred in the 1500m and 800m. Brian Conroy (Clane A.C.) won the M40 5000m in 15:24.67. Field event stars included Erika Jouzapuute and Olga

Nedvede.

National League

2023 – Prelim Round – 25th June – Morton; Final – 13th August – Tullamore

In 2023 the League format changed for the first time in several years. We went to a two round and three division. With a Preliminary Round where the Top 8 and following 8 club teams got places into the Final round. Along with a separate league for County / Composite Teams.

Atmosphere at both days was electric, which ironically caused a delay during the preliminary round due to Thunderstorm overhead in Morton. Main format worked but the time between the two events was too long.

East Cork Women & Galway Men were our County Winners, DSD Women & Leevale were our Premier Division Winners, Tullamore Harriers Women & Raheny Shamrocks were our Div 1 Winners.

2024 – Prelim Round – 6th July – Athlone; Final – 28th July – Tullamore

Main difference to 2023 was the Preliminary Round was in Athlone, teams liked the format, along with the closer spacing of the rounds. There is a bit of contradiction on feedback, so consensus can be hard to come to on a few issues.

Tipperary Women & Galway Men were our County Winners, Leevale Women & Clonliffe Harriers were our Premier Division Winners, Tir Chonaill Women & Kilkenny City Harriers were our Div 1 Winners.

Special thanks go out to Padraig Kelly and Bernie Dunne who do all the prep work, communication and running of the event on the day for both the Indoor and Outdoor Leagues. Thank you both for all the tireless work.

Spring Throws

2024 – 24th March – Tullamore

We return to Tullamore again in 2024 for the Spring Throws, Thomas Williams (Shercock A.C.) was the stand out setting an U18 National Record in the Hammer with 73.27m exceeding the mark of Tony Kenneally (73.18m) from all the way back in 1981.

2025 – 6th April – Tullamore

To Happen

National Road Champs

Marathon

2023 – Dublin Marathon – 29th October

Stephen Scullion (Clonliffe Harriers) and Ann Marie McGlynn (Letterkenny AC) produced dominant performances to take the 2023 National Marathon Championship titles which took place in conjunction with the Irish Life Dublin Marathon.

Clonliffe Harriers were our Senior Men Winners while St. Peters were our Senior Female Winners.

2024 – Dublin Marathon – 27th October

We return in 2024 to a slightly altered course where Hiko Tonosa (Dundrum South Dublin AC) while Ann Marie McGlynn (Letterkenny AC) defended her title with a superb performance to take the 2024 National Marathon Championship titles which took place in conjunction with the Irish Life Dublin Marathon. Leevale top the Senior Men's top Spot while Raheny Shamrock took the Senior Female top Spot. Thanks to Jim Aughney and all the staff / volunteers in the Dublin Marathon for putting on a brilliant event that safe to say is one of the highlights of the calendar.

Half-Marathon

2023 – Tullamore Half Marathon – 26th August Tullamore Harriers

Ryan Creech (Leevale AC) and Natasha Adams (Letterkenny AC) have claimed the 2023 national half marathon titles at the sold out Bord Na Mona Tullamore Harriers Half Marathon. Celbridge top the men's top spot while Sli Cualann achieved the women's top spot.

Thanks to Adrain Curley and all the gang in Tullamore for all the work to pull off such an successful event.

2024 – Charleville Half Marathon – 15th September Charleville A.C.

Hugh Armstrong (Ballina AC) and Shona Heaslip (An Riocht AC) were crowned the 2024 national half marathon champions at the sold-out Charleville Half Marathon. While DSD took the Senior Female top spot and Leevale got the Senior Male top spot. Thanks to Dermot Hever and all in North Cork for putting on a excellent event.

10k

2023 – Great Ireland Run, Phoenix Park – 16th April Dublin City Harriers

We return to the Great Ireland Run hosted by DCH in the Phoenix Park the day after our previous congress, unfortunately due to a marshalling error the course was short by 1.2km. All participants were given a complimentary place at another AAI road event. Jake O'Regan (St. Johns) and Karen Blaney (Navan) were our winners in the event, with City of Derry Spartans being the top Senior Male team along with Raheny Shamrock being our top Female Team. Thanks for Dermot Nagle & Declan Curtin and all in Dublin City Harriers for all the work they put in the background.

2024 – Dunboyne 10km – 13th April – Dunboyne A.C.

Sean Tobin (Clonmel AC) and Shona Heaslip (An Ríocht AC) secured the national 10k titles this afternoon in a superb display of road racing around the Dunboyne. Tullamore Harriers Women took the Senior Team win while Rathfarnham WSAF took the Senior Men's Title. Thanks to all in Dunboyne for putting on a brilliant display.

2025 – Dunboyne 10km – 23rd March – Dunboyne A.C.

To happen

2023 Irish Runner Series

5k – Irish Runner 5k, Phoenix Park – 20th May

5m – Irish Runner 5m, Phoenix Park – 11th June

10m – Irish Runner 10m, Phoenix Park – 23rd July

2024 Irish Runner Series

5k – Irish Runner 5k, Phoenix Park – 18th May

5m – Irish Runner 5m, Phoenix Park – 23rd June

10m – Irish Runner 10m, Phoenix Park – 21st July

In both 2023 & 2024 the Irish Runner series continue to grow in popularity, with race numbers starting to exceed pre-covid numbers. Thanks to Rachel, Aileen, extended participation team and all the volunteers for the work both in the background and on the day in increasing the profile of this event.

Irish Runner 5k

2022: 961 | 2023: 1529 | 2024: 2162

Irish Runner 5m

2022: 970 | 2023: 1850 | 2024: 2142

Irish Runner 10m

2022: 882 | 2023: 2188 | 2024: 2393

Road Relays – Raheny

2023 – 23rd April

The National Road Relays saw thrilling races hosted by Raheny Shamrock AC. Michelle Finn led Leevale to gold in the senior women's race. Clonliffe Harriers dominated the senior men's race. Rathfarnham W.S.A.F.AC secured silver in the senior women's race and gold in the men's O50 race. Brothers Pearse won the men's masters O35 title. Raheny took the women's O50 title. The event showcased impressive performances and competitive spirit across all categories.

2024 – 28th April

The 2024 edition of the National Road Relays saw thrilling races hosted by Raheny Shamrock AC. Amy O'Donoghue led Dundrum South Dublin AC to gold in the senior women's race. Clonliffe Harriers retained their senior men's title, with Efreem Gidey delivering a standout performance. Sportsworld Running Club regained the Master Women's O35 title, while Ennis Track AC won the Women's O50 race. Raheny Shamrock AC won the Men's O35 gold, and City of Derry Spartans AC took the Men's O50 title. Thanks again to David Hooper and all in Raheny that put on this fun and exciting event.

Road Walking Champs

2023

35k Race Walking Champs / 10k Master + U20s – 17th December – Raheny

2024

20k Race Walking Champs – 6th April 2024 – Podebrady (CZE)

35k Race Walking Champs / 10k Master – 15th December, – Raheny

2025

35k Race Walking Champs – 9th March – Marin (ESP)

The main event for our Road Race Walkers is

hosted by Raheny Shamrock in St. Anne's Park. We are fortunate to have access to such an excellent course, and we extend our gratitude to the local park authorities and Raheny Shamrock for their support. In December 2023, this venue hosted one of the first race walking marathon trials ahead of the Paris Olympics.

In 2023, St. Anne's Park hosted the World Race Walking Tour, attracting nearly 250 athletes from 27 countries. Tokyo Olympian David Kenny (Farranfore/Maine Valley) impressed with a time of 1:21:38, the second fastest by an Irish-born athlete. The Mixed Race Walk Relay saw Ireland finish second. While 2024, Olympic Gold Medallist Massimo Stano won the 35km race, with Mexico's Ricardo Ortiz finishing second and Brazil's Caio Bonfim third. David Kenny claimed the 20km title, while Kate Veale dominated the women's 35km.

We continue to elevate the standard of this event as part of the World Athletics Race Walking Continental Tour, attracting numerous international guests. This influx of overseas competitors raises the bar for our domestic athletes. Special thanks to Dave Hooper and his team, along with Pierce O'Callaghan for his assistance with both the juvenile event and the international representation.

Cross Country

Autumn Open

2023 – 15th October

Íde Nic Dhómhnaill (West Limerick A.C.) won the women's 6000m in 20:38, while Keelan Kilrehill (Moy Valley A.C.) claimed the men's 8000m title in 24:27. Louise Shanahan and Nadine Donegan finished second and third in the women's race. Pierre Murchan and Finley Daly completed the men's podium. Rathfarnham WSAF AC and Dublin City Harriers won the Mixed Senior Cross Country Relay, qualifying for the European Club Cross Country Championships.

2024 – 13th October

Keelan Kilrehill (Moy Valley A.C.) defended his Autumn Open International title, winning the 8000m race in 23:51. Sean Tobin (Clonmel AC) finished second, and Spain's Isaac Hirshmanhandler third. Ide Nic Dhomhnaill (West Limerick A.C.) was second in the

senior women's race, behind England's Sophie Tarver. Emily Bolton (Clonliffe Harriers) won the junior women's race. Dublin City Harriers won the Mixed Senior Cross Country Relay, qualifying for the European Club Cross Country Championships. This was the first time this event had a World Athletics XC Bronze Permit, further elevating the event's prestige.

Seniors & U20s XC

2023 – Gowran, Kilkenny – 19th November – Gowran A.C. / Kilkenny County

In 2023 we completed the Hat Trick Hosting with Gowran hosting the Senior event. Fiona Everard (Bandon AC) and Cormac Dalton (Mullingar Harriers) won their first national senior titles. Everard dominated the women's race, finishing 40 seconds ahead, while Dalton surged ahead in the men's race to win. Dublin City Harriers and Kilkenny City Harriers claimed team titles. Notable performances included Niall Murphy and Anna Gardiner in the U20 races, and impressive showings from juvenile athletes like Emer McKee and Frey Renton.

Thanks to David Denieffe and all in Gowran / Kilkenny County for all the hosting they have done in recent years!

2024 – Irvinestown, Fermanagh – 20th November 2022 – Enniskillen Road Runner

Keelan Kilrehill (Moy Valley AC) and Ann-Marie McGlynn (Letterkenny AC) won their first national senior cross-country titles. Kilrehill dominated the men's race, finishing nearly thirty seconds ahead, while McGlynn broke clear in the women's race to win by over ten seconds. Niall Murphy and Emma McEvoy won U23 titles. While Jonas Stafford and Lucy Foster claimed U20 victories.

Special thanks to Eamonn Monaghan and all in Enniskillen Road Runner along with Mark Connolly from the Juvenile for pulling off such a smooth event in a fabulous venue.

Novice XC

2023 – Navan Racecourse, Meath – 3rd December – Meath County Board

Lucy Holmes (West Waterford AC) and Michael Murphy (Tullamore AC) were crowned national novice champions in Navan. Murphy was promoted to first place in the men's 6,000m race, finishing in 19:37. This was due to the winner being ineligible for the Novice. Holmes won the women's 4,000m race

in 14:43. Leevale took home the Novice Women Team win while Craughwell were successful in the Men's event.

Thanks to Brendan Meade and all in Meath County Board for all the work in the background and returning to a brilliant venue in Navan.

2024 – Tramore Racecourse, Waterford – 1st December – Tramore A.C.

Sean McGinley (Finn Valley AC) and Abbie Sheridan (St. Peter's AC) won the national novice titles. McGinley dominated the men's race, finishing nearly twenty seconds ahead, while Sheridan claimed gold in the women's race with a decisive move in the final 500m. Ennis Track won team gold in both events. Notable performances included wins by Caolan McFadden, Lorraine O'Connor, Emily Bolton, Harry McKenzie, and Freya Renton.

Thanks to Norah Storey and all in Tramore A.C. along with Waterford County Board especially given how late this venue was locked. They pull off a brilliant event.

Intermediate & Masters XC

2024 – DKIT, Louth – 11th February – Louth County Board

Amy Greene (Finn Valley AC) and Paul Hartnett (East Cork AC) won the Intermediate titles. Greene dominated the women's 5,000m race, finishing in 21:25, while Hartnett led the men's 8,000m race, winning in 29:03. Kate Purcell (Raheny) won the masters women's 4,000m in 16:45, and Tim O'Donoghue (East Cork) claimed the masters men's 7,000m title in 24:50.

Thanks to Georgina Drumm & Christian Mass and all in Louth County Board for welcoming us back to DKIT for another excellent event.

2025 – Westport House, Mayo – 9th February – Westport A.C. / Mayo County Board

Abaas Adam Edris (Castlegar AC) and Helena Butterly (Clonliffe Harriers AC) won the Intermediate titles. Edris finished the 8,000m in 26:16, while Butterly completed the 5,000m in 19:44. Olympian Lizzie Lee (Leevale AC) won the women's masters race, and Colm Rooney (Clonliffe Harriers) claimed the men's masters title.

Thanks to Angela Corduff and all in Westport AC / Mayo County along with the staff in Westport House for being a brilliant venue.

Regrading

In 2023 there were 5 Application for Regrading, 1 Successful, 2 Unsuccessful, 2 Status not Broken.

In 2024 there were 6 Application for Regrading, 1 Successful, 1 Unsuccessful, 4 Status not Broken.

There is still some misunderstanding when it comes to regrading. Regrading is likely to be only considered for athletes whose status was impacted winning a team medal rather than an athlete whose status has been impacted by winning an individual medal. There is also some confusion what counts as breaking one's status, County or Regional wins do not impact National Status. Regrading for the 2025/26 Season will open in Late August, and close at the end of September.

Indoors Track & Field

Indoor League

2024 Indoor League – R1: 6th Jan NIA, R2: 14th Jan Athlone, Final: 3rd Feb Athlone.

2024 National Indoor League had Dundrum South Dublin (Women) and Clonliffe Harriers (Men) retaining their respective indoor league titles with several impressive performances throughout the day.

2025 Indoor League – R2: 19th January – NIA, R1 8th February – Athlone,

The 2025 Indoor League was disrupted due to a cold spell that delayed R1 and which cancelled the final, in a return to a two round league where Clonliffe Harriers AC (Men's) and Ratoath AC (Women's) claimed the Titles in Athlone.

The Guest competitions continue to be a great early season outlet to get some marks on the board early in the indoor season.

AAI Indoor Games & Combined Events:

2024: 27th & 28th January NIA

Louise Shanahan won the Women's 800m in 2:04.25, while Cillin Greene won the Men's 400m in 47.58 and his 200m heat in 21.41. Katie Bergin secured her 200m heat in a personal best of 24.46. Bori Akinola and Molly Scott both took double victories in the 60m races. Cian McPhillips won the Men's 800m in 1:47.32. Lara O'Byrne won the Pentathlon and Jack Forde retained his Heptathlon Title. O'Byrne's strong 800m finish secured her victory, while Forde dominated his

events to win comfortably.

2025: 11th & 12th January NIA

Jack Forde (St. Killian's A.C.) and Laura Frawley (Nenagh Olympic) were crowned national senior combined events champions. Forde won his third consecutive men's heptathlon title with 4730 points, while Frawley dominated the pentathlon with 3252 points. While in the AAI Games saw Dundrum South Dublin AC win the mixed 4x400m relay. Notable performances included Marcus Lawler in the 200m, Kate O'Connor in hurdles, and Conor Penney in high jump.

Indoor Masters

2024: 5th February Athlone;

Shane Healy (Metro St. Brigid's Athletics Club) set a new M55 indoor 800m record with a time of 2:02.46. Other notable performances included Avril Dillon (DSD) winning the W40 60m hurdles, Gemma Thompson (City of Derry AC Spartans) topping the women's 200m, and Pat Naughton (Nenagh Olympic AC) competing in multiple events at age 90.

2025: 8th March – Athlone

The 2025 edition featured impressive performances. Isaiah Adekunbi (Riverstick/Kinsale AC) won the M35 60m in 7.31, while Snezana Bechtina (Clonliffe Harriers AC) claimed the W40 60m in 8.07. Brian Boyce (An Ríocht AC) secured M45 400m gold in 53.32. Alison Beck (Dundrum South Dublin AC) excelled in the high jump and pole vault. Olga Nedvede (Dooneen AC) won the W40 shot put with a throw of 11.89m.

Help is a little limited for the Masters T&F events so thanks for all the Master Athletes that assist us both indoors and outdoors to keep these events on track.

Indoor U20/U23s

2024 – 20th January – Athlone

Katie Bergin (Moyne AC) clocked a 7.62 PB in the 60m and 24.54 in the 200m. Jack Fenlon (St. Abbans AC) set a new men's U20 1500m record at 3:51.75. Sean Aigboboh (Tallaght AC) equaled the U20 60m record with 6.84. Reece Ademola (Leevale) set a men's U23 long jump record at 7.17m. Several other athletes also delivered outstanding performances across various events.

2025 – 9th March – Athlone

Over 500 athletes competed at the 2025 edition. Max O'Reilly (Riverstick Kinsale AC) won the U23 60m in 6.66, while Jesse Osas (Ratoath AC) broke the U20 record with 6.80. Kate O'Connell (Lucan Harriers) set a U23 400m record at 55.11, and Sean Doggett (Athenry) broke the U20 men's 400m record with 47.63. Aoife O'Sullivan (Liscarroll AC) excelled in the U23 high jump with 1.78m. Other notable performances included Alexandra Joyce, Oisín Murray, and Precious Akpe Moses.

Indoor Seniors

2024 – 17th & 18th February – NIA

Sarah Lavin (Emerald AC) was the standout performer of National Senior Indoor along with Athlete of the Championship. Phil Healy (Bandon AC) won the 200m gold in 23.37. Adam Nolan (St. L. O'Toole AC) claimed his first senior indoor title in the men's 60m hurdles with 8.02. Daena Kealy (St. Abbans AC) won the women's high jump with a 1.82m clearance. Sarah Healy (UCD AC) broke her own championship record to win the women's 1500m in 4:08.74. Sharlene Mawdsley (Newport AC) retained her 400m title with a time of 51.91. In the men's 60m, Cathal Doyle (Clonliffe Harriers) defended his men's 1500m title, finishing in 3:58.10.

2025 – 22nd & 23rd February – NIA

2025 Edition featured thrilling performances at the Sport Ireland National Indoor Arena. Sarah Lavin (Emerald AC) won her seventh 60m hurdles title, while Sarah Healy (UCD AC) set a 1500m record of 4:12.37 and for this was named Athlete of the Championship. Marcus Lawler (Clonliffe Harriers) broke the 200m record with 20.74. Katie Bergin (Moyne AC) won her first senior indoor 200m title in 24.03. Conor Kelly (Derry Track Club) set a new U20 400m record of 46.63. Other notable winners included Sharlene Mawdsley, Cathal Doyle, and Bori Akinola. The championships concluded with record-breaking relay performances from UCD and Ratoath teams.

