

**Athletic Association of Ireland**

**Congress Minutes**

**Saturday the 15<sup>th</sup> of April 2023**

**Tullamore Court Hotel**

## Athletic Association of Ireland CLG 6<sup>th</sup> Congress

Saturday 15<sup>th</sup> April 2023, Tullamore Court Hotel.

### AGENDA

10.00 – 11.00	Registration
11.00 - 11.05	President's Introduction
11.05 – 11.30	Roll Call by County
11.30 – 11.35	Minutes 2021 Congress
11.35 – 12.00	Summary Reports of Principal Committees: Coaching & Development Competition High Performance Juvenile
12.00 – 12.10	Auditors Report
12.10 – 12.30	Finance & Risk Report Audited Accounts & 2023 Budget Summary Appointment of Auditors
12.30 – 12.45	Chief Executive Officer Report
12.45 – 13.00	President's Address  New Life Vice Presidents
13.00 – 13.45	Lunch (hosted by Athletics Ireland)
13.45 – 14.10	Roll Call by County Adoption of Standing Orders Appointment of Scrutineers
14.10 – 14.30	Governance Presentation by Carmichael House
14.30 – 14.55	Elections and election of Deputy President
14.55 – 15.15	Tea/coffee
15.15 - 17.45	Motions
17.45 – 18.00	Inauguration of President
18.00	Close of Congress

## **Opening of Congress by the AAI President, John Cronin**

Guests and delegates, I welcome you all to the Athletics Ireland 2023 Congress the sixth edition as a CLG. Following the passing of the motion at Congress 2021 that the general meetings will be held at a central venue the search for a venue and availability has led us back to the Tullamore Court Hotel the venue for Congress 2016. I hope most of you find it as central as I do.

I would like to personally thank you for all your support over the last two years in attending the virtual AGM in 2022 and today's Congress.

I would like to welcome Life Vice Presidents Padraig Griffin, Michael Heery and Liam Hennessy and immediate Past President Georgina Drumm.

I have received apologies from Nick Davis, Ciarán Ó Catháin, Eamon Giles, Rory Friel, Brian Bruton, Paddy Morgan and Jimmy Cardiff.

We acknowledge our lost deceased members, friends and families today, but before that I ask you to have in mind those of our members who are not well at this moment, and we wish them all a speedy recovery.

I have collated a list of deceased members which we be published in the minutes, those that have not been in touch with, please contact me today or in the coming days with the detail.

We have prepared a few slides showing just a sample of those who have passed on since our last Congress, many of these were key players on a day like today in the past.

On behalf of the Board and the CEO of Athletics Ireland we would like you to observe a moment of reflection and prayer for all our members and friends that we have lost over the past years.

May they all Rest in Peace.

Thank you.

I now formally declare Congress opened.

## List of Deceased Members

Dorothy	McKibbon		ANI	Jul-21	
Kevin	Murphy	Dromore, Magherafelt	ANI	Dec-21	
Danny	Coyle	Spartans	ANI	Dec-21	
Oliver	McCullough	Greencastle	ANI	Feb-22	
Billy	Brannigan	North Down, North Belfast Harriers	ANI	Apr-22	
Graham	Millar	9th Old Boys	ANI	May-22	
James (Jim)	Kennedy	Beechmount Harriers	ANI	Aug-22	
Robert (Stevie)	Stephenson	Irish Schools	ANI	Nov-22	
Brian	Maguire	St Annes	ANI	Feb-23	
Sean	McCracken	Newry Shamrocks	ANI	Apr-23	
Jan	Brodie		ANI		
Ronnie	Donaldson		ANI		
John	Greenaway		ANI		
Patsy	Harrower		ANI		
Jim	Reid		ANI		
Denis	Sheridan		ANi		
John	McKeague	Ballydrain Harriers	ANI		
Kirsty	Moffett	City Of Lisburn	ANI		
Paddy	Cassidy	North Belfast Harriers	ANI		
Dick	Miller		ANI		
Natania	Hagen	East Down	ANI		
Michael	Spotswood	Duncairn Nomads	ANI		
David	Gourley	North Belfast Harriers	ANI		
Ernie	Beck	North Belfast Harriers	ANI		
Francis	Boal	Ballydrain Harriers	ANI		
Alex	Dodds	North Belfast Harriers	ANI		
Bertie	Murray	Ballinree	Carlow	Feb-22	
Billy	Good	Bandon	Cork	Jun-21	
Michael (Mick)	Quinlan	Leevale	Cork	Oct-21	
Brendan	Mooney	Leevale, Ballinabrackey	Cork	Apr-22	Examiner
Anne	Murphy	Eagle	Cork	Apr-22	
Gerald	Buckley	St Finbarrs	Cork	Jun-22	
Mary	Toher	Marathon Club of Ireland	Cork	Oct-22	
Colm	Murphy	UCC	Cork	Oct-22	
Sean	O'Flynn	Leevale	Cork	Dec-22	
Freddie	Gilbert	St Finbarrs, Eagle	Cork	Dec-22	
Jim	Hayes	St Catherines	Cork	Jan-23	Founding Member
Tim	Ahern	Blarney-Inniscarra	Cork	Feb-23	Competition Committee
Carolyn	Cullen	Bandon	Cork	Feb-23	
Margaret	Gallen	Finn Valley	Donegal	Nov-21	
Brian	Corcoran	Raheny Shamrock	Dublin	Aug-21	
Brendan	Dunne	Donore Harriers	Dublin	Aug-21	
George	Malone	Dublin City Harriers	Dublin	Aug-21	
Tommy	Coyle	Clonliffe Harriers, Raheny Shamrock	Dublin	Sep-21	
Christy	Brady	Clonliffe Harriers	Dublin	Oct-21	
Christopher (Chris)	Wall	Dublin City Harriers	Dublin	Dec-21	Life Vice President
Fionnbar	Callanan	UCD	Dublin	Dec-21	Life Vice President
Michael	Hoey	Clonliffe Harriers	Dublin	Feb-22	Olympics 1960

Danny	McClafferty	Mid Sutton	Dublin	Feb-22	
Helen	Flynn	Clonliffe Harriers	Dublin	Feb-22	
Nuala	McDaid	Clonliffe Harriers	Dublin	Apr-22	
Des	McCormack	Clonliffe Harriers	Dublin	May-22	
Joe	Walsh	Fingallians	Dublin	Jun-22	
Pat	O'Keeffe	Clonliffe Harriers, Ayrfield	Dublin	Aug-22	
Peter	Byrne		Dublin	Aug-22	Irish Times
Tim	Maher	Raheny Shamrock	Dublin	Sep-22	
Pamela (Pam)	Benson	Fingallians	Dublin	Oct-22	
Ethan	Banks	Raheny Shamrock	Dublin	Oct-22	
Tony	O'Donoghue	Crusaders	Dublin	Feb-23	
Laurence (Larry)	O'Reilly	Clonliffe Harriers	Dublin	Feb-23	
Michael	Maher	Dublin City Harriers	Dublin	Mar-23	
Harry	Gorman	Donore Harriers, St Augustines	Dublin	Apr-23	
Roger	Rushe	Tuam	Galway	Jun-21	
Martin	Carty	Portumna	Galway	Sep-21	
Micky	Kelly	Tuam	Galway	Dec-22	
Zack	Quinn	Loch Lurgan	Galway	Mar-23	
Noel	Lucey	Air Corp	Kerry	Jul-21	
Tom Joe	O'Donoghue	Gneeveguilla	Kerry	Jan-22	
Tom	O'Riordan	Donore Harriers, Kerins O'Rahilly	Kerry	Jun-22	Olympics 1964, Independent
Eddie	Mulcahy	Farranfore Maine Valley	Kerry	Aug-22	
Eileen	O'Riordan	Gneeveguilla	Kerry	Sep-22	
Pat	O'Shea	Iveragh	Kerry	Feb-23	
Charlie	McCabe	Newbridge	Kildare	Mar-21	
Jimmy	McCabe	Newbridge	Kildare	Jan-22	
Paddy	Ward	Newbridge, Mountmellick, St Conleth	Kildare	Nov-22	
Nicky	Connolly	Castlecomer	Kilkenny	Jun-21	
John	Holmes	Kilkenny City Harriers	Kilkenny	Dec-21	
Ronnie	O'Reilly	Mountmellick	Laois	Oct-21	
Gerard	Smith	Lourdes	Louth	Jul-21	
Santis	Kaugars	Dunleer	Louth	May-22	
Jeanette	Monaghan	Drogheda & District	Louth	Jul-22	
Anna	Mackin	St Peters	Louth	Jul-22	
Willie	Smith	St Peters	Louth	Nov-22	
Roy	Mackin	Redeemer	Louth	Nov-22	
Kevin	Carrie	Dunleer	Louth	Dec-22	
Paddy	Murphy	Dunleer	Louth	Mar-23	
John	McDonnell	Clonliffe Harriers	Mayo	Jun-21	
Mary	Farrell (nee Hanley)	Na Fianna	Meath	Sep-21	
Ciarán	Benville	St Andrews	Meath	Dec-21	
PJ	McGrath	St Andrews	Meath	Apr-22	
Noel	Lynskey	Bohermeen	Meath	Jul-22	
Sinead	Ball	Bohermeen	Meath	Sep-22	
Hilda	Behan	St Andrews	Meath	Jan-23	
Lily	Mulvaney	Ratoath	Meath	Feb-23	
Andy (Sonny)	Bennett	Bohermeen	Meath	Feb-23	
Sean	Rooney	Glaslough Harriers	Monaghan	Dec-22	
Billy	Dowling	Tullamore Harriers	Offaly	Jun-21	Founding Member
Ashling	Murphy		Offaly	Jan-22	
Michael (Mick)	Neville	Tullamore Harriers, Donore Harriers	Offaly	Feb-22	

Donal	Beatty	Tullamore Harriers	Offaly	Mar-22	
Frankie	Brennan	Tullamore Harriers	Offaly	Dec-22	
Mick	Nestor	Tullamore Harriers	Offaly	Dec-22	
Anthony	McCormack Snr	Tullamore Harriers	Offaly	Mar-23	
Michael (Vinny)	Healion	Tullamore Harriers	Offaly	Mar-23	
Raymond (Ray)	Flynn	Calry	Sligo	Apr-22	
Anthony (Tony)	Leonard	North Sligo	Sligo	Apr-22	
Detta	Conlon	Tirerrill	Sligo	Jun-22	
Sean	Naughton	Nenagh Olympic	Tipperary	Nov-21	Life Vice President
Micheal	O'Beirne	Dundrum	Tipperary	Apr-22	
Bernard (Pinky)	O'Neill	Clonmel	Tipperary	Jul-22	
Sean	Hayden	Moyne	Tipperary	Sep-22	
Paula	Collins	West Waterford	Waterford	Apr-22	
Paul	Brunnock	West Waterford	Waterford	Jan-23	
Andrew (Andy)	Hallisey	Ferrybank	Waterford	Feb-23	
Colm	Ryan	West Waterford	Waterford	Apr-23	
George	Bell	Mullingar Harriers	Westmeath	Sep-21	
Wallie	Moore	Kilmore	Wexford	Apr-22	
Pat	Doyle	Kilmore	Wexford	Jul-22	
Myles (Mylie)	Kavanagh	Slaney Olympic	Wexford	Jul-22	
Tony	Greene	Bree	Wexford	Aug-22	
Rob	Whelan	Kilmore	Wexford	Oct-22	
Aidan	Lambert	Kilmore	Wexford	Oct-22	
Pat	O'Mahoney	Adamstown	Wexford	Oct-22	
Billy	Molloy	United Striders	Wexford	Nov-22	
Ibar	Fortune	DMP	Wexford	Dec-23	
MJ	Bolton	Parnell	Wicklow	Dec-21	
Thomas	Bubendorfer	Bray Runners, Star of the Laune	Wicklow	Sep-22	

## TOTAL MEMBERS REGISTERED PER COUNTY AT 31 DECEMBER 2022

The number of registered members as of the 31<sup>st</sup> of December 2022 was used to calculate the voting strength of each County.

### Total Members Registered per county at 31st December 2022

Province	County	Total	Voting Strength	Morning	Roll call
	Antrim	3035	16	0	
	Armagh	644	4	0	
	Carlow	706	4	2	
	Cavan	728	4	1	
	Clare	2101	11	0	
	Cork	8530	43	16	
	Derry	682	4	0	
	Donegal	2165	11	3	
	Down	1508	8	0	
	Dublin	11100	56	17	
	Fermanagh	726	4	0	
	Galway	3822	20	3	
	Kerry	1816	10	3	
	Kildare	3008	16	2	
	Kilkenny	1713	9	4	
	Laois	1106	6	0	
	Leitrim	649	4	2	
	Limerick	1646	9	2	
	Longford	464	3	0	
	Louth	2646	14	7	
	Mayo	2700	14	6	
	Meath	4449	23	11	
	Monaghan	1358	7	1	
	Offaly	1623	9	9	
	Roscommon	782	4	0	
	Sligo	1200	6	4	
	Tipperary	2393	12	0	
	Tyrone	935	5	0	
	Waterford	1677	9	5	
	Westmeath	1088	6	4	
	Wexford	2005	11	3	
	Wicklow	1775	9	1	
Munster			4	2	
Connacht			4	3	
Ulster			4	3	
Leinster			4	4	
AAI Board			16	14	
Total			403	132	

Quorum set at 121

### **Minutes of Congress 2021**

There were no matters arising from the Congress 2021 minutes.

They were proposed by Martin Heery and seconded by Bernie O'Callaghan.



# Coaching & Development Committee Report

# Coaching & Development Committee Report

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*Presented by Brid Golden – Committee Chair*

The past two years have been both challenging and rewarding as our clubs and coaches worked through the enormous difficulties presented by the pandemic followed by a very welcome period of regrowth throughout 2022. During the pandemic, the majority of coaching and development activity either paused or moved into a virtual space. As sport resumed unrestricted activity, we have maintained some worthwhile virtual activities alongside the resumption of face-to-face activity. Solid progressive and sustainable structures have enhanced coaching and development activity from grassroots to high performance levels during the last two years. Throughout this period, the determination, innovation and resilience of all those working with and for our athletes is to be commended.

I would like to thank our Coaching and Development team for all their dedicated work for our athletes, coaches and clubs. This team led by Pat Ryan has expanded and the department is currently serviced by nine Regional Development Officers working all around the country. The appointment of a Club Development Manager, a Coach Education Manager and a Try Track and Field Manager has also been very progressive and most welcome.

## **Coaching & Development Team**

**Pat Ryan**

*Director of Coaching & Development*

**Paul McKee**

*Donegal, Cavan, Monaghan, Louth.*

**Grace Lynch**

*Meath, Kildare, Wicklow.*

**Vacant**

*SETU and Carlow, Kilkenny.*

*(Shane Aston held this position up until January 2023)*

**Colin Byrne**

*Waterford, Tipperary, Wexford, Laois.*

**Timmy Crowe**

*Galway, Mayo, Sligo, Leitrim.*

**Bashir Hussain**

*TUS and Westmeath, Offaly, Longford, Roscommon*

**Colette Quinn**

*DCC and Dublin*

**Conor Wilson**

*DCC and Dublin*

**Olivia Scully Hahne**

*Cork, Kerry, Limerick, Clare (Started February 2023)*

## **Other Staff in the Coaching, Development and Participation areas**

**Lilly-Ann O'Hora**

*Women in Sport*

**Gerard O'Donnell**

*Coach Education Manager*

**Dermot McGranaghan**

*Club Development Manager*

**David Matthews**

*Try Track & Field Manager*

Their activity includes organising workshops, coach education, club development initiatives, development competitions, squad sessions and target group sessions.

**Rachel Ormrod** was appointed as our Director of Participation in 2022. This was another very welcome appointment in a priority area for our organisation.

## Coach Education

With restricted activity in 2021, a large number of courses at all levels of our Coach Education Structure resumed during 2022. The completion of a Level 2 in Autumn 2022 and Level 3 in Spring 2023 was especially welcome.

2021		2022	
	Courses	Participants	
			Courses
			Participants
Athletics Leader	8	153	14
Assistant Coach	37	553	34
Endurance Coach	5	71	3
Level 1	2	31	16
Level 2	0	0	1
Level 3	1	35	1 (continued)
<b>Total</b>	<b>53</b>	<b>843</b>	<b>69</b>
			<b>1321</b>

## Workshops

In addition, other workshops included the following:

Activity	Workshops	Participants
Run, Jump, Throw Workshops	17	C350
Intermediate / Advanced Event Workshops	27	C450
Coaching Network Days	2	147

## Sports Capital Grant & Club Finance workshops

These workshops are aimed at increasing awareness of the Sports Capital grants, Covid support grants and other grants available to clubs as well as advice on drawing down grant funding. 7 workshops were held nationwide along with ongoing support and guidance for clubs on an individual basis.

## Regional Squads

Activity for regional squads was limited by the pandemic in 2021. In 2022, these squads resumed in the four regions and attendance was strong with in excess of 1000 athletes participating.

## Club Development Meetings

Club Development workshops were held in person

and online. In 2021, most meetings focused on the management of Covid regulations, activities to engage members and advice regarding online challenges. Over 100 such meetings were held. In 2022, the meetings reverted to the more traditional club development format, although there was a strong emphasis on rebuilding after the Covid upheaval. Approximately 75 of these meetings took place, which were more in depth than the 2021 meetings. A Club Development manual is being developed. The launch of this manual is imminent.

## Coaching Resources

The AAi Coach programme has further expanded to include sprints alongside a bank of other event resources.



### **NIA Live**

This competition has grown in popularity and in 2022, all meets were sold out. Competitive opportunities were offered to athletes ranging from international competitors to club stalwarts. While the senior section of this competition provided many memorable moments, the juvenile section has proved to be a welcome feature for clubs.

### **Primary Schools Athletics**

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.

### **Partnerships to promote Primary School Athletics**

with the 'Try Track & Field' programme expanded to include South Dublin Sports Partnership and Fingal Sports Partnership. 29 schools participated in this athletics coaching programme over 5 weeks. There were in excess of 4000 pupils involved.

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.

### **Summer Camps**

Following limited Summer Camp activity in 2021, it was great to see the resumption of Summer Camps in 2022. Over 1000 children participated in Athletics Ireland organised camps nationwide.

### **Spraoi Games**

A new fun competition event has been successfully piloted in Donegal and Dublin. Plans are in place to expand this programme.

### **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 involved 610 children from 9 counties in the AIT arena. These children are encouraged to continue to participate with their local clubs.

### **Ukrainian Athletes**

Many clubs welcomed athletes from the Ukraine who have moved to Ireland during the last year. Supported by a free membership scheme, we wish these athletes well while they are with us in Ireland and for the future.

### **Women in Sport**

Our Women in Sport officer is, Lilly-Ann O'Hara. Lilly-Ann has led many initiatives over the last two years and has been superb in her work promoting greater involvement and opportunities for women in our sport. The Forerunners programme which aims to foster leadership among female club members has been hugely successful and is currently in its third cycle. Girl's Squad is a similar programme which involves Transition Year students in secondary schools. A Training Midlife Women Programme was also successful. The Women's Student Coaching Academy is a super initiative upskilling young people in coaching at a young age. The 2022 Women in Coaching Network Day was very successful. Work developing Fit4Life groups for women has yielded positive results.

With over 50% female membership, it is important that we continue to promote and develop female participation in all sectors of our sport and that we continue to offer opportunities to women to become further involved at all levels.

### **High Performance Coaching**

Our High-Performance coaching structure, led by Paul McNamara, has seen continued developments in our structures. Our event co-ordinators have continued to build on the structures and development within their event groupings. These co-ordinators lead the development of the coaching pathway at all levels for their event groups. The co-ordinators are Dave Sweeney (Field Events) and Matt Lockett (Endurance Events). A part time co-ordinator Michael Lane oversees development work in the walking events. Daniel Kilgallon led the sprints program until May 2021. David McCarthy led the highly successful 4 X 400m throughout 2022 with his team of coaches. This team of coordinators will see further appointments in the short term.

The Endurance Coordinator, Matt Lockett has overseen significant squad activity for our endurance athletes, and we have enjoyed

unprecedented success in the European Cross Country Championships in 2021 and 2022. Well done to all our endurance coaches both at home and abroad whose work has contributed to this success.

Our Field Event Coordinator, Dave Sweeney, has overseen significant development and high-performance coaching initiatives for our field events and combined event athletes. It has been heartening to see measured progress in our field events over the last two years.

Michael Lane has initiated a walks group in DCU and oversees significant development work with our younger walkers.

I wish to thank Paul, Dave, Matt, Michael, Daniel and David for their dedicated work for our coaching programme. We are fortunate to have such a capable and hardworking team enhancing the work of our Coaching and Development team.

Our Coach Mentoring Programme for coaches of our high-performance athletes is another element of our coaching programme that has been successfully rolled out across many event groupings with national and international mentors working with our coaches on a regular basis.

Mentors during 2021 and 2022 have included:

#### **Field Events:**

Deirdre Ryan (high jump), Adrian O'Dwyer (high jump), Dale Stevenson (shot), Sean Roth (Pole Vault), John Shepherd (long jump & triple jump), Terry McHugh (Javelin), Don Babbitt (Throws & S&C)

#### **Endurance:**

Steve Vernon, Robert Denmead, Craig Winrow, Alan Story, Chris Jones

#### **Sprints:**

Tonja-Buford Bailey, Dan Pfaff, Stephen Maguire, Ralph Mouchbahani, Kerry Hill, Laurent Meuwly.

We will be seeking to continue this programme going forward.

