

# Athletics Ireland

A collage of various athletes in action, including a female triathlete in a blue and white jersey, a male triathlete in a blue and white jersey, a female triathlete in a blue and white jersey, and several male triathletes in blue and white jerseys. The collage is set against a background of a blue sky with white clouds.

## Minutes Congress 2025

Saturday 26th of April 2025

Tullamore Court Hotel

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## Athletic Association of Ireland CLG 7<sup>th</sup> Congress - AGENDA

10:00 - 10:30	Registration
10:30 – 10:35	President's Introduction
10:35 – 11:00	Roll Call by County
11:00 - 11:10	Minutes Congress 2023
11:10 – 11:50	Summary Reports of Principle Committees: Coaching & Development Competition High Performance Juvenile
11:50 – 12:05	Auditor's Report
12:05 – 12:25	Finance & Risk Report 2024 Audited Accounts and 2025 Budget Summary Appointment of Auditors
12:25 – 12:45	Chief Executive Officer Report  President's address  Adoption of Standing Orders Appointment of Scrutineers  Elections
13:00 – 14:00	Lunch
14:00 – 17:00	New Life Vice President  Conclusion of Election Results  Motions  Inauguration of President  Close of Congress

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

Guests and delegates, I warmly welcome you all to the Athletics Ireland 2025 Congress, the seventh edition since our transition to a CLG. Following the motion passed at Congress 2021 to hold our general meetings at a central venue, the search for an appropriate location has brought us back to the Tullamore Court Hotel, which also hosted Congress in 2016 and 2023. I trust most of you find it as central and convenient as I do.

First, I would like to express my sincere thanks for your continued support over the past two years, including your attendance at the AGM and the Constitutional EGM in 2024, and now, today's Congress.

It is my pleasure to welcome our Life Vice Presidents: Pdraig Griffin, who attended his first Congress in 1964, Michael Heery, Liam Hennessy, Paddy Marley, Dermot Nagle, and Caroline O'Shea, as well as Immediate Past President Georgina Drumm. You are all very welcome.

On our behalf, I would like to extend best wishes to Life Vice President Maeve Kyle, who is unable to join us today. Maeve is in her 97th year, a remarkable milestone. Our best wishes to you Maeve. We have also received apologies from Life Vice Presidents Eamon Giles, Al Guy, Ciaran O'Caithain, and Norah McDermott. We also have apologies from Michael Cornyn, (Meath); Ciara Dillon, (Westmeath); Ailish McSweeney, (Dublin); John Fitzpatrick (Longford); Niamh Richardson (Kilkenny).

Allow me to introduce the Board members seated here with me: Brid Golden, Deputy President and Munster Representative; Michael Quinlan, Chair of Finance and Risk; Seamus Flynn, Chair of Coaching and Development; Fintan Reilly, Chair of High Performance; Andrew Lynam, Chair of Competition; Amanda Hynes, Chair of Juvenile; Mary Barrett, Irish Schools Representative; Laura Brennan, Irish Universities Representative; Brendan McDaid, Ulster Representative; Marion McEvilly, Connacht Representative; Greg Duggan, Leinster Representative; and our three co-optees, Claire Shannon, Nuala Hunt, and Greta Hickey.

We have received apologies from Philip Snoddy, Athletics Northern Ireland Representative.

Hamish Adams, our CEO, is also here beside me, and I would like to introduce members of his team: John Holian, Director of Finance; Kieron Stout, National Children's Officer and HR Manager; Sarah McCarthy, Finance and Governance Manager; Ger Stewart, Director of Competitions; Pat Ryan, Director of Coaching and Development; Daragh Brown, Marketing Communications and Sponsorship Manager; and Maresa Connolly, Registrations and Office Manager.

As always, we are pleased to welcome Gerry Dunne, our legal advisor, and Graham and Colin Mulcahy of GTM Events, who are handling our Audio and Visual needs. I'll explain how timing and contributions will be managed as we move into Standing Orders.

Our new auditors, OSK, will give their report via a video presentation at the appropriate time.

The agenda has been published and is included in the syllabus. For your convenience, QR codes are available to access all Congress documentation, which has also been circulated online in advance, as required.

Before we move forward, let me outline the flow of today's Congress.

If you wish to speak, please approach the podium and be in place when your turn arrives. Kindly introduce yourself by name and where you are from to help the minute-takers, Kieron Stout, Sarah McCarthy, and Maresa Connolly, who are located adjacent to the podium.

For the sake of order, any operational matters should be addressed either through the relevant committee report or during the CEO's report. Please note there is no AOB (Any Other Business) slot at the end of today's meeting.

This year, we are pleased to introduce biographies of the candidates seeking election, and I want to thank everyone who engaged in this process.

Before we proceed, I would like to take a moment to acknowledge and remember our deceased members, friends, and families. I ask you to keep in your thoughts those members of our community who are currently unwell, and we wish them a swift and full recovery.

Following a request to the County Boards, I have compiled a list of deceased members, which will be published in the minutes. Thank you to everyone who contributed to this. It is currently at 140.

We have prepared a few slides highlighting a small sample of those we have lost since our last Congress. Many of these individuals played key roles in shaping past Congresses, and their contributions will never be forgotten. I will speak briefly about some of these individuals.

On behalf of the Board and CEO of Athletics Ireland, I ask you now to join me in a moment of applause for all our members and friends who have passed in recent years. May they all rest in peace.

Thank you.

I now formally declare Congress 2025 open.