Miscellaneous

Officials Recruitment

In 2024 we recruited 8 new Officials on to the Panel. While in 2025 we hoping to recruit 15+ as process is ongoing ahead of the outdoors.

IUAA Support

We've been continuing to support to the IUAA over the past two years with their Track & Field / Indoor Championship events. This has continued to improve the standard and quality of the event being run.

Fixtures Meetings 2024 & 2025

Throughout 2023 and 2024, we held several fixtures meetings to plan the upcoming year's events. These meetings involved gathering various inputs and meticulously layering them to create a comprehensive fixtures list. Indoor events remain challenging to schedule due to the limited availability of only three venues on the island. We extend our gratitude to all participants from Competition, HP, Juveniles, Regions, ANI, Irish Schools, and IUAA for their invaluable contributions.

Technical Committee

Over the past four years, I have served as the Competitions Representative on the Technical Committee, supporting efforts in Stats, Records, Training, and Equipment. Thanks to Jackie Mulhall and the entire Technical Committee for their tireless work behind the scenes, particularly for the highly popular monthly series of training presentations. In 2023, we ratified a record-breaking 97 new records, followed by 81 in 2024 and 73 in 2022, marking the highest number of new records in the recent history of our federation. Special congratulations to all our new World Athletics Referees and Race-Walking Judges, whose contributions will help us elevate standards in the years to come.

Technology

Over the past four years we've been pushing more technology at our events, from the field tablets feeding the live results system, to more scoreboards making sure spectators both inside and outside the venue can keep track of what's going on. This summer you'll see the further fruits from the technical committee with a investment of over €350k in Competition, Technology and Timing equipment. In 2023 we completed the goal of having live results at all our 30+ of our national events with the Road Relays in Raheny getting live results from the help of My Run Results.

Official of the Year

2023 – Martin Wilkinson – Ballymena & Antrim

Martin was our Official of the year in 2023, began his athletic journey taking his daughter to Ballymena & Antrim AC. Guided by Maeve Kyle, he advanced from a high jump official to National Technical Official. Known for his dedication at field events, he also chaired the club, fostering camaraderie with lifelong friendships. He completed his service in 2025 at National Indoors.

2024 – Anne McHugh – Sligo A.C.

While in 2024 Anne McHugh was our Official of the Year, a dedicated advocate for athletics for over 30 years, began her journey promoting female athletes' recognition. A competitor, coach, official, and committee member, she inspires on local and national stages. Anne's tireless passion is evident in her weekly presence at events and unwavering support for Irish athletes.

Past Officials

In 2023 we mourn the loss of Harry Gorman (Donore Harriers) who was our first official of the year all the way back in 2007, although he had to step back from officiating, he was ever present at our events domestically and internationally having attended 15 Olympics Games (1960–2016). While in 2024 we were saddened by passing of Pat O'Leary (Bree A.C.), one of the corner stones of Wexford Athletics and a fixture at the starts line from Club level all the way to Nationals.

Dr. Cyril M. White (Donore Harriers) unfortunately passed away at the start of 2025 being a long-time starter for both the Schools and IUAA events along with notable historian documenting legends of the past.

World Rankings

World Rankings continue to be an important area of competition focus having had 113 Registered Competition at National Level with a further 66 Registered Events at Regional, County & Club Level. These permits need to be applied for several weeks in advance of the event, and key officials will have to be appointed to these events. So training of the officials will be key in years to come. For info World Rankings system came into prominence for the 2020 Olympics since then it's become more significant with it being one of the

routes our athletes can qualify for international events. Careful forward planning is required for last minute qualification attempts. Along with the above Standards for International Athletics events will have to be set at pre-approved WA Ranking Competition.

International Competitions

In 2023 & 2024 both the Cork City Sports (WA Bronze) & Morton Games (WA Bronze) were going strong. We contributed both expertise, equipment, and officials to the events. We look forward to continued partnership so we can continue to raise the standard and profile of these events.

If I missed any event or special performance inadvertently, please accept my apologies.

Officials

A heartfelt thank you goes out to all the officials on the National Officials Panel who dedicate their weekends, week in and week out, at all levels of our organization. Whether they are raking a pit, watching a break line, firing a gun, or recording a result, their efforts are indispensable to our competitions. Some rough calculations estimate over 20,000 man-hours of officiating each year to keep our events running smoothly. This figure does not include the club, county, regional, or international commitments these officials have, nor does it account for travel, as our officials come from all over the country to support our events wherever they may be.

From the bottom of my heart, thank you for all the hard work you do for the association, particularly in the area of competition.

Competition Team

Over the past two years, Ger Stewart has excelled as Competition Director, consistently raising the standard of our events. With the unwavering support of her dedicated team—David Daly, Valerie O'Brien, and James Welsh—they have performed exceptional work behind the scenes, ensuring our events run smoothly and continuously suggesting innovative ideas for improvement.

We are immensely grateful for their tireless efforts and brilliant contributions. Keep up the outstanding work!

Board

Thank you to John Cronin, Hamish Adams, and all of the Board for the support over the past four years.

Committee

Finally, I extend my deepest gratitude to all committee members for their unwavering support and dedication, both on and off the track, field, road, and cross-country courses. Their efforts make our 30 days of events each year possible, alongside the 18+ meetings we hold to discuss and organize these events. This commitment is in addition to their non-national responsibilities, demonstrating their passion for this wonderful sport at all levels.

To the incoming Committees and Board, I wish you the best of luck and look forward to raising that bar higher together.

High Performance Committee Report



High Performance Committee Report

Presented By Fintan Reilly – Chair
High Performance Committee 2023 - 2025

HIGH PERFORMANCE STAFF			
Paul McNamara	High Performance Director	Jacqui Freyne	Pathway Performance Lead
Christian Malcolm	Sprints Lead	David McCarthy	Relays Lead
Mark Kenneally	Endurance Lead	Paul Thompson	Operations Manager (Feb 2023)
Dave Sweeney	Field Events Lead	Roisin Lande	Athletics Services

Introduction

When I presented the HP report on my first 2 years as Chair, I didn't think it could get much better. Roll forward 2 years and it is fair to say that the most recent cycle has been one of the most progressive and rewarding periods in terms of performances, coaching, media profile, athlete celebrity, partnerships, and audience ratings.

Performances

Below is a list of the 22 medals won since Congress in 2023 (excluding European Indoors 2025). The Strategic Plan for 2021-2025 was an ambitious target of 30 medals (actual 35).

Year	Name	Championships	Medal
2024	Nicola Tuthill	European Throwing Cup	Silver, U23 Hammer
2024	Mixed 4x400m	World Relays	Silver
2024	Mixed 4x400m	European Championships	Gold, Mixed 4x400m
2024	Women's 4x400m	European Championships	Silver, Women's 4x400m
2024	Ciara Mageean	European Championships	Gold, 1500m
2024	Rhasidat Adeleke	European Championships	Silver, 400m
2024	Oisín Joyce	World U20 Championships	Bronze, Javelin
2024	Nick Griggs	European Cross Country Championships	Silver, U23
2024	Conor Kelly	European U18 Championships	Silver, 400m
2024	Cian Crampton	European U18 Championships	Bronze, Discus
2024	Joe Burke	European U18 Championships	Bronze, 200m
2024	Thomas Williams	European U18 Championships	Gold, Hammer
2024	Seamus Clarke	European U18 Championships	Silver, 5000m Walk

<i>Year cntd</i>	<i>Name cntd</i>	<i>Championships cntd</i>	<i>Medal cntd</i>
2023	Elizabeth Ndudi	European U20 Championships	Gold, Long Jump
2023	Nick Griggs	European U20 Championships	Silver, 3000m
2023	Sophie O'Sullivan	European U23 Championships	Gold, 1500m
2023	Sarah Healy	European U23 Championships	Silver 1500m
2023	Nick Griggs	European Cross Country Championships	Bronze, U20 Men
2023	U20 Men's Team	European Cross Country Championships	Gold, U20 Men's Team
2023	Cian Crampton	EYOF	Bronze, Discus
2023	Nicola Tuthill	European Throwing Cup	Silver, U23 Hammer
2023	Sarah Lavin	European Games (Team Championships)	Bronze, 100m Hurdles

Many of these medal winning performances were shown live on our television screens and those that were not, were available via European and World Athletics platforms. The performances in Rome at the 2024 European Championships were the talk of the Country and our sport covered the front and back papers of national print and digital content. While we did not win a much longed for medal at Paris 2024, the 4th place finishes by Rhasidat and our Women's 4 x 400m relay team (as well as their interviews) brought the thousands of Irish fans in the stadium, and the millions of Irish fans watching from their homes to tears. These two races were amongst RTE's highest sports viewership ratings in 2024. During this time and on many other occasions, athletics was the No.1 sport in Ireland.

Over the last 2 years I believe more national records have been broken than ever before. The list is too long to show but can be viewed on the attached link [Irish Records - Athletics Ireland](#)

Athletes & Coaches

Without the athletes and coaches, we don't have a sport. Without investment in athletes and coaches, we don't have a sport that can compete on the global stage.

Over the last 4 years, the HP Team led by Paul McNamara have strengthened their relationship with both athlete and coach. For too long there was always a perception that it was athlete/coach v Athletics Ireland.

How have we made progress?

- Core funding from Sport Ireland to support our athletes has increased by 50% to €645k per annum. More athletes are on Sport Ireland funding than ever before.
- Part of the Tokyo Strategic Review was to invest in HP Coaches. In 2024, 9 coaches received funding of €10-15k. These 9 coaches also received funding of up to €5k each for mentoring. Sport Ireland has provided similar funding for 2025. Is it enough? Of course it is not, but it is the beginning of what we hope will eventually be a structure of full-time coaches in athletics.
- Coaches are an integral part of the Athletics Ireland Teams that attend major events as well as training and holding camps. HP Team has accommodated (where possible) more coaches than staff at Championships.
- Drop in, drop out Training Camps. This has been a feature of the endurance programme over the last few years. Accommodation, physio services etc are booked for a period and athletes and coaches use as required. The next step is to organise similar camps for HP Sprints and field events.
- Streamlining our Discretionary Funding. The HP Team are now more focused on providing more funding to fewer athletes. Athletes who no longer receive direct funding but are still carded (such as performance pathway athletes) are supported by the HP Team providing services such as nutritional/ S&C, media training as well as physio support on organised training camps.

Our Partners

Sport Ireland

The HP Programme could not function without the support of Sport Ireland. Paul and Hamish have a strong working relationship with key stakeholders in SI. Do we believe we receive enough funding from them? Absolutely not! But that is the same in every sport and in every business. What we can do is continuously put forward our case for additional funding and show how we are using our existing funding, and how increased funding would improve our performances. In 2025 SI increased our core funding to support our HP services by nearly 25% from €850k to €1.045m. This is an endorsement from SI that Paul as HP Director and Hamish as CEO are delivering on what they have promised. We continue to push for additional funding.

Sports Institute

The Sports Institute continues to give our SI Funded athletes a best-in-class service. We continue to push the Institute to provide more services outside of Dublin and in hubs where it works best for our athletes. We want the services to come to the athletes and not the athletes to the services.

Sponsors

Adidas, our new kit sponsor, are providing incredible support through their long term financial commitment to us in a groundbreaking partnership. **123.ie** continue to roll out athlete sponsorship across all our disciplines. This is vital funding for many athletes not on carding.

Our members contribution from their registration fee is also a key funding stream for the HP Programme.

One Day Licence contributes €2 from non Athletics Ireland members for every event they participate in.

Volunteers

Like most of what goes on day to day in Athletics Ireland, the HP Programme couldn't function without volunteers, I would like to thank;

The HP Committee for the last 2 years. Our meetings have always been open, honest and thought provoking, with no hiding place. Thank you to Teresa McDaid, Noelle Morrissey and Eamonn Harvey (elected members), Niall Bruton (co-opted), Matt McKerrow (Independent HP Appointment), Katie Kirk (Athletes Commission) and Seamus Flynn (as Chair of Coaching and Development).

The Selectors – Teresa McDaid & Seamus Flynn as constants and others that are included depending on the Competitions.

Team Managers and Support Staff – Time spent away from home and holidays taken from work so that they can support our athletes. Teresa McDaid, Neil Martin, Richard Rodgers and their support staff do a fantastic job.

Appeal Committee – Liam Hennessy, Gerry Dunne and Caroline O'Shea.

Our HP Staff

The HP Athletics Ireland staff are a lean operation. Led by High Performance Director, Paul McNamara, he has assembled a highly competent team to run the Programme. I would like to thank Paul, Christian, Mark, Dave, Jacqui, David, Paul T and Roisin for their dedication and professionalism. I often wonder when they see my name appear when their phone rings, do they wonder what in Gods' name does he want now!

Finally

Thank you to Hamish as CEO who has help progress HP to the position it is in now. Thank you to John Cronin as President a nearly always present member at our HP Committee meetings (I don't know how you do it). Thank you to the Board for listening to me as I always try to put HP first!

Thank you to the athletes who have given me immense pride when representing us on the major stage. Our ambition is to always keep progressing and you have shown our ambition is becoming a reality.

Finally, finally thanks to our Members who elected me a Chair of High Performance for the last 4 years. I am and always will be grateful for your support. It has been a real honour for me. I wish my successor all the best and will always be on hand to help you wherever and whenever I can.

Juvenile Committee Report



Juvenile Committee Report

Presented by Amanda Hynes – Chair
Juvenile Committee 2023-2025

As chair of the Juvenile Committee, I am pleased to report on our activities from May 2023, to end of April 2025 following the Congress of the Athletic Association of Ireland held in the Tullamore Court Hotel. The newly elected members of the Juvenile Committee held their first meeting in the Annesbrook Hotel in Mullingar. The work of the committee was divided up amongst the members to lighten the load and the following positions were allocated;

JUVENILE COMMITTEE	
Catriona Duffy	Vice Chair
Amanda Hynes	Outdoor Secretary
Anne McHugh	Indoor Secretary
Mark Connolly	Cross Country Secretary
Tom Thompson	International Secretary
Martin Heery	Secretary and Finance
David Murphy	Rep on Coaching and Development
Niamh Fitzgerald	Rep on Technical Committee
PJ O'Rourke	Rep on High Performance Committee
Pat Whelan	Star Awards Secretary
Pat Whelan/Amanda Hynes	Juvenile Booklet Editor
Greg Duggan	Co-opted

Matt Lynch was appointed Child Welfare Officer and John Cronin, Kieron Stout, Hamish Adams and Ger Stewart were all invited to attend the committee meetings. As far as was possible our meetings coincided with competitions to reduce extra travel and costs, and interim meetings were held online via Teams. Debate was always livelier in person and the meetings more rewarding, but such is the reality

of the geographical spread of the members that much was done online.

Competition

Indoor Championships

2023, 24 Championship Records

2024, 12 Championship Records

Although 2023 was not under the remit of this committee it was notable for the sheer number of new Championship Records. 2024 saw the introduction of the new U17 and U19 Mixed relays which proved very popular and of course offered us 2 new records which are there for the taking in the upcoming Indoor 2025 Championships. We also included U15 Triple Jump for all boys and girls as requested by congress. With 4 qualifiers in each event, bar the 600m and relays, and extra events to include, the indoor fixture has become quite congested and is at its limit for the 3 days allocated. Both budget and time constraints preclude stretching to a fourth day, this leaves the committee with the unenviable task of squeezing as much as possible into long days, trying not to diminish the quality of the competition and maintain the welfare interests of all of the athletes.

Our thanks go to TUS and especially Mark for facilitating us, keeping us in good order and generally being the best manager, you could hope to work with.

Track & Field Championships

2023, 15 Championship Records

2024, 22 Championship Records

Over the 2-year term we have made changes to the timetables to improve the running of the competitions. We have moved the U13 events away

from the Children's Games Day as this always proves to be the busiest day of the calendar with strain upon the infrastructure and parking. With it being the first time at a National event for a lot of parents and athletes it is important that we showcase the best of ourselves on this day, it is the day that we need to have the marketing up to scratch and child welfare to the fore as we steer these athletes through their events and give them the best experience possible. These are, of course, the future. We did encounter a few problems with the results in 2024 which led to a degree of ire amongst some of the parents, but everything eventually got resolved. It is a lesson to us that we are all human and the key to any success is good communication.

In conjunction with the Regional secretaries and the Competition Department we have attempted to streamline the entry process. There is still work to be done to fine tune this but it has proved to be quite successful and eases the burden on Club Secretaries. There are always a few loose ends but our policy of zero tolerance for late entries has focussed minds.

It is very pleasing to see that the quality of officiating is so high and the dedication of the officials' weekend after weekend is admirable. Nothing would happen without them and their contribution is duly acknowledged.

Once again, with the introduction of the Mixed relays for U17 and U19 in 2024 there were new records added to the books and the expectation that these will inspire future teams to challenge them.

Our thanks go to Tullamore Harriers who host the Juvenile Championships and provide stewards, food and welcome cups of tea as well as moving vast amounts of equipment around and maintaining a wonderful athletics facility.

There would be no competition without the dedication and hard work put in by members of the AAI Competition Department under the leadership of Ger Stewart. They are the ones whose put in the hours behind the scenes to ensure that we get to perform on the day, we may be the volunteers, but we work on an understanding of mutual respect and consideration.

Track & Field is going from strength to strength with

continuously improving performances from very talented athletes which gives us great hope for the future.

Combined Events

2023, Indoor 1 Championship Record, Outdoor 1 Championship Record

Numbers remain healthy for the Combined Events in the younger age groups from U14 to U16 but nosedive dramatically for the joint U18 and U20 categories which take in our U17, U18 and U19's which is disappointing. It is also the fixture which is the most difficult to timetable as events like the high jump can run on and it is therefore vital that we have the use of two mats at the venue. It is held in conjunction with the AAI games and seems to be the fixture that struggles most for officials. On the whole the track & field fixtures list is extremely busy and leaves little room for respite for key officials which the committee have identified as a risk to our competitions. It is not uncommon for us to request the help of parents to rake a sand pit which is not ideal when they are there to support their own athletes.