A structured approach to developing and supporting our national relay squads has been very successful. Our relay programme has continued to expand. We have had significant numbers

of relay teams representing Ireland at major championships. Our mixed 4 X 400m relay made the Olympic and World Championship finals, our ladies 4 X 400m team made the European Championship final and a silver medal for our women's team in the 4X 200m at the world relays were welcome rewards for all our hardworking coaches in area of sprints and relays.

The contribution of personal coaches to our sport is immense. We are delighted to be in a position to offer support to some of our coaches of our high-performance athletes. This is a most welcome development and is a significant step towards delivering our strategic priorities.

Training camps at home and at warmer weather locations abroad have been held annually for our endurance athletes along with our junior high-performance athletes.

#### **Additional Funds**

Our HP Strategy was launched in June 2022 and detailed a special focus on Coaching. This strategy, followed by a successful summer in 2022, resulted in Sport Ireland providing a further 200k to support HP and Coaching structures. This was most welcome.

The additional funds created by the One Day Licence scheme for non-members running in permitted road events has been ringfenced for High Performance and Coaching. This investment will reap dividends for our athletes for years to come.

#### **Registrations**

Registrations have bounced back to exceed pre pandemic levels. In December 2022, registration numbers reached record levels, in excess of 63k members.

#### **Strategic Plan**

Our Strategic plan for 2021-2028 was launched in June 2021. Coaching & Development has a central focus in this plan and is a key strategic pillar. Placing Coaching and Development front and centre in our strategic plan has been a most welcome progression.

#### **Club Volunteers**

Our clubs lie at the core of our sport. The tireless work of our club volunteer's nationwide 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.

### Thanks

Sincere thanks to all those who travelled in a coaching capacity with Irish teams to championships over the last two years. We have had a very successful two years of international championships.

We were all very saddened by the passing of a member of our Coaching and Development Committee, Bran Corcoran, on August 15th, 2021. Brian had been on our committee since 2012 and was our longest serving member. Brian's contribution to coaching at all levels from grassroots to high performance was immense and he is missed hugely.

I would like to thank the other members of the Coaching and Development Committee for the last two years Eamon Harvey, Pat Power, Fintan Reilly, Mary Barrett, Seamus Flynn, John Farrelly, Shireen McDonagh, Ciara O' Reilly, Olivia Scully Hahne, Niamh Richardson, David Murphy and Teresa McDaid. Many members of the committee undertook to lead work and research on various initiatives which has been very helpful and much appreciated. Olivia Scully Hahne who was co-opted to the Coaching & Development Committee in 2018 and again in 2021, resigned from the committee earlier this year on becoming a full time RDO with Athletics Ireland as is required by our constitution.

I would like to thank our CEO, Hamish Adams for his support and assistance over the last two years. His commitment to Coaching and Development has been commendable and has enabled much of our vision to become a reality.

I wish to thank our President, John Cronin for all his help and support over the last two years. His

appreciation of the work of our coaches and clubs and his absolute desire to progress this sector of our sport to its potential has been hugely helpful.

### Conclusion

As I complete my second term as Chair of Coaching and Development, I wish to thank all those who supported and assisted me in the role and also in my previous role as Chair of High Performance. I would especially like to thank the members of Boards that I have worked with during my terms as Chair of High Performance and as Chair of Coaching & Development. As I have reached the permitted 12-year term limit for Principal Committee membership, I will be concluding my involvement at Principal Committee level at Congress 2023. I am delighted to be remaining on the Board of Athletics Ireland for another term as the Munster Nominee to the Board. I am looking forward to continuing to do whatever I can to support the work of our organisation in that capacity. I wish the incoming Chair of Coaching and Development and the new committee every success going forward.

Finally, it has been a huge honour for me to serve as Deputy President of Athletics Ireland for the last two years. It has been a privilege to act as Deputy for and to work closely with our President, John Cronin. I would like to thank John for his exceptional work and leadership of Athletics Ireland, and I wish him the very best for his second term as President.

## **Coaching & Development Committee Report presented by Brid Golden (Chair)**

Report presented by Brid Golden – Committee Chair

The Coaching and Development report was taken as read from the syllabus. Brid Golden thanked John Cronin for his support during the term and thanks were given to the Coaching and Development team lead by Pat Ryan.

Report Proposed By: George Maybury

Seconder: Martin Fitzgerald



# Competition Committee Report

A large, bold white number '2' is positioned on the left side of the page. The background is a dark, textured surface with a halftone dot pattern. On the right side, there are several concentric white circles. The overall design is modern and abstract.

# 2



# Competition Committee Report

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*Presented By Andrew Lynam – Chair  
Competition Committee 2021-2023*

Since our last congress in 2021, we have returned to full competition year around. This initially proved to be challenging but over time this smoothened out as we got going, and hosting over 50 days of National Junior, Senior & Master Level competition in the past two years along with us hosting the 2021 European Cross-Country Championships. We are continuing to push forward with more technology in use at our events, the latest addition being the Long Jump/Triple Jump Take Off Board Cameras, along with greater availability of live field results at our events.

The Competition Committee oversight is very broad covering all aspects of our sports from Track & Field to Road to Cross Country as can be seen in this report.

## Outdoors Track & Field

### Micro Meet –

#### **MTU 15th May 2021**

Post congress in 2021 we hit the ground running within minutes of the closing of Congress with the Micro Meet in MTU in Cork. This was to help athletes qualify for the European 10,000m Cup along with the European U23s. Lizzie Lee, Leevale qualified in the Women and Cormac Dalton, Mullingar Harriers & Paul O'Donnell, Dundrum South Dublin in the Men.

### National Seniors 149th

#### **– 2021 – 25th–27th June – Morton**

National Seniors in 2021 marked the return of spectators to the outdoor T&F championships on the Sunday of the Event. Limited numbers proved challenging as we were limited to three zones of 100 people each but with the help of the Officials, Staff & Athletes we pulled off a successful event. It was held over 3 days, with live TV Broadcast on the Saturday evening.

### National Seniors 150th

#### **– 2022 – 25th & 26th June – Morton**

In 2022 we marked a special 150th anniversary with us being the longest continuous running championship in the world. Our first championship happened in College Park on July 7th, 1873.

There was a lot of organising put in behind the scenes to make this a special event for all involved, from special interviews with athletes of past championships to special initiative in the Field Events to encourage participation. For our NTO's we presented them each with a pin to mark their service and level of standing in the sport.

We had Championship Records in the Shot Put with John Kelly, Finn Valley throwing 19.25m, Sean Breathnach, Galway City Harriers with a throw of 4.94m in the Weight for Height broke one of our oldest championship records which belonged to Gerry O'Connell 4.93m (1986), while Laura Dolan,

Ferbane in the Weight for Distance set a new championship record with a throw of 7.14m. This marked our final national event in Morton before DCU took over the track with a major facelift planned, we hope to return to Morton Stadium later this year.

### Junior & U23's

#### **2021 – 19th & 20th June – Morton**

In 2021 the Juniors & U23's was held over two days due to Covid Restrictions. Two Euro U20 A Standards were achieved by Conor Cusack, Lake District in the Javelin (70.27m) and Nicola Tuthill, Bandon in the Hammer (59.74m). Casey Muley, Inny Vale set a B standard in the Shot (14.08m). James Kelly had a NR U23 Record in the Shot (16.90m).

#### **2022 – 17th July – Tullamore**

We were back to a single full day of competition in 2022, with records from Israel Olatunde, UCD (100m – 10.24 NU23R) & Reece Ademola, Leevale (LJ – 7.76m U20CR).

This Championship also facilitated the qualification for the U20 DNA ECCC meet in Castellon, Spain. This replaced the U20 ECCC League that happened in previous years. Ratoath A.C. were successful in in Qualification and came 3rd overall in the B Final over in Spain.

### AAI Games / Combined Events –

#### **2021 – 12th & 13th June – Morton**

For the first time the AAI Games had a European Permit (Cat D), and this was with our first event back that enjoyed unrestricted entry. There was strong demand in the majority of the events due to it being for many the first event back on track since 2019. We continued our relationship with the HP Department to secured pacers for our Elite Distance Athletes. In the Combined Events we had good Performances from Rolus Olusa, Clonliffe Harriers who won with a total of 6900 in the Decathlon & Elizabeth Morland,

Cushinstown with 5178 in the Heptathlon. In the Juniors CE Molly Curran, Carmen Runners came out on top with a score of 4259 & Jack Forde, St. Killian's with a score of 5430.

## **AAI Summer Games –**

### **2021 – 25th July**

Due to the changes to the Outdoor League Format in 2021 with no rounds & no guests, the Committee decided to put on an extra event to facilitate athletes that wanted another event due to the short season, with most senior athletes being done come Mid-July. It was held on the New IT Carlow Track. Overall, it was good meet with National U20 Record for Cian McPhilips, Longford in 1500m (3:40.56).

## **Tullamore –**

### **2022 – 24th & 25th July**

For the 2022 Edition of the AAI Games, we were off to Tullamore, and we had guests from down under (Australia) on a stop off before the Commonwealth Games. We also hosted the 10,000m for both men and women which was a first time for them in a number of years to have a National 10,000m Championship. Ide NicDhomhaill from Donore Harriers was our Female Winner while Matthew Neill from Strive Racing was our Male Winner.

The Irish Men's 4x100m Team secured qualification for the European Seniors with a time of 39.27. In the Combined Events Lara O'Byrne, Donore Harriers returned a performance of 5003 in the Women & in the Men David Dagg, Dundrum South Dublin secured his first win with a score of 5268. We had a Wexford Double in the Juniors with Saidhbhe Byrne, Enniscorthy taking the women's title with a score of 3989 & Jack Forde, St. Killian's the men's title with a score of 5732.

## **National Masters**

### **2021 – 5th September – Morton**

Due to the late start of the outdoor season in 2021 the Masters was a few weeks later to close out the summer. Overall, a good but long day of competition. Athletes were limited to 2 events each.

### **2022 – 13th August – Tullamore**

In 2022 the master's day proved to be an extremely long day partially due the extra events along with it being one of the hottest days of the summer. The

Heavy Hammer ended up being cut short at 20:15 after the completion of the third round. We were short on officials at this event, this is partly down to 2022 being our first full outdoor season in over 2 years. For future Master Outdoor Events strategies to shorten the day will need to be examined.

## **National League**

### **2021 – Premier League – 15th August; Division 1 League – 22nd August – Tullamore**

In 2021 due to limited T&F Season and restriction on numbers the league was held over two weekends, one weekend for each division. In the Premier Division Clonliffe Harriers were our winners in the Men while Kildare County picked up their first win in the Women. The following weekend, in Division 1 we saw Ratoath pick up the Shield in the Men while Sligo County triumphed in the Women. Also held with Division 1 League were the Youth & Masters Combined Events.

### **2022 – League R1 – 22nd May – Mary Peters & Templemore R2 – 31st July – IT Carlow & TUS Athlone Final – 14th August – Tullamore**

In 2022 the League returned to a more traditional Format with 2 rounds a final. Teams were happy to be back at it travelling up and down the country to complete. Thank you to our hosts around the country for providing venues for use to host the rounds. In the Men's Division Clonliffe were the winner in the Premier Men while Tir Chonaill were victorious in Division 1. For the Women DSD reclaimed the trophy in the Women while Enniscorthy won the Division 1 in the Men.

Thank you to Bernie Dunne & Padraig Kelly for all the work they do organising the leagues behind the scenes.

## **Post League Feedback**

*Post this event feedback was sought from clubs to see what changes if any they would like to see to the league going forward. Following changes were Made for the 2023 season to be reviewed post Competition:*

- There will be a single round and a Final. To be held on June 25th / August 13th.
- County / Composite Teams will compete in their own divisions. Best 15 events will be taken.
- For the first round there will be no differentiation between premier or division 1 for club teams,

Everyone will be at the same level. The best 15 events will be taken for everyone.

- Top 8 in round 1 will become Premier for the Final where best 17 Events Apply.
- Next 8 (9-16) in round 1 will become Division 1 for the Final where the best 15 Events Apply.
- These 8 teams will be allowed 2 guests to compete with the team in the Division 1 Final only.
- County / Composite Division will have the Top 8 go through to the Final, best 15 events will apply.
- There will be no Guests Events in either round of the outdoor League.

## **Spring Throws**

### **Templemore – 3rd April 2022**

The Spring throws returned to Templemore in 2022 after being last held there in 2019. Overall, it was a successful but long day with a large entry. Both Conor Cusack, Lake District in the Javelin (65.89m) & Niamh Fogarty, Raheny Shamrock in the Discus (53.95m) set meet records. Going forward we will be looking to put on two events concurrently due to the large entries.

### **Tullamore – 19th March 2023**

The Spring throws will be going to Tullamore in March, this is a few weeks earlier due to the World Indoor Masters being on at the normal time of the Spring Throws.

## **National Road Champs**

### **Marathon 2021 – Belfast Marathon, Belfast – 3rd October**

The Marathon Championship returned in 2021 only for Senior & Senior Teams. Thank you to Belfast Marathon for hosting it for us. Mick Clohisey, Raheny Shamrock pick up the Mens Trophy while Fionnuala Ross, Armagh was successful in the Women Race.

10k – Great Ireland Run, Phoenix Park – 13th April –  
Dublin City Harriers 5k – Irish Runner 5k, Phoenix Park – 15th May 5m – Irish Runner 5m, Phoenix Park – 12th June 10m – Irish Runner 10m, Phoenix Park – 10th July 2022 Saw the Return of both the Great Ireland Run & The Irish Runner Series of Road Race Championships. Numbers were down compared to previous years but for the 2022 season this was a story across the board with most events in the country. A course restricted to the west side of the Phoenix Park and early start were issues. For the 2023 Season

these issues are being addressed to make it more appealing for athletes outside of Greater Dublin Area to Travel.

### **Half Marathon 2022 – Ratoath Half Marathon, Fairyhouse, – 10th September**

Ratoath A.C. hosted the National Half Marathon in 2022 in and around the Fairyhouse racecourse. Overall, it was a brilliant day of competition, we look forward to going there in the near future. We saw Yared Derese, Carrick Aces & Kate Purcell, Raheny Shamrock pick up their first National titles.

### **Marathon 2022 – Dublin Marathon, Dublin – 30th October**

We returned to the Dublin Marathon in 2022, it was a successful day with Martin Hoare, Celbridge & Courtney McGuire, Clonmel winning their first national titles. Processing the results was complicated by the rollover of previous year entries. For 2023 additional improvements have been put in place to help alleviate issues. Along with us coming to work with the 'Good for Age Standards' which our members can use for entry.

## **Road Relays – Raheny**

### **2021 – 3rd October**

The 2021 edition of the road relays was our first event without Pat Hooper at the helm. It was later than usual, being held in Autumn instead of late spring, but overall it was a good event, participation was limited more to the Greater Dublin Area due to it clashing with some County Championships, clubs were happy to see it back. Raheny were our overall victors in the team events. A big thank you to Dave Hooper and all the Team in Raheny for the successful day.

### **2022 – 24th April**

We returned to our late spring date in 2022 to a very large field in the road relays. A successful day with a very diverse field with over 120 teams entered. U.C.D. proved to be a mighty force on the day, taking the overall team prize from the home club for the first time. Clonliffe Harriers Men set a new course record. Going forward we'll be looking to split the Master Men event in two due to numbers, along with the introduction of chip timing to give a live result to the event.

## Road Walking Champs

### 20k Race Walking Champs –

#### **12th June – Tuam**

The 20k Race walking champs were held in St. Jarlath's College in Tuam, men's race was won by David Kenny, Farranfore Maine Valley from Brendan Boyce Finn Valley with Jerome Caprice Dundrum South Dublin in third. The ladies' race was won by Kate Veale, West Waterford with Eva Delahunt, Sligo in second. A full programme of Juvenile events was also held on the day. Thanks to Pierce O'Callaghan & Co in Tuam A.C. for hosting.

### 35k Race Walking Champs / 10k Master –

#### **19th December 2021, – Raheny**

We returned to St. Anne's Park Christmas week in 2021 for the 35k Race Walking Champs. It was our first time doing it over this distance along with it having a World Athletics Race Walking Tour Bronze Permit. The event was successful although numbers participating were small. Brendan Boyce (Finn Valley) was our winner in the men with Kate Veale (West Waterford) in the Women. Thanks to Dave Hooper and Co in Raheny on organising another successful event.

### 20k / 35k Race Walking Champs / 10k Master –

#### **18th December 2022, – Raheny**

We closed out 2022 with the combined 20k / 35k Race Walking Champs with another successful event in Raheny. There was representation from around the world thanks to the event having the World Athletics Race Walking Tour Bronze Permit. Joe Mooney (Adamstown) was our winner in the Men's 35k, while Oisin Lane (Mullingar Harriers) was our 20k winner, in the Women's Event Kate Veale (West Waterford) was our winner for both distances. Thanks to Dave Hooper & Raheny along with a special mention to Pierce O'Callaghan who did a good bit of work behind the scenes for both the Senior & Juveniles elements.

## Cross Country

### Autumn Open

The 2021 Edition of the Autumn Open marks the return of the XC in 2 years and it served as our trial event for the Euro Cross Country. Overall, the event was successful. Thanks to Paddy Marley & his team of volunteers for putting together the course, along with the extra requirements that came with it being the Euro Cross trial event.

The 2022 Edition of the event improved year on year, with an increase in entries along with it serving as the Masters Trail for the Five Nations Masters XC that would be held in Santry later on in 2022. Also included with the event were the Juvenile Relays for the first time. Going forward we are looking to increase the profile of this event with a World Athletics Cross Country Bronze Permit for the 2023 event onwards.

### European Cross Country, Dublin 2021

Dublin was host to the European Cross Country in 2021, originally scheduled for 2020 it got pushed out a year due to Covid. There was a lot of involvement from our officials at all levels of organising such an event. From Logistics, Hospitality, Transport, Stewards, Course Builders, and Officials etc. Overall, it's one for the history books as European Athletics were very impressed with how the event turned out despite the hurdles we faced; the hurdles were surmounted and didn't hold us back one bit which is a credit to all help making such an event possible. A Special Mention to both Liam Hennessy and John Cronin along with the rest of the LOC that did an incredible job delivering a wonderful event and memory for Irish Athletics.

### Seniors & Junior XC

#### **Santry, Dublin – 21st November 2021**

Clonliffe Harriers Hosted the Senior XC in 2021. It was a very successful event in the lead up to the European Cross with a lot of athletes coming out to compete for those limited team spots. There was a very large entry along with a large number of spectators. Hiko Tonosa, Clonliffe Harriers & Michelle Finn, Leevalle claimed top prizes in the Seniors. With Jane Buckley, Leevalle & Nick Griggs, Mid Ulster claiming the junior titles.

#### **Rosapenna, Donegal – 20th November 2022**

Cranford were our 2022 Hosts. With a high bar set in 2021 they reached for the stars. Thanks to all that made it a successful event, especially thanks to Paddy Marley who was the leader for both course setups. It was also our first-time live streaming cross country, this proved to be a massive hit, and something we wish to keep going forward! Anika Thompson, Leevalle & Nick Griggs, Mid Ulster were our Winners in the Juniors, with a UCD double with Sarah Healy & Darragh McElhinney coming out on top for the Seniors (& U23s).



This event also marked the start of our new sponsorship with 123.ie.

From both of these Cross-Country Events, teams for the European Club Champions Cup Cross Country (ECCCXC) were selected. Ennis Track Junior Men did particularly well in the winning the overall team prize in 2022.

### **Novice XC**

#### **Gowran, Kilkenny – 5th December 2021**

The Novice was hosted by Gowran beside the local racecourse on a bright sunny day. The event was successful with only a few issues. In the Women's Novice Eavan McLoughlin (Sligo) was our first home, while the victory in the men's race went to Liam Harris (Togher).

St. Catherine's A.C., Cork – 4th December 2022 the Novice Cross-Country Championships were hosted by St Catherine's AC in Cork, and everything went smoothly. Big thank you to the club for being so accommodating. Fiona Everard (Bandon) was our winner in the Novice Women while Paul Hartnett (East Cork) was our first home in the men's race.

### **Intermediate & Masters XC**

#### **St. Nicholas A.C., Cork – 16th February 2022**

Overall, a very successful event, a few issues with results processing that led to medal delays. Thanks to St. Nicholas & all for being excellent hosts. Lauren Tinkler (DCH) was our Intermediate Women Winner, and Evan Fitzgerald (Clonmel) was our Men's Winner.

#### **Gowran, Kilkenny – 12th February 2023**

Another successful, with little to no issues with results. All medals were presented in good time. Avril Deegan (DCH) was our Intermediate Winner while the Men's Winner was Luke Dinsmore (Annadale Striders).

Thanks to all in Gowran & Kilkenny for hosting.

### **Regrading**

*In 2021 there were 9 Application for Regrading, 7 Successful, 1 Unsuccessful, 1 Status not Broken.  
In 2022 there were 10 Application for Regrading, 5 Successful, 2 Unsuccessful, 3 Status not Broken.*

*There is 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 2023/24 Season will open in Late August, and a close at the end of September.*

## **Indoors Track & Field**

### **Indoor League**

#### **2022 Indoor League –**

**R1: 9th Jan NIA, R2: 23rd Jan Athlone, Final: 12th Feb NIA.**

The 2022 Indoor League marked the return of Indoor Competition. With 25 Teams taking part the two divisions. This also marked the return of the League Final due to club demand. This was held in conjunction with the AAI Games, but unfortunately this didn't really work with some athletes preferring to compete in the individual events rather than the league. Leevale A.C completed a double winning both the Men & Women Divisions.