## In Remembrance – list of deceased members

Name		Club	County	Date	
Fintan	Phelan	St Laurence O'Toole	Carlow	Jan-24	
Pat	Howlett	St Laurence O'Toole	Carlow	Aug-24	
Indie Mai	Byrne	St Laurence O'Toole	Carlow	Mar-25	
Michael	Hayes	University of Limerick	Clare	Jun-24	
Donal (Donie)	Webb	Rising Sun	Cork	Dec-23	Past President, Past Cork County Chair
Con	Murphy	Leevale	Cork	Jan-24	
Noreen	Murphy	Carraig na bhFear	Cork	Apr-24	Past Cork County Chair
Sarah-Kate	O'Meara	Carraig na bhFear	Cork	Jun-24	
Chris	Harrington	Leevale	Cork	Jul-24	
George	Walsh	Youghal, East Cork	Cork	Oct-24	
Paul	Tucker	St Finbarrs	Cork	Nov-24	
Jerry	Russell	Youghal	Cork	Dec-24	Club Founding Member
Charlie	Large	City of Derry Spartans	Derry	Aug-24	
Oliver	Mulholland	City of Derry Spartans	Derry	Jan-25	
John	O'Brien	Finn Valley	Donegal	Dec-21	
Kathleen	Merritt	Finn Valley	Donegal	May-23	
James	Doherty	Cranford	Donegal	Oct-23	
Jimmy	Gildea	Letterkenny	Donegal	Sept-24	
Aidan	McGlynn	Letterkenny	Donegal	Sept-24	
John	Wilson	St Johnston	Donegal	Oct-24	Club Founding Member
Charlie	Fox	Letterkenny	Donegal	Nov-24	
Mick	McGettigan	Glenree	Donegal	Jan-25	Club Founding Member
Ita	Friel	Glenree, Cranford	Donegal	Feb-25	
Danny	Walsh	Letterkenny	Donegal (Tipperary)	Sept-24	
Claire	Walsh OLY	Clonliffe Harriers	Dublin	Jun-23	Olympian MUNICH 1972 800m
Ann	Peppard	Raheny Shamrock	Dublin	Jun-23	Juvenile Competition Secretary
Willie	Dunne OLY	Donore Harriers	Dublin	Dec-23	Olympian ROME 1960 Marathon
Alex	Ingle	Clonliffe Harriers	Dublin	Dec-23	
Ronan	Mulvenny	Clonliffe Harriers	Dublin	Jan-24	
John	Tallon	Clonliffe Harriers	Dublin	Jan-24	
Brendan	Martin	Clonliffe Harriers	Dublin	Jan-24	
Jamie	O'Farrell	LSA	Dublin	Feb-24	



Johnny	Fox	Tallaght, Brothers Pearse, Metro St Brigids, St Augustines	Dublin	Apr-24	
Patsy	Brady	Clonliffe Harriers	Dublin	Apr-24	
Tony	Byrne	Tallaght	Dublin	May-24	
Emmet	O'Cleirigh	Raheny Shamrock	Dublin	Jun-24	
Mary	O'Sullivan	Raheny Shamrock	Dublin	Jun-24	
Leah	Fagan	Ballymun	Dublin	Jul-24	
Conor	Kenny	Sportsworld	Dublin	Aug-24	
Nick	Rankin	Rathfarnham WSAF	Dublin	Aug-24	
Justin	Aylmer	Donore Harriers	Dublin	Aug-24	
Pat	Bonass	Clonliffe Harriers	Dublin	Sept-24	
John	Cronin	Clonliffe Harriers	Dublin	Oct-24	
Derek	McCleane OLY	Crusaders	Dublin	Oct-24	Olympian TOKYO 1964 800m
Maurice	Walsh	Lucan Harriers	Dublin	Oct-24	
John	Melligan	Clonliffe Harriers	Dublin	Nov-24	
Ignatius	O'Brien	Donore Harriers	Dublin	Nov-24	
Dave	Fagan	Dublin City Harriers	Dublin	Dec-24	
Dominick	Dicker	Donore Harriers	Dublin	Dec-24	
Dr. Cyril M	White	Donore Harriers	Dublin	Jan-25	Past President IUAA (Inaugural)
Noel	Iremonger	Donore Harriers	Dublin	Jan-25	
Nick	Davis	Liffey Valley, Avondale, South Dublin Harriers	Dublin	Apr-25	Life Vice President, Past President AAI (Inaugural)
Dermot	Lynskey	Donore Harriers	Dublin	Apr-25	
Christy	Smith	Civil Service	Dublin (Cavan)	Jul-23	
John	Hanley	Clonliffe Harriers	Dublin (Cork)	Dec-23	
Tadhg	Twomey	Metro St Brigids, Mallow	Dublin (Cork)	Jan-24	
Walter	Mee	Rathfarnham WSAF	Dublin (Cork)	Jun-24	
Frank	O'Shea	Crusaders	Dublin (Kerry)	May-23	
Sheila	Champion	Sportsworld, Harold's Cross	Dublin (Kilkenny)	Jun-23	
Con	Hearty	Dundrum South Dublin, Civil Service	Dublin (Louth)	Nov-24	
Seanie	Dalton	Clonliffe Harriers, Tara	Dublin (Meath)	Dec-23	
Martin	Flaherty	Clonliffe Harriers	Dublin (Westmeath)	Mar-24	
Mary	Moore	Rathfarnham WSAF	Dublin (Wexford)	Sept-23	
John	Byrne	Civil Service, Dunboyne	Dublin (Wicklow)	Nov-24	
Jimmy	Ward	Galway City Harriers	Galway	Aug-24	
Ted	O'Sullivan	Kenmare	Kerry	Jan-24	

Patrick	O'Riordan	St Brendans	Kerry	Apr-24	
Maurice	O'Keefe	An Riocht	Kerry	Aug-24	
Barry	Deay	Crookstown Millview	Kildare	Sept-24	
Sarah Louise	Doyle	Crookstown Millview	Kildare	Mar-25	
Kevin	Munnelly	Newbridge	Kildare	Apr-25	
Brendan	Kenny	Naas	Kildare (Clare)	Mar-25	
Ronald S. (Ronnie)	Long	Limerick	Limerick	Sept-23	Life Vice President, Past President
Ann	O'Mara	Emerald	Limerick	Apr-25	
Jim	McEvoy	Lourdes, Drogheda & District	Louth	Jul-23	
Francie	Reynolds	Dunleer	Louth	Jul-23	
Donald	Kierans	Drogheda & District	Louth	Aug-23	
Peter	Boylan	Dunleer	Louth	Aug-23	
Gerry	Carroll	Drogheda & District	Louth	Sept-23	
Austin	Tiernan	Boyne	Louth	Jan-24	Club Founding Member
Kenneth	McBride	Glenmore	Louth	Mar-24	
Liam	Cooney	Ace	Louth	Sept-24	
Derek	Winter	Drogheda & District	Louth	Nov-24	
Aisling	Moore	Swinford	Mayo	Jul-24	
Abbigael	Tournié Moore	Swinford	Mayo	Jul-24	
Sean	Conroy	Dunboyne, St Andrews, Clonee	Meath	May-23	Club Founding Member
Damien	O'Reilly	Dunboyne	Meath	Sept-23	
Mary	Brady	Dunboyne	Meath	Nov-23	
John	Cotter	Dunboyne	Meath	Jan-24	
Jimmy	Henry	Dunboyne	Meath	Mar-24	
Noel	Larkin	Dunshaughlin	Meath	Mar-24	
Carla	O'Shaughnessy Hickey	Dunboyne	Meath	Jun-24	
Michael	Smyth	Navan	Meath	Jan-25	Club Founding Member
Noel	Coogan	Bohermeen	Meath	Jan-25	
Brian	Donovan	Kells	Meath	Jan-25	
Olive	Anderson	Dunboyne	Meath	Feb-25	
Albert	Muldoon	Dunboyne, Clonliffe Harriers	Meath (Dublin)	Jan-24	
Bert	Glynn	Dunboyne	Meath (Galway)	Feb-25	
Thomas Joseph	Mooney	Tullamore Harriers	Offaly	Apr-23	
Noel	Guilfoyle	Tullamore Harriers	Offaly	Jun-23	
Lorna	Woodnutt	Tullamore Harriers	Offaly	Sept-23	
Ignatius	O'Neill	Birr	Offaly	Dec-23	Past Offaly County Chair
Paddy	Purcell	Tullamore Harriers	Offaly	Jan-24	
Baithen	Mooney	Tullamore Harriers	Offaly	Feb-24	
Joe	Delahunty	Ballyskenach	Offaly	May-24	
Jim	Dolan	Tullamore Harriers	Offaly	Nov-24	