Cross Country

The Juvenile Committee holds its cross-country competitions in conjunction with the Senior Competition Committee. Huge thanks to Mark Connolly who has worked closely with each of the Local Organising Committees in designing and constructing the courses. The standard and layout of the courses is very important, and a lot of work has been put in by both the volunteers and the Competition Department to provide a template for all of the venues to maintain that quality.

Our opening fixture is now the Inter-Club Relays which are run in October with the Autumn Open, this change in the calendar has proven to be very beneficial with 164 teams entering in 2023 and 184 in 2024 where we introduced a mixed 4 X 1000km for the U17 age group and the Dublin County cross country moved to a different slot which then allowed the local clubs to become more involved. Overall, we are very happy with this new format, and it provides a great introduction for the young athletes as they start their winter programme in a fun participatory manner. It is notable that the relays are more popular with the girls' teams than

with the boys and that this may be an important step in keeping the girls active during the long season.

Even age championships returned to Gowran in Kilkenny for 2023 where the weather leading up to the event was extremely wet and resulted in a very difficult course that tested the athletes' durability and stamina. A record number of lost spikes were collected after the event and there would have been some hosing required by tolerant parents. For the Uneven ages we revisited Navan in Meath which provided a great course with both an uphill start and finish.

In 2024 the Even age cross country took us to Irvinestown in Enniskillen, a beautifully laid out course providing plenty of drama with a tricky uphill finish to delight the spectators. Our biggest problem of the day was the poor internet which led to a few minor problems with online results, we have become so used to the technology always being available that it can be very frustrating for both organisers and parents when things don't go smoothly. For the Uneven ages in Tramore, Waterford we resorted to the tried and tested notice board with paper results being posted throughout the day, needless to say, there were no internet connectivity issues reported! The racecourse in Tramore proved sufficiently taxing with a long sweep down followed inevitably by a return pull up the hill.

Our final cross country fixture each year is the B Championships which take place in early February but are run using the previous year's age groups for all of those athletes who did not win any medal at the A Championships. In 2023 we were kindly hosted by the Louth County Board at Dundalk IT, and in 2024 by Westport AC in the stunning grounds of Westport House. It is in the nature of the event that the location is the main determinate of club participation; having a central venue would make this event more accessible to all of the regions but this is not always possible.

International Events

Since the loss of the Celtic Games the committee has found it difficult to find a suitable competition at the right level for our U17 year olds. Our wish is to bring a full Irish development track & field team on an overseas trip where they can gain

valuable experience that will stand to them as they progress into Juniors and beyond; learning how to travel smart, how to pack and prepare for a day at the track, warm ups and call rooms, sharing accommodation and learning to be part of a team.

In 2023 we travelled to the England Athletics U15 and U17 age group championships in Birmingham with a team of 56. Our athletes excelled in their performances with many pb's and wins on the day.

In 2024 a team of 34 athletes travelled to Grangemouth to compete in the Scottish U17 Championships where once again our athletes performed admirably with many wins and pb's. The greatest joy for the management is watching the group come together over the course of the 2-3 days, what starts as a bunch of shy individuals slowly becomes a coherent group who watch out for each other, cheer each other on and share the experience; it is the friendships that will help to keep our athletes with us for longer.

Although the Celtic Games Cross Country hasn't actually folded it is on slippery ground and no longer has the full backing of all the Celtic nations. The committee feels that this is still a vital fixture in our calendar and continues to provide the opportunity for our cross-country athletes to compete internationally. The Celtic Games in 2024 was held in Renfrew as part of the Scottish Inter-District Competition where our top U16 athletes went up against the Scottish teams.

In 2025 the committee selected 16 athletes to represent Ireland in Leeds at the Celtic Games Cross Country held in conjunction with the UK Cross Experience. A fabulous 4500m course that our athletes excelled upon with an individual win as well as team golds for both girls and boys.

Juvenile Star Awards

Annually the committee prepares records of every Juvenile athletes' performance at our National Juvenile Championships and selects the best athlete from each of the 32 Counties to receive a Star Award based upon their finishing position in each event. These can be hotly contested with many athletes separated by just a point or a record. The committee also has the privilege to present a number of event specific trophies

that have been donated over the years. Much consideration is given as to who deserves each trophy based upon their overall performances at both National and International competitions. In 2024 we hosted the first of our formal gatherings since Covid at the Mullingar Park Hotel and it was appreciated by both athletes and their parents as well as the committee. The overall athlete in 2023 was Elizabeth Ndudi who won a European U20 Gold medal in the long jump.

In conclusion I would like to say that I have thoroughly enjoyed working with the present committee, the officials, the staff and the Board, I feel that we have achieved much and worked well together. I have always felt that the support of the President, John Cronin was given freely and never needed to be asked for. I cannot pretend that it has always been easy, we have had to work hard to maintain the quality of our competitions, communicate with our audience, deal with those whose interests may not align with the values of juvenile athletics and generally devote a good deal of time to fulfil our remit. We will always have our detractors, we can't ever please everyone, but we do hope to leave juvenile athletics in as strong, if not stronger place than when we started. It's a journey and I'm happy to pass the baton onto the incoming Chair to continue the next leg.

Finance & Risk Report



Finance & Risk Report

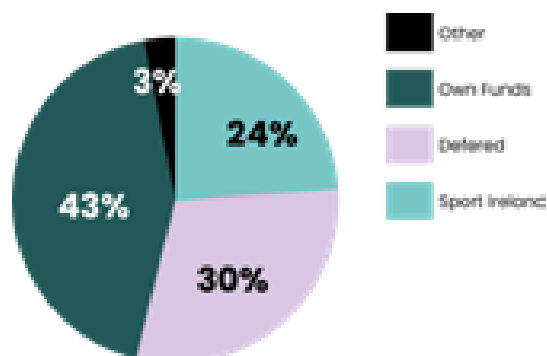
Presented by Michael Quinlan – Chair
Finance and Risk Committee 2023-2025

I have now completed my second term of Chair of Finance and Risk, and it gives me great pleasure to present my report to you covering the periods from May 2023 to our final meeting March 12th, 2025.

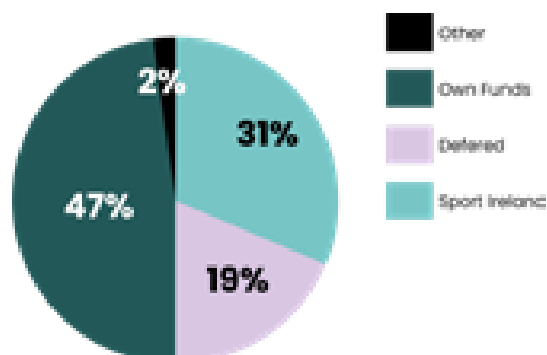
In 2023 Athletics Ireland operating income was €7,149,763 with operating expenditure €7,148,350 resulting in an operating surplus of €1,413. In 2024 operating income grew further to €7,664,432, with operating expenditure of €7,680,149 resulting in an operating deficit of €15,717. In a year of great success in Irish Athletics, arguably our best year ever, our operating deficit represents 0.02% of our operating income.

The sources of income over the period of the last 12 months have been:

Sources of Income 2023:



Sources of Income 2023:



Sport Ireland

Sport Ireland provided €1,230,000 Core funding in 2023 and €1,230,000 in 2024.

Sport Ireland also provided €80,000 in 2023 and €110,000 in 2024 to support our Women in Sport project. We use the Women in Sport grant to employ a lead person Anna Grealish, who drives our Women in Sport programs across the Island. This grant promotes the Fit4Life, Girls Squad, Student Coach Academy and Coach Empowerment programs which help recruit women into clubs and the very successful Forerunners program. We also received €2,000 in support of Her Outdoors week in 2023 and €3,000 for Her Outdoors in 2024.

Sport Ireland have also invested heavily in our High-Performance program providing a total of €1,613,437 in 2023, comprising HP Core Funding €841,666, Athlete Carding €591,000, Impact Funding €130,000, Performance Coaching €35,820, and €15,000 in research. Total funding grew by €113k /7% to €1,726,817 in 2024, comprising HP core funding €841,667, Athlete Carding €645,000, Impact Funding €115,000, Performance Coaching €110,150 and €15,000 for a new Athlete Career Transition program. This is as a result of the excellent results of our elite athletes on the global stage.

We also received a Dormant Accounts grant of €324,750 towards our "Get Ireland Running" which has supported the IRunforFun program in Secondary Schools and Fit4Class in National Schools, with some funding in 2024 also being provided for Volunteer Supports, Her Moves, a community sports hub fund and local disability support. The Dormant Funding Get Ireland Active fund is targeted at disadvantaged areas. We have used this funding to create a national school's fun

athletics program, Fit4Class, a secondary schools running program, IRunforFun, Diversity Games, Schools Try Track and Field program in conjunction with various LSPs, athletics camps and the Couch to 5k program.

In addition, we received €120,000 from the Healthy Ireland fund towards the Daily Mile, Sanctuary Runners, Fit4life and Parkrun, €5,000 European Week of Sport, and an Evaluation grant €19,500.

In total in 2024 we received €3,659,066 in Sport Ireland/Government grants. As funds can only be used for the purpose for which they are granted, we had some grants deferred from 2023 and we therefore spent €4,126,251 of Sport Ireland grants in 2024 and are deferring €935,352 into 2025 (See Note 6 and Note 7 in the Accounts for 2024).

Registration and Affiliation

In 2023 our membership grew again to 64,727. In 2024, membership grew by 5593/8.6% to 70,320. This is the first time we have recruited over 70k members.

We now have 371 clubs affiliated, an increase of 10 from 2023.

One Day Licenses

2023 was our first full year of our one-day license (ODL) following our successful trial in 2022. In 2023, we recruited 96k ODLs, this grew to 137k ODLs in 2024 with all funds ringfenced for the high performance program.

Ringfenced Funding

A new high-performance strategic plan was signed off in 2022 and this plan requires additional funding to be invested in staff, coaching and activities. The impact of this additional funding can be seen in the results of our elite athletes at international competitions in 2024.

At the world relays in Bahamas, our mixed 4x400m relay secured a bronze medal with our women's 4x400m securing a place in the final, both earning their places for the Paris 2024 Olympics later in the summer.

On to European Championships in Rome 2024, where we had our most successful European Championships to date. The team achieved two gold medals in Ciara Mageean and the mixed 4x400m and two silver medals in Rhasidat Adeleke and the women's 4x400m.

At the Paris Olympics, we had two fourth places finishes by Rhasidat Adeleke and the women's 4x400m.

At the European Cross country in Antalya, we brought home our final medal of the year with Nick Griggs securing the silver medal in the men's u23 race.

In addition, we also had 22 new National Outdoor records in 2024.

Competition and Other Activities

We continue our partnership with 123.ie as our title sponsors. As well as being a title sponsor for our National Championships they have also generously paid clubs €50 for every policy taken out by our club members. Our partnership with Joma came to an end in 2024, and we are delighted to welcome adidas as our new apparel sponsor for 2025.

Recreational Events

Both George Maybury and I from the Finance & Risk Committee have worked closely with staff and volunteers from County Boards and Clubs to ensure our events were well organised from an operational and safety point of view.

We are pleased that the numbers participating in these events continue to grow and as advised in my last report they are now making a surplus which is invested in other areas.

Northwood Property

The premises in Northwood Court was revalued at the end of 2022 putting a total value of €1,130,000 on the building. This is due to be revalued in 2025. We have recognised in the current year an impairment loss on our investment in subsidiary of €97,717, (2023: impairment loss of €31,980). The main asset of our subsidiary, Athletics Ireland Enterprises Limited, is the office in Northwood Court purchased in 2007

and refurbished after a fire in 2019. The fixtures and fittings replaced after the fire in 2019 are being depreciated at 15%/€67,294 per annum and the building at 2%/€25,296 per annum, bringing the total depreciation charge for the year to €92,590. The fixtures and fittings will be fully depreciated in 2025. A business plan is in place for Athletics Ireland Enterprises Limited which will see it return to profitability and be cash generating from 2025 onwards.

2025 Budget

A budget for 2025 has been agreed by the current Board. The Finance Committee has sought various changes and thanks to the good working relationship between the committee and the team the budget was approved at our February meeting, with an updated budget in March approved following confirmation from Sport Ireland of our High-Performance funding. Utilising Sport Ireland funds deferred from 2024, provided the conditions prevail to enable the organisation to use them, then it is predicted there would be a surplus of €50,000 at the end of 2025.

Wages and Salaries

On average, in 2024 we had 42 full time staff, up from 41 in 2023. We are very pleased to report that the Pay Model introduced in 2021 explained in my last report has had a very positive impact on staff retention rates and our ability to attract talented staff.

Our expenditure on wages in 2023 was 32% of our income and in 2024 this increased slightly to 33%.

Reserve policy

Arising from the pandemic and the precariousness of our financial position, the Board approved a new Reserves Policy in 2021 with the aim of having 8% of revenues. In 2023, we transferred €312,53 into our special reserves account as approved by the Board, bringing the balance up to €562,153.

Risk Report:

We have, over the course of the last two years, dedicated significant committee time to evaluating

risk and is on the agenda at most, if not all, of our committee meetings. We have co-opted Anthony Kelly to assist us in IT and cyber security.

A Risk Evaluation framework to identify the consequences of any hazardous events and the likelihood of them happening has been developed as well as activities that can help to reduce this risk.

The Board has adopted a key Risk Register following discussion and assessment by each of the principal committees. Two new risks were added to our key risk register in 2024 (climate change and loss of talent from second to third level) and Covid 19 was removed.

Risk Area	Risks 2022/2023
Reputational	Code of Ethics allegation/child safeguarding
Strategic	Poor Senior international performances
Operational	Key staff unavailable long term
Compliance	Legal challenge
Compliance	Doping allegation
Operational	Death or serious accident
Operational	Climate change and lack of venue availability for training and competition e.g. cross-country courses
Operational	Cyber risk & cyber fraud
Strategic	Loss of talent from second to third level

Anti- doping

The Board believes it has taken all reasonable steps to ensure compliance with all Sport Ireland Anti-doping regulations.

Significant issues since the end of the 2024 financial year

Sport Ireland has advised that core funding will increase to €1,270,000 (from €1230k in 2024) and High Performance to €1,050,000 (from €842k in 2024) will be again provided for 2025. We continue to have healthy cash balances due to substantial Sport

Ireland Government support.

Financial risks remain extremely high due to our reliance on Sport Ireland Funding. With many of the Grants being awarded for a specific purpose, it means we can only spend the grants for the purpose which they are given.

At the 2024, AGM motions were approved to increase membership fees for both Juvenile and Senior to allow us to pay for Directors and Officers Liability insurance for all club officers. Our insurance brokers recommended that this insurance should be in place to minimise any reluctance volunteers might have to become involved as officers in our clubs.

We are currently upgrading our accounts system after fourteen years. We believe the new AccountsIQ system will ensure we are more effective in reporting management accounts and efficient in paying all our volunteers and suppliers.

We continue to look for alternative funding and we endeavor to increase our own funding sources in 2025. In 2024 we launched our GreenTrack philanthropy funding project, and we continue to build our relationship with Local Sports Partnerships. The staff and committee will continue to review these areas and look for alternative sources of finance to mitigate these financial risks, which will be very challenging in the current environment.

I would like to thank all our Staff for their courtesy and assistance during my last two years in this role. I am very grateful to the committee of Gillian Browne, Ciara Dillon, Crona Clohisey, Nuala Hunt, George Maybury and Anthony Kelly for their support and valued advice. I would also like to thank John Cronin as President for his attendance at our Finance and Risk Committee meetings and for his steadfast support to me and to the committee over the last four years.

I want to give special recognition to George Maybury who has served on the Finance and Risk committee for the past 12 years and will now step down as he has served his maximum term. George has been a great asset over the last 12 years, and I would like to thank him on behalf of the organisation for all his time and efforts.

I would also like to express my appreciation for the support of Hamish Adams in his role as CEO, also to John Holian (Finance Director), Sarah McCarthy (Finance and Governance Manager) and Roisin Horgan (Accounts Assistant) on the day-to-day management of our affairs.

Participation Committee Report



Participation Committee Report

Presented by Greg Duggan – Chair of Participation 2023-2025

PARTICIPATION TEAM	
Rachel Ormrod	Director of Participation
Aileen Byrne	Participation Manager
Thomas Carlile	Community Hub Coordinator & Events Officer
Anna Grealish	WIS Lead
David Matthew	Try Track and Field Manager
Anthony White	Irish Schools and National Manager Daily Mile
Frank Greally	The Dail Mile

COMMITTEE MEMBERS	
Greg Duggan	coopted
Lisa O'Dowd	coopted
Ilana Phillips	coopted
Andrew Lynam	as Chair of Competition Committee
Hamish Adams	CEO
Rachel Ormrod	Director of Participation
John Cronin	President

Significant resources (both financial and human) are being committed by Athletics Ireland in support of this priority area. Therefore, the Participation Committee was formed in late 2023 to assist and provide advice to the Board in fulfilling its responsibilities to members and stakeholders in relation to the development of a Participation Vision and Strategy for Athletics Ireland.

Several meetings were held, and a Participation Strategy 2024-2028 was developed and approved by the Board at its meeting in December 2024.

Athletics Ireland then published its 2024-2028 Participation Plan, an ambitious strategy designed to inspire the nation to embrace healthier, more active, and socially connected lifestyles through athletics. This comprehensive plan aims to create a welcoming and inclusive environment for individuals of all ages, abilities, and backgrounds to participate in walking, jogging, running, jumping, and throwing activities.

Key Programmes & Activities

The following are the key participation programmes and activities. Of note is that the number of participants is on an upward trend across all areas.

Athletics Ireland Events and Athletics Camps

We delivered the Irish Runner 5k (2,218), 5 Mile (2,152) and 10 Mile Race Series (2,416), the A&L Goodbody 5k in Dublin (3,604), XC Xperience in Abbotstown (87) and the Remembrance Run in the Phoenix Park (3,521). A total of 13,998 entrants.

We also event-managed the Operation Transformation 5k (4,082) and the Griffith Avenue Mile (1,886), with a total of 5,968 entrants.

We delivered 13 Track & Field Live events in 2024, with 4,752 athletes participating.

With partner clubs, we held 26 Summer Camps, 1 Easter Camp and 1 Halloween Camp with a total of 2,254 participants (compared to 1,553 in 2023). This included a pilot teen camp for 13-17 year olds with 77

participants.

Athletics Ireland Programme

The Daily Mile – 1,334 registered schools. Individual school visits to many participating schools and The Daily Mile gatherings in Donegal, Mayo, and Dublin with over 1,100 pupils in attendance.