#### **Post Indoor League 2022**

*Post this a review of the indoor league was done with feedback from clubs and the following was put forward:*

- Two New Events have been added to the Indoor League Program the 1500m Walk & 3000m.
- Will remain a club only competition. No Country or Composite Teams for Indoor League.
- Guest events will now take place in the second half of the day rather than after each event. Exception being some of the Field Events where guest numbers would be low.
- No on the day entry for guest events including for League Teams.
- Combined Events Day 2 of Men Heptathlon (60mH, PV, & 1000m) will remain with League R2.

### **2023 Indoor League –**

**R1: 8th Jan NIA, R2: 22nd Jan Athlone, Final: 11th Feb NIA.**

Following these changes feedback for the 2023 edition of the league was overwhelmingly positive from clubs. There are still a few minor adjustments to make but that will always be the case. In 2023 Clonliffe Harriers were our Male Winners with DSD Female Winners.

### **Combined Events:**

#### **2022 – 22nd & 23rd Jan Athlone; 2023 – 21st & 22nd Jan Athlone**

In 2022 we held the first National Heptathlon for Youth, Junior & Senior Athletes. Rolus Olusa, Clonliffe Harriers triumphed in the Senior Men Heptathlon while Louise King, St. Colman's South Mayo was our victor in the women's event. Overall, the feedback from the Men in the increase of events was positive as they could compare their performances to competitions abroad.

In 2023 Jack Forde, St. Killian's was our Winner with Niamh McCorry, Raheny Shamrock in the Women. One aspect that still proves challenging is the scheduling of the individual events during the day as it can be a little unpredictable due to the nature of the combined events and having limited apparatus. Where needed the athletes have been very accommodating, a thanks to all there.

### **AAI Games: 2022:**

#### **12th Feb NIA; 2023: 29th Jan Athlone**

AAI Indoor Games were held with the League Final in 2022, which cause some conflicts with athletes between League & Games. Overall, the day was successful. With some excellent performances from our international athletes ahead of the Indoor Seniors. Nick Griggs, Mid Ulster continued his record haul with a 3000m U20 record (7:57.38).

The 2023 edition reverted back to a stand-alone event, unfortunately entries weren't as strong as 2022 particular in the field events. This was partially due to 2022 being first indoors in 2 years to unintended fixture clash with the rescheduled IUAA Indoors. There were records for our Junior Men in the 4x400m achieving the European Outdoor Standard. Along with U18 Records from Cormac Dixon, Tallaght in the 3000m (8:15.48) & Saoirse Fitzgerald, Lucan Harriers in the 800m (2:08.76).

### **Indoor Masters: 2022:**

#### **30th Jan Athlone; 2023: 5th Feb Athlone**

The 2022 & 2023 edition editions were well supported, with both having good fields of athletes across the disciplines with athletes happy to be back indoor completing. In 2022 athletes were limited to 2 events, this was up to 3 in 2023.

### **Miscellaneous**

#### **Officials Recruitment**

In 2021 we recruited 12 Officials on to the Panel. In

2022 we recruited 30 Officials onto the National Panel.

### **IUAA Support**

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

### **Fixtures Meetings 2022 & 2023**

Several fixtures' meetings were held both in 2021 & 2022 for the following year where we build the fixtures list with various inputs and layer it up until we have the full list of fixtures. Thanks to all that their participation there from Competition, HP, Juveniles, Regions, ANI, Irish Schools & IUAA.

### **Technical Committee**

Over the past 2 years I've been the Competitions Representative on the Technical Committee. NTO Training was put on in 2022 where we had 15 new members of the panel. We have ratified 59 records in 2021 and 73 records in 2022 which is our highest number of new records in recent history of the federation.

### **Technology**

Over the past two 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. Along with this at the end of 2022 we invested in a Long Jump/Triple Jump Take Off Board Cameras which can now be seen in use by our crew at the horizontal jump.

All but one of our 30+ competitions have had live results element in the past year. The Road Relays is the last hurdle that we hope to tick off in 2023.

### **Official of the Year**

The 2021 Official of the Year was Cyril Smyth. Cyril, originally from Scotland, has been with Bray Runners since 1984. He can be seen starting races at all levels from local races in Wicklow right up to Internationals. He is one of the people who can find old results of nearly any kind. He has been influential in the development of historical results for AAI, Schools & Universities. Along with this he has been involved with the IUAA for the past 30 years in various roles. The 2022 Official of the Year was Alister Wilson. In the summer of 2005 Alistair paid a visit to Ireland taking

a break from the rigours of the New Zealand winter. He boldly presented himself to the organising committee of the Cork City Sports as an Oceania Area Technical Official. He eventually settled permanently in Kinsale and a member of Midleton A.C. He can often be found in the back weighing and measuring implements making sure they are fit for competition. Whenever the walks are on, he can be found out eagerly helping out judging them.

### **Past Officials**

Over the past few years, we've lost some very influential people that were regular at all our events, these included Ray Flynn (Sligo) who passed away on his way home from the Road Relays in 2022, he was a driving force for walks in Ireland over the past several decades. Pat O'Keefe (Clonliffe Harriers) had taken a step back at the start of Covid, but he would often have been seen carrying EDM's and other measurement gear at our track and field events. Finally, we lost Tim Ahern (Blarney/Inniscarra) who was a long-term member of this committee. Known for the High Jump he was a quiet fellow with a good sense of humour. Other Officials that have passed on include Paddy Ward (Newbridge, LJ/TJ/XC), Danny McClafferty (Mid Sutton HJ), & Santis Kaugars (Dunleer, SP). All will be deeply missed by one and all in the athletics community.

### **World Rankings**

The 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. Up to end of 2022 all athletics events would have been added to this ranking system. This has now changed. From 2023 onwards World Athletics requires competition details be registered over 60 days out from the event. 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.

Ireland has 4 Upper Permits (Cat E), in 2022 these were awarded to the AAI Indoor Games, Leinster, Connacht & Munster Senior Championships. For 2023 these have been awarded to currently the AAI Indoor Games, & AAI May Open.

### **International Competitions**

In 2022 both the Cork City Sports (Cat C) & Morton Games (Cat D) returned, and 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.

### **Competition Team**

Over the past two years there has been change in the competition team. Both Barry Pender and Lizzy Broderick have moved on from Athletics Ireland, both made a notable contribution. Ger Stewart took over as Competition Director, having only joined the team a few months previous. David Daly has also joined the team. Both are welcome additions to the Team who along with Valerie O'Brien and James Welsh have done impressive work behind the scenes enabling our competitions to take place. Many thanks for all your help and keep up the good work!

### **Board**

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

### **Committee**

Finally thank you to all the committee members for their support and work both on and off the Track/Field to make the 30+ events we do each year happen; this commitment is in addition to their non-national commitments to the sport.

A special thank you to Paddy Marley, who has been on the committee since the organisation was founded, Brendan McDaid, Tim Ahearn (RIP), Patsy Kelly and Patricia Griffin who all have served their full terms with this committee. We are forever in your debt and hope you are still on the other end of the phone to share experience and give advice.

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



## **Competition Committee Report presented by Andrew Lynam (Chair)**

Report presented by Andrew Lynam – Committee Chair

The Competition report was taken as read from the syllabus.

Report Proposed By: Paddy Marley

Seconded by: PL Curran







# High Performance Committee Report



3

# High Performance Committee Report

*Presented By Fintan Reilly – Chair  
High Performance Committee 2021-2023*

HIGH PERFORMANCE TEAM	
Paul McNamara	Director
Matt Lockett	Endurance
Dave Sweeney	Field Events
Jacqui Freyne	Pathway Performance
Roisin Lande	Athletics Services
Paul Thornton	Operations Manager (Feb 2023)

HIGH PERFORMANCE COMMITTEE	
Fintan Reilly	Chair
Teresa McDaid	Elected
Eamonn Harvey	Elected
Ray Flynn RIP	Elected
Noelle Morrissey	Co-opted
Niall Bruton	Co-opted
Cian McManamon	Athletes Commission
Brid Golden	As Chair of Coaching & Development

## Introduction

It has been a very exciting and busy two years in High Performance in Athletics Ireland where our international athletes represented Ireland at 20 major championships up to end 2022.

Our Strategic Plan for 2028 has targeted 30 medals for the 2024 cycle and we are on course for that with 18 medals to end 2022. The increasing number of finalists and top 16 placings is also very positive. Our ambition is to select athletes that can qualify for semi-finals or better and Teams that can make finals.

It was great to see medals won from EYOF right the way through to European Championships in Munich in 2022. While there were so many highlights over this period a couple stand out.

1. **Munich 2022**, where Rhasidat Adeleke and Israel Olatunde made the front and back pages with their record runs. Then, the more senior members of the squad stepped up and did what we were hoping for, with Ciara Mageean and Mark English both winning silver. It was great that athletics was the main sport in Ireland during these European Championships.
2. Athletics Ireland hosting the **European Cross Country Championships** in Sport Ireland Campus in 2021. The crowds and the atmosphere, coupled with the Irish performances made it a day to remember in Irish sport. Darragh McElhanney's silver medal and the U23 Team winning gold as well as the U20 Men's Team silver were highlights on a very positive performance for Ireland overall.



Irish athletes have proven they can compete with the best in Europe at major championships but the elusive medal at a World Championships or Olympic Games continues to elude us. The progress that has been made though gives us hope for Budapest this August and Paris in 2024.

Congratulations to all our athletes, their coaches, clubs, and families, who have represented Ireland in the last two years at Juvenile, Youth, Junior, U23 and Senior levels. Days, weeks, months and years of effort and sacrifice for you all goes in to getting there. It is a wonderful honour to represent your Country and gives joy to everyone involved.

### **Carding System**

The Carding System through Sport Ireland has provided support to more athletes in the last two years. This investment, coupled with Athletics Ireland discretionary funding and support, will continue to help athletes improve performances at European and World level. The Performance Pathway programme which focuses on Youth, U20 and into U23 level has provided a strong network to keep athletes actively engaged throughout an age profile where we lose most of our emerging talent.

### **Coaches**

A fundamental pillar on the Strategic Plan is to support our Coaches. This is fundamental in helping our volunteer coaches, who are working with our athletes that are competitive at the highest level. The support is to coaches who are working with elite groups and who also work on a one to one basis. Paul, Hamish and the Team worked very closely with Sport Ireland throughout the process and this investment will further professionalise the structures in Ireland. I would like to thank Sport Ireland for its support in delivering on this.

### **Staffing**

High Performance is one of a number of different Divisions within Athletics Ireland but is the area that generates the greatest attention. Our success and failure is measured very closely by the Media, social media, Sport Ireland and Sponsors. The better we do, the greater the positivity and on the flip side if we don't perform then the mood swings the other way. The Team lead by Paul, has been very stretched over the last two years as they have not been at full

staffing levels throughout. Despite this difficulty the Team has done an exceptional job in working with athletes and coaches, with Sport Ireland and the Institute, ensuring gear in place for each championship in the face of supply chain nightmares, organising camps from Pathway to Seniors etc.

The approval from the Athletics Ireland Board to appoint a HP Administrator will ease the administrative burden from Paul and allow him to focus more on HP itself.

High Performance is not a 9-5 role. It can and often is a 24/7 job and many of the staff spend days and weeks away from family. While this is their job, it is very much appreciated by the High-Performance Committee and all those linked to HP performance.

The HP Team couldn't function without the help of volunteers, and I would like to especially thank Teresa McDaid as Senior Team Manager, who on top of her role at major championships has in the last few months helped with the pre-event logistics (flights, hotels, gear etc), given these staff shortages. I would also like to thank all the Team Managers, Coaches and support staff who have been involved on all of the 20 Championships in the last 2 years.

The High-Performance Committee has been very engaged and energetic over the last two years, and I would like to thank them for their support. Committee meetings are constructive and productive with members able to give open and honest feedback. I would particularly like to remember Ray Flynn who sadly passed away last year. Ray was a former Chair of HP and devoted his life to athletics. His main passion was race walking but was a constant fixture at most National athletics events. Ray wasn't behind at tackling you over issues and concerns he had, but it was always in the interest of athletics and athletes.

I would also like to thank all the Selectors for Championships over the last two years. This is not an easy role and one where every decision has an impact on athletes, coaches and Athletics Ireland. There will be times when decisions are criticized and can take its toll on the selectors, but I know that each selector makes their decision based on all the facts presented to them at the time. The

The Selection Policy and criteria is now a very robust and clear document for each Championship and will continuously be reviewed in the best interests of our sport.

### **Medical Services**

We are fortunate to have an outstanding team of service providers for our carded athletes. With the aid of the Sports Ireland Institute, we engage the services of excellent teams in the areas of medicine, physiotherapy, strength and conditioning, nutrition and psychology who provide the highest standards of care for our elite athletes. I thank them for this commitment. We hope that in the future we might be able to bring these services outside of Dublin to further ease the travel burden on our carded athletes.

### **Coaching & Development**

High Performance and Coaching & Development are intrinsically linked. I have worked closely with Brid Golden, the Committee's Chair. Brid attends the HP committee meetings and I attend Coaching & Development meetings. The appointment of Gerard O'Donnell as Coaching Programme Manager is a good example of where the Teams cross over. Gerard is responsible for the Level 3 coaching course, with the current course recently finishing. We will look to begin another one in 2023.

### **Conclusion**

I wish to thank our President, John Cronin, Hamish Adams our CEO and the Athletics Ireland Board for their support over the last two years. There are times I have given them sleepless nights but their backing of our policies, procedures and decisions gives comfort that High performance is an effective and co-ordinated group of staff and committee members.

Thank you to Paul McNamara, our High-Performance Director and all his Team. We have a very strong relationship between his Team and the HP Committee. The Committee is very supportive, but not afraid to challenge, but we challenge in a very constructive way. We all want the same thing and that is more success. It is heart-warming to come away from recent major championships with record

results and still believe that next time we can do even better.

The support from Sport Ireland and its buy-in that we are continuing to make progress is a major positive. We need their continued support to achieve our ambitious objectives. They showed this with our Coaches support programme, and we will continue to challenge for further funding.

Finally, I have only mentioned a few of the fantastic highlights that our athletes achieved over the last two years. If I was to mention them all it would be a very long list. This shows that we are continuously progressing. The Association are proud of every athlete that competes in an Irish vest and bring joy when we see them compete either in person, on the TV or on Live Stream. Our athletes are getting more exposure to World class Continental Tour and Diamond League events and when they get these chances, they are showing that they are not there to simply make up the numbers.

I was privileged to be elected as Chair of High-Performance Committee over the past two years and I look forward to the next two years. Athletics Ireland Members are a proud community, and we all enjoy success when it comes. Let's hope we all see further improvement and success over the next two years and beyond.

## Top 8 (or best) Performances April 2021– Dec 2022

Championship	Number of Irish Competitors	Athlete	Result	Event
2021 World Relay Championships	3 Teams	Women 4x200m Mixed 4x400m Women 4x100m	2nd 7th 10th	4x200m 4x400m 4x100m
2021 European Throwing Cup	7	Casey Mulvey Niamh Fogarty	4th 8th	U23 SP U23 DT
2021 European Race Walking Cup	2	Brendan Boyce	9th	50kmW
2021 European 10,000m Cup	6	Hiko Tonosa	12th	10,000m
2021 European U23 Championships	23 & 2 Relays	David Kenny Stephanie Cotter Women's 4x100m	2nd 6th Top 8	20kmW 1500m 4x100m
2021 European U20 Championships				
2020 Olympic Games	23 & 1 Relay	Mixed 4x400m Thomas Barr Brendan Boyce	8th 9th 10th	4x400m 400Mh 35kmW
2021 European Cross Country Championships	40 inc 6 full team	U23 Men U20 Men Mixed Relay Sen Women Sen Men Sarah Healy U23 Women Keelan Kilrehill Abdel Laadjel U20 Women	1st 2nd 4th 4th 4th 5th 5th 6th 6th 8th	U23 M U20 M 4x1500m Sen W Sen M U23 W U23 W U23 M U20 M U20 W
2022 World Race Walking Team Championships	2	Brendan Boyce	26th	35kmW
2022 European Throwing Cup	8	Conor Cusack Eric Favors James Kelly	7th 8th 8th	U23 JT Sen SP U23 SP
2022 World Indoor Championships	11 & 2 Relays	Sarah Lavin Women's 4x400m Men's 4x400m	7th 7th 7th	60mH 4x400m 4x400m
2022 European 10,000m Cup	7	Efrem Gidey	6th	10,000m
2022 European U18 Championships	20	Fintan Dewhirst Ava Rochford Conor Cusack	2nd 4th 4th	400m H HJ Javelin
2022 World Championships	13 & 2 Relays	Mixed 4x400m	8th	4x400m
2022 EYOF	12	Sean Cronin	3rd	1500
2022 World U20 Championships	6	Reece Ademola Nicola Tuthill	4th 8th	LJ Hammer
2022 European Athletics Championships	28 & 2 Relays	Ciara Mageean Mark English Rhasidat Adeleke Sarah Lavin Women's Marathon Israel Olatunde Efrem Gidey Women's 4x400 Fionnuala McCormack Brian Fay Louise Shanahan	2nd 3rd 5th 5th 5th 6th 6th 6th 7th 8th 8th	1500m 800m 400m 100mH Marathon 100m 10,000m 4x400m Marathon 5000m 800m



2022 European Cross Country Championships	40 inc 7 full teams	Nicholas Griggs U20 Men's team Dean Casey U23 Men's team Sen Women's team Jane Buckley Efrem Gidey	2nd 2nd 3rd 3rd 3rd 5th 5th	U20 M U20 M U20 M U23 M Sen W U20 W U23 M
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2023 European Indoor  
Championships

2023 European  
Throwing Cup





## Irish Records Since March 2021

### Senior – Indoor

Athlete	Distance	Time/Points/Dist	Date
Luke McCann	1000m	2.17.40	12.02.22
Andrew Coscoran	1500m	3.33.49	5.02.23
Brian Fay	5000m	13.16.77	03.12.22
Eric Favors	Shot	20.16m	05.02.23
David Kenny	5000m Walk	18.42.38	12.02.23
Clonliffe Harriers	Mens 4 x 200 Club	1.27.49	19.02.23
Rhasidat Adeleke	60m	7.17	11.03.22
Rhasidat Adeleke	200m	22.52	21.01.23
Rhasidat Adeleke	400m	50.33	25.02.23
Kate O'Connor	Pentathlon	4,396 pts	29.01.23

### Senior – Outdoor

Athlete	Distance	Time/Points/Dist	Date
Israel Olatunde	100m	10.17	29.05.02
Mark English	800m	1.44.71	29.06.21
Luke McCann	1000m	2.16.40	10.08.22
Eric Favors	Shot	20.50	05.08.22
Mens Relay	4 x 400	31.12.88	31.07.21
Rhasidat Adeleke	200m	22.59	15.04.22
Rhasidat Adeleke	400m	50.53	17.08.22
Louise Shanahan	800m	1.59.42	14.05.22
Womens Relay	4 x 400	3.26.06	19.08.22

### U23 – Indoor

Athlete	Distance	Time/Points/Dist	Date
Darragh McElhinney	1500m	3.39.63	07.03.22
Mens Relay	4 x 400	3.13.97	08.02.23
Rhasidat Adeleke	60m	7.17	11.03.22
Rhasidat Adeleke	200m	22.52	21.01.23
Rhasidat Adeleke	400m	50.33	25.02.23
Ellen McCartney	Pole Vault	4.05m	12.05.21
Miranda Tcheutchoua	Weight	18.79m	10.02.23
Leevale	Womens 4x200 Club	1.40.23	10.02.23
Womens	Relay 4 x 400	3.40.25	22.01.23
Ratoath	Womens 4x400 Club	3.52.80	12.02.23

U23 – Outdoor			
Athlete	Distance	Time/Points/Dist	Date
Israel Olatunde	100m	10.17	29.05.02
Robert McDonnell	200m	20.51	28.05.22
Darragh McElhinney	3000m	7.42.86	02.08.22
Darragh McElhinney	5000m	13.17.17	28.05.22
Rhasidat Adeleke	100m	11.31	15.05.21
Rhasidat Adeleke	200m	22.59	15.04.22
Rhasidat Adeleke	400m	50.53	17.08.22
Sarah Healy	1500m	4.02.86	31.05.22
Sarah Healy	Mile	4.29.03	14.05.22
Sarah Healy	3000m	8.46.14	05.07.22
Laura Mooney	5000m	33.23.95	28.04.22
Ellen McCartney	Pole Vault	4.15m	26.05.21
Kate O'Connor	Heptathlon	6,297 pts	25.04.21

U20 – Indoor			
Athlete	Distance	Time/Points/Dist	Date
Nicholas Griggs	1500m	3.39.94	25.02.23
Nicholas Griggs	Mile	3.56.40	10.03.22
Nicholas Griggs	3000m	7:54.44	28.01.23
Abdel Laadjel	5000m	14.12.73	25.02.22
Conor Callinan	Pole Vault	4.75m	09.01.22
Mens Relay	4 x 200	1.30.52	22.01.23
Mens Relay	4 x 400	3.014.33	08.02.23
Elizabeth Ndudi	Long Jump	6.42m	04.02.23
Casey Mulvey	Shot	15.30m	22.01.22
Leevale	4 x 200 Club	1.40.23	22.01.23
Womens Relay	4 x 400	3.43.30	29.01.23
Ratoath Womens	4 x 400 Club	3.52.80	12.02.23

U20 – Outdoor			
Athlete	Distance	Time/Points/Dist	Date
Cian McPhillips	1500m	3.40.56	25.07.21
Nicholas Griggs	Mile	3.58.51	02.07.22
Nicholas Griggs	3000m	7.53.40	05.07.22
Dean Casey	10000m	28.57.32	14.05.22
Reece Ademola	Long Jump	7.83m	02.08.22
Conor Cusack	Javelin	72.13m	27.06.21
Diarmuid O'Connor	Decathlon	7,640pts	18.07.21
Rhasidat Adeleke	100m	11.31	15.05.21
Rhasidat Adeleke	200m	22.90	17.07.21
Fiona Hawkins	5000m	16.07.55	14.04.22
Elizabeth Ndudi	Long Jump	6.36	14.05.22
Womens Relay	4 x 400	3.37.39	18.07.21

## **High Performance Committee Report presented by Fintan Reilly (Chair)**

Presented by Fintan Reilly – Committee Chair

The High Performance report was taken as read from the syllabus.