John	McGowan	Tullamore Harriers	Offaly	Feb-25	
Tom	Godley	Tullamore Harriers, St Cormacs, An Riocht	Offaly (Kerry)	Mar-24	Past Offaly County Chair
Phyllis	Delaney	Tullamore Harriers	Offaly (Wicklow)	Nov-23	
Máire	Allen	Roscommon	Roscommon	Sept-23	Past Chair Connacht Schools
Fabian	Walsh	Lough Ree	Roscommon	Jun-24	Past Chair Connacht, Club Founding Member
Jimmy	Lyons	St Ronan's, Taughmaconnell	Roscommon	Mar-25	Club Founding Member
Jim	Cusack	Elphin	Roscommon (Galway)	Feb-25	
Patricia	O'Hara	North Sligo	Sligo	Dec-22	
Pauline	Martin O'Rourke	Roscrea	Tipperary	Jun-24	
Aine	Hennessy	Templemore	Tipperary	Oct-24	
Paddy	Coman	Moycarkey Coolcree	Tipperary	Dec-24	
Pat	Naughton	Nenagh Olympic	Tipperary	Apr-25	Club Founding Member
Tom	O'Riordan	Dungarvan	Waterford	Dec-23	
Seamus	O'Droma	St Nicholas	Waterford	Mar-24	
Louise	Dunne (Foley)	Bally	Waterford	Mar-24	
Jimmy	Costin	St Nicholas	Waterford	Aug-24	
Lynne	Algar	Mullingar Harriers	Westmeath	Mar-24	
Seamus	Breslin	Mullingar Harriers	Westmeath	Jul-24	
Eddie	Williams	Mullingar Harriers	Westmeath	Dec-24	
Kathleen	Gallagher	Mullingar Harriers	Westmeath (Donegal)	Apr-23	
Tony	Power	Mullingar Harriers	Westmeath (Kilkenny)	Jan-25	
Des	Quigley	Kilmore	Wexford	Jul-23	
Aidan	Moore	Bree	Wexford	Oct-23	
Naomi	Howlan	St Killians	Wexford	Apr-24	
Pat	O'Leary	Bree	Wexford	Jun-24	
John	Godkin	United Striders	Wexford	Jan-25	
Richie	Newport	Kilmore	Wexford	Mar-25	
Brian	Geraghty	Sli Cualann	Wicklow	Jul-23	
Jimmy	Kearns	Parnell	Wicklow	Mar-24	Club Founding Member
Sean	Clifford	Bray Runners	Wicklow	Apr-24	
Clodagh	Phelan	Parnell	Wicklow	Jul-24	
Breda	Smith	Father Murphy	Wicklow	Feb-25	

## Roll Call

### TOTAL MEMBERS REGISTERED PER COUNTY AT 31 DECEMBER 2024

Province	County	Total	Voting Strength	Morning Call	roll
	Antrim *	3120	8	0	
	Armagh *	575	2	0	
	Carlow	752	2	2	
	Cavan	824	3	3	
	Clare	2160	6	3	
	Cork	8828	23	9	
	Derry *	851	3	0	
	Donegal	2528	7	7	
	Down *	3265	9	0	
	Dublin	13306	34	33	
	Fermanagh *	292	2	0	
	Galway	3968	10	4	
	Kerry	2433	7	3	
	Kildare	2998	8	2	
	Kilkenny	1790	5	4	
	Laois	1346	4	2	
	Leitrim	668	2	2	
	Limerick	1818	5	2	
	Longford	388	2	0	
	Louth	2598	7	6	
	Mayo	3041	8	5	
	Meath	4602	12	8	
	Monaghan	1477	4	2	
	Offaly	1845	5	5	
	Roscommon	1122	3	1	
	Sligo	1523	4	4	
	Tipperary	2890	8	0	
	Tyrone *	789	2	0	
	Waterford	1807	5	5	
	Westmeath	1325	4	4	
	Wexford	1797	5	3	
	Wicklow	2161	6	2	
Munster			4	3	
Connacht			4	3	
Ulster			4	4	
Leinster			4	3	
AAI Board			16	15	
<b>Total</b>			<b>247</b>	<b>147</b>	
<b>Quorum set at</b>			<b>75</b>		

## Minutes of Congress 2023

The Minutes of Congress 2023 were published shortly after the previous Congress, and no feedback was received.

The President asked if there were any issues arising. No comments from the floor.

**Proposed**      – Bernie O’Callaghan (Ulster)  
**Seconded**    – George Maybury (Dublin)



## Summary Reports of Principal Committees

The President , John Cronin moved to the Summary Reports of the Principal Committees and invited the chairs of the relevant committees to come forward and present their reports.

1. Seamus Flynn – Coaching & Development Committee Chair
2. Andrew Lynam – Competition Committee Chair
3. Fintan Reilly – High Performance Chair
4. Amanda Hynes – Juvenile Committee Chair
5. Michael Quinlan – Finance & Risk Committee Chair

## Coaching & Development Committee Report

Good morning.

In terms of Coaching and Development, we take a two pronged approach - Development of the clubs and the coaching and development of the athletes.

In terms of athlete education, we look to Grace Lynch. In terms of Coach Education, we look to Conor Wilson, and in terms of club development, we look to Dermot McGranahan. I name those people as they are key to the organisation, but also along with them, we have eight RDOs spaced around the country, all of whom are managed by Pat Ryan. The key role of all of these is to reach out to all the clubs and athletes.