Fit4Class – programme was re-launched in Spring 2024 for primary schools, delivery across 158 schools, 369 classes and 8,557 students.

Try Track & Field – in partnership with Fingal Sports Partnership (18 schools), Active South Dublin (28 schools), and Dun-Laoghaire Rathdown Sports Partnership (10 schools) between January and December. Try Track and Field Finale event (June), in conjunction with Active South Dublin and Dun Laoghaire Rathdown with over 450 pupils in attendance. Expansion to Cork (5 schools) and Meath (2 schools) September to December.

iRun – programme, the newly developed programme was re-launched in the spring of 2024 for secondary schools; 112 schools and 13,177 students.

The Girls Squad – 67 schools and 3,221 students took part in the programme from September to December 2024.

TY Leadership – piloted a new TY Leadership Programme for 45 students from 10 different schools. Fit4Life – using Dormant Account funds, 27 clubs in disadvantaged areas were awarded funding for over 1,170 participants. Fit4Life Leader training held in Clonmel and Athlone for participating clubs.

Other Activities

Iveagh Community Athletics Hub – in conjunction with Dublin South City Partnership, launched a new youth workability programme. 13 young adults were provided with the opportunity to develop themselves personally and professionally using Athletics as the vehicle for their development, giving them the skills and confidence to seek employment and engage with athletics through volunteerism, coaching, etc. Iveagh Community Athletics Hub – In conjunction with Parkrun Ireland and Trinity College Dublin, we launched the Iveagh Sports Ground Junior Park Run on the 1st December 2024.

Club Development – currently working in conjunction

with Sport Structures (an organisation providing consultancy, management and education services to sports organisations) to develop a Club Volunteer Support programme. Development work commenced in November with delivery of planned workshops and tutor training in Q2 2025.

Women in Sport

HER Moves – The Girls Squad and Period Supportive Project

The Girls Squad is Athletics Ireland's programme to keep young girls active in secondary schools. The programme blends participation, empowerment, leadership and education in a 6-week programme delivered by teachers.

We have over 3,200 teenage girls signed up to the programme.

We have worked closely with Sport Ireland on a period supportive project. Resources designed for the girls by the girls. The Girls Squad is the first NGB programme to have the resources in schools as a pilot programme.

The Let's Talk Periods campaign has been a great success so far with over 200 signed up for the webinars (including 108 men). We ran a male only webinar, which proved to be very popular. Videos and resources developed, in partnership with Sport Ireland, have now been shared and posted on the HER Moves website, with Athletics Ireland playing a significant role in the development of these resources.

A REDS (relative energy deficiency in sport) campaign will be rolled out in Q1 of 2025. This is a cross organisation working group with the objective of creating a referral pathway for all athletes from grassroots to HP. This campaign will see the creation of dedicated GPs, which will be our pathway, coupled with an awareness and education campaign. The campaign will consist of two webinars targeting parents and coaches and a social media campaign featuring "real" athletes to support and educate young athletes.

Inspire Ambassador Programme – six women were selected to represent a cross section of our community and shared their stories of involvement with others to inspire and promote the sport of Athletics.

The Inspire Leadership Programme was delivered to 20 women from 17 different clubs. This has now been developed into a network. They will continue to have support through CPD, networking and opportunities, with further programmes planned for 2025 with this group. The purpose of the programme was to support and inspire women in clubs who are interested in developing themselves as leaders and want to learn more about the role they can take and the pathway to do so.

Athletics Ireland, Cycling Ireland, Swim Ireland, Rowing Ireland and Triathlon Ireland collaborated to host the third Women in Coaching Network event. Female coaches from all sports were invited to participate in the networking event, which took place on Saturday 2nd November when 60 female coaches attended; the feedback from the coaches and Sport Ireland was very positive.

Partnerships

Athletics Ireland and Sanctuary Runners officially began a partnership in May 2024. Aiming to bring local residents and individuals from migrant backgrounds together through running, jogging, and walking, fostering friendships along the way. Both organisations share a commitment to promoting running/walking as powerful tools for community integration, while expanding opportunities for those in direct provision and from migrant communities to participate and volunteer in athletics.

Having enjoyed a strong relationship over the years, the announcement reinforces their dedication to providing greater access to athletics for everyone in the country.

Recently appointed Sanctuary Runners CEO Michael Darragh Macauley said about the partnership "Athletics Ireland have been fantastic to work with. They understand the power of sport in bringing people together and are committed to supporting us to help make it happen"

Conclusion

I wish to thank the Committee members for their work and input in finalising the Participation Plan in a timely fashion, and in particular Rachel Ormrod,

Hamish Adams and John Cronin for their invaluable assistance throughout the process. I have been the Athletics Leinster Representative on the Board for 4 years and my time is now up. I have thoroughly enjoyed and learned so much from the experience and strongly encourage anyone to consider going forward for a place on the Board.

Finally, I wish the incoming Participation Committee and the new Board every success.

Governance Committee Congress 2025 Report



Governance Committee Congress 2025 Report

Presented by Brid Golden – Committee Chair 2023 - 2025

I am pleased to present the Athletics Ireland Governance Committee Report to Congress 2025 detailing our work from May 2023 – April 2025.

The same Governance Committee set up by the Board after Congress 2021 was reappointed after Congress 2023 to oversee compliance with the Sport Ireland Governance Code and to ensure that best practice governance systems continue to be developed and maintained throughout Athletics Ireland.

The Committee consisted of Brid Golden (Chairperson), Gillian Browne, David Denieffe, Greta Hickey and our President, John Cronin, Hamish Adams, CEO and Sarah McCarthy, the Governance Manager of Athletics Ireland also attended meetings.

The Governance Committee met on 12 occasions (at the time of writing) throughout our term, reported regularly and made recommendations as it deemed appropriate to the Board.

During their term, the Governance Committee spearheaded the development and implementation of a new structure for Athletics Ireland Board and Committees. A working group was set up consisting of all Board and Governance Committee members as well as some additional individuals with specific governance expertise. This group conducted a comprehensive review of our existing structures. Guided by best recommended governance practice along with guidance from Sport Ireland and Grant Thornton, the group identified areas for improvement and drafted a proposal for a more streamlined and effective board and committee structure for Athletics Ireland. An EGM was convened in September 2024 where the new structure was approved. I wish to thank all the delegates at our EGM for their support in adopting our proposal. The

new structure will come into place after Congress 2025. It will improve board effectiveness, enable better decision making and will allow us to continue best governance practice.

A summary of the other work of the committee is as follows:

- The Committee diligently oversaw Athletics Ireland's compliance with the Governance Code throughout its term.
- A Board Effectiveness Survey was completed annually.
- Following Board approval, the Governance Committee appointed a Standing Orders Committee for our AGM and EGM in 2024 and our Congress in 2025.
- Athletics Ireland policies and policy reviews are initially ratified by the Governance Committee prior to being submitted for Board approval.
- Terms of reference for new committees were developed along with reviews of terms of reference for existing committees.
- Work on educating clubs on operating to good governance standards continues to be developed. Educational workshops on a range of topics took place regularly. These workshops were very well attended. Further work in this very important area is planned.
- The committee provided governance guidance to other departments within the Athletics Ireland when required.

Good governance is the expected norm for any organisation. Within Athletics Ireland there is excellent commitment to operating to highest standards from all sectors of our organisation. The Governance Committee were well supported by all other Committees and Departments within Athletics Ireland throughout its term. I would like to thank all involved for this support.

The Governance Committee has worked diligently to ensure that Athletics Ireland operates according to best governance standards. The committee has been progressive and led the development and adoption of a new governance structure for our organisation. I wish to thank the Committee members John Cronin, Greta Hickey, Gillian Browne, David Denieffe, Hamish Adams and Sarah McCarthy. They have high levels of expertise in the area of Governance, which, combined with their willingness to undertake tasks, made my job as Chair an easy one.

It has been a pleasure and a privilege to Chair the Governance Committee of Athletics Ireland for the last two years.



Chief Executive Officer Report



Chief Executive Officer Report

Presented by Hamish Adams – CEO

Introduction

As an organisation we continue to grow and prosper. With a membership of over 70,000, we are financially stable with a diversified income base, we are winning medals at European and World level, we have developed sustainable systems to support our business performance, additionally we support an enhanced marketing and communications team to share all our success.

We should all be very proud of the performance of Athletics Ireland over the last two years as we continue to deliver excellence across all areas of our business.

We are focused on the delivery of our strategic goals, continued growth in membership, revenue to support our sport, excellent international performances, large successful domestic competitions, mass participation for all and positive marketing profile to reflect the excellence we all deliver.

We continue to seek diversified income streams, the One Day Licence initiative established in 2023 has provided us with a significant income from non-members that is ring fenced for our high performance system. This new revenue combined with record commercial sponsorship of over €1.5 million in 2025 has seen us make giant steps as an organisation. Our new philanthropic project GreenTrack has also delivered significant donations from benefactors that are directly supporting our high performance programme.

Our rapid digital transformation has also created significant opportunities for us to develop further revenue streams. I note our commitment to ongoing digital transformation across our organisation and

to ensure compliance with all GDPR and IT security requirements.

We have received excellent support from our sponsors, the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, Sport Ireland, 123.ie, Joma, A & L Goodbody, Biofreeze and Eventmaster. We are grateful to all of these organisations for their continued partnerships and commitment to athletics in the last two years, your support is noted and will not be forgotten.

I welcome our new sponsor, adidas who has partnered with us this year in what I can only describe as a 'world class' relationship. adidas compliments our mutual commitment to values led leadership and I personally thank adidas for their investment and activation in athletics in Ireland.

Now more than ever we see the value of our people and culture, I have always strongly believed in the importance of living our values of respect, integrity, inclusion and excellence. These values can never be taken for granted and I ask you all to continue to share these values within our athletics family. I note that our people are our most valuable asset and positive people drive our organisation.

I temper my positivity with the ongoing challenges we face as an organisation; we have seen a decline in the number of volunteers at grassroots level giving of their time as coaches, officials and administrators. Significant inflation has also contributed to a rise in the cost of doing business, and the cost of compliance has required significant investment in our time and resources. We are also stretched from a staffing perspective, and we continue to review this matter.

However, we also have many opportunities

to consider and investigate such as the full assimilation of Para Athletics, prospective corporate and participation engagement and further sponsorship support. E-commerce and philanthropic opportunities also represent exciting opportunities for our organisation. An example of digital innovation with our partner Eventmaster is the €4 million plus raised by participants in permitted recreational events for non for profits in 2024.

Finance

Thank you to John Holian our Finance Director and his team who support governance, risk, compliance and finance. Our turnover for 2024 exceeded €7 million and the logistics of managing the finances and compliance of such a large growing organisation have become increasingly demanding. IT developments, security and compliance with Government grant applications has contributed to an ever changing environment in which we operate. A detailed finance report follows.

Membership

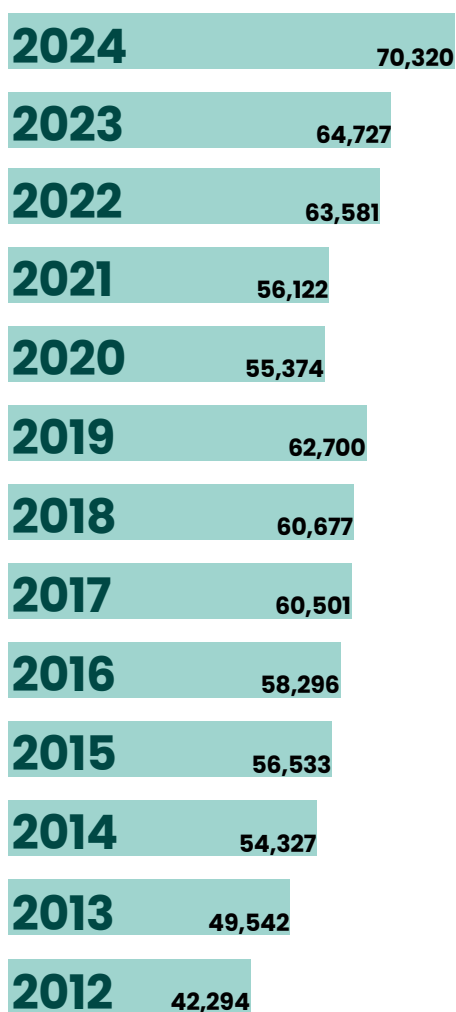
In 2024 our membership grew to a record 70,320 and when we compare these numbers to ten years ago in 2014, where we had 54,327 members, I am sure you will all agree that our growth in this period has been impressive. The growth in juvenile membership has been significant in the period and has been achieved against a background of a highly competitive environment where other sports are working hard to attract young people to their sports. I would like to thank all the Mothers and Fathers around the country who act as officials, coaches, child welfare officers, drivers, and motivators. You are all a vital part of our sport, and you are to be commended for your work.

The other area of growth comes from the opposite age spectrum, the Master's category. All members over 35 years fall into this category and while the numbers competing in this category continues to grow, we also count all over 35s here including Fit4Life groups, coaches, club officials and members who continue to assist in the running of our sport. In our Master's Championships we have athletes competing who are in their 80s and who have found our

sport later in their lives. European Athletics speak of athletics being the 'Sport for Life'. There is no other sport which can offer meaningful competition for all age categories, and it is important that we continue to promote that our sport is for everyone.

Facilities continue to improve thanks to the combination of the grants available through the Government's Sports Capital Grants Programme and the many local initiatives undertaken by clubs and local authorities throughout the country. The Government launch of the Large-Scale Sports Infrastructural Fund in 2019 provided an opportunity to our organisation that we grasped with two hands, and we have been awarded over €30 million in this programme in recent years to support key facility development.

The Graph below illustrates the membership totals from 2012 to 2024.



The female/male membership split has remained stable in at 52/48 percent. We continue to benefit from the assistance of Sport Ireland with the Women in Sport initiative which has been instrumental in

progressing opportunities for women such as Forerunners and the Girls Squad.

The numbers of clubs has increased from 264 in 2009 to 370 in 2024. The number of clubs has plateaued in recent years and whilst the increase in registrations is in a small part due to the formation of new clubs, there has been significant work done in long established clubs to increase their capacity.

While we are well served by the number of clubs throughout the country there continues to be an opportunity to form new clubs in highly populated disadvantaged areas. We continue discussions with local authorities regarding the joint funding of resources to target these hard-to-reach areas.

Competition

You will find comprehensive reports from Andrew Lynam and Amanda Hynes on Senior and Juvenile Competition in your Congress Syllabus. Both Chairs, and their Committees, partner closely with Geraldine Stewart and staff, and this partnership works well. I would like to pay a special tribute to Andrew, Amanda and Ger for their leadership and commitment in the area of competition that has seen significant change in a very short period of time in both staffing, technology and ever rising standards of delivery.

Irish Mountain Running Association

In 2024 IMRA continued to grow our membership, ending the year with over 4,500 runners participating in over 150 races held nationwide in 19 leagues, challenges and championships. The gender split of our membership in 2024 was 3059 Male and 1513 Female. An encouraging number of races had a 50/50 gender split in participation. The results from the races show that 3492 were females (31%) and 7918 were males (69%).

A series of women only trail 'meet and runs' were organised to encourage female participation in off road running with a women's only night challenge held for the third year. We continue to develop ways to make our races more inclusive, accessible and delivered in a sustainable way.

On the international front we selected and sent teams to participate in the WMRA UI8 Mountain

Running Cup in Spain, the European Mountain Running Championships in France, and other international race events in France and Wales. We played hosted for the five nations that take part in the British and Irish Junior Mountain Running Championships. All our junior athletes delivered incredible performances but a special mention for the U20 girls taking home a team bronze. The large squad sent to represent at the European championships in France included the biggest number of juniors to date at these championships.

IMRA continues to organise HP development workshops, focusing on the seniors and junior development groups, which will continue into 2025. Thanks to Miriam Maher President IMRA for this report.

Ultra Running

The following successful National Championships were held:

- 50K held February in Donadea, Co Kildare
- 100K held March in Perth, Scotland in conjunction with the Anglo Celtic Plate
- 24hour held June in Belfast

Our sincerest thanks to the various organisers in facilitation our championships within their events.

Highlights of the year

- 50K National Record of 3.18.04 by Sorcha Loughnane in Donadea. That performance was ratified by the IAU and WMA as a World O45 best.
- 100K National Record of 6.50.28 by Ciaran McGonagle in Perth, Scotland.
- We were represented by Caitriona Jennings and Ciaran McGonagle at the world 100K held in December in India. Ciaran won silver in the M45 category.

The following National Championships will be held in 2025.

- 50K 8th February in Donadea, Co Kildare
- 100K 3rd March in Leicester, England in conjunction with the Anglo Celtic Plate
- 24hr 5th April Leixlip Co Kildare

Thanks to John O'Regan for this update.

Technical Committee

The terms of reference of the Technical Committee are:

- Training and Certification of Officials
- Statistics and Records
- Competition Equipment

Training and Certification of Officials

To ensure the successful running of our competitions, skilled officials are needed to carry out various pre-, post-, and in-competition duties. Since 2023, a key focus of the Technical Committee has been the dissemination of knowledge and information to as wide an audience as possible.

To achieve these aims, the Technical Committee has undertaken a series of activities and collaborations.

In May 2023, the Technical Committee delivered an introductory Starters course, attended by 20 new and developing starters. I am delighted to report that several attendees have since graduated to regional and national panels. We are grateful to Tullamore Harriers for hosting the course, Valerie O'Brien for managing logistics and communications, and Tom Thompson and Joe Walsh, who were tutors on the day.

We also appreciate AIMS Course Measurers John Quigley and Declan Curtin for continuing to support the training and development of road course measurers through courses held in Cork and Dublin.

In 2024, the Technical Committee delivered a series of webinars, each focusing on a different event, with one webinar held every month. Each session covered current event rules and interpretations, best practices for officials, and common scenarios during competitions. These webinars were recorded and made available on the Athletics Ireland YouTube channel for easy access by the community. A special thanks to Daragh Browne and his marketing team for their outstanding efforts in publicizing these webinars across Athletics Ireland's social media channels, ensuring they reached a wide and engaged audience. Thanks also to the tutors, Ronan O'Hart,

Declan Curtin, Iain Shaw, Evelyn O'Reilly, Seamus Flynn, and Sarah Kearns, who expertly prepared and delivered the webinars.