Report Proposed By: Eamonn Harvey

Seconder: Neil Martin

# Juvenile Committee Report

# 4



# Juvenile Committee Report

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*Presented by Evelyn O'Reilly – Chair  
Juvenile Committee 2021-2023*

It has been a challenging two years since the Juvenile committee convened for its first meeting following the virtual congress in April 2021 as we embraced the post Covid landscape and the “new normal”. Thankfully the newly elected committee members, regional representatives, co-opted member Aisling Hoey together with Lizzy Broderick and Kieron Stout worked tirelessly to get our Juvenile activities up and running again following the near total shut down since March 2020.

Our meetings over the past two years have taken place over Zoom initially and switching back to in-person meetings when allowed. Now we often have the hybrid format of both in-person and Zoom for those who can't physically attend.

## **Competition 2021**

In the months that followed congress much of our time was spent trying to get our competition program re-established. We regularly met with the Regional secretaries exploring the practicalities of hosting events within the Covid restrictions of the day. Due to the evolving nature of the restrictions, it took a lot of discussion to arrive at acceptable practices that could be used in all the regions. May I take this opportunity to acknowledge the huge amount of work that is taken on by the Regional secretaries and I thank them for all their efforts.

With the 2021 Indoor season already missed we aimed to get as much of the Outdoor Track and Field program on as possible. In order to keep within the allowed numbers at an event timetable were adjusted but we eventually successfully hosted the u12-u19 Track & Field, Children's Games and Combined Events Championships albeit later in the summer than normal. Unfortunately, we were unable to find dates to host the Inter-Club relays or “B” Track

& Field Championships.

Despite the difficulties that athletes and coaches had in accessing training facilities in the build up to the Championships we had a very high standard of competition across all the days with 19 new Championship Best performances achieved. Our thanks to Barry Pender who filled the position of Director of Competition while Lizzy Broderick was on leave and had the unenviable task of working through the Covid restrictions to deliver competition. Amanda Hynes did trojan work in re-writing the timetables and schedules to make our events happen. Our thanks to Tullamore Harriers for all their work in helping to host the Championships. It was most rewarding to see Juvenile athletes and their families back enjoying competition and we thank them all for their co-operation in adhering to the restrictions imposed.

With the absence of Celtic Track & Field and Youth Nations events there was a lack of opportunity for our Juvenile athletes to compete at any International competition but by working closely with the High-Performance Pathway Manager we attended an u18 Invitational competition in Franconville, Paris, with 23 young athletes. This was a wonderful experience for these athletes, and we saw some outstanding performances including Nick Griggs running 8.07.46 in the 3000m, a sign of things to come.

Thankfully the Cross-Country season proved to be more straight forward, with the easing of Covid restrictions Counties and Regions were all able to host competition and we were able to facilitate full fields at National level. With Abbotstown hosting the Euro Cross event in December we had to look further afield for clubs to host our National Championships. Many thanks to Clonliffe Harriers

who hosted the Even Age Championships in Santry, Gowran AC for hosting the Uneven age Championships and to St Nicholas AC, Castlelyons who hosted the Inter-club relays and "B" Championships. The work and local contribution of these clubs cannot be understated, and we are indebted to them for all they do in hosting these large events.

## Competition 2022

The New Year brought with it the hope of a full program of competition for Juvenile athletes. With this in mind we set about planning our Indoor events. The Juvenile Combined events went ahead in Athlone in January in conjunction with Master and Senior event.

The Celtic Cross Country was hosted in Belfast by ANI on January 22nd, 2022, 16 athletes, boys and girls were selected to compete in the 17-age category. Selection was based on their performances at our National u16 race. Both teams performed very strongly with the boys and the girls taking silver behind Scotland (boys) and Wales (girls).

Still having to be mindful of numbers attending an Indoor event we held our Indoor Track & Field championships reducing the number of qualifiers to 3 per event with no open entry for the u17,18 and 19 age groups. These restrictions most definitely did not affect the standard of competition with 26 new Championship Best Performances being achieved over the three days of competition.

Thankfully by the summer restrictions had been lifted we hosted the full program of Juvenile National events including the "B" T&F Championships and Relays, a return after two years. The National T&F Age group Championships gave us three wonderful days of top-class competition with 23 new Championship

Best performances achieved. The Combined events championships were held at the end of July, and we continued to see an increase in the numbers entering these age group events, testament to the work being done in clubs across the country.

My thanks to Amanda Hynes from the Juvenile Committee who ably co-ordinates the Track and Field season, a substantial piece of work as we gradually introduce more events into the already tight timetables. This involves regularly fine-tuning the timetables and updating the Competition Booklet.

Again, the Juvenile Committee looked for an International opportunity for our developing athletes and we decided to bring a team to the English AAA's Championships in Bedford. Selection was based on athletes' performance at our National Championships and the AAA's standards. A team of 43 athletes, 20 boys (7 u15's) and 23 girls (9 u15's) travelled to Bedford with excellent results taking home 17 medals, with many of the athletes finishing their outdoor season with personal best performances which is, of course, the main aim of providing competition opportunities. This was a most rewarding trip, and we hope to travel to the AAA Championships again.

Focus then switched to the Cross-Country season and our first event was the Inter-Club Cross Country relays in their new time slot run in conjunction with the Autumn Open Cross-Country event in Abbotstown, October 16th, 2022.

This change in timetabling arose from a motion brought to the 2021 Congress which asked the Committee to review age groups and distances for the Inter-club relays which up to 2022 were quite poorly supported by clubs. Age groups were changed from even to uneven ages, u11 and u13 4x500m, with the introduction of the u15 group who ran 4x1000m and we brought the event forward

from its February time slot to the beginning of the Cross-Country season, i.e., October.

The new fixture timing proved highly successful with 139 teams entering the event up from 27/30 teams in previous years. The Juvenile races added to the atmosphere of the Autumn Open and the intention is to continue hosting the Inter Club Relays with this event in the future.

The Even Age Cross Country Championships groups were hosted by Cranford AC in Rosapenna, Co Donegal and athletes who made the long journey were rewarded with a superb course with ideal underfoot conditions and an extremely well organised event. The icing on the cake was the win by local boy Caolan McFadden, Cranford AC in the u16 race giving us the loudest cheer of the day. Our thanks to Eamon Giles, Chair of Cranford AC, all the club members and all the local volunteers who worked tirelessly to deliver a fantastic day of competition.

The Uneven Age Group Championships took us to the opposite end of the country to Conna, Co Cork, where the local club St Catherine's AC and the Hayes family pulled out all the stops to give us a memorable day of racing. Underfoot conditions were slightly more demanding than the sandy soil of Donegal but nevertheless we had highly competitive races and the local organising committee done a fantastic job in delivering another day of Championship competition. Fittingly the first team win of the day went to the local St Catherine's u11 girls' team which was much enjoyed by all.

With no Celtic Cross Country competition on the horizon for January '23 the decision was made to bring u15/17 athletes to the British Cross Challenge event to be held at the Scone Palace, Perth, Scotland on January 14th, 2023. With Scotland embracing the "Run Equal" initiative the u17 Boys and Girls races would be over 6000m, quite a step up for our athletes who race over 4000m (girls) and 5000m (boys) in Ireland. The top placed athletes in our u17 races were invited to travel having explained to them and their coaches that they would be running over longer distances. 12 athletes travelled to Scotland and competed strongly with Eimear Cooney, Ace AC taking the bronze medal in the u15 Girl's race.

Scottish Athletics have indicated that they will host the Celtic Cross Country in January 2024 and we hope to send our Juveniles teams to that competition next year.

The final Cross Country of the year was the "B" Championships hosted by Gowran AC. Our thanks to David Denieffe and all the members of Gowran AC for again giving us a great day of Cross-Country running. The numbers of athletes entering the B Championships seems to depend on the venue and we saw large entries from Munster and Leinster but with very few clubs from Connacht and Ulster making the journey. Having a central venue for this event would make it more accessible to all the regions but unfortunately that is not always possible.

Thanks to Mark Connolly from the Juvenile Committee who has worked closely with the Local Organising Committees and the AAI Competition team under the leadership of Ger Stewart, ensuring that the Cross-Country Championships have been run to the highest standard.

The first of the Juvenile Indoor events took place in TUS, Athlone with the Combined Events, January 2023. This year we have seen the highest ever number of athletes competing in the Indoor CE with over 20 athletes in each of the boys and girls u14 and u15 competitions and 17 athletes in u16 girls and 8 in u16 boys' events. Not only were the numbers up but the standard of performances are also improving steadily. This is very rewarding to see but does bring with it some challenges for the timetable as these events are run in conjunction with Youth, Junior, Senior and Master events.

Thanks to all the officials who gave up so much of their time to run our competitions, without these volunteers none of these competitions would happen and we are extremely grateful to you all for your efforts over the years. Thanks to all the staff in Athletics Ireland, it has been a pleasure to work with you all.

### Star Awards

We were forced to change the format of our Star Awards presentations due the Covid restrictions

and switched to presenting the County award winners at their Regional Championships with the Special awards and Overall winner award being presented at the National Indoor Championships in Athlone. Feedback was generally positive and being at the Regional events raised the awareness of the Star Awards.

We congratulate our overall winner of 2021 and 2022, Nicholas Griggs, Mid-Ulster AC, one of a group of exciting athletes who are making the breakthrough from Juvenile athletics to International recognition.

### **What the future holds**

Over the last number of years, we have seen a steady rise in the number of Juvenile athletes registering with Athletics Ireland but unfortunately this increase is not reflected in the number of Junior athletes on the register. The biggest challenge for us is how to keep these athletes in our sport as they move up the age groups. Drop-out from Sports clubs is a major issue for all disciplines with the average age of a child to leave a sports club getting lower.

With this in mind, prior to Covid, Lizzy Broderick, the then director of Competition AAI, convened a committee to review Juvenile Competition, the committee included representatives from Juvenile, Competition, Schools and Coaching and was chaired by Sheila Quinn of Sports Ireland. The committee met regularly and had productive discussions including looking at best practices from other countries in Europe across different sporting disciplines.

A survey conducted by the working group showed that young athletes enjoy competition but did not necessarily want to travel long distances or spend all day just to do one event. To this end a basic prototype of a team-based event where all athletes complete multiple activities in a fun and relaxed environment was devised and called the "Spraoi Games"

This initial concept, which was aimed at the u8/9 age groups has been tried out in Counties Dublin and Donegal with favourable feedback. Now work has to be done to develop this concept to gradually bring athletes from skill-based activities as young athletes to event-based disciplines as they move up the age groups. It is proposed to set up a working group with input from Coaching and Development, RDO team,

Club Development Officer and Juvenile Committee to move this initiative along.

### **And thanks**

As I have now served for the prescribed 6 terms on a principal committee I am now stepping down from the Juvenile Committee, it has been an honour to have been elected as chair of Juvenile and I have thoroughly enjoyed my time on the committee. I have met wonderful people and learned so much about our sport.

Special thanks to all the members of Juvenile who I have had the pleasure of working with, I still consider myself a newcomer especially when compared to those who have served 20 years or more. I want to acknowledge the wealth of wisdom, knowledge and hard work that has been completed by the other members of the Juvenile Committee who are also stepping down at this time, John McGrath, Tim and Esther Fitzpatrick and Bernie Dunne. Their contribution to the development of Juvenile Athletics over the years has been immense.

My thanks to our President John Cronin and to the CEO of Athletics Ireland, Hamish Adams for their help and support over the last two years, both are readily available to take a call and are generous with their time and guidance, all for the betterment of our sport.

Over the past two years, we have lost great people in our sport, young athletes, coaches, club officers, family members and friends. Their contribution to our sport was immense and they will never be forgotten.

Thanks to everyone who has helped me over the past two years, I am thankful for the lifelong friends I have made through my involvement in the sport of athletics.



## **Juvenile Committee Evelyn O'Reilly (Chair)**

Report presented by Evelyn O'Reilly – Committee Chair

The Juvenile report was taken as read from the syllabus.

Report Proposed By: Michael Gregan

Secunder: Tim Fitzpatrick

## Chief Executive Officer Report – Hamish Adams

It is a pleasure to be here in person today after two difficult years of the pandemic. I have the impossible task this afternoon of summarising the incredible performance of our business over the last two years in just 20 minutes. But I can confidently endorse the view of many that our sport has never been in a healthier place.

As an organisation we have been resilient, adaptable, and dynamic in meeting the pandemic challenge head on. This flexibility coupled with strong values has enabled us to ensure we enter 2023 in a financially stable state, and we have rapidly reverted to full operational capacity with record membership numbers in 2022 and we are also tracking on target for another record membership this year.

2020 and 2021 the lost years for us all have quickly become distant memories. We are now 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.

I temper my positivity with the ongoing challenges we face as an organisation, we have become very reliant on Government funding to support our business. In 2019 we generated 56% of our own revenue, in 2022 this figure has declined to just 35%. We aspire to manage our ability to invest in areas we believe are strategically most important and this is not always the case with grants received which must be spent for the purposes given.

We continue to seek diversified income streams and the One Day Licence initiative established this year following robust discussion and engagement has provided us with an income from non-members that is ring fenced for our High Performance system. This new revenue combined with record commercial sponsorship in 2023 continues to directly support our giant steps forward in high performance.

Our rapid digital transformation in the last two years has also created significant opportunities for us to develop further revenue streams into the future. I note our commitment to ongoing digital transformation across our organisation and to ensure we continue to comply with all GDPR and IT security requirements.

We have and continue to receive excellent support from our sponsors, the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, Sport Ireland, Irish Life Health, Muller, Joma, Grant Thornton, Waterways Ireland, Sports Travel International, and Eventmaster. We are grateful to all of these key parties for their partnerships and commitment to athletics in the last two years, your support is noted and will not be forgotten.

I welcome our new sponsor, 123.ie who has partnered with us this year in what I can only describe as a 'special' relationship. 123.ie complements our mutual commitment to values led leadership and I encourage all our members to avail of the attractive commercial benefits of working with 123.ie.

I personally thank 123.ie for their investment and activation in athletics. Highlights of our relationship already include inspiring social media content, regular television advertising and attractive member benefits.

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 people make our organisation.

### **Now to the Slideshow**

The Congress Syllabus includes detailed reports on many areas of our business and the following is a snapshot summary of these areas.

1. Competition is the life blood of our sport; this slide summarises the ever increasing standards we are delivering in all competitions. In 2022 we had 42 Championship Best Performances between the Juvenile Indoors and Juvenile T & F alone.

2. 2022 saw the return of a full T & F programme and the delivery of the 150<sup>th</sup> consecutive edition of our Senior T & F Championship. We should not forget our hosting of the Spar European Cross Country Championships where we all delivered what is widely regarded as the best ever edition of the event.

3. Technical development of our officials continues, and we have added 28 officials to the national panel this year. Thank you to all involved in this essential area of our sport.

4. Participation is a growing area of our business, and this includes recreational events. In 2021 we catered for 54k participants and 34k in 2022. 2023 promises to surpass these numbers. Additionally our participation programme continues to expand through Women in Sport, Try Track & Field, Sanctuary Runners and Parkrun.

5. We have 637 affiliated secondary schools representing over 29k athletes and 1225 primary schools actively engaged in The Daily Mile, this represents over 245k students taking part in the Daily Mile every day. No other sport activates to these levels.

6. Post Congress in 2021 we established the Governance Committee; the work of this committee has become essential. Standards of governance have evolved rapidly, and we will hear from Senan Turnbull of Carmichael House today on best practice required in this area. We have identified that we will need to review and develop our governance structures for the future and Senan will give us all a flavour of that work today.

7. We remain fully compliant with the governance code and this oversight is a key function of the governance committee. We cannot receive government funding without this code compliance.

8. Child safeguarding standards will never be compromised; we continue to deliver best in class standards in this area. Note 2100 people were vetted and 410 tutored in safeguarding last year.

9. Coaching & Development have delivered 122 Courses with 2164 participants over the last two years. Additional work by this department includes coaching conferences, regional squads and delivery of the new Spraoi Games concept. Not to mention club development support.

10. This slide illustrates the breakdown of our course levels and participant numbers. I note all these slides will be included in the Congress minutes and anyone can follow up with me re specific questions at a later date.

11. Following the launch of the High Performance strategic plan last year work has continued at pace, and we are proud to note that 8 HP coaches are now contracted, and we will formally support their development. We all understand the importance of coach development and this new system will drive increased standards at international level of both our coaches and athletes.

We have delivered 16 medals at targeted international meets in 2021 and 2022. We are tracking on course to deliver our target of 30 medals across the four year Olympic cycle.

12. The increase in the number of Sport Ireland carded athletes reflects the ever increasing standards of performance by our athlete cohort which is supported by AI.

13. Anti-Doping is a core component of our HP programme and 428 tests have been delivered across the last two years.

14. In 2022 we established the Athlete Commission and this group have been instrumental in delivering a voice for the athlete cohort. We welcome their contribution and note the importance of the athlete voice in our decision making. A new commission election has just taken place and we will announce the new commission members in the coming days.

15. Marketing has become an increasingly important area for us as we operate in a commercial space. The digital world is the area we primarily operate in to drive event sales.

16. Sponsorship struggled over the covid years but has bounced back strongly and 2023 will be a record year for us. We are fortunate to have such an active sponsor as 123.ie and again I encourage you all to support this relationship by purchasing 123.ie product.

17. Communications are key to telling our story of success and this is easy in such a large and diverse sport, our challenge is not to overwhelm all due to the volume and extent of our work. Our key demographics continue to grow, and we have over 230,000 users across our social media platforms.

18. Strategic overview – our vision is simple and clear, to inspire the nation to be active, healthy and to perform through athletics. This vision is underpinned by our mission; to deliver excellence to all our stakeholders to become the nation's sport of choice.

19. We measure our success via the key performance indicators as illustrated. We use the traffic light system to qualify status. For example green on track, red requires intervention, blue delivered.

Record membership 63,516 is on track for 70,000 by 2024. Note gender balanced demographic.

Our current 360 clubs is behind our target of 380 and both our membership and club growth is now quite static, and we are developing strategies to continue our growth.

High performance medals are on track for the Olympic cycle as already mentioned.

Coaching course delivery has been strong with 1321 coaches upskilled in the last year.

Finances have been particularly challenging; we are now very reliant on government grants for income. We have to continue to search for alternative revenue streams to support our strategy delivery.

Participation has also been challenging during covid, but we have strong digital plans in place to grow this area. Irish Runner will also be another pillar to drive growth in this area and the Irish Runner returns in a digital and print hybrid format in the coming weeks.

Marketing/communications have been extraordinarily strong as illustrated by our unique website visits per month of over 41k.



## CONGRESS 2023 CEO REPORT



Athletics  
Ireland

### Competition - Juvenile

2022 Indoors 19 CBPs

2022 T&F 23 CBPs



#### Juvenile Cross Country

- Both 2021 & 2022 saw a successful return to the Cross -Country season.
- Introduction of Juvenile Relays to the Autumn Open in 2022 proved very successful.

#### Juvenile International

- There was a wide representation of Juveniles who had success at the EYOF, Under 18 and U20 World Championships.

## Competition - Senior

### Track & Field

2022 saw the return of our full fixtures list and the 150th Anniversary and longest running continuing National Championships in the world. Records continued to be broken in the shot put, weight for height and weight for distance in this event.

### Spar European Cross Country Fingal-Dublin

The 2021 edition was delivered under difficult covid restrictions and was widely considered to be the best ever edition.



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## Technical

- An additional 28 officials have been added to the National Panel.
- Official training continues regularly with Starts courses taking place in January 2023 and more planned for March 2023.
- Continual review of equipment and IT infrastructure and maintenance.



## Recreation Events

- 14 Events in 2021 catering for over 54,000 participants (Virtual and Limited Physical '21)
- 17 Events in 2022 catering for over 34,200 participants (Physical and Virtual '22)
- 18 Summer Camps in 2022 catering for 1,046 participants



### Events (Owned) '22 (17,966)

- Runuary Virtual Challenge (6,502)
- Irish Runner 5K, 5 Mile, 10 Mile (2,813), Virtual (187)
- GT5K (Cork, Dublin and Galway) (4150), Virtual (397)
- Remembrance Run (2,728), Virtual (47)
- Track and Field Live (Dublin, TUS, Dublin) (1,142)

### Events (Managed) '22 (16,283)

- Operation Transformation 5K (4,855)
- Darkness into Light (10,000)
- The Griffith Avenue Mile (1,428)

#### Did not return Post -Covid

- Down Syndrome Ireland, Purple Run
- IMNDA, Walk While You Can

## Schools

- The Irish Schools Athletic Association had **637 Post Primary Schools Affiliated across the 32 Counties in 2022** , with a total of **29,032 students competing** across Cross Country, Track & Field, Combined Event's and development events over the course of the year.
- ISAA held **60 domestic competitions in 2022** across Cross Country, Track & Field and Combined Events at Zone/District, Provincial and National Level.
- The Daily Mile is operating in 1,225 primary schools (40%) representing 245,000 students per day.



## Governance Committee

Set up post Congress 2021 to oversee compliance with the Sport Ireland Governance Code and to ensure best practice governance systems are developed and maintained throughout Athletics Ireland.