In terms of long term athletes being involved in the sport, we want athletes to stay in the sport for as long as they can.

In terms of education, we typically have 1,300 people at courses, over the past number of years. But without this level of 1,300 people, we are unlikely to see coaching develop the way it is.

Our squads are still a key part of the organisation. We aim that athletes who come to development squads on a county or regional level, should expect to get more than if they stayed at home. What we try to do is to deal with some of the issue like Strength and Conditioning, Psychology, Mental Preparation for competition, or how to Transition from Junior to Senior level. Through this, we look to develop the athletes, in a more holistic way.

One of the key things that we did over the last two years, was to look at the whole area of how to prevent athletes from burning out. One of things we looked at was providing good and regular competition for our athletes. Sometimes our athletes 'retire' at age 12. We have looked at the area of Sproai Games and tried to develop this into something more useable over the past few years, in schools and clubs. That is going to be a key aspect of our work over the next few years.

In that body of work, I have to acknowledge the support from Sheila Quinn in Sports Ireland and Phil Kearney from the University of Limerick, who were instrumental in the development of the Spraoi Games, and we acknowledge the help they gave us on the journey.

In terms of some of the other people in the organisation who were involved in Coaching & Development over the past couple of years, I have to thank Pat Whelan, Andrew Lynam and the members of the Coaching & Development Committee.

When we organised that committee, we tried to get as diverse a population as possible, to be representative of each one of the sports that we look after. For that reason, the following people sat with us over the past couple of years. They were Ailis McSweeney, Bernard McAree, Brian McGonagle, Collette Kelly, David Denieffe, Julia Claffey, Moira Ashton, Neil Richardson, Pat Power and Sarah Buggy. David Murphy and Fintan O'Reilly from the other committees have also given fantastic contribution to the work that we have been doing.

In the next two years, we will be looking at recognition of prior learning, where we have coaches working with us for years, who have developed fine skills but may not have attended courses and structured learning systems. We want to recognise those coaches, and the contribution they make.

In terms of facilities, we have all seen what has happened when we create indoor facilities. I estimated that Phil Healy was 11 years old when Athlone was built. Sharlene Mawdsley was 6. Those athletes may not have been able to come through if those facilities were not available. We do need to develop more facilities, whether they are indoor or outdoor.

For me, it is all about long term plans and that is why I am so passionate about Spraoi Games, because we want the first experience in the sport to be fun.

**Seamus Flynn – Chair Coaching & Development**

## Coaching & Development Committee Report



# Coaching & Development Committee Report

Presented by Seamus Flynn – Committee Chair 2023 - 2025

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

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

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

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

## Membership

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

## Club Volunteers

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

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

## Club Development

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

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

The concept of a three-year plan assists clubs to examine their status quo and challenge themselves to think about setting and achieving future goals. Workshops, webinars and club visits were held to assist clubs. The initial intake was 38 clubs, and the majority are currently at various stages of progress, with four clubs completing the programme. A similar number have expressed interest in starting the next programme later this year.

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

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



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

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

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

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

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

The online information workshops were complemented through 20 club visits and numerous follow-up conversations, both online and via phone. Many of the applications were also reviewed prior to submission. The recent programme saw our clubs receive €8.2 million, the highest figure to date.

#### **Teamwork**

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

**Dermot McGranaghan**  
Club Development Manager

**Conor Wilson**  
Coach Education Manager

**Grace Lynch**  
Athlete Education Manager

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

**Paul McKee**  
Donegal, Cavan, Monaghan, Louth

**Barry Pender**  
Galway, Mayo, Sligo, Leitrim

**Bashir Hussain**  
TU5 and Westmeath, Offaly, Longford, Roscommon

**Colette Quinn and Gary Crossan**  
DCC and Dublin

**Neil Taylor**  
Louth, Meath, Kildare, Wicklow

**Marcus Lawler**  
SETU, Carlow, Kilkenny

**Colin Byrne**  
Waterford, Tipperary, Wexford, Looks

**Olivia Scully Hahne**  
Cork, Kerry, Limerick, Clare

### Coach Education

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

	2023		2024	
	Courses	Participants	Courses	Participants
Athletics Leader	16	248	20	300
Assistant Coach	36	514	33	550
Endurance Coach	10	241	8	163
Level 1	10	187	18	340
Level 2	1	66	1	67
Level 3			1	12 (completed)
<b>Total</b>	<b>72</b>	<b>1256</b>	<b>78</b>	<b>1434</b>

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

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

### Workshops

In addition, other workshops included the following:

Activity	Content	Workshops	Participants
Run, Jump, Throw Workshops	Continuous Professional Development for coaches who have completed Assistant Coach / Level 1	11	182
Intermediate / Advanced Event Workshops	Continuous Professional Development for Level 1 & Level 2 coaches. • Stuart McMillan (ALTIS) workshops, • John Coghlan / Derval O'Rourke - hurdles, • Jonas Dodo workshop (speed/jumps).	3	216

### Regional Squads

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

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

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

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

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

Event	Sessions	Registered athletes
Development Squad	4	459
Performance Squad	4	825
<b>Total</b>		<b>1,284</b>

### County Squads

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

### Coaching Resources

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

### Sprawl Games

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

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

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

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

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

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

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

### Leargas Programme

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

### **The Diversity Games**

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

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

### **Thanks**

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

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

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

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

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

Michael Heery (Meath) commented on the report and commended the time and effort that was put into the preparation of all reports. He reiterated the importance of the role of the volunteers and congratulated Seamus for his acknowledgement of these volunteers.

No matters were raised in relation to the report.

**Proposed** – Neil Martin (Donegal)  
**Seconded** – Ronan Gately (Dublin)

## Competition Committee Report

Good Morning All. Not going to hold you long as 95% of my report is already detailed in the Congress booklet with the 50 plus competitions over the past two year. Since publishing we had two more competitions.

### Spring Throws

We had a lovely day in a few weeks ago in Tullamore Harriers with the sun shining brightly for a change.

There were overall 15 personal bests (PBs). Cian Crampton (Edenderry) achieved a EuroU20 B Standard of 55.29m in the 1.75kg (U20 Men) Discus. There were also good performances with over 100 athletes taking part in the event which was brilliant to see.

### National 10km

Niamh Allen (Leevale AC) won the women's title at the Dunboyne 10k, finishing in 31:44, the fastest 10k by an Irishwoman on Irish soil third fastest overall. She led her club to victory in the women's team event. In the men's race, Jack O'Leary (Mullingar Harriers) claimed his first national senior title with a time of 29:15. Both races saw impressive performances, with multiple athletes breaking significant time barriers. Thanks to All in Dunboyne for putting on a brilliant event.