Technology training took place on Saturday, 20th April, at TUS Athlone. The training covered several key areas, including EDM training for both EDM devices and the methods of operation for different events, as well as checking implement specifications. Additionally, participants received hands-on training with the Long Jump video camera, wind speed gauges, countdown clocks, and field tablets. We are grateful to Valerie O'Brien for providing communications and logistical support and to organiser Andrew Lynam and tutors Ciara Heneghan, Eoghan McGrath, Majella McGrath, Zofia Terzek, Alistair Wilson, Shay Murphy and Fintan Kenny for sharing their extensive knowledge and expertise. Work is ongoing to create SOPs and user guides for EDMs, cameras, and implement checking sets.

In November 2024, a **Training Day for National Panel Officials** took place. We were delighted to welcome Chris Cohen, OBE, who has served as a World Athletics Referee, Technical Delegate, and Competition Director at World and Olympic Games, most recently as Technical Delegate for the Paris 2024 Olympic Games. The day featured key sessions aimed at enhancing the skills of experienced officials. Chris Cohen discussed The Role of the Referee, while James Moroney from *As I Am* delivered a session on Officiating for Diverse Groups: Understanding Autism. David Denieffe presented on Communicating with Parents, Coaches, and Athletes in high-pressure situations. The day concluded with a Workshop on Competition Scenarios, where participants tackled real-life challenges in officiating. Sincere appreciation goes to all those who contributed, including Declan Curtin, Michael Quinlan, John Cronin, and David Denieffe. Special thanks to Geraldine Stewart for securing the World Athletics funding that enabled us to run these training courses.

On the same day, the Technical Committee delivered an **Introductory Course** for new officials. This course, designed for individuals who have volunteered at local events and are eager to deepen their knowledge, focused on officiating track and field events, managing groups, and setting up competitions. It provided an overview of the roles and responsibilities of officials, with key themes

including event preparation, organization, and the practical aspects of officiating. The day featured indoor, outdoor, and classroom sessions at TUS Athlone, allowing participants to gain hands-on experience. A special note of thanks must be extended to Iain Shaw for facilitating the theory and practical sessions throughout the day.

The ongoing development of a solid and broad base of competent officials across county, regional, and national competitions will remain a focus of the Technical Committee in 2025 and beyond. Finding space in the calendar for practical training continues to be a challenge. Over the last year, we have aimed to provide tutor opportunities to more suitably qualified individuals, but identifying dates and locations for practical training has been difficult, especially since all training is facilitated by active officials volunteering their time. We are extremely grateful to all of them for their efforts and expertise. We are committed to continuing to explore new ways to deliver effective and timely training for both new and experienced officials.

In line with international trends, EP is an area for development across our competitions. Training and education of officials in roles such as Competition Director, EP Manager, and Technical Manager will be required to facilitate this.

International Education, Evaluations, and Appointments

Since 2023, World Athletics has redesigned its Technical Official Education and Certification System (TOECS), making evaluations available for suitably qualified and experienced officials at Gold, Silver, and a new Bronze Level.

Since the 2023 Congress, Athletics Ireland officials have participated in various World Athletics education and evaluation activities. The following is a breakdown of the international qualifications achieved or maintained in the period, demonstrating the ongoing commitment of our officials to delivering competition to the highest standards.

On the following pages is the list of events and roles our World Athletics Referees and World

Athletics Race Walking Judges have been appointed to since the last Congress in 2023.

Qualification	Number Qualified
World Athletics Referee (Bronze)	14
World Athletics Referee (Silver)	4
World Athletics Referee (Gold)	3
World Athletics Race Walking Judge (Bronze)	4
World Athletics Race Walking Judge (Silver)	4
World Athletics Race Walking Judge (Gold)	3
World Athletics International Photofinish Judge (IPFJ)	1
World Athletics Competition Director	7
European Athletics Technical Delegate	2

Name	Club	Year	From	To	Role	Competition	City	Country
Ronan O'Hart	Sligo AC	2023	28-Jan	28-Jan	EA	Technical Delegate	Manchester Indoor Bronze Label	Manchester GBR
Ronan O'Hart	Sligo AC	2023	2-Mar	5-Mar	EA	International Technical Official	European Athletics Indoor Championships	Istanbul TUR
Ronan O'Hart	Sligo AC	2023	23-Jul	23-Jul	WA	Technical Delegate	WA Diamond League	London GBR
Ronan O'Hart	Sligo AC	2023	19-Aug	27-Aug	WA	World Athletics Referee	WA World Athletics Championships	Budapest HUN
Ronan O'Hart	Sligo AC	2024	4-May	5-May	WA	World Athletics Referee	WA World Athletics Relays	Nassau BAH
Ronan O'Hart	Sligo AC	2024	18-Jun	18-Jun	WA	Technical Delegate	WA Continental Tour Gold -Paavo Nurmi Games	Turku FIN
Ronan O'Hart	Sligo AC	2025	6-Mar	9-Mar	EA	International Photo Finish Judge	European Athletics Indoor Championships	Apeldoorn NED
Ronan O'Hart	Sligo AC	2025	13-Sep	21-Sep	WA	World Athletics Referee	WA World Athletics Championships	Tokyo JPN
Shaun Gallagher	Finn Valley AC	2024	21-Apr	21-Apr	WA	World Athletics Race Walking Judge	World Athletics Race Walking Team Championships	Antalya TUR
Siobhan Kelleher	South Galway AC	2025	7-Aug	10-Aug	EA	World Athletics Race Walking Judge	European Athletics U20 Championships	Tampere FIN
Jackie Mulhall	Metro/St Brigid's AC	2023	4-Jul	5-Jul	WA	World Athletics Observer	Turkish Super League	Izmir TUR
Jackie Mulhall	Metro/St Brigid's AC	2023	8-Jul	9-Jul	WA	World Athletics Observer	Turkish National Championships	Bursa TUR
Jackie Mulhall	Metro/St Brigid's AC	2024	11-May	12-May	WA	Technical Delegate	WA CE Tour Gold - XIII Meeting Arona Pruebas Combinadas	Arona ESP
Jackie Mulhall	Metro/St Brigid's AC	2024	17-May	17-May	EA	Technical Delegate	WACT Bronze - Meeting Jaén Paraíso Interior	Jaén ESP
Jackie Mulhall	Metro/St Brigid's AC	2025	21-Jan	21-Jan	EA	Technical Delegate	WA WIT Bronze - Aarhus Sprint 'n' Jump	Aarhus DEN
Jackie Mulhall	Metro/St Brigid's AC	2025	6-Mar	9-Mar	EA	World Athletics Referee	European Athletics Indoor Championships	Apeldoorn NED
Jackie Mulhall	Metro/St Brigid's AC	2025	18-May	18-May	EA	World Athletics Race Walking Judge	European Race Walking Team Championships	Podebrady CZE

Jackie Mulhall	Metro/St Brigid's AC	2025	5-Jul	6-Jul	WA	Technical Delegate	WA CE Tour Gold - Décastar	Talence	FRA
Evelyn O'Reilly	Anndalee AC	2024	3-Feb	4-Feb	WA	World Athletics Observer	Indoor Olympic Trial + 9. Ruhi Indoor Jumping Cup	Istanbul	TUR
Evelyn O'Reilly	Anndalee AC	2024	18-May	18-May	EA	Technical Delegate	WACT Silver - Night of the 10,000m PBs	London	GBR
Andrew Lynam	Trim AC	2023	30-Apr	30-Apr	WA	Technical Delegate	II Gran Premio Internacional Finetwork Madrid Marcha	Madrid	ESP
Andrew Lynam	Trim AC	2024	23-Feb	23-Feb	EA	Technical Delegate	WIT Silver - ISTAF Indoor Berlin	Berlin	GER
Andrew Lynam	Trim AC	2024	20-Jul	20-Jul	EA	Technical Delegate	WACT Bronze - 18. Schönebecker Solecup	Schönebeck	GER
Deirdre Gallagher	Moy Valley AC	2025	17-Jul	20-Jul	EA	World Athletics Race Walking Judge	European Athletics U23 Championships	Bergen	NOR
John Cronin	Tullamore Harriers	2023	18-Jun	18-Jun	EA	Technical Delegate	WACT BRONZE 2023 - Gothenburg Grand Prix	Goteborg	SWE
John Cronin	Tullamore Harriers	2023	10-Dec	10-Dec	EA	Technical Delegate	European Athletics Cross Country Championships	Brussels	BEL
John Cronin	Tullamore Harriers	2024	27-Aug	31-Aug	WA	Jury of Appeal	WA World U20 Championships	Lima	PER
John Cronin	Tullamore Harriers	2025	12-Apr	13-Apr	EA	World Athletics Referee	European Athletics Running Championships	Brussels/Leuven	BEL
Zuzana Costin (representing SVK)	West Waterford AC	2023	6-May	6-May	WA	Technical Delegate	WRWT Gold - Grande Premio Internacional de Rio Maior en Marcha	Rio Maior	POR
Zuzana Costin (representing SVK)	West Waterford AC	2023	12-Jul	16-Jul	EA	World Athletics Race Walking Judge	European Athletics U23 Championships	Espoo	FIN
Zuzana Costin (representing SVK)	West Waterford AC	2023	12-Jul	16-Jul	EA	World Athletics Referee	European Athletics U23 Championships	Espoo	FIN
Zuzana Costin (representing SVK)	West Waterford AC	2023	7-Aug	10-Aug	EA	Jury of Appeal	European Athletics U20 Championships	Jerusalem	ISR

Name cntd.	Club cntd.	Year cntd.	From cntd.	To	Role cntd.	Competition cntd.	City cntd.	Country cntd.
Zuzana Costin (representing SVK)	West Waterford AC	2023	19-Aug	27-Aug	WA Recorder (RW)	WA World Athletics Championships	Budapest	HUN
Zuzana Costin (representing SVK)	West Waterford AC	2024	23-Feb	23-Feb	WA Technical Delegate	WA Indoor Tour Gold Madrid 24	Madrid	ESP
Zuzana Costin (representing SVK)	West Waterford AC	2024	21-Apr	21-Apr	WA Recorder (RW)	World Athletics Race Walking Team Champion- ships	Antalya	TUR
Zuzana Costin (representing SVK)	West Waterford AC	2024	7-Jun	12-Jun	EA Mentee Technical Delegate	European Athletics Championships	Rome	ITA
Zuzana Costin (representing SVK)	West Waterford AC	2024	1-Aug	11-Aug	WA Recorder (RW)	Olympic Games	Paris	FRA
Zuzana Costin (representing SVK)	West Waterford AC	2025	27-Jun	29-Jun	EA World Athletics Referee	European Athletics Team Championships 1st Division	Madrid	ESP
Zuzana Costin (representing SVK)	West Waterford AC	2025	16-Jul	27-Jul	FISU World Athletics Referee	World University Games Summer	Rhine-Ruhr	GER
Zuzana Costin (representing SVK)	West Waterford AC	2025	7-Aug	10-Aug	EA World Athletics Race Walking Judge-Chief	European Athletics U20 Championships	Tampere	FIN
Zuzana Costin (representing SVK)	West Waterford AC	2025	13-Sep	21-Sep	WA World Athletics Race Walking Judge	WA World Athletics Championships	Tokyo	JPN

Pierce O'Callaghan	Tuam AC	2023	18-Feb	19-Feb	WA Jury of Appeal	WA World Cross Country Championships	Bathurst	FIN
Pierce O'Callaghan	Tuam AC	2023	19-Aug	27-Aug	WA Jury of Appeal	WA World Athletics Championships	Budapest	
Pierce O'Callaghan	Tuam AC	2023	1-Oct	2-Oct	WA Jury of Appeal	WA World Athletics Road Running Championships	Riga	TUR
Pierce O'Callaghan	Tuam AC	2024	1-Mar	4-Mar	WA Jury of Appeal	WA World Athletics Indoor Championships	Glasgow	TUR
Pierce O'Callaghan	Tuam AC	2024	30-Mar	30-Mar	WA Jury of Appeal	WA World Athletics Cross Country Championships	Belgrade	ESP
Pierce O'Callaghan	Tuam AC	2024	21-Apr	21-Apr	WA Jury of Appeal	WA World Athletics RW Team Championships	Antalya	ESP
Pierce O'Callaghan	Tuam AC	2024	4-May	5-May	WA Jury of Appeal	WA World Athletics Relays	Bahamas	DEN

Pierce O'Callaghan	Tuam AC	2024	7-Jun	12-Jun	EA	Jury of Appeal (Chair)	European Athletics Championships	Rome	ITA
Pierce O'Callaghan	Tuam AC	2024	1-Aug	11-Aug	WA	Jury of Appeal	Olympic Games	Paris	FRA
Pierce O'Callaghan	Tuam AC	2024	27-Aug	31-Aug	WA	Jury of Appeal	WA World U20 Championships	Lima	PER
Pierce O'Callaghan	Tuam AC	2025	21-Mar	23-Mar	WA	Jury of Appeal	WA World Athletics Indoor Championships	Nanjing	CHN
Pierce O'Callaghan	Tuam AC	2025	9-May	10-May	WA	Jury of Appeal	WA World Athletics Relays	Guangzhou	CHN
Pierce O'Callaghan	Tuam AC	2025	13-Sep	21-Sep	WA	Jury of Appeal	WA World Athletics Championships	Tokyo	JPN

Statistics and Records

Since the last Congress, 157 records have been set across U18 to Senior levels. The Technical Committee has been kept busy ratifying these records. They span track, field, and road events. This is an extraordinary number of records and reflects positively on the effort and commitment of both athletes and coaches. The Technical Committee extends its thanks to lead statistician Killian Lonergan for keeping our list of records up to date.

A sincere thank you to the Marketing team for their work in publicizing the ratification of records across the website and social media.

Outdoor / Indoor	Record	Event	Performance	Wind	Weight	Name	Club	Competition	Location	Date
Indoor	Senior M	200m	20.64	N/A	N/A	Mark Smyth	Raheny Shamrock A.C.	Leinster Championships	Abbotstown	March 11th, 2023
Indoor	U20 M	Club 4x400m relay	3.25.00	N/A	N/A	Loclainn Harris, Darragh Masterson, Emanuel Osas, Jack O'Donnell	Ratoath A.C.	Leinster Championships	Abbotstown	March 11th, 2023
Indoor	Senior M	Club 4x400m relay	3.23.27	N/A	N/A	Brian Kiernan, Philip Marron, Peter Kilgannon, Conor Duncan	Ratoath A.C.	Leinster Championships	Abbotstown	March 11th, 2023
Outdoor	U23 W	Hammer	64.44m	N/A	4kg	Nicola Tuthill	U.C.D. A.C.	European Throwing Cup	Leira, POR	March 12th, 2023
Outdoor	Senior M	Shot Put	20.66m	N/A	7.26kg	Eric Favors	Raheny Shamrock A.C.	European Throwing Cup	Leira, POR	March 12th, 2023
Outdoor	Senior W	200m	22.34	1.8	N/A	Rhasidat Adeleke	Tallaght A.C.	Tom Jones Memorial	Gainesville, USA	April 14th, 2023
Outdoor	U23 W	200m	22.34	1.8	N/A	Rhasidat Adeleke	Tallaght A.C.	Tom Jones Memorial	Gainesville, USA	April 14th, 2023
Outdoor	Senior W	400m	49.90	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	Tom Jones Memorial	Gainesville, USA	April 15th, 2023
Outdoor	U23 W	400m	49.90	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	Tom Jones Memorial	Gainesville, USA	April 15th, 2023
Outdoor	U23 W	Hammer	65.74m	N/A	4kg	Nicola Tuthill	U.C.D. A.C.	University Championships	DSD	April 22nd, 2023
Outdoor	U23 W	Hammer	65.96m	N/A	4kg	Nicola Tuthill	U.C.D. A.C.	Dublin Graded 1	Belfield	April 29th, 2023
Outdoor	U23 W	Hammer	66.04m	N/A	4kg	Nicola Tuthill	U.C.D. A.C.	Dublin Graded 1	Belfield	April 29th, 2023
Outdoor	U23 W	Hammer	66.57m	N/A	4kg	Nicola Tuthill	U.C.D. A.C.	Dublin Graded 1	Belfield	April 29th, 2023
Outdoor	U20 M	3000m	7.53.24	N/A	N/A	Nick Griggs	Candour Track Club	Belfast International	Belfast	May 13th, 2023
Outdoor	U20 M	110m H	13.95	1.8	N/A	Adam Nolan	St Laurence O'Toole A.C.	Leinster Schools	Tullamore	May 17th, 2023
Outdoor	Senior W	800m	1.58.27	N/A	N/A	Ciara Mageean	City of Lisburn A.C.	British Milers Club	Manchester, ENG	May 27th, 2023
Outdoor	U20 M	110m H	13.89	0.7	N/A	Adam Nolan	St Laurence O'Toole A.C.	Leinster Championships	Carlow	May 27th, 2023
Outdoor	U20 M	5000m	13.36.47	N/A	N/A	Nick Griggs	Candour Track Club	IFAM	Oordegem, BEL	May 27th, 2023
Outdoor	U20 W	Long Jump	6.39m	0.2	N/A	Elizabeth Ndudi	D.S.D.A.C.	IFAM	Oordegem, BEL	May 27th, 2023
Outdoor	W	400m	49.54	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	Regional	Sacramento, USA	May 27th, 2023
Outdoor	U23 W	400m	49.54	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	NCAA West Regional	Sacramento, USA	May 27th, 2023
Outdoor	U18 M	Discus	56.90m	N/A	1.5kg	Cian Crampton	Edenderry A.C.	Loughborough Pathway Int.	Loughborough, UK	May 27th, 2023
Outdoor	U20 M	110m H	13.70	0.6	N/A	Adam Nolan	St Laurence O'Toole A.C.	Irish Schools	Tullamore	June 4th, 2023
Outdoor	U18 M	100m	10.51	0.9	N/A	Osamudiamen Jesse Osas	Ratoath A.C.	Irish Milers Club	Belfield	June 10th, 2023
Outdoor	U23 M	4x100m Relay	40.02	N/A	N/A	Gabriel Kehinde, Israel Olatunde, Conor Morey, Nelvin Appiah	National Team	ATLETICAGENEVE	Geneva, SUI	June 10th, 2023
Outdoor	Senior W	400m	49.20	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	NCAA Championship	Austin, USA	June 10th, 2023
Outdoor	U23 W	400m	49.20	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	NCAA Championship	Austin, USA	June 10th, 2023
Outdoor	Senior M	1500m	3.32.68	N/A	N/A	Andrew Coscoran	Star of the Sea A.C.	Meeting Nikaia	Nice, FRA	June 17th, 2023
Outdoor	U20 M	1500m	3.36.09	N/A	N/A	Nick Griggs	Candour Track Club	Meeting Nikaia	Nice, FRA	June 17th, 2023
Outdoor	U23 W	Hammer	67.85m	N/A	4kg	Nicola Tuthill	U.C.D. A.C.	European Team Championships	Chorzow, POL	June 20th, 2023
Outdoor	U20 W	Long Jump	6.44m	0.5	N/A	Elizabeth Ndudi	D.S.D.A.C.	Bauhaus Junior Gala	Mannheim, GER	June 25th, 2023
Outdoor	U23 W	1500m	4.01.75	N/A	N/A	Sarah Healy	U.C.D. A.C.	Golden Spike	Ostrava, CZE	June 27th, 2023
Outdoor	U20 W	Discus	49.32m	N/A	1kg	Anna Gavigan	Lambay Sports Academy	National Junior Championship	Tullamore	July 2nd, 2023
Outdoor	U20 M	Mile	3.55.73	N/A	N/A	Nick Griggs	Candour Track Club	Morton Games	Santry	July 14th, 2023