### Key Work Items of the Committee to Date

- 📋 Review of Board roles and TOR including the annual Board effectiveness survey
- 📋 Review of the 5 principle committees TOR
- 📋 Gender Balance of 40% on the Board
- 📋 Club Governance Development
- 📋 Athletics Ireland policies and policy reviews
- 📋 Annual compliance with Sport Ireland Governance Code





## Sport Ireland Governance Code



## Child Safeguarding

- Children First Act 2015 & Child Safeguarding Statement support for clubs
- 410 sports leaders tutored in Child Safeguarding in 2022 across 24 courses
- Child Safeguarding basic awareness online training module launched for clubs
- 2,100 Garda Vetting applications processed for volunteers in 2022
- Represented AAI at Child Protection in Sport working group in Sport Ireland
- Represented AAI at Child Protection in Sport working group in European Athletics
- Social media guidance for sports leaders and clubs developed and distributed to clubs
- Published Designated Liaison Person role on safeguarding plan webpage
- Digital Footprint awareness for children and WhatsApp guidelines for clubs published
- Quarterly safeguarding newsletter distributed to Club Children's Officers and Chairpersons



## Coaching & Development

- 👤 122 Courses and 2164 participants in 2021 and 2022
- 👤 “Run, Jump, Throw” 17 workshops with c.350 attendees. (25 planned for 2023)
- 👤 Intermediate / Advanced workshops 27 with c.450 attendees.
- 👤 Network Coaching Conferences – 2 events with 147 attendees
- 👤 Regional Squads – 1000+ athletes
- 👤 Fit4Class 40,000 students
- 👤 Spraoi Games launched



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## High Performance

- 👤 2021 – 2028 Strategic Plan Launched.
- 👤 Enhanced investment in Coaching
  - €200,000 additional investment by SI to support Strategy
- 👤 Target of 30 medals in 2021 to 2024 in specific identified Championships over 2018 -2019 Period.
- 👤 **16 medals** Achieved at those Championships in 2021-2022.



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## High Performance

- Athlete support through Athlete Carding

Carding Level	2021	2022
SI Carded	13 + 1 Relay	22 + 1 Relay
Development	21	13
Emerging Talent	25	18
Discretionary	6	6
Total	65	60

Increase in numbers on Sport Ireland carding reflects rising standards, and greater support from SI.

## Anti-Doping

34 athletes on the registered testing pool in 2021 & 2022. 17 athletes in 2019 & 2020.

Sport Ireland Programme				
Athletics Ireland	In Competition Tests	Out of Competition - Urine tests	Out of Competition - Blood Tests	Total
2021	35	86	81	202
2022	38	93	87	218

User Pays		
Athletics Ireland	In Competition Tests	Total
2021	2	2
2022	6	6



## Athletes Commission

Cian McManamon (chair), Michael Bowler, Aoife Lynch, Cillin Greene, Colin P. Quirke, Katie Kirk, Kerry O'Flaherty

### Highlights

- Established in 2022
- The Chair sitting on the HP Committee
- 9 meetings
- Regular interaction with the HPD & CEO
- Participating in OFI and Sport Ireland workshops to represent the athlete voice
- Updating the commissions terms of reference
- Developing a new framework for committee elections
- A working session with Hannah England of the UK Athletics Athletes Commission
- Documenting the goals and objectives of the Athletes Commission





# Marketing

## Recreational Events:

Athletics Ireland market a number of our owned events/programmes throughout the year:

- Grant Thornton Corporate 5K Team Challenge Series (GT5K)
- Irish Runner 5K
- Irish Runner 5 Mile
- Irish Runner 10 Mile
- Remembrance Run 5K
- 123.ie- Festival of Running, Family Mile, Runuary Challenge
- Summer Camps

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



# Sponsorship

## Sponsorship

Marketing team committed to providing quality sponsorship services to all our partners.

2022 sponsorship income bounced back to €218,000 following a difficult covid period (€170,000 in 2021). 2023 continues to grow.

- Our current partners include:
  - 123.ie (National Competition and International Kit Sponsor)
  - Grant Thornton (GT5K Race Series)
  - SPAR (National Partner)
  - Sports Travel international (Official Travel Partner)
  - Joma Sport (Official Kit Partner)
  - Eventmaster (Official Ticketing Partner)
  - Clayton Hotel Dublin Airport (Official Hotel Facilities Partner)



# Communications

## Media Coverage:

- Generating media coverage is a key marketing objective
- Success of our elite athletes delivers the ultimate cut through in media exposure
- 320,000 live stream views of competitions via YouTube and Facebook in 2022 (300,000 in 2021)
- 2022 saw our highest level of media coverage in 4 years (since Truehawk media reporting began)

## Website:

- Year on year increase of 'unique visitors' to the Athletics Ireland website continued (2022 390,521)

## Social Media and Email Databases:

- Total **Social media** following now in excess of 230,000 across all platforms (Facebook, Instagram, Twitter, LinkedIn, TikTok, YouTube)
- Development of **email databases** used to engage with recreational running community (230,000+)
- New Irish Athletics Podcast and Newsletter improving communication with wider athletics community



## Strategy



## Strategic Update

Target 2022	Status End Dec 2022
<b>Competition/Registration</b>	
60,000 members	63,516 new record membership (38,928 Juvenile & 24,588 Senior)
<b>Community</b>	
380 Clubs	360
<b>Performance</b>	
30 medals delivered over Paris Olympiad 2021 to 2024	8 medals in 2021 8 medals in 2022 (2x Euro Champs, Fintan Dewhurst Euro 18, 5 at Eurocross)
<b>Coaching</b>	
630 course participants	1321
<b>Governance/Finance</b>	
53% self-generated revenue	36%
<b>Partnership</b>	
130,000 databases	199,200
<b>Marketing</b>	
30,000 unique website visits per month	41,676



## CONGRESS 2023 CEO REPORT



Athletics  
Ireland

### **CEO Report to Conclude - Our Future is Bright.**

Athletics in Ireland is in a strong place. We operate a people first, values led organisation that continues to deliver opportunities for all. Our success has been underpinned by our ability to adapt in a dynamic environment and to embrace change. We cannot stand still, or we risk being left behind!

Our success is delivered by 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 great 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. All our staff represent us with distinction on a daily basis and I thank you all personally for your continued excellence. I wish to personally note the exceptional commitment of the management team comprised of John Holian Director of Finance, Pat Ryan Director of Coaching and Development, Geraldine Stewart Director of Competition, Rachel Ormrod Director of Participation, Daragh Browne Director of Marketing, Kieron Stout Director of HR & Safeguarding and Paul McNamara Director of HP.

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.

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 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, Irish Life Health, Muller, Spar, Joma, Grant Thornton, Waterways Ireland, Sports Travel International, and Eventmaster. A special thank you to 123.ie your investment in athletics drives us to new heights.

Athletics Ireland has weathered the pandemic in great shape, we have bounced back with a record membership, a growing number of high performance medals, great stories to share and robust finances all driven by you the athletics family. Thank you.

Questions Arising:

Pat Walsh (Cork) thanked the CEO for his support of the large scale project in Munster Technological University.



John Quigley (Cork) questioned the compliance of all AAI website cookies. The CEO responded to note that BDO are currently completing an IT audit and we will follow up with BDO regarding this matter.

### **Auditors Statement**

John Lacy FFCA, on behalf Lacy, Mulcahy and Fitzgerald read out his Independent Auditors Report from the Directors Report and Financial Statement of the Company.

Finance & Risk Report

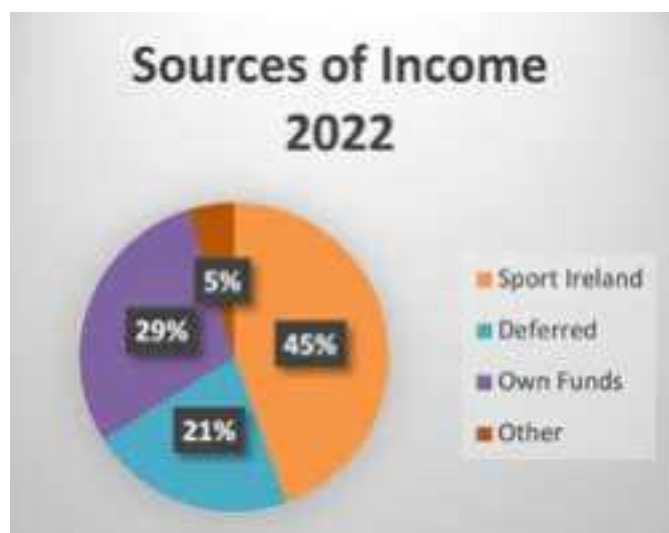


### Presented by Michael Quinlan – Chair Finance Committee 2021-2023

I have now completed my first term as Chair of Finance and Risk, and it gives me great pleasure to present my report to you covering the periods from May 2021 to our final meeting March 6th, 2023.

The COVID 19 pandemic has brought about unprecedented challenges, and in 2021 and 2022 these impacts can still be seen. In 2021 Athletics Ireland Income was €5,092,995 with expenditure of €4,830,205, resulting in a surplus of €262,790. In 2022 income grew to €7,030,255, with expenditure of €6,751,868 resulting in an operating surplus of €278,387. The 2022 surplus includes an additional Sport Ireland grant of €214,00 received in December to support NGBs that have incurred losses because of COVID.

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



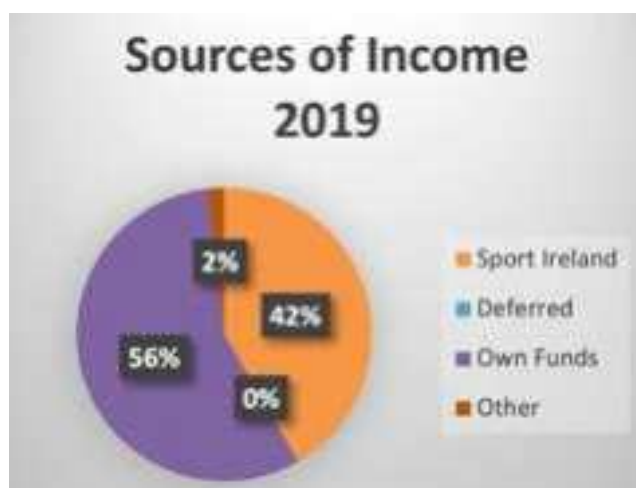
The above charts show the various sources of income received in 2022 and 2019 (2019 was the last pre covid year with normal operations). Our own self-generated funds have dropped from 56% to 29%, the challenge over the coming years will be to grow

our own funding back to 2019 levels.

#### *Sport Ireland*

Sport Ireland provided €1,000,000 Core funding in 2021 and €1,100,000 in 2022 towards the annual general administration costs incurred by the Association.

Sport Ireland have also provided €80,000 in 2021 and 2022 to support our Women in Sport project. The Women in Sport grant is used to employ a



lead person, Lily Ann O'Hara, who drives our Women in Sport programme. This grant is also used to promote both the Fit4Life and the highly successful Forerunners programme.

Sport Ireland have also invested heavily in our High Performance programme providing a total of €1,222,428 in 2021, comprising of €861,428 HP core funding, €105,000 impact funding and €256,000 in payments for carded athletes. Total funding grew to €1,510,667 in 2022, comprising of €841,667 HP core funding, €200,000 of impact funding and €469,000 in payments for carded athletes. The



funding received is as a result of the excellent results delivered by our elite athletes on the international stage.

A Dormant Funding grant of €328,550 was also received in 2022. This funding is used to support several programmes including the “Get Ireland Running” programme which has supported the IRunforFun campaign in Secondary Schools and Fit4Class in National Schools. New funding has also been provided in 2022 for a Community Sports Hub, Clubs Sport for All Disability Supports, Youth Leadership, and SIDO Innovation for Sports Inclusion (as detailed in the Appendix to the Financial Statements). The Dormant Get Ireland Active funding is also targeted at disadvantaged areas, and we have also used this funding to create the Diversity Games, NIA primary school programme and the Couch to 5k programme.

We also received a COVID NGB Grant of €989,000 in December 2022 which has three strands; strand one was to cover the losses of our recreational events in 2022 of €214,000, strand two €10,000 to help cover additional costs in relation to COVID 19 and strand 3 return to sport of €550,000. We also received a once off recovery grant of €225,000 as part of this funding. This grant will be used to support Try Track and Field, Made to Move campaign, SIDO, Spraoi Games and digital marketing in 2023 and 2024.

In addition, we received €126,415 from the Healthy Ireland fund towards the Daily Mile, Sanctuary Runners, Fit4life and Parkrun, €10,000 grant for European Week of Sport, Club Energy Support Scheme €108,000, and a research grant €15,000.

During 2022 a total, of €4,274,217 was received in Sport Ireland. As funds received can only be used for the purpose for which they are granted, some grants were deferred in 2021 and released in 2022 therefore resulting in a total spend of €4,477,791 of Sport Ireland grants in 2022. The amount of €1,992,721 has been deferred into 2023 (see Note 13 in the Financial Statements for 2022).

### *Registration and Affiliation*

There are now 359 clubs affiliated, an increase of 4 from 2021. Membership in 2021 was up slightly at 56,170 but was still way below pre pandemic levels.

In 2022, membership grew to 63,578, a record number for Athletics Ireland which is an increase of 7,408 from 2021.

### *Ringfenced Funding*

As agreed with Congress 2018, membership fees increased by €3. Of this €120,000 was ringfenced for High Performance and the remainder for Coaching and Development. Over last the two years, our plans to invest the ringfenced funding was impacted by COVID 19, therefore, some of this additional funding has been deferred into 2023.

### *One Day Licenses*

A trial of one day license (ODL) took place in 2022 in our Irish Runner race series. Based on feedback and significant discussions we have established the ODL system in 2023. The budget for 2023 estimates 82,000 one day licenses will be sold. The net income will provide further support for High Performance in addition to the registration ringfenced funding.

### *Competition and Other Activities*

Our partnership with Irish Life came to an end in 2022, we wish to thank them for their support over the last number of years. Our new sponsor is 123.ie, and we look forward to working closely with them over the coming years. We continue our partnership with Joma as our apparel partner.

### *Recreational Events*

Members of the Finance and Risk Committee (Dermot Nagle, George Maybury, and Brian Bruton) 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.

In 2022 our recreational events incurred a loss of €61,668 due to rising costs and a slow return of numbers in participation events post COVID 19. While this is a similar story across all sports, it has put significant pressure on our financial resources. The recreational events pre-pandemic were an additional source of income which were crucial in aiding clubs hosting events and supporting High Performance.

With a new Director of Participation appointed in 2022,



a plan has now been put in place for recreational events to return to profit in 2023.

#### Northwood Property

The premises in Northwood Court that Athletics Ireland owns freehold were revalued at the end of 2022 and resulted in an increase in value to the amount of €202,266 putting a total value of €1,130,000 on the building. However, this is still less than the original investment of €1,175,000 in 2006/2007.

#### 2023 Budget

A budget for 2023 was approved by the Board at its February meeting following the recommendation of the Finance and Risk Committee. It was a significant challenge to finalise the budget, but it was achieved with the Committee working closely with the office team to make the necessary budgetary changes to achieve a balanced budget. The management of the 2023 Budget will be a key deliverable for the incoming Finance and Risk Committee supported by the Finance team.

To reflect increased transport costs the mileage rate for staff, officials and Committee members has also increased by 10c to 60c per mile in October 2022.

This has been reflected in our budget for 2023.

#### Wages and Salaries

Following a benchmarking exercise in 2022 a new pay band structure was introduced whereby all staff positions were mapped to six generic levels and was approved by the Board. All staff performance is reviewed yearly, and performance increments are paid to staff so that staff meeting expectations will move to the midpoint of the band within 7 years. The introduction of this model will support staff retention and attract new staff when vacancies arise in a very challenging recruitment market.

In 2022, the Board approved the payment of employer Personal Retirement Savings Account (PRSA) matching employees' contributions of up to 5% once they were employed for 6 months. In this regard we are ahead of the Governments planned auto enrolment pension system.

Our expenditure on wages in 2021 was 31% of our income and in 2022 this reduced to 26%. We have recruited an additional four full time staff members who are fully funded through Sport Ireland Grants.

#### Reserve Policy

Arising from the impacts of the COVID 19 pandemic, the Board approved a Reserves Policy in 2021 so Athletics Ireland core activity could continue during a period of unforeseen difficulty e.g., pandemic. In 2022, the Board approved the transfer of €150,000 into our special reserve account, bringing the balance up to €250,000. The incoming Board will review the adequacy of the current reserve policy during 2023.

#### Risk Report

We have over the course of the last two years, dedicated significant Committee time to evaluate risk and is a standing agenda item at most of our committee meetings. We have co-opted Anthony Kelly to assist us regarding IT and cyber security and a special thanks for Gillian Browne and Ciara Dillon whose advice and help has been invaluable.

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	Covid19
Operational	Cyber risk & cyber fraud

A Risk Evaluation framework to identify the consequences of any risk events and the likelihood of them happening has been developed as well as mitigation measures 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.

Cyber risk was noted as a key risk in 2022 due to the increase in cyber fraud globally. Following Board approval, the Committee has commissioned that a gap analysis be carried out on our IT systems and within the cyber space. We will onboard with a company in early 2023 to undertake this work.

#### *Anti- Doping*

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

#### *Athletics Ireland Enterprises*

AIE is our commercial company in which we carry out matters relating to the rental of Northwood, joint ventures with commercial companies on events like Night run, licensing of Irish Runner Magazine, merchandise and non-sporting sponsorship. The Committee carried out a review of AIE and its future activity in 2022, external advice is also being sought to ensure that the structure of AIE is fit for purpose over the next number of years. Any recommendations from this review will be subject to Board approval in due course.

#### *Significant issues since the end of the 2022 financial year*

Sport Ireland has advised that core funding of €1,150,000 million and High Performance €841,667 will be again provided for 2023. We continue to have healthy cash balances due to substantial Sport Ireland support.

Financial risk within the organisation remains extremely high due to our reliance on Sport Ireland funding. We continue to look for alternative funding and we will endeavour to increase our own funding sources in 2023.

During 2022 the Finance and Risk Committee reviewed the current Financial Policies and procedures and updated them to ensure they continue to be fit for purpose. The Board approved the new policies at the January 2023 meeting.

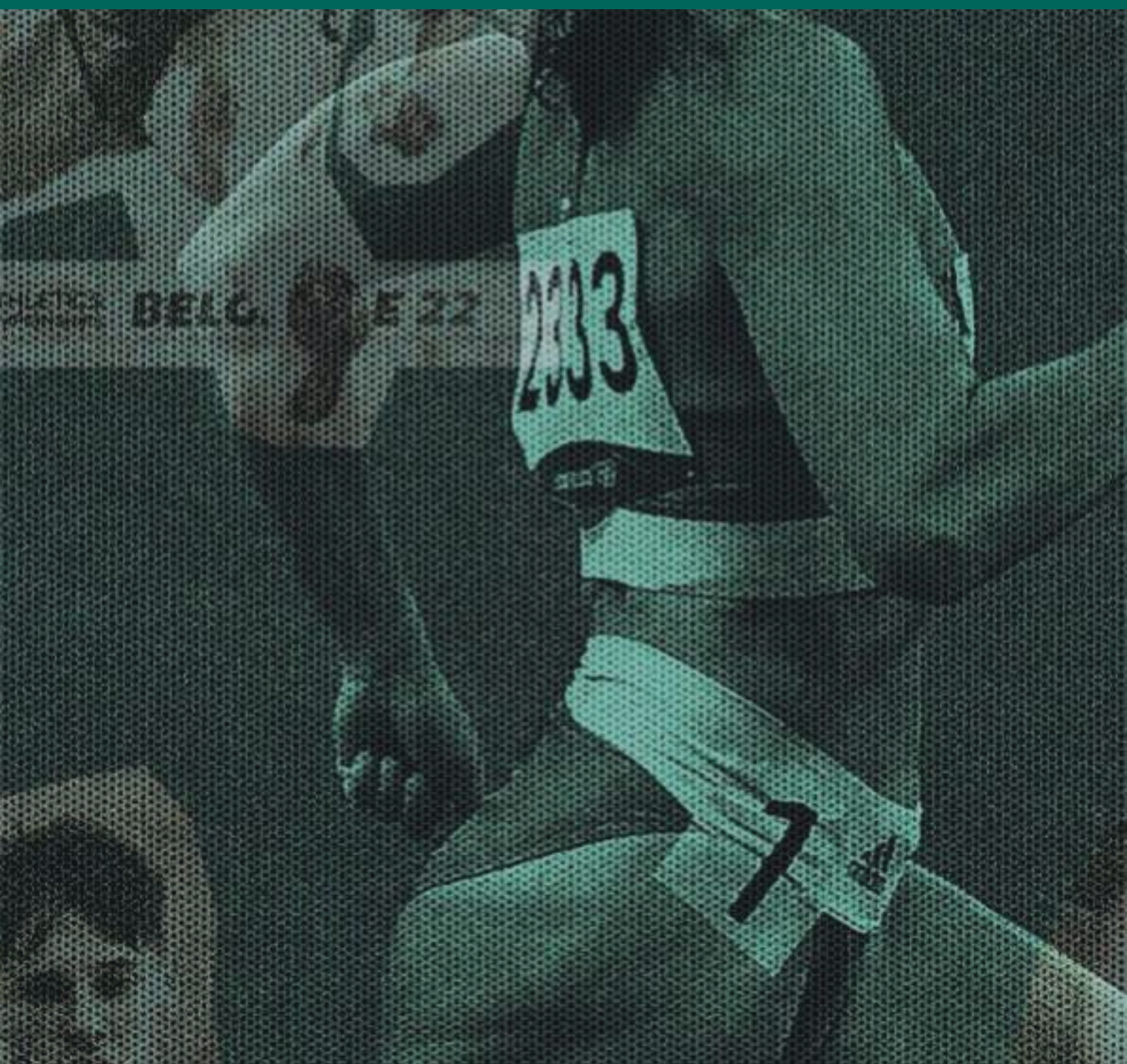
I would like to thank all our Staff for their courtesy and assistance during my last two years in this

role. I am very grateful to the Committee of Dermot Nagle, George Maybury, Brian Bruton, Anthony Kelly, Ciara Dillon and Gillian Browne for their support and valued advice. My thanks also to President John Cronin for his attendance at our meetings and for his ongoing support.