I've fortunately one more competition happening tomorrow in Raheny with the National Road Relays with 112 teams, it has been a brilliant event in recent years, Thanks to Dave Hooper and all in Raheny for making it possible and continuing to push the standard of the event.

The Competition Committee has quite a busy agenda with over 30 Events throughout each year. It's an honour to put on these events for our athletes and very rewarding now.

So, to all the Officials who give up their weekend's week in week out whether at Club, County, Regional, National or even International level thank you.



Thanks to the Committee both current and past members for all the support over the past four years from the first event which happened on the same date as Congress all the way back with the Micro Meet in Cork all the way through to the Road Relays which is on tomorrow.

One fun fact, I served with all the past chairs from Paddy Marley, Brendan McDaid, Georgina Drumm, & John Cronin and when you add their years of service in the chair together you get my age.

To the Board and especially John Cronin thank you for all the support over the past number of years, and good luck to all the candidates in the elections later this afternoon.

Thank you for the time and I hope to see you down at a track sometime soon.

**Andrew Lynam – Chair Competition Committee**

## Competition Committee Report



# Competition Committee Report

Presented By Andrew Lynam – Chair  
Competition Committee 2023-2025

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

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

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

## Outdoors Track & Field

### May Open

**21st May 2023 – Templemore**

**19th May 2024 – Morton**

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

### National Seniors

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

The 2023 Irish Senior T&F Champs celebrated

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

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

The 2024 event featured a range of competitions and saw several records being broken. Nicola Tuthill broke the Championship Record in the U23 Hammer Throw with a best of 84.89 meters. Nick Griggs set a new U20 Championships Record in the 1500m with a time of 3:45.91. Conor Kelly broke the U20 men's 400m championship record with a time of 47.82 seconds. Oisín Joyce broke his own championship record in the javelin with a throw of 70.56 meters. The event was a significant milestone in Irish athletics, showcasing the talents of both senior and junior athletes and providing a platform for future stars to shine.

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

### Junior & U23's

**2023 – 2nd July – Tullamore Harriers**

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

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

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

#### **2024 – 3rd August 2024**

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

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

#### **AAI Games / Combined Events**

##### **2023 – 15th + 16th July – Morton**

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

throw with a distance of 68.36 meters. In the men's decathlon, Jack Forde excelled with strong performances in the field events, accumulating a total of 6281 points. For the women's heptathlon, Lara O'Byrne showcased her athleticism, finishing with 4,690 points.

##### **2024 – 13th + 14th July – Morton**

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

#### **National Masters**

##### **2023 – 12th August – Tullamore**

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

##### **2024 – 4th August – Tullamore**

The National Masters concluded the outdoor athletics season in Tullamore with excellent performances. Gemma Thompson (Spartans) won the W35 200m in 26.80, while Avril Dillon (Dundrum South Dublin A.C.) claimed W40 100m gold in 12.61. Adina Gheorghiu (Dundrum South Dublin A.C.) completed the W45 sprint double, and Denise Toner (Clones AC) starred in the 1500m and 800m. Brian Conroy (Clane A.C.) won the M40 5000m in 15:24.67. Field event stars included Erika Joutapaitie and Olga



## Nedvede

### National League

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

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

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

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

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

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

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

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

### Spring Throws

**2024 – 24th March – Tullamore**

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

**2025 – 6th April – Tullamore**

To Happen

## National Road Champs

### Marathon

**2023 – Dublin Marathon – 29th October**

Stephen Scullion (Clonliffe Harriers) and Ann Marie McGlynn (Letterkenny AC) produced dominant performances to take the 2023 National Marathon Championship titles which took place in conjunction with the Irish Life Dublin Marathon. Clonliffe Harriers were our Senior Men Winners while St. Peters were our Senior Female Winners.

**2024 – Dublin Marathon – 27th October**

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

### Half-Marathon

**2023 – Tullamore Half Marathon – 26th August  
Tullamore Harriers**

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

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

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

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



#### **10k**

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

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

**2024 – Dunboyne 10km – 13th April – Dunboyne A.C.**  
Sean Tobin (Clonmel AC) and Shona Heaslip (An Ríocht AC) secured the national 10k titles this afternoon in a superb display of road racing around the Dunboyne. Tullamore Harriers Women took the Senior Team win while Rathfarnham WSAF took the Senior Men's Title. Thanks to all in Dunboyne for putting on a brilliant display.

**2025 – Dunboyne 10km – 23rd March – Dunboyne A.C.**  
To happen

#### **2023 Irish Runner Series**

**5k – Irish Runner 5k, Phoenix Park – 20th May**  
**5m – Irish Runner 5m, Phoenix Park – 11th June**  
**10m – Irish Runner 10m, Phoenix Park – 23rd July**

#### **2024 Irish Runner Series**

**5k – Irish Runner 5k, Phoenix Park – 18th May**  
**5m – Irish Runner 5m, Phoenix Park – 23rd June**  
**10m – Irish Runner 10m, Phoenix Park – 21st July**

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

#### **Irish Runner 5k**

2022: 961 | 2023: 1529 | 2024: 2162

#### **Irish Runner 5m**

2022: 970 | 2023: 1850 | 2024: 2142

#### **Irish Runner 10m**

2022: 882 | 2023: 2188 | 2024: 2383

#### **Road Relays – Raheny**

##### **2023 – 23rd April**

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

##### **2024 – 28th April**

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

#### **Road Walking Champs**

##### **2023**

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

##### **2024**

**20k Race Walking Champs – 6th April 2024 – Podgebrody (CZE)**  
**35k Race Walking Champs / 10k Master – 15th December, – Raheny**

##### **2025**

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

The main event for our Road Race Walkers is

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

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

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

#### **Cross Country**

##### **Autumn Open 2023 – 15th October**

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

##### **2024 – 13th October**

Kaelan Kirehill (Moy Valley A.C.) defended his Autumn Open International title, winning the 8000m race in 23:51. Sean Tobin (Clonmel AC) finished second, and Spain's Isaac Hirschmanchandler third. Íde Nic Dhómhnaill (West Limerick A.C.) was second in the

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

#### **Seniors & U20s XC**

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

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

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

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

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

#### **Novice XC**

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

Lucy Holmes (West Waterford AC) and Michael Murphy (Tullamore AC) were crowned national novice champions in Navan. Murphy was promoted to first place in the men's 6000m race, finishing in 19:37. This was due to the winner being ineligible for the Novice. Holmes won the women's 4000m race

in 14.43. Leevale took home the Novice Women Team win while Craughwell were successful in the Men's event.