Outdoor	u23 m	4 x100m relay	39.51	N/A	N/A	Gabriel Kehinde, Runo Ayavoro, Colin Doyle, Israel Olatunde	National Team	European U23 Championships	Espoo, FIN	July 15th, 2023
Outdoor	U23 M	4x400m relay	3.06.34	N/A	N/A	Andrew Egan, Callum Baird, Aaron Keane, Jack Raftery	National Team	European U23 Championships	Espoo, FIN	July 15th, 2023
Outdoor	W	Mile	4.14.58	N/A	N/A	Ciara Mageean	City of Lisburn A.C.	Diamond League	Monaco	July 21st, 2023
Outdoor	U18 M	Discus	57.65m	N/A	1.5kg	Cian Crampton	Edenderry A.C.	European Youth Olympics	Maribor, SLO	July 27th, 2023
Outdoor	U18 M	Sprint medley relay	1.56.45	N/A	N/A	Jesse Osas, Donal Martin, Davey Davitt, Jason O'Reilly	National Team	European Youth Olympics	Maribor, SLO	July 28th, 2023
Outdoor	U18 M	Discus	58.21m	N/A	1.5kg	Cian Crampton	Edenderry A.C.	European Youth Olympics	Maribor, SLO	July 29th, 2023
Outdoor	U18 M	Discus	59.32m	N/A	1.5kg	Cian Crampton	Edenderry A.C.	European Youth Olympics	Maribor, SLO	July 29th, 2023
Outdoor	U23 M	Long Jump	7.96m	0.6	N/A	Reece Ademola	Leevale A.C.	National Championships	Santry	July 30th, 2023
Outdoor	U23 W	1000m	2.37.08	N/A	N/A	Sophie O'Sullivan	Ballymore Cobh	Citius Meeting	Bern, SUI	August 4th, 2023
Outdoor	U23 W	1500m	3.59.68	N/A	N/A	Sarah Healy	U.C.D. A.C.	World Championships	Budapest, HUN	August 20th, 2023
Outdoor	U20 W	4x100m Relay (club)	3.51.53	N/A	N/A	Aisling Stratford, Laura Kelly, Niamh Murphy & Aimee Doherty	Ratoath A.C.	National League	Santry	June 25th, 2023
Outdoor	Senior M	4x100m Relay (club)	40.50	N/A	N/A	Conor Morey, Colin Doyle, Scott Gibson, James Ezeonu	Leevale A.C.	National League Final	Tullamore	August 13th, 2023
Outdoor	Senior W	1500m	3.56.61	N/A	N/A	Ciara Mageean	City of Lisburn A.C.	World Championships	Budapest, HUN	August 22nd, 2023
Outdoor	Senior W	100m H	12.62	0.5	N/A	Sarah Lavin	Emerald A.C.	World Championships	Budapest, HUN	August 23rd, 2023
Outdoor	U23 M	Long Jump	7.97m	0.6	N/A	Reece Ademola	Leevale A.C.	Padova International Meeting	Padova, ITA	September 3rd, 2023
Outdoor	Senior W	100m	11.27	0.0	N/A	Sarah Lavin	Emerald A.C.	Gala dei Castelli	Bellinzona, SUI	September 4th, 2023
Outdoor	Senior W	1500m	3.55.87	N/A	N/A	Ciara Mageean	City of Lisburn A.C.	Brussels Diamond League	Brussels, BEL	September 8th, 2023
Outdoor	U20 Mixed	4x400m (club)	3.34.65	N/A	N/A	Darragh Masterson, Loclainn Harris, Aisling Stratford, Laura Kelly	Ratoath A.C.	DNA U20 Club Championship	Rieti, ITA	September 16th, 2023
Outdoor	U23 Mixed	4x400m (club)	3.34.65	N/A	N/A	Darragh Masterson, Loclainn Harris, Aisling Stratford, Laura Kelly	Ratoath A.C.	DNA U20 Club Championship	Rieti, ITA	September 16th, 2023
Outdoor	Senior Mixed	4x400m (club)	3.34.65	N/A	N/A	Darragh Masterson, Loclainn Harris, Aisling Stratford, Laura Kelly	Ratoath A.C.	DNA U20 Club Championship	Rieti, ITA	September 16th, 2023
Indoor	U23	1000m	2.20.23	N/A	N/A	Cian McPhilips	U.C.D. A.C.	Baseline Meeting	Athlone	December 1st, 2023
Road	U18 M	5km Walk	22.14	N/A	N/A	Seamus Clarke	Moy Valley A.C.	World Race Walking Tour	Raheny	December 17th, 2023
Indoor	U23 W	60m	7.15	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 20th, 2024
Indoor	Senior W	60m	7.15	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 20th, 2024
Indoor	Senior W	200m	22.49	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 20th, 2024
Indoor	Senior W	200m	22.49	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	MLK Collegiate Invitational	Albuquerque, USA	January 20th, 2024
Indoor	U23 M	Long Jump	7.86m	N/A	N/A	Reece Ademola	Leevale A.C.	Aarhus Sprint 'N' Jump	Aarhus, Denmark	January 23rd, 2024
Indoor	Senior M	5000m	13.12.56	N/A	N/A	Andrew Coscoran	Star of the Sea A.C.	John Thomas Terrier Classic	Boston, USA	January 26th, 2024
Indoor	U18 M	Heptathlon	4602 pts	N/A	N/A	Eoin O'Callaghan	Bandon. A.C.	National Combined	Abbotstown	January 27th, 2024
Indoor	Senior M	Shot Put	20.18m	N/A	7.26kg	Eric Favors	Raheny Shamrock A.C.	World Indoor Tour	Astana, Kazakhstan	January 27th, 2024
Indoor	U23 M	Long Jump	7.93m	N/A	N/A	Reece Ademola	Leevale A.C.	Czech Indoor Gala	Ostrava, CZE	January 30th, 2024
Indoor	U23 M	3000m	7.45.57	N/A	N/A	Nick Griggs	Candour Track Club	Metz Moselle Athleor	Metz, FRA	February 3rd, 2024
Indoor	Senior M	4x400m Club	3.22.54	N/A	N/A	Emanuel Osas, Jack O'Donnelly, Jed Walshe, Peter Kilgannon	Ratoath A.C.	National League Final	Athlone	February 3rd, 2024
Indoor	Senior M	600m	1.16.64	N/A	N/A	Mark English	Finn Valley A.C.	NB Boston Indoor Games	Boston, USA	February 4th, 2024
Indoor	U18 W	Mile	5.08.37	N/A	N/A	Clodagh Gill	Moy Valley A.C.	World Indoor Tour	Brighton, USA	February 4th, 2024
Indoor	Senior W	Weight	19.02m	N/A	20kgs	Margaret Hayden	Tallaght A.C.	Millrose Games	New York, USA	February 9th, 2024
Indoor	Senior W	1500m	4.03.83	N/A	N/A	Sarah Healy	U.C.D. A.C.	Meeting Hauts-de-France pas de Calais	Lievin, FRA	February 10th, 2024

Ultra Road	Senior W	50km	3.18.04	N/A	N/A	Sorcha Loughnane	Donore Harriers A.C.	National 50km Championships	Donadea	February 10th, 2024
Indoor	U23 W	300m	36.42	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	Millrose Games	New York, USA	February 11th, 2024
Indoor	Senior W	300m	36.42	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	Millrose Games	New York, USA	February 11th, 2024
Indoor	Senior W	2 mile	9.36.70	N/A	N/A	Roisin Flanagan	Finn Valley A.C.	Millrose Games	New York, USA	February 11th, 2024
Indoor	U20 M	600m	1.19.98	N/A	N/A	David Davitt	Clonliffe Harriers A.C.	Millrose Games	New York, USA	February 11th, 2024
Indoor	U18 M	400m	48.37	N/A	N/A	Conor Kelly	Derry Track Club	English Championships	Sheffield, ENG	February 11th, 2024
Indoor	U18 M	Long Jump	6.96m	N/A	N/A	Michael Kent	D.M.P. A.C	National Championships	Abbotstown	February 18th, 2024
Indoor	U18 M	5000m Walk	21.31.38	N/A	N/A	Seamus Clarke	Moy Valley A.C.	National Championships	Abbotstown	February 18th, 2024
Indoor	Senior W	4x400m Club	3.51.08	N/A	N/A	Eve Mooney, Aimee Doherty, Aisling Stratford, Laura Kelly	Ratoath A.C.	National Championships	Abbotstown	February 18th, 2024
Indoor	U23 W	4x400m Club	3.51.08	N/A	N/A	Eve Mooney, Aimee Doherty, Aisling Stratford, Laura Kelly	Ratoath A.C.	National Championships	Abbotstown	February 18th, 2024
Indoor	Senior W	4x400m	3.28.45	N/A	N/A	Phil Healy, Sophie Becker, Roisin Harrison, Sharlene Mawdsley	National Team	World Indoor Championships	Glasgow, SCO	March 3rd, 2024
Road	U18 M	10km Walk	45.02	N/A	N/A	Seamus Clarke	Moy Valley A.C.	Dudince 50	Dudince, SVK	March 16th, 2024
Outdoor	U18 M	10km Walk	45.02	N/A	N/A	Seamus Clarke	Moy Valley A.C.	Dudinka 51	Dudince, SLO	March 16th, 2024
Outdoor	U18 M	Hammer	73.27m	N/A	5kg	Thomas Williams	Shercock A.C.	National Throws	Tullamore	March 24th, 2024
Outdoor	U23 W	10000m	33.00.20	N/A	N/A	Laura Mooney	Tullamore Harriers A.C.	Raleigh Relays	Raleigh, USA	March 29th, 2024
Outdoor	U23 W	10000m	32.54.97	N/A	N/A	Anika Thompson	Leevale A.C.	Stanford Invitational	Palo Alto, USA	March 29th, 2024
Outdoor	U23 W	Hammer	68.65m	N/A	4kg	Nicola Tuthill	U.C.D. A.C.	Intervarsities	Antrim	April 6th, 2024
Outdoor	U20 W	Long Jump	6.68m	1.9	N/A	Elizabeth Ndudi	D.S.D.A.C	Gary Wieneke Memorial	Champaign, USA	April 13th, 2024
Outdoor	U23 W	Long Jump	6.68m	1.9	N/A	Elizabeth Ndudi	D.S.D.A.C	Gary Wieneke Memorial	Champaign, USA	April 13th, 2024
Outdoor	Senior W	Long Jump	6.68m	1.9	N/A	Elizabeth Ndudi	D.S.D.A.C	Gary Wieneke Memorial	Champaign, USA	April 13th, 2024
Outdoor	U18 M	10km Walk	44.45	N/A	N/A	Seamus Clarke	Moy Valley A.C.	WA Team Championships	Antalya, TUR	April 21st, 2024
Outdoor	Senior M	Shot Put	20.93m	N/A	7.26kg	Eric Favors	Raheny Shamrock A.C.	Throws U 2024	Fleetfood, USA	April 27th, 2024
Outdoor	Senior Mixed	4x400m	3.12.50	N/A	N/A	Cillin Greene, Rhasidat Adeleke, Thomas Barr, Sharlene Mawdsley	National Team	World Relays	Nassau, The Bahamas	May 4th, 2024
Outdoor	Senior W	4x400m	3.24.38	N/A	N/A	Sophie Becker, Rhasidat Adeleke, Phil Healy, Sharlene Mawdsley	National Team	World Relays	Nassau, The Bahamas	May 4th, 2024
Outdoor	U23 W	Hammer	68.70m	N/A	4kg	Nicola Tuthill	U.C.D. A.C.	Dublin Graded 1	UCD	May 5th, 2024
Outdoor	Senior Mixed	4x400m	3.11.53	N/A	N/A	Cillin Greene, Rhasidat Adeleke, Thomas Barr, Sharlene Mawdsley	National Team	World Relays	Nassau, The Bahamas	May 5th, 2024
Outdoor	U23 M	Decathlon	7610 pts	N/A	N/A	Diarmuid O'Connor	Bandon A.C.	Big East Championships	Villanova, USA	May 10th, 2024
Outdoor	Senior W	300m	37.04	N/A	N/A	Phil Healy	Bandon A.C.	Trond Mohn Games	Bergen, NOR	May 22nd, 2024
Outdoor	U23 W	Hammer	70.32m	N/A	4kg	Nicola Tuthill	U.C.D. A.C.	Tipos P-T-S Miting	Banska Bystrica, SLO	May 24th, 2024
Outdoor	Senior W	800m	1.58.51	N/A	N/A	Ciara Mageean	City of Lisburn A.C.	BMC	Manchester, ENG	May 25th, 2024
Outdoor	U18 M	2000m St	5.49.89	N/A	N/A	Noah Harris	Parnell A.C.	Irish Schools Championships	Tullamore	May 31st, 2024
Outdoor	U18 W	Javelin	51.42m	N/A	500g	Enya Silkena	Dundalk/St. Gerards A.C.	Irish Schools Championships	Tullamore	June 1st, 2024
Outdoor	Senior Mixed	4x400m	3.09.92	N/A	N/A	Christopher O'Donnell, Rhasidat Adeleke, Thomas Barr, Sharlene Mawdsley	National Team	European Championships	Rome, ITA	June 7th, 2024
Outdoor	U18 M	400m	47.38	N/A	N/A	Conor Kelly	Derry Track Club	South of England Championships	Eton, ENG	June 9th, 2024
Outdoor	Senior W	400m	49.07	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	European Championships	Rome, ITA	June 10th, 2024
Outdoor	U23 W	400m	49.07	N/A	N/A	Rhasidat Adeleke	Tallaght A.C.	European Championships	Rome, ITA	June 10th, 2024
Outdoor	Senior W	4x400m	3.22.71	N/A	N/A	Sophie Becker, Rhasidat Adeleke, Phil Healy, Sharlene Mawdsley	National Team	European Championships	Rome, ITA	June 12th, 2024

Outdoor	Senior M	800m	1.44.69	N/A	N/A	Mark English	Finn Valley A.C.	Paavo Nurmi Games	Turku, FIN	June 18th, 2024
Outdoor	Senior M	800m	1.44.53	N/A	N/A	Mark English	Finn Valley A.C.	Meeting Madrid	Madrid, ESP	June 21st, 2024
Outdoor	U20 Mixed	4x400m	3.24.91	N/A	N/A	Conor Kelly, Saoirse Fitzgerald, Sean Doggett, Maria Zakharenko	National Team	Mannheim Junior International	Mannheim, GER	June 23rd, 2024
Outdoor	U20 M	Javelin	73.72m	N/A	800g	Oisin Joyce	Lake District A.C.	Mannheim Junior International	Mannheim, GER	June 24th, 2024
Outdoor	U23 W	100m	11.13	0.7	N/A	Rhasidat Adeleke	Tallaght A.C.	National Championships	Santry	June 30th, 2024
Outdoor	Senior W	100m	11.13	0.7	N/A	Rhasidat Adeleke	Tallaght A.C.	National Championships	Santry	June 30th, 2024
Outdoor	U20 W	Club 4x400m relay	3.50.43	N/A	N/A	Eve Mooney, Laura Kelly, Katie Doherty, Aisling Startford	Ratoath A.C.	National Championships	Santry	June 30th, 2024
Outdoor	U23 W	Club 4x400m relay	3.50.43	N/A	N/A	Eve Mooney, Laura Kelly, Katie Doherty, Aisling Startford	Ratoath A.C.	National Championships	Santry	June 30th, 2024
Outdoor	U18 M	400m	47.23	N/A	N/A	Conor Kelly	Derry Track Club	Stratford Speed	London, ENG	July 2nd, 2024
Outdoor	U23 M	3000m	7.41.68	N/A	N/A	Nick Griggs	Candour Track Club	Cork City Sports	Cork	July 9th, 2024
Outdoor	U23 M	5000m	13.13.07	N/A	N/A	Nick Griggs	Candour Track Club	Morton Games	Santry	July 12th, 2024
Outdoor	U18 M	Discus	60.55m	N/A	1.5kg	Cian Crampton	Edenderry A.C.	European U18 Championships	Banska Bystrica, SLO	July 19th, 2024
Outdoor	U18 M	200m	21.31	0.7	N/A	Joe Burke	Templemore A.C.	European U18 Championships	Banska Bystrica, SLO	July 20th, 2024
Outdoor	U18 M	Hammer	73.95m	N/A	5kg	Thomas Williams	Shercock A.C.	European U18 Championships	Banska Bystrica, SLO	July 20th, 2024
Outdoor	U18 M	400m	46.97	N/A	N/A	Conor Kelly	Derry Track Club	European U18 Championships	Banska Bystrica, SLO	July 20th, 2024
Outdoor	U23 M	3000m	7.36.59	N/A	N/A	Nick Griggs	Candour Track Club	London Diamond League	London, ENG	July 20th, 2024
Outdoor	U18 M	5000m Walk	21.05.70	N/A	N/A	Seamus Clarke	Moy Valley A.C.	European U18 Championships	Banska Bystrica, SLO	July 21st, 2024
Outdoor	U18 M	Decathlon	7023 pts	N/A	N/A	Eoin O'Callaghan	Bandon. A.C.	European U18 Championships	Banska Bystrica, SLO	July 21st, 2024
Outdoor	U23 M	1500m	3.35.04	N/A	N/A	Nick Griggs	Candour Track Club	British Milers Club	Tooting, ENG	July 24th, 2024
Outdoor	Senior W	4x400m	3.19.90	N/A	N/A	Sophie Becker, Rhasidat Adeleke, Phil Healy, Sharlene Mawdsley	National Team	Olympic Games	Paris, FRA	August 10th, 2024
Outdoor	Senior M	100m	10.12	1.7	N/A	Israel Olatunde	U.C.D. A.C.	Stratford Speed	London, ENG	August 18th, 2024
Outdoor	U23 M	100m	10.12	1.7	N/A	Israel Olatunde	U.C.D. A.C.	Stratford Speed	London, ENG	August 18th, 2024
Outdoor	U20 M	Javelin	73.89m	N/A	800g	Oisin Joyce	Lake District A.C.	World Junior Championships	Lima, PER	August 29th, 2024
Outdoor	U20 M	4x400m	3.08.94	N/A	N/A	Conor Kelly, Adam Courtney, Sean Doggett, Stephen Mannion	National Team	World Junior Championships	Lima, PER	August 30th, 2024
Road	Senior M	Half Marathon	60.51	N/A	N/A	Efrem Gidey	Clonliffe Harriers A.C.	Copenhagen Half Marathon	Copenhagen, DEN	September 15th, 2024
Road	Senior M	Marathon	2.09.42	N/A	N/A	Hiko Tonosa	Dundrum South Dublin	Dublin Marathon	Dublin	October 27th, 2024
Indoor	U23 M	5000m	13.29.79	N/A	N/A	Abdel Laadjel	Donore Harriers A.C.	BU Sharon Colyear Danville season opener	Boston, USA	December 7th, 2024
Indoor	U20 W	1000m	2.48.40	N/A	N/A	Aimee Wallace	Mullingar A.C.	Track and Field live	Abbotstown	December 18th, 2024
Road	Senior M	Half Marathon	60.51	N/A	N/A	Hiko Tonosa	Dundrum South Dublin	Seville Half Marathon	Seville, ESP	January 26th, 2025
Indoor	Senior W	Pentathlon	4683 pts	N/A	N/A	Kate O'Connor	Dundalk/St Gerard's A.C.	World Athletics Combined Events Tour	Tallinn, EST	February 2nd, 2025
Road	U18 M	5km Walk	21.58	N/A	N/A	Matthew Newell	Tuam A.C.	Gran Premio de Marcha Atlética Ciudad de Guadix	Gaudix, ESP	February 2nd, 2025
Road	U20 M	5km Walk	21.58	N/A	N/A	Matthew Newell	Tuam A.C.	Gran Premio de Marcha Atlética Ciudad de Guadix	Gaudix, ESP	February 2nd, 2025
Indoor	Senior W	3000m	8.35.19	N/A	N/A	Sarah Healy	U.C.D. A.C.	New Balance Grand Prix	Boston, USA	February 2nd, 2025
Indoor	Senior M	3000m	7.30.75	N/A	N/A	Andrew Coscoran	Star of the Sea A.C.	New Balance Grand Prix	Boston, USA	February 2nd, 2025
Indoor	Senior M	800m	1.45.15	N/A	N/A	Mark English	Finn Valley A.C.	Millrose Games	New York, USA	February 8th, 2025
Indoor	Senior W	3000m	8.30.79	N/A	N/A	Sarah Healy	U.C.D. A.C.	Millrose Games	New York, USA	February 8th, 2025
Indoor	Senior M	1500m	3.33.40	N/A	N/A	Andrew Coscoran	Star of the Sea A.C.	Millrose Games	New York, USA	February 8th, 2025
Indoor	Senior M	Mile	3.49.26	N/A	N/A	Andrew Coscoran	Star of the Sea A.C.	Millrose Games	New York, USA	February 8th, 2025
Ultra Road	Senior W	50km	3.16.33	N/A	N/A	Caitriona Jennings	Letterkenny A.C.	National 50km Championships	Donadea	February 8th, 2025