I want to give special mention to Dermot Nagle who has served on the Finance and Risk Committee for 12 years and will now step down as he has served his maximum term. Dermot as well as being a hardworking Committee member has over seen the finances of a number of international hosted events including the European Cross Country in 2021. He has been a great support to me over the last two 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, Sarah McCarthy and Roisin Horgan on the day-to-day management of our financial affairs.







**ATHLETICS IRELAND  
CONGRESS 2023  
FINANCE  
AND RISK**



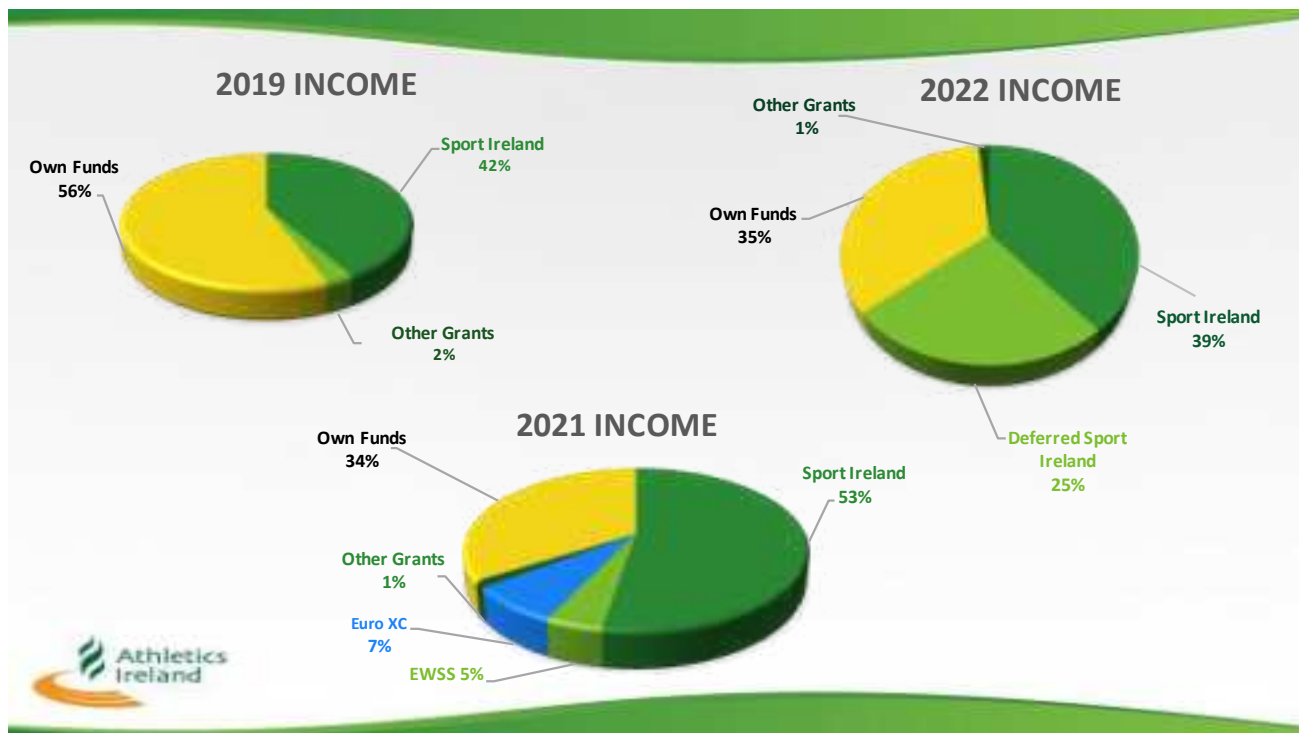
Athletics  
Ireland



### Income and Expenditure

€'000	2022	2021	2020	2019
Income	7,030	5,093	4,279	5,283
Expenditure	(6,752)	(4,830)	(4,044)	(5,275)
Surplus	278	263	235	8
Revaluation	203	0	0	443
Exceptional	0	0	0	88
Surplus after Exceptional	<b>481</b>	<b>263</b>	<b>235</b>	<b>538</b>





### Income Grants Released– Sport Ireland

€'000	2022	2021	2020	2019
Core	1,413	900	483	859
Performance	1,210	861	537	840
Carding	474	298	244	192
Hosted Events	76	3	17	91
Get Ireland Running (Healthy Irl)	112	60	45	172
Women in Sport	97	110	30	45
Dormant Funding	116	72	45	0
Euro XC ( Grant €200k)	0	142	0	2
Covid/Club Resilience	673	4	688	0
COVID NGB	214	0	0	0
Other Grants	93	230	10	0
<b>Total Grants Released</b>	<b>4,478</b>	<b>2,680</b>	<b>2,099</b>	<b>2,201</b>

## Income – Other Grants

€'000	2022	2021	2020	2019
DTTS Sports Capital Equipment Grants	36	36	0	12
EAA/IAAF	44	12	18	47
Erasmus +	0	4	0	0
OFI	16	12	0	33
Miscellaneous	1	0	0	3
<b>Total</b>	<b>97</b>	<b>64</b>	<b>18</b>	<b>95</b>



## Income: Registration and Affiliation

€'000	2022	2021	2020	2019
Affiliation	53	19	51	51
Senior	501	435	483	527
Juvenile	589	516	471	545
Schools	72	0	56	48
<b>Total</b>	<b>1,215</b>	<b>970</b>	<b>1,061</b>	<b>1,171</b>



## Competition and Marketing

	Income			
€'000	2022	2021	2020	2019
Competition	347	137	107	348
Marketing	239	206	284	309
<b>Total</b>	<b>586</b>	<b>343</b>	<b>391</b>	<b>657</b>

	Expenditure			
€'000	2022	2021	2020	2019
Competition	786	311	270	685
Marketing	215	135	105	167
<b>Total</b>	<b>1,001</b>	<b>446</b>	<b>385</b>	<b>852</b>



## Coaching and Development

	Income			
€'000	2022	2021	2020	2019
Coaching	92	90	7	90
Development	39	32	41	45
<b>Total</b>	<b>131</b>	<b>122</b>	<b>48</b>	<b>135</b>

	Expenditure			
€'000	2022	2021	2020	2019
Coaching	95	68	16	91
Innovation	0	39	0	0
Development	320	242	145	217
IT Costs	123	0	0	0
<b>Total</b>	<b>538</b>	<b>349</b>	<b>161</b>	<b>308</b>



## Recreation

	Income			
€'000	2022	2021	2020	2019
Owned/Managed Events	329 / 96	203/0	100/29	611/213
Summer Camps	71	75	20	118
Permits	24	21	3	35
<b>Total</b>	<b>520</b>	<b>299</b>	<b>152</b>	<b>977</b>

	Expenditure			
€'000	2022	2021	2020	2019
Owned/Managed Events	362/96	168/0	83/27	491/134
Summer Camps	54	51	21	101
Administration	17	24	3	8
<b>Total</b>	<b>529</b>	<b>243</b>	<b>134</b>	<b>734</b>



## Expenditure - Performance

€'000	2022	2021	2020	2019
Sport Ireland Carding	464	298	244	192
Athlete Support	170	179	143	127
Competition Travel	245	149	7	154
Competition Accommodation	139	98	2	115
Medical	36	90	138	146
Performance Coaching	93	16	9	116
Preparation/Qualification Ops	195	111	2	87
Admin/Gear	45	30	96	37
<b>Total</b>	<b>1,387</b>	<b>971</b>	<b>641</b>	<b>974</b>



### Expenditure - Administration

€'000	2022	2021	2020	2019
Insurance	294	265	349	338
Reg System Fees	4	72	92	104
Rent, Rates & Other Property Costs	12/48	12/24	70/16	84/16
Board	10	4	12	31
Legal /Consult	35	21	53	37
Staff Travel /Training	51/17	36 /11	32/0	41
IT & Phone /Post & Stat	39/18	34/8	36/16	34/26
Joma Gear	100	37	0	0
COVID Costs	7	65	25	0
Other	16	12	15	16
National Wage Agreement(NWA)	91	0	0	0
<b>Total</b>	<b>742</b>	<b>591</b>	<b>716</b>	<b>727</b>



### Expenditure – Wages and Salaries

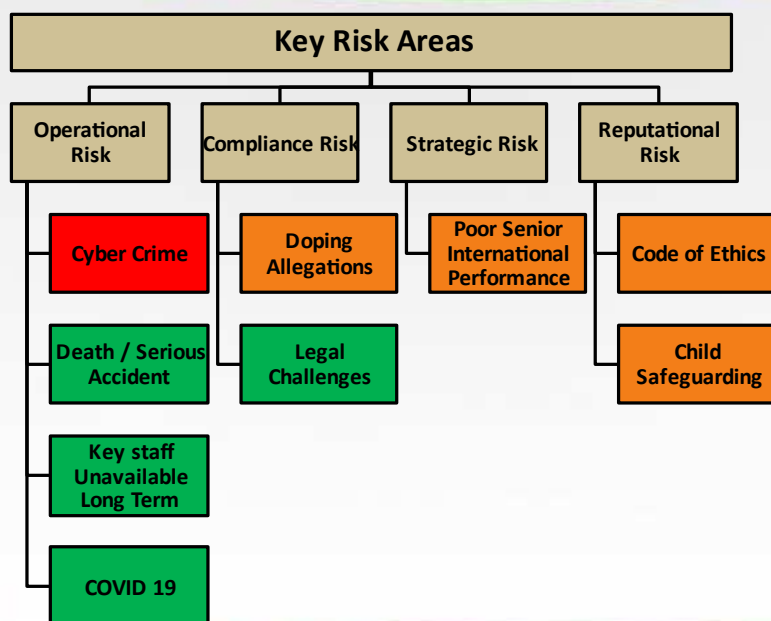
€'000	2022	2021	2020	2019
Staff Wages	1,772	1,518	1,361	1,497
Employer PRSA	43	-	-	-
<b>Total Wages &amp; Salaries</b>	<b>1,815</b>	<b>1,518</b>	<b>1,361</b>	<b>1,497</b>
% of Turnover	26	31	32	28
Full Time Staff	37	32	30	31
Part Time Staff	3	5	9	11





## Athletic Association of Ireland Balance Sheet

€'000	2022	2021	2020	2019
Fixed Assets Note 8	281	215	80	118
Investment	1,130	928	928	928
Debtors Note 11/ Stock	639/31	614/29	347/45	456
Cash	2,846	2,826	1,919	372
Creditors – Note 12	2,977	3,142	2,111	(902)
Special Reserve	250	100	0	0
Retained Surplus	1,700	1,369	1,206	972
<b>Total</b>	<b>1,950</b>	<b>1,469</b>	<b>1,206</b>	<b>972</b>



## Finance & Risk Committee Work Plan

Review structure of Financial Reporting Statements for Board	Completed 2021
Review Risk Register	Ongoing
Salary Benchmarking/Scales/Structure	Completed 2021
Auditors Meeting and Review of Financial Accounts	Completed 2021&2022
Review Financial Procedures document	Completed 2022
Strategic Plan 2021 to 2028 Prepare financial forecast to underpin this	Completed 2022
HP Strategic Plan Prepare financial forecast to underpin this	Completed 2022
Review corporate structure of AIE and AAI	Ongoing
IT – General Structure, Cyber Security and Inventory	Ongoing



## Budget 2023 Income

Income €'000	2023	2022 Actual
Sport Ireland Grants	€4,176	€4,478
Other Grants	€120	€97
Registration/Affiliation	€1,322	€1,215
Competition & Marketing	€798	€586
Coaching & Development	€125	€131
Recreational Events	€585	€520
European Cross Country	€0	€3
ODL	€164	€0
<b>Total Income</b>	<b>€7,290</b>	<b>€7,030</b>



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## Budget 2023 Expenditure

Expenditure	2023	2022 Actual
Wages & Salaries	€2,291	€1,815
Performance	€1,521	€1,387
Coaching & Development	€354	€538
Club Resilience Fund	€108	€673
Competition	€793	€786
Administration	€661	€742
Recreation/Get Ireland Running	€1,343	€529
Marketing	€189	€215
European Cross Country	€0	(€22)
Depreciation	€30	€88
<b>Total Expenditure</b>	<b>€7,290</b>	<b>€6,751</b>
<b>Surplus</b>	<b>€0</b>	<b>€279</b>



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## Ringfenced Membership Funding

€'000	2023	2022	2021	2020	2019
Membership	66,000	63,578	56,170	55,419	62,700
<b>Fee's Received</b>	<b>€198</b>	<b>€191</b>	<b>€168</b>	<b>€167</b>	<b>€188</b>
<b>HP (2/3)</b>					
Extra Event Coordinators Staff Costs	€35	€35	€21	€6	€31
Extra Performance Coaching Activity	€79	€79	€56	€31	€109
<b>Development (1/3)</b>					
Extra RDOs staff costs	€146	€121	€27	-	€27
Extra Activity	€31	€31	€26	€3	€38
<b>Total Spent</b>	<b>€291</b>	<b>€266</b>	<b>€130</b>	<b>€40</b>	<b>€205</b>
Annual Difference	-€93	-€75	€38	€127	-€17
Cumulative	-€20	€73	€148	€110	



## Athletics Ireland Enterprises Income Statement

	2022	2021	2020	2019
Sales	24,564	11,565	51,255	193,004
Expenses	(98,131)	(125,104)	(112,301)	(257,261)
<b>Operating Loss</b>	<b>(73,567)</b>	<b>(113,539)</b>	<b>(61,046)</b>	<b>(24,257)</b>
Exceptional Item	342,785	-	-	409,957
Interest payable & Bank charges	(308)	(337)	(1,269)	(2,122)
<b>Gain/Loss before taxation</b>	<b>268,910</b>	<b>(113,876)</b>	<b>(62,315)</b>	<b>343,578</b>
Tax Charge	(209)	-	(6,082)	(6,771)
<b>Profit for the year</b>	<b>268,701</b>	<b>(113,876)</b>	<b>(68,397)</b>	<b>336,807</b>
<b>Total Comprehensive Income</b>	<b>268,701</b>	<b>(113,876)</b>	<b>(68,397)</b>	<b>336,807</b>



## Athletics Ireland Enterprises Overhead Expenses

Expenses €'000	2022	2021	2020	2019
Professional fees	(2)	21	6	1
Management charges	12	12	11	22
Repairs & Maintenance	1	0	-	-
Business Continuance	-	-	-	113
Bad Debt write off/recovery	(5)	0	(4)	30
General Expenses	1	1	1	-
Auditor's remuneration	3	3	3	3
Depreciation	88	88	91	88
<b>Total Expenses</b>	<b>98</b>	<b>125</b>	<b>112</b>	<b>257</b>



## Athletics Ireland Enterprises Balance Sheet

€'000	2022	2021	2020	2019
Fixed Assets Note 9	1,130	876	964	1,046
Debtors Note 10/ Stock	4	46	64	85
Cash	85	12	-	32
Creditors – Note 11	(495)	(479)	(450)	(467)
Long Term Loan AAI – Note 12	(639)	(639)	(648)	(697)
<b>Reserves</b>	<b>85</b>	<b>(184)</b>	<b>(70)</b>	<b>(1)</b>



## ATHLETICS IRELAND CONGRESS 2023 FINANCE AND RISK



Finance and Risk report proposed by: Zara Cordial

Seconded: Tom Thompson

Questions Arising:

Pat Walsh (Cork) thanked Michael Quinlan for his report. Pat spoke about the loss in recreational running, the One Day Licence and the need to get back to self-funding of 50%.



John Quigley (Cork) spoke about the anti-competitive challenges potentially facing the Association in relation to the One Day Licence.

Brid Golden spoke about how the registration fee was ringfenced for coaching initiatives.

Michael Quinlan proposed the reappointment of Lacy, Mulcahy and Fitzgerald as Independent Auditors Report. This was proposed by Greta Hickey and seconded by Joe Walsh.

Padraig Griffin (Leitrim) spoke on several challenges facing the Association.

Gerry Dunne, Legal Advisor stated that the One Day Licence initiative was reviewed by Senior Counsel for the Association. Gerry Dunne went on to remind delegates of the quorum number of 121 and the importance of maintaining this for the duration of Congress.

## **Life Vice Presidents**

Four Athletics Ireland Life Vice President awards were presented by the President John Cronin with the citations read by Deputy President Brid Golden. The presentation party was completed by the Athletics Ireland past Presidents present Michael Heery, Liam Hennessy and Georgina Drumm

### **Life Vice Presidents for Congress 2023**

**Paddy Marley (Cranford & Clonliffe Harriers)**

Paddy started with Cranford AC in Donegal before moving to Dublin to join Clonliffe Harriers. Prior to going down the road of leadership and administration Paddy had a successful athletics career which included representing Ireland. Later on, he managed the Irish Olympic Team at Barcelona in 1992. On the club front Paddy held the role of club captain for many years and recently stepped down from the Club President role after 18 years. Paddy was a member of the inaugural AAI Board and chaired the Competition Committee until 2008. Paddy has been a continuous member of the Competition Committee since formation and is stepping down at this Congress due to the term limits.

Congress Delegates by acclamation we award Athletics Ireland Life Vice President to Paddy Marley.

### **Dermot Nagle (Dublin City Harriers)**

Dermot had a significant career as an athlete before going down the route as a coach and Administrator. The dominance enjoyed by Dublin City Harriers Women's Cross team several decades ago is reappearing with Dermot as the common denominator. At county level Dermot served in various roles including chair with Dublin Athletics. Dermot was a member of the inaugural AAI Board as served as the joint General Secretary in the days before the CEO position was adopted. Dermot has been a long-time member of Finance and Risk Committee and is stepping down at this Congress due to the term limits. Dermot was a key member of the group that started looking after Recreational running under Athletics Ireland. Dermot has been a valuable member of the Local Organising Committee of all the international events hosted by AAI and has received widespread praise from the stakeholders involved for his efforts.

Congress Delegates by acclamation we award Athletics Ireland Life Vice President to Dermot Nagle.

### **Caroline O'Shea (Crusaders)**

Caroline started with Crusaders Athletic Club at age 10, by the age of 15 she had represented Ireland and when just 16 years old, she won her first National Senior title and holds the record for the youngest ever champion in the now 150 editions. One record never to be broken is when Caroline became the first Irish woman ever to compete in an Olympic track final, the 800m in 1984. With her valued experience from the corporate business world, Caroline served as a co-opted member of the Board of Athletics Ireland for 8 years plus an additional year during Covid leading strategic and various ad hoc streams. Caroline was also a co-opted member of the High-Performance Committee for a 2-year period. Caroline continues to support the organisation as a current member of the Appeals Committee.

Congress Delegates by acclamation we award Athletics Ireland Life Vice President to Caroline O'Shea.

### **Norah McDermott (Maynooth & Le Cheile)**

Norah has completed 4 decades of dedication to our sport starting as a founder member of Maynooth before joining Le Cheile. Like many, herself and her husband Philip started when their children became involved and remained as volunteers when they finished. In the days before online ticketing, Norah and Philip could be seen almost every weekend taking admission fees at the gates. This can often be a thankless job but Norah states it was most enjoyable, and they got to know so many people around the country. Norah was a member of Inaugural AAI Board and served on the Competition Committee in its early years. Norah held many roles on the provincial board and Community Games. On what will be a historic day for the Board of Athletics Ireland it is worth noting that outside of the sport, Norah has been a gender equality advocate winning an historic case in European Court of Justice

Congress Delegates by acclamation we award Athletics Ireland Life Vice President to Norah McDermott.

For the record the other current Life Vice Presidents and when awarded:

pre 1999 Ronnie Long

pre 1999 Pdraig Griffin

2004 Eamon Giles

2012 Al Guy

2016 Nick Davis

2016 Michael Heery

2016 Liam Hennessy

2018 Maeve Kyle

2021 Ciaran O'Caithain

## Presidents Address

A little under two years ago we concluded the two-part virtual Congress 2021, in still very uncertain times due to the pandemic. Thankfully we can return to a face-to-face Congress after five years.

This morning you have received the comprehensive reports prepared by the Chairs of the Principal Committees and the CEO and have approved the financial accounts. A lot has been covered but I believe highlighting a few items already covered is in order.

For the Competition and Juvenile Committees, I would like to thank Andrew Lynam and Evelyn O'Reilly for their leadership along with Ger Stewart and the Competition team in returning our competitions back to full schedule.

The High-Performance Committee led by Fintan Reilly and working closely with Paul McNamara, High Performance Director and his team oversaw a great period for our athletes highlighted in Fingal, Munich and Turin. The funding of personal coaches is a welcome addition along with other enhancements following the Tokyo review.

The Coaching and Development Committee was led by Brid Golden who worked closely with Pat Ryan, Director of Coaching and Development and his team and the report outlines all the activities carried out which underlines the importance and value of Coaching and Development as outlined in our Strategic Plan.