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

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

Sean McGinley (Finn Valley AC) and Abbie Sheridan (St. Peter's AC) won the national novice titles. McGinley dominated the men's race, finishing nearly twenty seconds ahead, while Sheridan claimed gold in the women's race with a decisive move in the final 500m. Ennis Track won team gold in both events. Notable performances included wins by Caolan McFadden, Lorraine O'Connor, Emily Bolton, Harry McKenzie, and Freya Renton. Thanks to Nírah Storey and all in Tramore A.C. along with Waterford County Board especially given how late this venue was locked. They pull off a brilliant event.

**Intermediate & Masters XC**

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

Amy Greene (Finn Valley AC) and Paul Hartnett (East Cork AC) won the intermediate titles. Greene dominated the women's 5,000m race, finishing in 21.25, while Hartnett led the men's 8,000m race, winning in 29.03. Kate Purcell (Raheny) won the masters women's 4,000m in 18.45, and Tim O'Donoghue (East Cork) claimed the masters men's 7,000m title in 24.50.

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

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

Abaas Adam Edris (Castlegar AC) and Helena Buttery (Clonliffe Harriers AC) won the intermediate titles. Edris finished the 8,000m in 28.16, while Buttery completed the 5,000m in 19.44. Olympian Lizzie Lee (Leevale AC) won the women's masters race, and Colm Rooney (Clonliffe Harriers) claimed the men's masters title.

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

**Regrading**

In 2023 there were 5 Application for Regrading, 1 Successful, 2 Unsuccessful, 2 Status not Broken. In 2024 there were 6 Application for Regrading, 1 Successful, 1 Unsuccessful, 4 Status not Broken.

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

**Indoors Track & Field**

**Indoor League**

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

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

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

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

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

**AAI Indoor Games & Combined Events:**

**2024: 27th & 28th January NIA**

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



events to win comfortably.

#### **2025: 11th & 12th January NIA**

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

#### **Indoor Masters**

##### **2024: 5th February Athlone;**

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

##### **2025: 8th March - Athlone**

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

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

#### **Indoor U20/U23s**

##### **2024 - 20th January - Athlone**

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

##### **2025 - 9th March - Athlone**

Over 500 athletes competed at the 2025 edition. Max O'Reilly (Riverstick/Kinsale AC) won the U23 60m in 6.66, while Jesse Osas (Ratoath AC) broke the U20 record with 6.80. Kate O'Connell (Lucan Harriers) set a U23 400m record at 55.11, and Sean Doggett (Athlone) broke the U20 men's 400m record with 47.63. Aoife O'Sullivan (Uscarroll AC) excelled in the U23 high jump with 1.75m. Other notable performances included Alexandra Joyce, Oisín Murray, and Precious Akpe Moses.

#### **Indoor Seniors**

##### **2024 - 17th & 18th February - NIA**

Sarah Lavin (Emerald AC) was the standout performer of National Senior Indoor along with Athlete of the Championship. Phil Healy (Bandon AC) won the 200m gold in 23.37. Adam Nolan (St. L. O'Toole AC) claimed his first senior indoor title in the men's 60m hurdles with 8.02. Daena Kealy (St. Abbans AC) won the women's high jump with a 1.62m clearance. Sarah Healy (UCD AC) broke her own championship record to win the women's 1500m in 4:08.74. Sharlene Mawdsley (Newport AC) retained her 400m title with a time of 51.91 in the men's 60m, Cathal Doyle (Clonliffe Harriers) defended his men's 1500m title, finishing in 3:58.10.

##### **2025 - 22nd & 23rd February - NIA**

2025 Edition featured thrilling performances at the Sport Ireland National Indoor Arena. Sarah Lavin (Emerald AC) won her seventh 60m hurdles title, while Sarah Healy (UCD AC) set a 1500m record of 4:12.37 and for this was named Athlete of the Championship. Marcus Lawler (Clonliffe Harriers) broke the 200m record with 20.74. Katie Bergin (Mayne AC) won her first senior indoor 200m title in 24.03. Conor Kelly (Derry Track Club) set a new U20 400m record of 45.63. Other notable winners included Sharlene Mawdsley, Cathal Doyle, and Borí Akinoia. The championships concluded with record-breaking relay performances from UCD and Ratoath teams.

#### **Miscellaneous**

##### **Officials Recruitment**

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

#### **IUAA Support**

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

#### **Fixtures Meetings 2024 & 2025**

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

#### **Technical Committee**

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

#### **Technology**

Over the past four years we've been pushing more technology at our events, from the field tablets feeding the live results system, to more scoreboards making sure spectators both inside and outside the venue can keep track of what's going on. This summer you'll see the further fruits from the technical committee with a investment of over €350k in Competition, Technology and Timing equipment.

In 2023 we completed the goal of having live results at all our 30+ of our national events with the Road Relays in Raheny getting live results from the help of My Run Results.

#### **Official of the Year**

##### **2023 - Martin Wilkinson - Ballymena & Antrim**

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

##### **2024 - Anne McHugh - Sligo A.C.**

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

#### **Past Officials**

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

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

#### **World Rankings**

World Rankings continue to be an important area of competition focus having had 113 Registered Competition at National Level with a further 66 Registered Events at Regional, County & Club Level. These permits need to be applied for several weeks in advance of the event, and key officials will have to be appointed to these events. So training of the officials will be key in years to come.

For info World Rankings system came into prominence for the 2020 Olympics since then it's become more significant with it being one of the

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

#### **International Competitions**

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

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

#### **Officials**

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

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

#### **Competition Team**

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

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

#### **Board**

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

#### **Committee**

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

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

No matters were raised in relation to the report.

**Proposed**      – **Catriona Duffy (Leinster)**  
**Seconded**    – **Martin Heery (Meath)**



## High Performance Committee Report

Good morning.

The report is on page 22-24 of the syllabus. It was written in February. Since then, we have had more medals on top of the 22 in the last two years. We have had 3 medals at our European Throws competition, 3 at the Europeans in Apeldoorn and the silver medal in the World Indoors.

There are a lot of people I want to thank. Firstly, the athletes themselves. They have made our sport right up there with any other sport in Ireland and our athletes are now national stars and roles models for our younger athletes. And we look forward to that success continuing with our younger athletes. Secondly, the coaches. Athletes don't perform without coaching input. And while our coaches are volunteers, we have made progress in coaching support, and we have 9 coaches who are supported by Sport Ireland for up to €10k per annum, over the past years and we also have €5K in mentoring programmes for those coaches. And while it is never enough, it is a start and hopefully it is something we can continue to grow as time goes on.