Indoor	U18 W	Mile	4.53.76	N/A	N/A	Ciara Rohan	Waterford A.C.	Track and Field live	Abbotstown	February 12th, 2025
Indoor	Senior M	1500m	4.01.62	N/A	N/A	Sarah Healy	U.C.D. A.C.	Keely Klassic	Birmingham, ENG	February 15th, 2025
Indoor	U20 M	400m	46.63	N/A	N/A	Conor Kelly	Derry Track Club	National Indoor Championships	Abbotstown	February 22nd, 2025
Indoor	U20 M	400m	46.54	N/A	N/A	Conor Kelly	Derry Track Club	National Indoor Championships	Abbotstown	February 23rd, 2025
Indoor	Senior M	Heptathlon	5594 pts	N/A	N/A	Diarmuid O'Connor	Bandon A.C.	Big East Championships	Chicago, USA	March 1st, 2025
Indoor	Senior Mixed	4x400m	3.17.63	N/A	N/A	Conor Kelly, Phil Healy, Marcus Lawler, Sharlene Mawdsley	National Team	European Indoor Championships	Apeldoorn, NED	March 6th, 2025
Indoor	Senior W	Pentathlon	4781 pts	N/A	N/A	Kate O'Connor	Dundalk/St Gerard's A.C.	European Indoor Championships	Apeldoorn, NED	March 9th, 2025
Indoor	U18 M	3000m Walk	12.37.73	N/A	N/A	Matthew Newell	Tuam A.C.	National U20 Championships	Athlone	March 9th, 2025
Indoor	U18 W	400m	54.75	N/A	N/A	Erin Friel	Letterkenny A.C.	National U20 Championships	Athlone	March 9th, 2025

Competition Equipment

Funding was received through the Sports Capital Grant, which will allow us to undertake significant upgrades and replacements of electronic equipment and implements. Of note this year is the introduction of the 700g javelin, effective from 1st April 2025. A selection of these new specification javelins has been purchased. We continue to face challenges regarding the planned use of electronic equipment, and it will be necessary to create comprehensive venue, and competition plans as the new equipment comes into use. This will help meet the challenges of increasingly complex competition environments and a growing competition calendar. Additionally, as our competitions become more reliant on a large quantity of electronic equipment, storage and maintenance are becoming more challenging. The Technical Committee will continue to work with the Competition Department and the Juvenile and Competition Committee to ensure that our national competitions remain well-resourced.

Jackie Mulhall,
Chair of the Technical Committee

Coaching and Development

The Chair of Coaching and Development, Seamus Flynn, has issued a comprehensive report for this area which is included in the Congress papers. The additional investment in this area through the 2018 €3 membership increase has seen significant additional resources created as we aspire to enhance the expertise of our coaching cohort across our clubs and schools. A summary

of the €3 membership increase is included in the finance presentation.

Pat Ryan, and his RDO team, work tirelessly with clubs around the country on Coach Education & Club Development. In 2023 we ran 75 courses across all levels attracting 1,121 participants. We are conscious that as the number and size of clubs grow, we need more resources to support them. In 2022 we established the new roles of Coach Education Manager and Club Development Manager; both these rolls have created expertise to lead these respective areas of our business.

High Performance

Fintan Reilly the Chair of High-Performance has issued a report detailing the activities of the last two years. As CEO, I work very closely with Paul McNamara our HP Director, Fintan and the HP Committee to ensure our strategic goals are delivered. Our strategy to provide our elite athletes at all levels with additional services and coaching support is paying dividends and our international medal count continues to rise. The Endurance, Sprints and Throws/Jumps coordinators roles have been very successful in establishing additional resources to enhance athlete development along with the pathway coordinator.

Our partnership with Sport Ireland and the Sport Ireland Institute continues to be very strong. HP funding received is spent on athlete services (mainly through the Sports Institute), travel to competition, camps, and staff. It is important to note that in 2024 we generated circa €300k from our recreational events one day licences and

this was invested directly back into the high-performance programme.

Income from the new GreenTrack philanthropic programme and sponsorship together with Sport Ireland funds has enabled us to enhance supports for coaches of our carded athletes since 2023. This coaching support strategy forms a key component of our high performance strategy.

We currently have a very talented group of young athletes in our performance system, and we must invest in both the athlete’s and their coaches to ensure the athletes full potential can be reached.

Athlete Commission

Katie Kirk
Chair of the Athlete’s Commission
until January 2025

I am pleased to present the below report for my portion of the term until January 2025, where I began employment at Athletics Ireland. The newly inducted members have met and are already continuing the work that started in 2021. I am pleased with the efforts made on my end concerning the transition and hope the lessons learned will be put into practice for future editions of the commission. It was a pleasure acting as a voice for the athletes in the organisation and I hope they will continue to be centred by Athletics Ireland.

MEMBERS OF THE COMMITTEE (UNTIL JANUARY 2025)	
Katie Kirk	Chair & mid/long distance:
Kerry O’Flaherty	XC & Road
Niamh Fogarty	Throws
Brendan Boyce	Walks
Israel Olatunde	Sprints
Shane Howard	Jumps
Síofra Cléirigh Buttner	General member:
Kate Veale	General member:
Colin Quirke	General member:

Committee from January 2025

Brendan Boyce, Niamh Fogarty, Kerry O’Flaherty, Kate Veale, Síofra Cléirigh Buttner, Colin Quirke, Cormac Dalton, Orla Comerford.

Activities

Gathering information on how other ACs operate In 2023 the focus of our engagement was with the athletes in each event group. Going into the elite athlete communities and collecting information, that was then presented to the group and feedback given to AI. It was decided a change of tact may help the athlete’s commission to grow and we wanted to learn more about how other groups operated. We engaged with three separate athlete’s commissions or rights groups in 2024, The UKA AC, World Athletics AC, and USATF Athlete Advisory Committee. In 2021 ex-chair of the UKA AC, Hannah England was also consulted. All contacts remain in touch with the commission and the group recently consulted with WA AC on the topic of DSD athletes and trans women inclusion in athletics. The main takeaways from this are creating a more diverse commission with the inclusion of para-athletes should be a priority, getting a seat on the board even in a non-voting capacity is important for the athlete voice to be heard in the organisation, remaining in a positive position with the organisation is key to creating change and one that other commissions haven’t managed to achieve due to conflict in the goals of the organisation and athlete groups.

Strategy Document

In 2023 we produced a strategy document that intended to guide the work of the Athlete’s Commission in Ireland. As a new committee that is finding its path, it can be difficult to establish what areas to operate in and what are the main points of focus for the group given limited resources and time. This acted as a reference point with particular areas of focus set out for each year. In 2023 our focus was on competitions and HP policy, with specific goals set and achieved. In 2024 our focus was on gathering information from other similar commissions and groups and analysing our own procedures against the standard.

Feedback from Event group leads

In 2023 we created a feedback loop between athletes and the event group representatives on the commission. We have provided feedback to AI

on a wide variety of topics and issues in 2023 and 2024. Including, sizing of kit for athletes, training camps, competitions, athlete Olympic experience enhancement, rule changes in jumps, selection policy and much more.

Transfer to new chair/group at end of term

Feedback from other ACs warned us of the struggle when there is a transfer of leadership. To combat this, I created documents with all the information needed to allow the AC to continue, including passwords for accounts, summary of activities, etc.

Biggest challenges

There remains some challenges to the proficient operation of the AC. It has been difficult to engage with the top end of the 'high performance' pool. In feedback received from Paul McNamara and Hamish Adams, this is a possible missing piece for the committee. Efforts have been made to engage with this group regularly through mailing lists, social media, and in-person but no one has been willing to step forward to take a place on the committee. It is suggested that in the future if there is a need for more communication needed between HP athletes and the organisation, other mechanisms of feedback are set up in collaboration with the AC.

Anti-Doping

Testing Period of report: 1st January 2023 – 31st December 2024

Sport Ireland Programme:

Athletics Ireland

In Competition Tests

2023: 32

2024: 40

Out of Competition –Urine tests

2023: 99

2024: 129

Out of Competition –Blood Tests

2023: 91

2024: 118

TOTAL:

2023: 222

2024: 287

User Pays:

Athletics Ireland

In Competition Tests

2023: 4

2024: 4

TOTAL:

2023: 4

2024: 4

Athletics Ireland continually works with the Anti-Doping Unit in Sport Ireland around Anti-doping rules, Registered Testing Pools and Testing at competitions. Athletics Ireland tutors conducted several education seminars/outreach programmes with athletes' part of the Carded athlete programme, at Pathway Days and camps, at information sessions prior to travelling to international Championships and at regional squad days.

Athletics Ireland works closely with Sport Ireland to ensure the membership has up to date, relevant information regarding the various aspects of Anti-Doping via our websites, entry forms and registration forms. This could include general information for athletes and more detailed information regarding checking medications, testing procedures and prohibited substances for competitive athletes. The Anti-Doping Officer ensured that despite the move away from physical leaflets and wallet cards to reduce waste and increase sustainability, all athletes have access to the relevant anti-doping material circulated at competitions, camps, and screening days.

There were 28 athletes registered on the Registered Testing Pool in 2023 – 2024 period.

Marketing

Athletics is competing in a sporting media landscape which is dominated by ball sports. Success of our elite athletes delivers the ultimate cut through in media exposure, highlighted by the outstanding 2024 performances by Rhasidat Adeleke, Ciara Mageean, and the relay teams in the Bahamas, Rome, and Paris.

The marketing team led by Daragh Browne have continued to capitalize on the high levels of record-

breaking performances throughout the season. Increasingly media require print-ready copy and high-resolution photos supplied directly to them due to their own reduced resources.

1. Media Coverage

Generating media coverage for athletics around national and international championships (Juvenile, Junior & U23, Senior, Master and Schools) is a key objective for the marketing department. The marketing team facilitated a consistent flow of updates to key athletic correspondents with relevant content (including quotes from athletes) before, during and after the 2024 National Indoor and Outdoor Championships. Performances from Irish Athletes at international events continue to be covered by both local and national publications.

The marketing team has also ensured the attendance of a team media liaison at all major international championships, which has proved hugely successful in raising the profile of our athletes pre and post competition.

The marketing department continue to work closely with RTÉ and Virgin Media as a priority. 2024 saw a record number of live broadcast athletics hours in Ireland with major championships, Diamond League events, and national championships all broadcast live across Virgin and RTE.

The 2024 123.ie National Senior T&F Championships was aired live on RTÉ 2 with peak viewership for the 2-hour live show of 101k which was up on 2023 figures.

2. Media Training

Media training is a key part of an athlete's development pathway. The marketing team provided an athlete media training document which included guidelines when using social media as well as information on 'managing your personal brand'.

3. Website

Work has continued on improving the user experience of the Athletics Ireland website. A new website was launched in July 2024 for greater user experience. New features including the new running event calendar and fixture list will support

us in building web visitors to the site over the coming years.

Website based tasks take up a large portion of the marketing team resources with multiple departments needing updates / event promotion at any one time.

4. Irish Runner Magazine

The marketing team are heavily involved in the production and promotion of the Irish Runner Magazine while is led by Rory Cassidy as editor. The magazine has grown sales to over 15,000 per year and has continued to trend upwards across the past 4 editions in 2024. It remains an important channel of communication for Irish athletics and will continue to serve the wider athletics community in 2025.

5. Social Media

Social media remains the main channel of communication between Athletics Ireland and our fans (athletes, parents, coaches, key stakeholders, and media). 2024 saw our social media channels become an even more important mode of communication with our stakeholders.

Video content has been performing extremely well across all our social media platforms and the need to move away from static images is becoming more apparent. Athletics Ireland has invested heavily in building our TikTok and YouTube engagement over the past 12 months. A new digital agency was appointed on a month-to-month retainer in late in 2022 to further help us develop this space over the coming years.

Athletics Ireland continues to provide live streaming for key events in the Irish athletics calendar including the Indoor and Outdoor National Championships.

Athletics Ireland outperform the majority of national governing bodies in the 'engagement per 1000 followers' metric, highlighted monthly in the Sport For Business reports.

6. Sponsorship Management & Acquisition

We are committed to providing quality sponsorship support services to all our partners.

Our partners include:

- 123.ie
- adidas
- A & L Goodbody
- Biofreeze
- Eventmaster
- Clayton Hotel Dublin Airport

Our focus continues to be aimed at adding value to our existing sponsors. 123.ie have been a fantastic supporter who have invested significantly in activation. We are delighted to welcome adidas as a new sponsor in 2025.

7. Marketing National Senior Championships

All National Championships (Juvenile, Junior & U23, Senior, Master and Schools) are promoted by the marketing department. A preview is written for every championship, and a post-event press release is issued to local and national press. Sportsfile is also present at every championship, issuing photographs to both local and national press. During each championship there are live Twitter, Instagram and Facebook updates and post-race interviews at our National Senior events. Media days are hosted in the days leading up to all of our major senior championships.

8. Participation Events

Athletics Ireland continue to market and promote the A & L Goodbody Corporate 5K Team Challenge, Irish Runner 5K, Irish Runner 5 Mile, Irish Runner 10 Mile, and Remembrance Run 5K.

The marketing team developed and implemented extensive marketing, PR, and promotional plans to attract entries to these events.

The marketing team also manage all marketing and promotional activities for 'Runuary' and the Athletics Ireland Summer Camps.

Universities

The Irish Universities Athletics Association has enjoyed a strong 2023, 2024, and early 2025 in terms of both the standard of competition and the number of participants.

In keeping with the 30-plus year tradition, the IUAA Road Relay Championships were held on the

historic South Campus of Maynooth University (MU) in November 2023 and 2024. UCD won both the men's and women's event 2023, along with the women's in 2024, although DCU men denied them the double that year. The IUAA are very appreciative of MU for their continued support in us hosting the Championship on their South Campus. Notably, the trend that started in the post-COVID era of a rising number of women's teams has continued. The number competing in the men's competition has risen even more sharply (28 teams in 2019, 41 teams in 2023, 37 teams in 2024).

The IUAA Indoor Track and Field Championships were held in the National Indoor Arena (NIA) in Abbotstown, Dublin in 2024 and 2025. The 2024 edition of the event saw three records fall. Rachel McCann (QUB) ran 54.45 seconds in the women's 400m, Kotryna Pacerinskaite (UL) threw 9.20 metres in the women's 20lb weight throw for distance and Reece Ademola (MTU) jumped 7.66 metres in the men's long jump. Four IUAA records were set in the 2025 edition - Rachel McCann (QUB) bettered her year-old record, running 53.31 seconds in the women's 400m, Lucy Holmes (MTU) ran 4:22.30 in the women's 1500m, Aoife O Sullivan (MTU) jumped 1.85 metres in the women's high jump and Kotryna Pacerinskaite (UL) came back to throw 9.90 metres in the women's 20lb weight throw for distance, .70 metres longer than the previous record she set.