The Finance & Risk Committee led by Michael Quinlan has worked closely with John Holian, Finance Director and his team. John Lacy our Auditor has conducted a comprehensive review of the period as outlined earlier. A by-product of receiving funding is a quite heavy load of reporting back and monitoring of progress to the funding provider. As well as the large number of financial aspects, there is the day-to-day threat of cyber-attacks and the management of risks which is undertaken by this group.

Hamish Adams our CEO in his report has covered the important activities of the Technical Committee chaired by Declan Curtin who completes two terms and the Governance Committee chaired by Brid Golden. The Governance Committee was formed after Congress 2021 and completed an impressive array of activities during its first term. Also as covered by Hamish is the one hundred percent compliance with the Sport Ireland Governance code which has followed through the term from the previous term, this is something we should be proud of.

Hamish has also covered the Schools and Universities activities, Laura Brennan represented Universities and Rory Friel represented Irish Schools on the Board.

As always, Child Welfare is front and centre in our organisation, I would like to thank Kieron Stout and Olivia O'Rourke for their leadership, Matt Lynch through his work with the Juvenile Committee and all those involved down to club level for the dedicated work in providing a safe environment for our young athletes. I have attended seminars at European and World level, and I am delighted to advise that Athletics Ireland are the leaders and the role models in Child Welfare.

David Abrahams represented Athletics Northern Ireland on the Board. Outside of the Board, Liaison meetings between Athletics Ireland, Athletics Northern Ireland and Ulster Athletics took place during the term, always in a collaborative and effective manner.

The four provinces were represented by Brendan McDaid Ulster, Brian Bruton Connacht, PJ O'Rourke Munster and Greg Duggan Leinster, I thank them for their valued contribution. Thank you to Gerry Dunne our legal advisor who is with us today and has always been available for guidance and advice.

Following Congress 2021 the Board was completed by Co-optees Greta Hickey, Nuala Hunt and Claire Shannon. They brought with them great experience from their business careers and their knowledge of the sport and were valued contributors to the deliberations of the Board.

I would like to put on record my appreciation to all the Board members who worked together in a cohesive manner while giving robust debate on the matters in hand. I would like to wish the known retirees from the Board at this stage, Evelyn O'Reilly, Rory Friel, Brian Bruton and PJ O'Rourke well and I am sure they will continue to contribute to our sport over the coming years.

A special thank you to Brid Golden our Deputy President for her support to me, Brid also took on the role of Chair of the new Governance committee and the role of Company Secretary following the decision to separate it from the President's duties following a governance review and best practice.

One of the areas covered in Hamish's report, that of Recreational Running and Participation is currently not covered by a committee or an advisory group, the incoming Board will look at this.

Hamish covered Communications but just to add as we all know Communications even in this day and age continues to be a challenge, to this end the CEO and I attended, mainly in a virtual capacity, the four provincial meetings and also the Dublin and Cork County Boards. The expectation is that the information should get relayed back through the delegates. There is a monthly newsletter and various other forms of communication. I would like to congratulate our Marketing and Communications team on the output they are generating. I have received very positive feedback both from within and outside our organisation.

As can be seen from the reports our Principal Committees were active and deserve commendation. Following the passing of Article 80 on the term limits of the Principal Committees at Congress 2021, nine people had reached the term limit of 12 years since 2010 and in some cases, they have longer service. From the Juvenile Committee Chair Evelyn O'Reilly, Tim Fitzpatrick and Esther Fitzpatrick from the Competition Committee former Chairs Paddy Marley and Brendan McDaid along with Patricia Griffin and Patsy Kelly. We remember at this time the late Tim Ahern RIP who passed away just as he was completing the term limits. From Coaching and Development Chair Brid Golden and from Finance & Risk Dermot Nagle. Thank you to those mentioned for a huge dedication and service to our sport which I am sure you will continue in whatever capacity you choose. [Round of Applause].

As I mentioned at the 2022 AGM, Athletics Ireland is near its first quarter of a century in existence. Given the changing environment of the world, governance, government and legislative directives, the need to be adaptive as proven by the Pandemic etc it is probably now time to look at ourselves and make changes either needed or if necessary to future proof for the next generation. To this end there will be a short presentation late from Senan Turnbull from Carmichael to outline possible items to consider, this journey wherever it ends will have to be taken together by our organisation at all levels. I ask you to listen to Senan and then let the journey begin during the new term.

Once such government or legislative directive has already visited us, that is the need for the Board to be 40% Gender Balanced by the end of 2023 or suffer funding penalties. Thanks to a lot of work by our Deputy President and Chair of Governance I will have an exciting announcement to make at the end of the Board elections this afternoon. This item is an example of where we need to make a change and get Gender Balancing enshrined in our constitution. I would like to thank the Nominating bodies to the Board sincerely also for their cooperation in getting this critical item across the line.

Hamish has outlined our sponsors who we are grateful to have, and it is a boost to have 123.ie on board as competition and international kit sponsor. I am not sure how our Senior Starters Michael O'Hart, Cyril Smyth and Mossie Woulfe will react to the proposal to ask World Athletics Congress to change the start commands from "On Your Marks, Set" to "123 GO".

We continue to have a great relationship with the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media who through Sport Ireland are our major source of funding. Minister Jack Chambers was very supportive and attended many of our events and we hope this will continue with the recent appointment of Minister Thomas Byrne. Within Sport Ireland during the term long time CEO John Treacy retired at the end of 2021 and within the last few weeks our former CEO John Foley was appointed Chair. We wish both who are of our sport the very best wishes.

We also continue to have a great relationship with the Olympic Federation of Ireland, Georgina Drumm is a member of the OFI Executive Board and Brendan Boyce is on the OFI Athletes Commission.

I wish to thank the media for their coverage of our sport across all the various media channels. Our athletes are superb, and we are proud of their excellent achievements. We are grateful for the coverage the media provide and the role they play in ensuring our athletes achievements receive due applause.

It was a great honour to be President during the centenary year of the first Irish Athletic Federation following Independence. I was delighted to receive on behalf of Athletics Ireland an inscribed silver plate marking the occasion from Dobromir Karamarinov, European Athletics President and one from Sebastian Coe World Athletics President. During the term Hamish our CEO and I completed the Focus Federation process with European Athletics and Athletics Ireland received excellent feedback on many topics including Child Welfare, Digitalisation and Governance.

As already covered the Athletes Commission, which was championed by immediate Past President Georgina Drumm, is up and running. The self-election process for the new term has been completed and I thank outgoing chair Cian McManaman and the Commission for their deliberations and important contribution to High Performance and wish the new Commission well as they continue the journey.

We were delighted to launch our Strategic Plan 2021-2028 during my term as President. This plan, which was devised following a comprehensive consultation process, provides an overall strategic vision for athletics in Ireland from grassroots to international level. The plan embraces our values of integrity, respect, inclusion and excellence. Our strategic plan is ambitious, achievable and one where everyone is supported to realise their potential.

In January this year, we introduced a One Day Licence Scheme for non-members to participate in permitted road running events. The additional funds created by the One Day Licence Fee has been ringfenced for High Performance and Coaching. I am excited for the opportunities that this initiative will provide for our high performance athletes for years to come.

Following the great performances already in the Paris cycle we look forward to our athletes competing at the major senior championship at the World Championships in Budapest in August with exciting prospects at the European Underage Championships. 2023 will close with the Euro Cross with I am sure the Irish Supporters being the largest contingent consistent with Fingal and Turin cheering our athletes to podium places.

As acknowledged separately at Congress earlier this morning, many valued members of our organisation passed away over the last two years. I wish to personally remember all those members and supporters of Athletics Ireland who have gone to their eternal reward during my term as President. Their contribution to our sport has been immense. Many of those who have departed were close friends with whom I made many memories. As well as Tim Ahern RIP we remember Brian Corcoran RIP Coaching and Development Committee and Ray Flynn RIP High Performance Committee who passed away during the term.

On a personal note the last two years have given me some memories of a lifetime.

- Reaching the pinnacle of Technical Officiating by officiating at the Tokyo Olympic Games in an almost empty stadium which was surreal but never to be forgotten.
- The hosting of the European Cross Country Championships at the Sport Ireland Campus in 2021. This one I am sure is shared with many of you, what an event, the crowd, the weather, the organisation and above all the



performance of our athletes. European Athletics have stated that it will be the template for how it can be and should be done, take a bow LOC chaired by Liam Hennessy, Athletics Ireland and the Partners. [Round of Applause].

- Attending the European Athletics Senior Championships in Munich as President and European Athletics Technical Delegate and witnessing our best ever performance.
- The hosting of the 150<sup>th</sup> consecutive National Senior Track & Field Championship the longest streak in the world was special, memories of number 148 behind closed doors during the pandemic in 2020 will last forever.
- Lastly, a really personal one, the hosting of the National Cross-Country Championships at the Rosapenna Hotel and Golf Resort by Cranford AC, on the very ground where I first was introduced to our wonderful sport fifty years ago (later this year). Best Wishes to Eamon Giles founder member of Cranford AC our Life Vice President who is unable to be with us today.

I am delighted to report an excellent working relationship with Hamish Adams both in my capacity as President and with the Board. I would like to thank Hamish for his work ethic in delivering for the Association over the last two years. Hamish leads a great team strengthened by some key appointments over the last two years. There is also an excellent relationship between the staff and the volunteers through mutual respect.

Our organisation is built on volunteers, carrying out valued and much needed roles throughout the spectrum of Athletics Ireland. There are so many it would be impossible to cover all so please accept a collective thank you. Our strength is the ability to work together and adapt (which was proven by the Pandemic) for the betterment of our athletes which is always the core focus.

Thanks to all involved in organising today's Congress. Hamish Adams and Deirdre Marley along with the Senior Management members here today, Kieron Stout, John Holian, Rachel Ormrod, Ger Stewart, Daragh Browne and Pat Ryan with apologies from Paul McNamara. Thank you to the Standing Orders group of Liam Hennessy, Brian Dowling and Jackie Mulhall appointed by the Governance Committee. Thanks also to the Tullamore Court Hotel. Finally thank you for attending this important aspect of our organisation.

Later this afternoon I will be standing for election to the Board for the last time, I will have reached the term limits by Congress 2025. In the interest of transparency, I have been nominated by the Board to stand for election to the European Athletics Council next weekend. It will be a tough ask (like today's Grand National) but if successful I would be entitled to sit on the Board past Congress 2025 according to our constitution until no longer a member of the European Athletics Council.

I am delighted that earlier Congress awarded Life Vice President titles to Paddy Marley, Dermot Nagle, Caroline O'Shea and Norah McDermott outstanding servants of our wonderful sport.

It has been an honour of a lifetime to be elected President of Athletics Ireland for the term 2021 to 2023, I thank all those who I have interacted with, which of course is too many to name at this moment.

I would like to put on record the huge support I have received from my wife Dymphna.

I look forward to leading our wonderful sport and organisation for the next two years. Thank you for your kind attention.

Senan Turnbull presented a governance module to Congress from Carmichael House.

**Carmichael.**

## The Challenge to Boards in a changing Governance environment

**Senan Turnbull - Athletics Ireland Congress  
15/04/23**

**Guiding nonprofits**  
carmichaelireland.ie

1

# Purpose of this Session

## To assist Congress in understanding

- The key challenges and responsibilities of a Board in an increasingly regulated governance environment and how Athletics Ireland can demonstrate best practice.

2

# The Board's overall Mandate

- The Board sets overall direction via the Strategy and Annual Plans and Budgets then
- Oversees that they are being implemented through scrutiny of reports
- Delegating delivery to the CEO and Staff, and to Committees and other entities across the organisation, and ....
- Doesn't get 'involved' in their work..... but ensuring it is done.

3

## Board's Roles & Responsibilities - 1

- Ensures adequate Resources are provided to enable delivery of the Strategy and Plans plans.
- Develops Policies to set out the procedures for the activities of the organisation .
- Ensures compliance with Legal Obligations .
- Assesses Risk and ensure s it is managed .
- Is, and be seen to be, Accountable and Transparent in all that AI does.

4

## Board's Roles & Responsibilities - 2

- The Board adds value , drives the organisations performance and culture
- It promotes ethical leadership, good governance, equality, inclusion and diversity
- Ensuring compliance with the Code of Governance for Sport
- This Code is now mandatory and it is challenging to be able to demonstrate that all of its Principles are being met

5

# Duties of Directors - Companies Act

- Act in good faith, honestly and responsibly
- Act in accordance with company's constitution
- Not use company property/information/opportunity for personal/third party gain without shareholder approval/constitutional support
- Avoid conflicts of interest /loyalty
- Act with due care, skill and diligence
- Have regard to interests of employees/ members

6

# AI Board & the SI Governance Code

- Is the size of the Board right to enable a focus on its business?  
Smaller skills-based and role-defined boards tend to lead to greater focus and deliver on the strategy.
- Are all of the positions reflective of the range of skills and functions or are some too operational?
- Are the current 2 year terms are in line with the needs of the organisation?
- Might a four year/Olympic cycle or the more usual 3 year term be better?

9



# Future AI Board ?

- 8-10 members (s)elected because of their skills and experience to lead and oversee all aspects of the running of the organisation.
- 6-8 elected from among the membership to specific roles, as opposed to just be 'on the Board'.
- Define each of the following roles in detail as 'job -specifications'
- Chair
- Company Secretary/Chair of the Governance and Risk Committee
- Treasurer/Chair of the Finance and Audit Committee
- Other defined roles as appropriate .....

10

## Why change? - 1

- The context in which AI operates has changed fundamentally over the years.
- 'Governance' is now the dominant language of expectation from your key stakeholders, not least Sport Ireland.
- The organisation has evolved from being volunteer led to where it now has a professional management team and a very large budget.
- The Board has to adopt to these realities and have the focus, skills and processes to ensure it avoids reputational risk and fulfil its duties to members and funders.

11

# Summary

- It has been recommended previously that changes along the lines suggested here be adopted.
- Many other NGBs and Charities are changing their approach to the structures and practices of their Board and committees in the context of Governance Codes and legislative/regulatory challenges.
- Athletics Ireland has made great strides over the years in an increasing competitive environment.
- Aligning the Board structures and practices with stakeholder expectations and best practice would be the final and critical step to consolidate the progress to date.

13

## Why change? - 2

- There is a mandatory Sport Ireland Code of Governance which the Board has to be compliant with and has sign-off on annually.
- All NGBs must ensure that their organisations are well-run and meet their legal and regulatory obligations.
- Allocation of funds and attracting sponsors is increasingly dependent on Code compliance.
- The composition, and practices, of Boards are now more central than previously in ensuring a sustainable future.

Carmichael.

Further reading/resources

[www.sportireland.ie/governancecode](http://www.sportireland.ie/governancecode)

<https://www.buildfutureskills.com/courses/the-governance-code-carmichael-centre/>

[www.charitiesregulator.ie](http://www.charitiesregulator.ie)

[www.cro.ie](http://www.cro.ie)

[senanturnbull@gmail.com](mailto:senanturnbull@gmail.com)

## Afternoon Roll Call

Province	County	Total	Voting Strength	Afternoon	Roll call
	Antrim	3035	16	0	
	Armagh	644	4	0	
	Carlow	706	4	2	
	Cavan	728	4	1	
	Clare	2101	11	0	
	Cork	8530	43	17	
	Derry	682	4	0	
	Donegal	2165	11	3	
	Down	1508	8	0	
	Dublin	11100	56	19	
	Fermanagh	726	4	0	
	Galway	3822	20	3	
	Kerry	1816	10	3	
	Kildare	3008	16	2	
	Kilkenny	1713	9	4	
	Laois	1106	6	0	
	Leitrim	649	4	2	
	Limerick	1646	9	2	
	Longford	464	3	0	
	Louth	2646	14	7	
	Mayo	2700	14	6	
	Meath	4449	23	13	
	Monaghan	1358	7	1	
	Offaly	1623	9	8	
	Roscommon	782	4	0	
	Sligo	1200	6	4	
	Tipperary	2393	12	0	
	Tyrone	935	5	0	
	Waterford	1677	9	5	
	Westmeath	1088	6	3	
	Wexford	2005	11	3	
	Wicklow	1775	9	2	
Munster			4	2	
Connacht			4	3	
Ulster			4	3	
Leinster			4	4	
AAI Board			16	14	
Total			403	136	

Quorum of 121 is required

## **Standing Orders**

Standing orders were proposed by Bernie O’Callaghan and seconded by Charlie O’Neill.

## **Appointment of Scrutineers**

The Scrutineers were appointed and confirmed by Congress:

Elections: Neil Martin (Lead), Mary Daly, Zara Cordial, Seamus Lynch, Paul Askins, Pat Whelan.

Motions : Seamus Flynn (Lead), Padraig Kelly, Iain Shaw, Margaret Daly. Majella McGrath.



## Elections

### **Election of the President of the Athletic Association of Ireland.**

For the election of President, Congress was chaired by the Deputy President Brid Golden.

John Cronin was nominated and proposed by Adrian Curley and seconded by Darren Butler.

As there were no other declared candidates, John Cronin was deemed to be elected as President.

### **Election of the Chair of Coaching and Development of the Athletic Association of Ireland.**

Seamus Flynn was nominated and proposed by George Maybury and seconded by Monica Connolly.

As there were no other declared candidates, Seamus Flynn was deemed to be elected as Chair.

### **Election of the Chair of Competition of the Athletic Association of Ireland.**

Andrew Lynam was nominated and proposed by Iain Shaw and seconded by Martin Heery.

As there were no other declared candidates, Andrew Lynam was deemed to be elected as Chair.

### **Election of the Chair of Finance of the Athletic Association of Ireland.**

Michael Quinlan was nominated and proposed by Pat Walsh and seconded by George Maybury.

As there were no other declared candidates, Michael Quinlan was deemed to be elected as Chair.

### **Election of the Chair of High Performance of the Athletic Association of Ireland.**

Fintan Reilly was nominated and proposed by Georgina Drumm and seconded by Neil Martin.

As there were no other declared candidates, Fintan Reilly was deemed to be elected as Chair.

### **Election of the Chair of the Juvenile Committee of the Athletic Association of Ireland.**

Amanda Hynes was nominated and proposed by Evelyn O'Reilly and seconded by Michael O'Hart.

As there were no other declared candidates, Amanda Hynes was deemed to be elected as Chair.

### **Election of the Coaching and Development Committee. (5 candidates to be elected – Art 81 (D) (ii))**

**As there were no other candidates the five listed were deemed to be elected.**

Bernard McAree                      proposed by Evelyn O'Reilly and seconded by Bernie O'Callaghan.

David Denieffe                      proposed by Joe Kelly and seconded by Richard Connolly.

Pat Power	proposed by David Murphy, seconded by Christian Mass.
Brian McGonagle	proposed by Tom Thompson, seconded by Eamon Harvey.
Niamh Richardson	proposed by Fintan Reilly, seconded by Anthony Kelly.

**Election of the Competition Committee. (5 candidates to be elected – Art 81 (D) (ii))**

**As there were no other candidates the five listed were deemed to be elected.**

Bernie Dunne	proposed by Seamus Flynn and seconded by Stephen Bateson.
Georgina Drumm	proposed by Christian Maas and seconded by Catherine Muckian.
Padraig Kelly	proposed by Pat Walsh and seconded by Mossie Woulfe.
Antoinette Holland	proposed by Bernie Dunne and seconded by Peter Hanlon.
Paddy Morgan	proposed by John Joe Doyle and seconded by Ronnie Bent.

**Finance and Risk Committee. (3 candidates to be elected – Art 81 (D) (iii))**

George Maybury – 109 votes – elected. Proposed by Michael Heery, seconded by Michael Quinlan.

Ciara Dillon – 105 votes – elected. Proposed by Catriona Duffy, seconded by Neil Martin.

Gillian Browne – 56 votes – elected. Proposed by Michael Quinlan, seconded by Ciara Dillon.

Anthony Kelly – 48 votes, proposed by Cyril Smyth, seconded by Caitriona Duffy.

Brian Bruton – 43 votes, proposed by Seamus Lynch, seconded by Andrew Lynam.

Trevor Walsh – 41 votes, proposed by John McGrath, seconded by David Murphy.

**High Performance Committee. (3 candidates to be elected – Art 81 (D) (iv))**

Noelle Morrissey – 109 votes – elected, proposed by Brid Golden, seconded by Adrian Curley.

Teresa McDaid – 97 votes – elected, proposed by Tom Thompson, seconded by Michael Quinlan.

Eamon Harvey – 77 votes – elected, proposed by Evelyn O'Reilly, seconded by Tom Thompson.

David McCarthy – 69 votes, proposed by David Murphy, seconded by Michael Gregan.

Perri Williams – 54 votes, proposed by Joe Kelly, seconded by Richard Connolly.

**Juvenile Committee. (5 candidates to be elected – Art 81 (D) (v))**

**As there were no other candidates the five listed were deemed to be elected.**

Mark Connolly – proposed by Bernie O'Callaghan, seconded by Brendan McDaid.

David Murphy – proposed by Brid Golden, seconded by John McGrath.

Patrick Whelan – proposed by Jim Ryan, seconded by Esther Fitzpatrick.

Caitriona Duffy – proposed by Joe Walsh, seconded by Philip Cogavin.

Niamh Fitzgerald – proposed by Mary Friel, seconded by George Maybury.

### **Election of the Deputy President**

Brid Golden was elected Deputy President.