I would like to thank Hamish, our CEO and John, our President for their support and their input to me over the last four years.

I would like to thank my committee, Teresa McDaid, Noelle Morrissey and Eamonn Harvey who were elected at Congress two years ago. The co-optees, Niall Bruton of Clonliffe Harriers, and Matt McKerrrow as the independent High Performance Expert. And Seamus Flynn, as Chair of Coaching and Development, sat on the committee.

I would also like to thank the team managers who have helped in that success with our athletes, Teresa McDaid, Neil Martin, Richard Rogers and Paul Byrne.

The appeals committee, which is never a nice job and thankfully the appeals have gone down over the years due to having such robust policies and procedures in place. Thanks Liam Hennesy, Gerry Dunne and Caroline O'Shea.

To the High Performance staff who are led by Paul McNamara, with his event leads, Christian Malcom, Mark Kenneally, Dave Sweeney and our new role as Relay Lead, David McCarthy. Our Pathways Performance Manager is Jacqui Freyne, Paul Thornton, the Operations Manager and Athlete Services Manager, Roisín Lande.

And thank you to all the members who have voted for me over the past four years and trusted me with the role over that period and I look forward to supporting our incoming Chair.

Thank you.

**Fintan Reilly – Chair High Performance Committee**

## High Performance Committee Report



# High Performance Committee Report

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

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

## Introduction

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

## Performances

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

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

Year cntd	Name cntd	Championships cntd	Medal cntd
2023	Elisabeth Ndudi	European U20 Championships	Gold, Long Jump
2023	Nick Briggs	European U20 Championships	Silver, 3000m
2023	Sophie O'Sullivan	European U23 Championships	Gold, 1500m
2023	Sarah Healy	European U23 Championships	Silver 1500m
2023	Nick Briggs	European Cross Country Championships	Bronze, U20 Men
2023	U20 Men's Team	European Cross Country Championships	Gold, U20 Men's Team
2023	Glan Crampton	ETOF	Bronze, Discus
2023	Nicola Tufhill	European Throwing Cup	Silver, U23 Hammer
2023	Sarah Lavin	European Games (Team Championships)	Bronze, 100m Hurdles

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

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

#### Athletes & Coaches

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

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

#### How have we made progress?

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



## Our Partners

### Sport Ireland

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

### Sports Institute

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

### Sponsors

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

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

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

### Volunteers

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

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

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

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

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

### Our HP Staff

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

### Finally

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

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

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

No matters were raised in relation to the report.

**Proposed** – Tom Thompson (Ulster)  
**Seconded** – Evelyn O'Reilly (Cavan)



## Juvenile Committee Report

My report is in the syllabus and so it only leaves me to thank those who have made the past two years possible and enjoyable. The members of the Juvenile Committee, all the tireless officials, the Board, all the Athletics Ireland staff, thank you.

And I would like to wish the incoming committee all the best of luck.

Thank you very much.

**Amanda Hynes – Chair Juvenile Committee**

## Juvenile Committee Report

# 4

# Juvenile Committee Report

Presented by Amanda Hynes – Chair  
Juvenile Committee 2023-2025

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

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

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

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

## Competition

### Indoor Championships

**2023, 24 Championship Records**

**2024, 12 Championship Records**

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

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

### Track & Field Championships

**2023, 15 Championship Records**

**2024, 22 Championship Records**

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

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

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

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

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

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

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

Track & Field is going from strength to strength with

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

#### **Combined Events**

##### ***2023, Indoor 1 Championship Record, Outdoor 1 Championship Record***

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

#### **Cross Country**

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

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



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

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

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

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

#### **International Events**

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

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

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

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

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

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

#### **Juvenile Star Awards**

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

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**No matters were raised in relation to the report.**

**Proposed – Joe Walsh (Leinster)**  
**Seconded – David Denieffe (Kilkenny)**



## Auditors Report

(Report presented via video link)

Good afternoon.

My name is Deirdre McDermott, audit partner from OSK Audit Limited.

We have completed the audit of the Athletics Association of Ireland Limited by Guarantee and our Audit Report as set out of page 11 of the financial statements.

In our opinion, the financial statements give a true and fair view of the assets, liabilities and financial position of the company as of the 31<sup>st</sup> of December 2024, and of its deficit for the year then ended have been properly prepared in accordance with Financial Reporting Standard 102, the financial reporting standard, applicable in the UK and the Republic of Ireland. They have been properly prepared in accordance with the requirements of the Companies' Act 2014.

We have nothing further to report in relation to the company for the year ended 31<sup>st</sup> December 2024 and would recommend the approval of these financial statements at this Congress.

Thank you for your kind attention.

**Deirdre McDermott FCCA, NDBS**

Audit Partner, OSK

## Finance & Risk Report

Good morning, everybody.

President, Board Members, Delegates, it is my great pleasure to present the Financial Report for the Athletics Association of Ireland Limited and Athletics Ireland Enterprises Limited.

As the Auditor has outlined, they are satisfied with their audit, which from the point of view of the Chair of Finance and Risk is very positive because that is the key metric for the year end, having an independent audit and ensuring they come with a clean audit report.



**Slide 1**

We saw at the opening video and underpinning the performances is that we have a very strong financial base. Turnover in the year was €7.7million, and we have a minor deficit of €15K, which 0.2% of the total turnover.

46% of our own income is self-generated and that is another key metric as well. Ultimately the Board's aim is that we get back to 50%.

371 clubs, 70K members, 22 National Records, 12 international medals, plus the additional medals that Fintan referenced. All that performance is underpinned by having a strong financial base.



**Slide 2**

Looking at the Income and Expenditure Accounts, and I know that the accounts have been circulated and there were no queries that came back in respect of these accounts. By virtue of the fact that they are limited companies, they are quite technical in nature and therefore this affords the membership to really understand how the key incomes and expenditures are dealt with.