The IUAA Cross Country Championships have been moved to semester one for the time being, resulting in two IUAA Cross Country Championships taking place in 2024 - the 2023/2024 Championships took place in March in Belfast hosted by Queen's University Belfast, while the 2024/2025 edition took place in Cork hosted by University College Cork. DCU took the win from UL in second, and TCD in third the first event of the year, while UG came out on top followed very closely by UCC in second, and DCU in third in the 2024/2025 edition.

The IUAA Outdoor Track and Field Championships in 2023 took place at the new Dundrum South Dublin (DSD) track, hosted by the IUAA as no other college was willing to host. DCU were the overall winners, with UL second and UCD in third. Michaela Walsh (DCU) threw 14.86 metres in the women's shot putt to set an IUAA record, while Jack Rafferty (DCU) lowered the men's 400m record to 46.59 seconds.

Sean McGinley (DCU) was the third DCU student to set a record that day, running 8:56.90 minutes in the men's 3000m steeplechase.

The 2024 edition took place on 5th and 6th April, with University Ulster kindly hosting the event on the Mary Peters Track. For a second year running, DCU were the overall winners, with UL second and UCD in third. In this championship, Lauren Cadden (ATU) ran an IUAA 400m record of 53.38 seconds. Niamh Fogarty (TUS) set an IUAA record of 52.78 metres in the women's discus, and Nicola Tuthill (UCD) set an IUAA record of 68.65 metres in the women's hammer, an Irish Under 23 record at the time. Kotryna Pacerinskaite (UL) continued her record-breaking form from Indoors and threw 9.50 metres in the women's 20lb weight throw for distance. The 2025 Championship is due to take place in Morton Stadium, hosted by Dublin City University.

A situation whereby some of the newly formed Technological Universities (TUs) declined to apply for membership of the IUAA (thereby excluding their students from competing in IUAA events), has now been resolved. The IUAA engaged in mediation with representatives from several TUs. All TUs have since become members of the IUAA.

Thank you to Laura Brennan Chair for this report.

Safeguarding

1. Child Safeguarding

Athletics Ireland is committed to the safeguarding and protection of all children and young people in our sport. Thank you to Kieron Stout who has led this area so capably for us. Our child protection guidance and policies continue to be implemented in line with the national guidance and legislation outlined by the Department of Children and Youth Affairs in the Children First Act (2015), the National Vetting Bureau Act (2012) and by Sport Ireland in their Safe Sport programme.

In 2024 we published our new Code of Ethics to ensure that our sport is up-to-date and in line with relevant documents, best practices, and legislation throughout Ireland. Our Clubs, County and Provincial boards continue to implement safe recruitment policies and safeguarding guidelines. The 2019 Sport Ireland child safeguarding guidance and relevant

child protection legislation frames our safeguarding activities and approach and supports our Code of Ethics. All of our safeguarding guidance and policies are available on our website for clubs to download and adopt.

2. National Vetting Bureau Act (2012–2016)

The Vetting of all sports leaders is now mandatory as required by the National Vetting Act (2012–2016). To date Athletics Ireland has processed almost 24,000 Garda vetting applications since 2010. In 2024 we processed over 2,800 Garda vetting applications for volunteers. Whilst legislation requires compliance with the vetting process, great credit is due to the army of Children's Officers in all of our clubs who help their sports leaders achieve compliance with vetting.

3. Children First Act (2015)

In 2018 the Children First Guidance was placed on a statutory footing with the commencement of the Children First Act (2015). Athletics Ireland has provided all clubs with supporting documentation and instructions on how to comply with the Act. This is a mandatory process that all organisations providing services to children in the state must complete. We continue to work with clubs to achieve compliance with their Child Safeguarding Statement. In 2024 our Child Safeguarding Statement was audited by Tusla and met the requirements set out in the Act.

4. Child Safeguarding Training and eLearning module

Two levels of Sport Ireland safeguarding training courses are now offered to clubs by Athletics Ireland. Safeguarding 1, basic awareness in child protection for sports leaders and Safeguarding 2 for club children's officers. In 2024 we delivered 21 safeguarding to over 380 coaches and committee members.

5. Children in Sport Working Group

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

6. European Athletics

In 2023 Athletics Ireland began working with European Athletics on its Safe Sport initiative. This involves sharing of guidance, procedures and policies and these quarterly meetings will help us to maintain relevance in safeguarding and build on the work we have done to date.

Young people's involvement in sport is a key component to their physical and emotional wellbeing. Almost sixty percent of our members are under the age of eighteen. As a sport we strive to ensure the delivery of quality experiences for all participants irrespective of ability, gender, social class, faith, and ethnicity. Club volunteers deliver valuable experiences as mentors and role models in their dealings with children and young people. The work of our Club Children's Officers is instrumental in the implementation of our Child Protection Policy and safeguarding guidelines. We continue to build on this work to ensure that all children's and young people's involvement in athletics is a valuable and rewarding experience. guidelines.

Participation

Thanks to Rachel Ormrod our Director of Participation and her team who has led the participation space so successfully during the last two year period. A detailed report is included in this document on the work of the participation department and the recently formed Participation Committee chaired by Greg Duggan. The participation department drives an important source of revenue for the organisation and all funds generated are invested back into the sport. Participation has become an increasingly important and large component of our business as we inspire the nation to embrace healthier, more active, and socially connected lifestyles through athletics.

Strategic Plan Update

Our Strategic Plan 2021 to 2028 was launched at Congress 2021. Our vision to inspire the nation to be active, healthy and to perform through athletics is all consuming. We operate with our core values of respect, inclusion, integrity and excellence.

In late 2024 the existing 2021 – 2028 strategic plan

was reviewed by the Board with the view to assess areas of progress and challenge and to publish a revised 2025 – 2028 strategic plan.

In summary, the 2021 to 2024 plan delivered success in many areas, membership growth from 60,000 to 70,320 members, 34 targeted high-performance medals (22 in the prior Olympiad), significant growth in social media engagement to 46,000 unique monthly website visits, published HP and Participation strategies, a gender balanced Board, growth of participants on coaching courses from 630 in 2021, to 1421 in 2024.

However, challenges remain with no Olympic medal in Paris, the number of clubs has not grown significantly, and our level of self-generated revenue has been slow to return to pre-covid levels. Volunteer recruitment and retention has also become more challenging.

Following Board and stakeholder review it was noted that our leadership and guiding principles based on people, partnerships, foundations, innovation, sustainability, technology and communication remain consistent and important.

The Key Pillars of the 2025 to 2028 Plan will also remain the same as the previous strategic plan.

1. Coaching
2. Performance
3. Community
4. Competition
5. Participation
6. Marketing

By 2028 we intend to deliver the following objectives.

- i. Have increased membership to 80,000.
- ii. Have increased the number of participants on education courses at all levels to 1800 per annum.
- iii. Have increased the number of children, young people and adults actively participating in athletics.
 - The Daily Mile to 1500 Schools
 - Primary and Secondary Programmes to 300,000
 - Mass participation permitted events

to 220,000

- iv. Have maintained self-generated revenue at 50% of income and turnover to €12 million.
- v. Have delivered 36 targeted international medals.
- vi. Have an Olympic medal.
- vii. Grow social media engagement and unique website hits to an average of 60,000 per month.
- viii. Grow facility development expertise at club level.
- ix. Complete Silver level Xcessible award.

A Bright Future

There are people across the country, who work tirelessly at Club level, as officials, as County Board members, on Provincial Councils and on National Committees in the interest of developing our sport and I would like to say a special thank you to each of you. Your dedication is greatly appreciated now more than ever to ensure our sport continues from strength to strength.

The staff members of Athletics Ireland are equally committed, I note that the long often unsociable hours of service given by this group of people is exceptional. Our staff represent us with distinction on a daily basis and I thank you all personally for your continued excellence.

To the Board of Athletics Ireland thank you for your support over the last two years, it has been exceptional and unified. And to our President John Cronin, your commitment to athletics is inspirational and your ability to give all our stakeholders a voice is valued. Although you are moving on I am sure that you will remain heavily involved in athletics. For 2025 we are forecasting a budget of over €9 million and 56% of this turnover will be self-generated. We have been prudent in our estimates and plan to deliver a profit in 2025 to ensure compliance with our reserves policy.

There are a number of organisations, Government and Sponsors, who have been and will continue to be of huge importance to Athletics Ireland and I would like to thank them all for their support. I do wish to name the following organisations again to emphasize their importance to us, the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, Sport Ireland, Clayton Hotel Dublin Airport, Biofreeze,

A & L Goodbody, and Eventmaster. A special thank you to 123.ie your investment in athletics drives us to new heights. A warm welcome to adidas, your collaboration enables and supports our strive for excellence.

Athletics Ireland is an organisation of best practice, we should all feel very proud of all we are achieving for our great sport of athletics.

Yours in Athletics

Hamish Adams

CEO

Standing Orders Committee Attendances & Elections



Standing Orders

1. The Chair shall lead meeting and is the final arbiter on all matters related to the conduct of the meeting.
2. Motions **not** on the final agenda shall **not** be considered.
3. Voting for all elections shall be by secret ballot. (Art 33h)
4. All speakers shall introduce themselves by stating their name, who they are representing and address all remarks to the Chair.
5. Voting for all motions and amendments shall be by a show of hands: amendment of the Memorandum and Articles of Association (Art 82) requires a **75% majority**; otherwise, a **simple majority** shall apply.
6. The Proposer of a motion may speak for **3 minutes**, but no longer than **3 minutes**.
7. A Delegate speaking to a motion or an amendment there to shall not exceed **2 minutes**.
8. The Proposer of a motion may speak for a second time for **2 minutes** before a vote is taken, but **no other delegate** may speak a **second time** to the same motion.
9. The Chair may at any time consider that a motion has been sufficiently discussed, call on the proposer for a reply, and when that has been given a vote shall be taken.
10. A Delegate may with the consent of the Chair move **“That the question be now put”** after which, when the Proposer has spoken, a vote shall be taken.
11. Standing Orders shall not be suspended for considering any matter not on the agenda, except by the consent of a majority equal to two thirds of those present and entitled to vote.
12. A Delegate who considers that Standing Orders have been contravened may raise a point of order with the Chair. The ruling of the Chair on the point of order shall be final.
13. Only members of the **BOARD**, registered delegates of **COUNTY BOARDS** and **PROVINCIAL COUNCILS** may vote, move motions or amendments.

NB

Nothing in these Standing Orders shall be taken as overriding the Constitution. In case of any conflict the Constitution shall decide.

Committee Attendances

BOARD

John Cronin (President)	20
Bríd Golden (Vice-Pres)	20
Andrew Lynam	19
Michael Quinlan	20
Greg Duggan	19
Fintan Reilly	19
Nuala Hunt	18
Laura Brennan	18
Greta Hickey	20
Claire Shannon	15
Seamus Flynn	20
Amanda Hynes	18
Marion McEvilly	19
Brendan McDaid	16
Mary Barrett	15
David Abrahams* (resigned 05/12/2024)	12
Phil Snoddy* (joined 17/02/2025)	1*

FINANCE AND RISK COMMITTEE

Michael Quinlan	20
John Cronin	18
George Maybury	16
Anthony Kelly	10
Nuala Hunt	16
Ciara Dillon	16
Gillian Browne	17
Crona Clohisey	17

COACHING & DEVELOPMENT COMMITTEE

Seamus Flynn (Chair)	8
Ailis Sweeney	4
Bernard McAree	8
Brian McGonagle	7
Colette Kelly	5
David Denieffe	5
David Murphy	5
Fintan Reilly	2
Juliet Claffey	1
Moira Aston	6
Niamh Richardson	4
Pat Power	0
Pat Ryan	8
Sarah Buggy	1

HIGH PERFORMANCE COMMITTEE

Fintan Reilly	12
Teresa McDaid	12
Noelle Morrissey	12
Katie Kirk	9
Matt McKerrow	8
Eamonn Harvey	6
Niall Bruton	7

COMPETITION COMMITTEE

Andrew Lynam 18

Bernie O'Callaghan 15

Bernie Dunne 16

Padraig Kelly 18

Georgina Drumm 17

Paddy Morgan 15

Antoinette Holland 18

Majella McGrath 18

Orla Fitzgerald 14

Iain Shaw 17

Neil Martin 10

JUVENILE COMMITTEE

Amanda Hynes 19

Martin Heery 19

Tom Thompson 17

Catriona Duffy 17

PJ O'Rourke 17

David Murphy 16

Anne McHugh 16

Niamh Fitzgerald 16

Mark Connolly 14

Pat Whelan 13

Greg Duggan 13

GOVERNANCE

Brid Golden 16

Greta Hickey 15

David Denieffe 14

Gillian Browne 16

Elections

1. A simple majority of the votes cast shall be required, for each nominee, to be elected.

2. Ordinary members of the Principal Committees as follows:

- | | |
|--|--------------|
| i. Coaching and Development Committee: | 4 candidates |
| ii. Finance and Audit Committee: | 3 candidates |
| iii. High Performance Committee: | 3 candidates |
| iv. Senior Competition Committee: | 5 candidates |
| v. Juvenile Committee: | 5 candidates |

3. Deputy President

Deputy President shall be elected from the persons (other than the newly elected President) who are to take office as Board Members at the conclusion of Congress, being the Chairs of Coaching and Development, Finance & Audit, High Performance, Competition Commission and Provincial Forum.



Elections – Article 53

PRESIDENT – Golden, Bríd

Ulster	Cavan	Dublin	Louth	Wexford
Munster	Clare	Kildare	Monaghan	
Leinster	Cork	Kilkenny	Sligo	
Connacht	Donegal	Leitrim	Waterford	

CHAIR OF COMPETITION COMMISSION

Lynam, Andrew	Leinster	Kildare	Meath	Wicklow
	Munster	Kilkenny	Leitrim	
	Cork		Wexford	
Quinlan, Michael	Connacht	Clare	Sligo	Wicklow
	Cavan	Dublin	Waterford	

CHAIR OF COACHING & DEVELOPMENT – Flynn, Seamus

Ulster	Connacht	Kilkenny	Louth	Waterford
Munster	Cavan	Donegal	Monaghan	
Leinster	Clare	Dublin	Sligo	

CHAIR OF FINANCE & AUDIT – Reilly, Fintan

Cavan	Cavan	Donegal	Louth	
Ulster	Ulster	Dublin	Monaghan	
Munster	Munster	Kilkenny	Waterford	

CHAIR OF HIGH PERFORMANCE – O’Shea, Caroline

Leinster	Waterford			
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CHAIR OF SENIOR COMPETITION COMMITTEE

Drumm, Georgina	Ulster	Cavan	Donegal	Monaghan
	Munster	Clare	Dublin	Sligo
	Connacht	Cork	Louth	Waterford
McGrath, Majella	Leinster	Kilkenny	Meath	Wicklow
	Kildare	Leitrim	Wexford	

CHAIR OF JUVENILE COMMITTEE – Connolly, Mark

Leinster	Connacht	Cork	Kilkenny	Waterford
Ulster	Cavan	Donegal	Monaghan	
Munster	Clare	Dublin	Sligo	

COACHING & DEVELOPMENT COMMITTEE – (4 CANDIDATES TO BE ELECTED – ART. 81 (g) (i)

McAree, Bernard	Leinster	Cavan	Dubin	Meath
	Ulster	Donegal	Kilkenny	Monaghan
McGonagle, Brian	Ulster	Donegal	Monaghan	
Richardson, Niamh	Ulster	Monaghan		
McSweeney, Ailish	Dublin			

FINANCE & AUDIT COMMITTEE – (3 CANDIDATES TO BE ELECTED – ART. 81 (g) (ii))

Kelly, Anthony	Leinster	Ulster	Donegal	Monaghan
	Ulster	Donegal	Monaghan	
	Connacht	Leitrim		
Dillon, Ciara	Leinster			
Browne, Gillian	Dublin			
Hunt, Nuala	Dublin			

HIGH PERFORMANCE COMMITTEE

SENIOR COMPETITION COMMITTEE – (5 CANDIDATES TO BE ELECTED – ART. 81 (h) (i))

Drumm, Georgina	Leinster	Kilkenny	Sligo	
	Cavan	Louth		
McGrath, Majella	Leinster	Monaghan	Wicklow	
	Kilkenny	Waterford		
Kenny, Fintan	Leinster	Munster	Clare	Monaghan
	Ulster	Cavan	Kilkenny	Waterford
Shaw, Iain	Ulster	Donegal	Sligo	
	Connacht	Leitrim		
Kelly, Padraig	Ulster	Cavan	Cork	Monaghan
	Munster	Clare	Donegal	Wexford
Martin, Neil	Ulster	Donegal	Monaghan	
	Cavan	Leitrim		
Holland, Antoinette	Cavan	Donegal	Dublin	Sligo
Dunne, Bernie	Clare	Sligo		
Fennell, Mick	Dublin			
Morgan, Paddy	Wexford			

JUVENILE COMMITTEE – (5 CANDIDATES TO BE ELECTED – ART. 81 (h) (ii))

Heery, Martin	Leinster	Donegal	Sligo	
	Connacht	Kilkenny		
McTeggart, Deirdre	Leinster	Cork	Kilkenny	
	Ulster	Donegal	Louth	
	Munster	Dublin	Monaghan	
Doherty, Lorraine	Leinster	Cavan	Kilkenny	Sligo
	Ulster	Donegal	Monaghan	
Murphy, David	Munster	Clare	Monaghan	
	Connacht	Cork	Sligo	
	Cavan	Donegal	Waterford	
Corduff, Angela	Ulster	Mayo	Sligo	
	Connacht	Monaghan		

DEPUTY PRESIDENT

Deputy President shall be elected from the persons (other than the newly elected President) who are to take office as Board Members at the conclusion of Congress, being the Chairs of Coaching and Development, Finance & Audit, High Performance, Competition Commission and Provincial Forum.

PROVINCIAL REPRESENTATIVES

The following have been elected at their respective Annual Provincial AGM

Provincial Forum	Brian Bruton	Connacht
	Marion McEvilly	Connacht
	Joe Walsh	Leinster
	Catriona Duffy	Leinster
	Norah Storey	Munster
	Jim Ryan	Munster
	Brendan McDaid	Ulster
	Evelyn O'Reilly	Ulster
Senior Competition Committee	Pat Fitzgibbon	Connacht
	Sarah Kearns	Leinster
	Orla Fitzgerald	Munster
	Cormac McGarvey	Ulster
Juvenile Committee	Anne McHugh	Connacht
	Greg Duggan	Leinster
	Pat Whelan	Munster
	Tom Thompson	Ulster



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ADELEK

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Notes:

Notes:

**We thank you for your
ongoing support of
Athletics Ireland**

Athletics Ireland

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