Brid Golden                      proposed by Michael Gregan, seconded by Pat Walsh – total vote 75

Andrew Lynam                proposed by Brendan Meade, seconded by Martin Heery – total vote 40

Michael Quinlan              proposed by Bernie Dunne, seconded by George Maybury - total vote 21

<b>Motions</b>
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CONSTITUTION		
Proposed: Fintan Reilly Seconded by Brendan McDaid - Carried		
Article 81 (e) iv		
A High-Performance Committee which shall consist of a Chair elected at Congress and six (6) individuals, three (3) of whom shall be elected at Congress and three (3), at least one of whom shall be an international athlete who has represented Ireland in Senior Competition within five (5) years of the date of the immediately preceding Congress, shall be appointed by the Board. The Chair of the Coaching and Development Committee shall be, ex officio, a member of the High-Performance Committee with full voting rights.	1.	<b>Revised to:</b> <b>THAT:</b> A High-Performance Committee which shall consist of a Chair elected at Congress and six (6) individuals, three (3) of whom shall be elected at Congress and three (3), one of whom shall be the Chair of the Athletes Commission, and at least one of whom shall be an independent high-performance expert shall be appointed by the Board. The Chair of the Coaching and Development Committee shall be, ex officio, a member of the High-Performance Committee with full voting rights. <b>BOARD</b>
<b>Rationale:</b> To ensure that the Sport Ireland requirement of an independent HP expert is met and to ensure that the Chair of the Athletes Commission is formally represented in our constitution.		
Article 33 a (iv) (A) Delegate Numbers		
Proposed by Brid Golden, Seconded by Nuala Hunt – Carried as Amended		
The number of Delegates from each County Board shall be determined on the basis of 1 Delegate for each 200, or part 200, Registered Members of Affiliated clubs.	2.	<b>Revised to:</b> <b>THAT:</b> the number of Delegates from each County Board shall be determined on the basis of one (1) Delegate for each 400, or part of 400, Registered Members of Affiliated clubs; <del>County Boards with less than 400 members of Affiliated clubs</del> County Boards shall be entitled to a minimum of two (2) delegates. <b>BOARD</b>
<b>Rationale:</b> This motion is linked to cost and planning for each County Board trying to fill their quotas. For example, Dublin County Board with approx. 10,000 members currently has circa 50 delegates. With the passing of this motion the number would reduce to circa 25 delegates which is a much more realistic number for the County to source and to attend at Congress. <del>Note that if a County with less than 400 members is present,</del> County Boards are entitled to have a minimum of two delegates attend and each with a vote.		
Article 48		
Proposed by Brid Golden, seconded by David Abrahams - Carried		
Any motion, other than a motion from the Board, whether to amend the memorandum of association of the Association, these Articles, the Byelaws, the Rules of Competition or Other Rules or on any other topic, shall be notified to the CEO in writing not less than sixty (60) Clear Days before the date for holding the general meeting. Each such motion shall deal with one subject only.	3.	<b>To include an additional clause;</b> <b>THAT:</b> No amendment to General Meeting Motions will be accepted from the floor of a General Meeting. All proposed motion amendments must be forwarded to the CEO 14 days in advance of a General Meeting. All proposed amendments will be redistributed to relevant stakeholders 7 days in advance of said General Meeting to enable all parties an opportunity to preview and discuss. <b>BOARD</b>
<b>Rationale:</b> Include an additional clause allowing all parties the opportunity to discuss in advance the amendment with its constituent parties prior to General Meetings.		

<b>Article 4 (vi)</b>		
<b>Proposed by Brid Golden, seconded by Michael Quinlan - Carried</b>		
Commit the Association to the promotion of gender equality throughout all levels of the organisation.	<b>4.</b>	<b>Revised to:</b> <b>THAT:</b> Commit the Association to the promotion of gender equality throughout all levels of the organisation. The Association will make its best efforts to achieve the required gender representation balance of Board membership, as per Government guidelines. The Governance Committee is the committee tasked with implementing these Government guidelines in a transparent and fair manner. <b>BOARD</b>
<b>Rationale:</b> To ensure the gender representation balance of the Board is as per Government Guidelines.		
<b>Article 81 (e) iii</b>		
<b>Proposed by Michael Quinlan seconded by Greta Hickey - Carried</b>		
A Finance and Risk Committee which shall consist of a Chair elected at Congress and six (6) individuals, three (3) of whom shall be elected at Congress and three (3), at least one of whom must be a Board Member, will be appointed by the Board.	<b>5.</b>	<b>Revised to:</b> <b>THAT:</b> the Finance and Risk Committee shall consist of a Chair elected at Congress and six (6) individuals: <ul style="list-style-type: none"> <li>- three (3) of whom shall be elected at Congress and</li> <li>- three (3) of whom shall be appointed by the Board.</li> </ul> In addition to the Chair and the President, at least one of the elected or appointed committee members shall also be a Board member. <b>BOARD</b>
<b>Rationale:</b> To ensure that AI meets the Sport Ireland Governance Code requirement 2.2 I of three or more Board Directors on the Finance/audit/risk committee.		
<b>Article 81 e (i)</b>		
<b>Proposed by Evelyn O'Reilly, seconded by Fintan Reilly - Carried</b>		
A Coaching and Development Committee which shall consist of a Chair elected at Congress and ten (10) individuals, five (5) of whom shall be elected at Congress and five (5) appointed by the Board. The Chair of the High Performance Committee shall be, ex officio, a member of the Coaching and Development Committee with full voting rights.	<b>6.</b>	<b>Revised to:</b> <b>THAT:</b> A Coaching and Development Committee which shall consist of a Chair elected at Congress and ten (10) individuals, five (5) of whom shall be elected at Congress and five (5) appointed by the Board. The Chair of the High Performance Committee and a member from the Juvenile Committee shall be, ex officio, members of the Coaching and Development Committee with full voting rights. <b>BOARD</b>
<b>Rationale:</b> To ensure that the Juvenile Committee are represented at the Coaching and Development Committee level as has historically occurred.		
<b>Article 80</b>		
<b>Proposed by Brid Golden, seconded by Nuala Hunt - Carried</b>		



<p>No individual excluding the position of chair, may be a member on more than one Principal Committee and may not serve for more than 12 (twelve) years in total effective from April 2010.</p>	<p>7.</p>	<p><b>To be removed and replaced with the following two articles to be inserted after article 81 (d);</b></p> <p><b>THAT:</b> 81 (e) No individual may be a member of more than one Principal Committee, except as described in 81 e (i) &amp; 81 e (iv).</p> <p><b>THAT:</b> 81 (f) No individual, may serve for more than 12 (twelve) years in total on each Principal Committee effective from April 2010. This includes time served as Chair of each such Principal Committee.</p> <p><b>BOARD</b></p>
<p><b>Rationale:</b>  81 (e) This is to bring more clarity the current reading of Article 80.  81 (f) This clarifies that an individual can serve up to 12 years on one Principal Committee and can also serve 12 years on any other Principal Committee(s) at another time.</p>		
<p style="text-align: center;"><b>Partial Term</b>  <b>Proposed by Brid Golden, seconded by Evelyn O'Reilly - Carried</b></p>		
	<p>8.</p>	<p><b>Article 53 to include an additional clause;</b></p> <p><b>THAT:</b> should a new member be appointed to a Board position to fill a vacancy mid-term, that person is considered to have completed a full term, unless the member is appointed twenty-six weeks or less before the next Congress, in which case, those weeks will not be considered as a term of service.</p> <p><b>BOARD</b></p>
<p><b>Rationale:</b> To enable more efficient operating of a Board, it is preferable that a member's eligibility does not expire mid-term through the Board's term because of a partial term of service.</p>		
<p style="text-align: center;"><b>Partial Term</b>  <b>Proposed by Brid Golden, seconded by Evelyn O'Reilly - Carried</b></p>		
	<p>9.</p>	<p><b>Article 81 to include an additional clause;</b></p> <p><b>THAT:</b> should a new member be appointed to a Principal Committee position to fill a vacancy mid-term, that person is considered to have completed a full term, unless the member is appointed twenty-six weeks or less before the next Congress, in which case, those weeks will not be considered as a term of service.</p> <p><b>BOARD</b></p>
<p><b>Rationale:</b> To enable more efficient operating of a Principal Committee, it is preferable that a member's eligibility does not expire mid-term through the Board's term because of a partial term of service.</p>		
<p style="text-align: center;"><b>Eligibility</b>  <b>Proposed by Brid Golden, seconded by Claire Shannon - Carried</b></p>		
	<p>10.</p>	<p><b>Article 53 to include an additional clause;</b></p>

		<p><b>THAT:</b> to be eligible for election or nomination to the Board, a person must be eligible to complete the full term or remaining term of the Board if the appointment is during the term.</p> <p><b>BOARD</b></p>
<p><b>Rationale:</b> It is preferable that a person joining the Board is eligible to complete the full two years of service. This reduces the likelihood of having to replace members during the term.</p>		
<p align="center"><b>Article 81 to include an additional clause;</b>  <b>Proposed by Brid Golden, seconded by Evelyn O'Reilly - Carried</b></p>		
	11.	<p><b>THAT:</b> To be eligible for election or nomination to a Principal Committee, a person must be eligible to complete the full term or remaining term of the Principal Committee if the appointment is during the term.</p> <p><b>BOARD</b></p>
<p><b>Rationale:</b> It is preferable that a person joining a Principal Committee is available to complete the full two years of service. This reduces the likelihood of having to replace members during the term.</p>		
<p align="center"><b>Terms versus Years</b>  <b>Proposed by Brid Golden, seconded by PJ O'Rourke - Carried</b></p>		
<p>53. No person may be a member of the Board for more than two (2) consecutive two-year terms in any one position, and no one may serve as a Board Member for more than twelve years (12) in total with effect from 24th April 2010.</p> <p>53 (j). In the event of Congress being, or having been, postponed by way of a Board Decision pursuant to Article 53 (f), the additional time during the postponed period between the original date of Congress and the rescheduled date shall not be taken into account in calculating the 12-year maximum period for Board Membership referred to in this Article.</p> <p>80. No individual excluding the position of chair, may be a member on more than one Principal Committee and may not serve for more than 12 (twelve) years in total effective from April 2010.</p>	12.	<p><b>THAT:</b> all references in the Constitution to 12 years be replaced with the phrase six (6) terms.</p> <p><b>BOARD</b></p>
<p><b>Rationale:</b> Consistency of referral to Board / Principal Committee terms not years.</p>		
<p align="center"><b>Article 47</b>  <b>Proposed by Michael Quinlan, seconded by Andrew Lynam - Carried</b></p>		

<p>The Board shall be responsible for arranging the timetable and order of business at the AGM, at Congress and at every EGM subject to standing orders adopted by the Board on the recommendation of the Governance Committee. All business shall be deemed special that is transacted at an EGM, and all that is transacted at an AGM shall also be deemed special, with the exception of the consideration of the accounts and balance sheet, and the reports of the Board and of the auditors and the fixing of the remuneration of the auditors and the election of Board Members.</p>	<p>13.</p>	<p><b>Revised to:</b>  <b>THAT:</b> the Board shall be responsible for arranging the timetable and order of business at the AGM, at Congress and at every EGM subject to standing orders adopted by the Board on the recommendation of the Governance Committee. All business shall be deemed special that is transacted at an EGM, and all that is transacted at an AGM shall also be deemed special, with the exception of the consideration of the accounts and balance sheet, and the reports of the Board and of the auditors and the appointment of the auditors and the election of Board Members.  <b>BOARD</b></p>
<p><b>Rationale:</b> The remuneration of the auditors is subject to change at short notice due to the ever changing compliance requirements (financial and governance) and timescales. Hence the removal of the wording regarding ‘fixing of remuneration of the auditors’ is required.</p>		
<p style="text-align: center;"><b>Article 33 (k)</b>  <b>Proposed by Greta Hickey, seconded by Michael Quinlan - Carried</b></p>		
<p>On the recommendation of the Board, in recognition of valued services given to the Association, Congress shall be entitled to elect Honorary Life Vice Presidents, without voting powers.</p>	<p>14.</p>	<p><b>Revised to:</b>  <b>THAT:</b> on the recommendation of the Board, in recognition of valued services given to the Association, Congress shall be entitled to elect Life Vice Presidents, without voting powers.  <b>BOARD</b></p>
<p><b>Rationale:</b> Removal of Honorary. This Article was not amended at the previous Congress.</p>		

## BYE-LAWS

15. **THAT:** Athletics Ireland review the transfer system to include 1<sup>st</sup> January as a transfer date for juveniles.

**SLIGO**

**Proposed by Anne McHugh, seconded by Michael O’Hart, recommendation to set up a working group to consider the matter.**

## ADMINISTRATION

16. **THAT:** Athletics Ireland insurance includes Directors and Officers Liability Insurance cover for clubs, County Boards and Provinces.

**SLIGO**

**RECOMMENDATION**

17. **THAT:** Athletics Ireland designate time, on the days of National competition, when training and development of officials will take place.

**DUBLIN**

**RECOMMENDATION to Technical committee**

18. **THAT:** Athletics Ireland evaluate the benefit of developing a “pre-cursor” discipline for Pole-vault.

## DUBLIN

### RECOMMENDATION to Coaching and Development committee.

19. **THAT:** Athletics Ireland under the auspices of a single purpose committee, chaired by an independent expert and including but not limited to, members of the following:

- Juvenile Committee
- Competition Committee
- High-Performance Committee
- Coaching & Development Committee
- Irish Schools Athletic Association

evaluate the introduction of a multi-disciplinary Run-Jump-Throw, Sports-hall type, or Spraoi Games, team-based competition structure, for Juveniles below U13.

## DUBLIN

### RECOMMENDATION to Coaching and Development committee

20. **THAT:** That Athletics Ireland evaluates establishing and implementing a national education and certification pathway for technical officials.

## DUBLIN

### RECOMMENDATION to the Technical committee

## COMPETITION - SENIOR

21. **THAT:** weight for Height for National Junior, U23 & Senior Women Championships to be introduced.  
**MEATH/LEINSTER** **Withdrawn**
22. **THAT:** the Women's Weight for Height competition be held, using the same weights used in weight for distance, for Junior, U23 & Senior categories.  
**DUBLIN** **Proposed by Seamus Flynn, seconded Maggie Higgins - Carried**
23. **THAT:** we introduce Weight Throw / Heavy Hammer for Outdoor National Seniors Champs (20lbs Women / 35lbs Men).  
**MEATH/LEINSTER** **Proposed by Maggie Higgins, seconded by Philip Cogavin – Lost**
24. **THAT:** the Junior Women's Weight for Distance / Height to be 20lbs.  
**MEATH/LEINSTER** **Proposed by Maggie Higgins, seconded by Caitriona Duffy – Carried**
25. **THAT:** the Junior Women's Weight for Distance implement be changed to 20lb/9kg.  
**DUBLIN/LEINSTER** **Falls**
26. **THAT:** the Competition booklet be amended to clarify that the chain of the implements in weight throws, are 16" long (the booklet shows it as 12").  
**DUBLIN** **Proposed by Seamus Flynn, seconded by Shirley Murray - Carried**
27. **THAT:** the inter-club Relay for the National Junior & U23s Indoors Championships be changed to 4x400m.  
**MEATH/LEINSTER** **Proposed by Maggie Higgins, seconded by Philip Cogavin – Carried**
28. **THAT:** a separate 4x400m inter-club relay be added to the National Indoor Championships.  
**MEATH/LEINSTER** **Proposed by Maggie Higgins, seconded by Philip Cogavin – Carried**

29. **THAT:** Athletics Ireland introduce a Mixed Inter-Club 4x400m Relay for the Outdoors National Senior Championships.  
**MEATH/LEINSTER** Proposed by Maggie Higgins, seconded by Philip Cogavin – Carried
30. **THAT:** Athletics Ireland introduce a Mixed Club Relay National Cross-Country Championship.  
**BOARD/LEINSTER/MEATH** Proposed by Andrew Lynam, seconded by Caitriona Duffy - Carried
31. **THAT:** Mixed Relays be added to the list of Relay events at Senior Championships from 2023; the age groups and distances to be determined by the Competition Committee.  
**CONNACHT** Falls
32. **THAT:** the Junior & Senior Cross-Country championships reflect the principle of equal distances for men & women as recommended by European Athletics for the European Cross-Country Championships. NB Under 23 men & women will continue to run the senior championship distances.  
**BOARD/LEINSTER/MAYO** Proposed by Fintan Reilly, seconded by Georgina Drumm – Carried
33. **THAT:** underage Cross Country distances be revised to reflect the principle of equal distances for boys & girls in line with the recommended distances by European Athletics for the European Cross Country Championships.  
**BOARD/MAYO** Proposed by Evelyn O Reilly, seconded by Peter Hynes – Carried
34. **THAT:** U17s & U18s be allowed compete as Junior for the National Combined Events both Indoor & Outdoors.  
**MEATH/LEINSTER** Proposed by Maggie Higgins, seconded by Philip Cogavin – Carried
35. **THAT:** U17 and U18 athletes are given the option to compete in the National Indoors and Outdoors Decathlon.  
**CONNACHT** Falls
36. **THAT:** national Indoor and Outdoor Championships contested by athletes in the under-20 age category (19 years old or younger on 31 December in the year of the competition) be re-named National Under-20 Championships and National Under-20 Indoor Championships in line with World Athletics naming conventions.  
**DUBLIN** Proposed Seamus Flynn, seconded by Cecil Johnson – Carried
37. **THAT:** Athletics Ireland introduce a 10km National Junior Road Race-Walking Championship.  
**BOARD/LEINSTER/MEATH** Proposed by Andrew Lynam, seconded by Dave Hooper – Carried

<b>COMPETITION - JUVENILE</b>
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38. **THAT:** Athletics Ireland introduce U15 Triple Jump both Indoor & Outdoor for Boys & Girls for National Juveniles.  
**MEATH/LEINSTER** Proposed by Maggie Higgins, seconded by Philip Cogavin – Carried
39. **THAT:** the National Children's Games for U9s, U10s and U11s be expanded to include an individual competition in addition to the existing team competition.  
**CONNACHT/MAYO** Proposed by Paddy Kelly, seconded by Peter Hynes - Defeated
40. **THAT:** Mixed Relays be added to the list of Relay events at Juvenile Championships from 2023; the age groups and distances to be determined by the Juvenile and Competition Committees.  
**CONNACHT** Proposed Seamus Lynch, seconded by Ronan O'Hart – Carried
41. **THAT:** Athletics Ireland introduce a mixed relay in U11, U 13, U15 & U17 in Juvenile relays in both Cross Country and Track & Field.



## WEXFORD Falls

*At this time it was brought to the attention of the Legal Advisor that a quorum of 121 may not be present in the room. The meeting was paused whilst scrutineers tallied those present in the room, only 95 were present. With advice from our Legal Advisor, Gerry Dunne, considering article 36 of the Constitution the Board met and agreed to adjourn Congress to 18.20 of the same day. At 18.20 Congress still did not have a quorum and therefore Congress delegates had to wait for half an hour as per Article 36 to assess members present. At 18.50 the adjourned Congress continued and all those present and eligible to vote represented the quorum.*

### COMPETITION - MASTERS

42. **THAT:** Athletics Ireland when conducting Masters track & field championships (Indoor & outdoor) shall apply the World Masters Athletics Rule 15 starting blocks: Rule 16 False Start.

**DUBLIN/WESTMEATH/DONEGAL/MEATH** Proposed by George Maybury, seconded by Michael Cornyn - Carried

43. **THAT:** the standard men's outdoor pentathlon (long jump, javelin, 200m, discus, 1500m – as recognised by both World Masters Athletics and World Athletics), rather than the current non-standard pentathlon (short hurdles, long jump, shot putt, high jump, 1500m), be contested in the National Masters Combined Events Championships (for men outdoors).

**LOUTH** Proposed by Tom McGrane, seconded by Christian Maas – Carried

44. **THAT:** the standard pentathlon events (as recognised by World Masters Athletics), rather than the current quadrathlon events, be contested for the age groups from M60/W60 upwards in the National Masters Combined Events Championships (for men and women, both outdoors and indoors).

**LOUTH** Proposed by Tom McGrane, seconded by Michael Cornyn – Carried

45. **THAT:** Mixed Relays be added to the list of Relay events at Master Championships from 2023; the age groups and distances to be determined by the Competition Committee.

**CONNACHT** Proposed by Ronan O Hart, seconded by Michael Cornyn - Carried

46. **THAT:** the implement for Women Over 75 Weight for Distance be reduced to 7.26kg.

**DUBLIN** Proposed by Seamus Flynn, seconded by Maggie Higgins – Carried

47. **THAT:** over 75 women Weight for Distance be 16lbs.

**MEATH/LEINSTER** – Falls

## Appendix 1

**THAT:** mixed relays be added to the senior championship track and field programme: details to be decided by the Competition Committee.

**CORK**

(After existing motion 31) Falls

**THAT:** mixed relays be added to the master's championship track and field programme: details to be decided by the Competition Committee.

**CORK**

(After existing motion 45) Falls

**THAT:** an athlete who qualifies for the national juvenile track and field championships in 4th place through the regional championships should be eligible to compete in the national B championships if unplaced (1st,2nd,3rd) in the national juvenile track and field championships.

**CORK**

(After existing motion 41) **Recommendation to Juvenile Committee**

**Inauguration of New President**

Deputy President Brid Golden presented the Chain of Office to the President John Cronin.

**Closing Remarks from the President.**

The President thanked all the Delegates for attending Congress. He said a huge amount of business was transacted and thanked the Delegates for their patience especially towards the end.

He thanked the outgoing Board for their contribution over the last two years. He congratulated all those elected and looked forward to working with them over the next two years, He also thanked the Athletics Ireland staff who were involved in putting the event together. He paid tribute to Hamish Adams for his leadership to date and looks forward to working with him and the staff in his next term of office. He said it was a great honour for him to be re-elected for a second term and looked forward to the next two years.

The President announced that the 2024 AGM would be on Saturday 27<sup>th</sup> April and from feedback from the floor it was decided it would be online.

The President then declared the Congress closed and wished everyone safe home and best wishes.