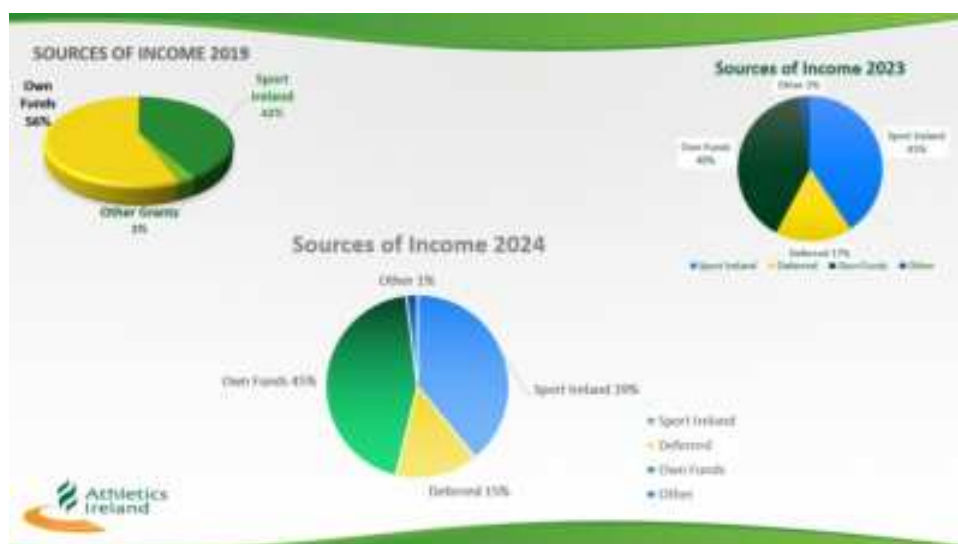
€'000	2024	2023	2022	2021	2020
Income	7,665	7,150	7,030	5,093	4,279
Expenditure	(7,680)	(7,149)	(6,752)	(4,830)	(4,044)
Operating Deficit / Surplus	(15)	1	278	263	235
Impairment Loss	(98)	(32)			
Deficit	(113)	(31)			

**Slide 3**

From an income perspective in 2024, of €7.7 million, with an equivalent expenditure. And then from a technical accounting point of view, we are recognising an impairment in the Athletics Association of Ireland Enterprises, which is effectively a paper loss and refers to appreciation and giving us an overall deficit of €113K.

I'll talk further about AIE and how it is going to resolve its debt in a later slide.

I mentioned a key matrix around our funding. 45% in 2024, but if we look back to 2019, our own generated funding was 56%. And while we are very grateful for the funding that we receive from Sport Ireland, we can't become complacent and world financial events, with impacts on markets, they will have an influence on the funding that government may have in the future.



Slide 4

So, the more funding that we are in a position to self-generate, it will make our whole programme more sustainable. And therefore, we can continue to see the performances that we have seen again, over the last period of time.

In relation to Sport Ireland, as I mentioned earlier, the international programme in particular, wouldn't be delivered as it is. In the year, €4.1 million underpinned a whole series of programmes we have in the area of performance, high performance coaching, our core grant, which covers the

day to day operations. And again, with issues like Women in Sport and Dormant Account Funding that runs a whole series of programmes from Fit for Life, Schools programmes etc.

Income Grants Released – Sport Ireland			
€'000	2024	2023	2022
Core / Deferred core	1,230/0	1,230/217	1,100/389
Performance	1,004	1,082	1,210
Carding	645	596	474
HP Coaching	112	-	-
Get Ireland Running (Healthy Irl)	114	121	112
Women in Sport	93	64	97
Dormant Funding	440	273	116
Covid/Club Resilience	40	167	673
COVID NGB	403	296	214
Other Grants	45	85	93
<b>Total Grants Released</b>	<b>4,126</b>	<b>4,132</b>	<b>4,478</b>

Slide 5

All those are delivered by staff and volunteers. And without the support of the volunteer at club, county and regional level, none of these programmes would be delivered to the standard that they are.

Income: Registration and Affiliation			
€'000	2024	2023	2022
Affiliation	56	55	53
Senior	640	443	501
Juvenile	606	563	589
ODL	280		
Schools	67	72	72
<b>Total</b>	<b>1,625</b>	<b>1,133</b>	<b>1,215</b>

Slide 6

One of our key income streams is that of our registration and affiliations system. Our membership numbers jumped to a record €70, 320 last year. The fact that our sport is in the shop window and our sport is a household name again, it has impacted the interest in our sport and the numbers have grown,



which is very welcome. Another item I want to highlight there is the One Day Licence. If you recall, we introduced that in 2023. Approximately 140K non-members have contributed €280K to our income stream, by participating in events, particularly road events, when they are not part of the organisation.

Again, our domestic program, for competition is the springboard for young athletes to develop and get to the international stage. There is significant investment in this. The Domestic Programme will never run at a surplus. It was never intended to be that. But the organisation is investing in the delivery of the Competition Programme. Andrew highlighted the number of events that we hold domestically every year. That affords all the athletes the opportunity to participate. For those that achieve standards, they go on and represent their country at international level.

So, you see that between Competition and Marketing, there is a turnover of 800K against an expenditure of just over a million. But it is key, to make our sport attractive, with an attractive competition program, that will enthuse our participation levels.

Competition and Marketing			
Income			
€'000	2024	2023	2022
Competition	500	397	347
Marketing	330	305	239
Total	830	702	586
Expenditure			
€'000	2024	2023	2022
Competition	793	785	786
Marketing	225	235	215
Total	1018	1,020	1,001



*Slide 7*

Coaching & Development, Seamus outlined the work that has gone in. You can see the delivery of coaching programmes derives a level of coaching income. Again, we are not looking for that programme to run at a surplus. Therefore, we are investing more in the program that we are taking in income. That is important because we do not want entry into the coaching system to be penalised by costing coaches money and therefore it is important that we afford the opportunity to anybody who might be interested in the sport from getting involved.

Coaching and Development / Participation			
Income			
€'000	2024	2023	2022
Coaching	144	82	92
Development	40	41	39
<b>Total</b>	<b>184</b>	<b>123</b>	<b>131</b>
Expenditure			
€'000	2023	2023	2022
Coaching	93	100	95
Development	186	297	320
IF Costs	85	239	123
<b>Total</b>	<b>363</b>	<b>636</b>	<b>506</b>
<b>Participation</b>	<b>535</b>	<b>431</b>	<b>208</b>

Slide 8

At the end, you can see Participation as a separate number. The Participation Programme is funded for the most part through Sport Ireland through various initiatives that they have, Women in Sport, Fit for Life in Schools, the Daily Mile Programme etc. All those programmes come in under the Participation Director.

We saw the excellent performance of our athletes at the various international events throughout the year. So, in this Olympic year, €1.7 Million, a significant amount of cost was incurred in preparing our athletes for that programme. That investment is needed to ensure that they can perform to their highest level on the international stage. Thankfully, that investment has helped to achieve the medals that we have received. But not only that, the top 12 finishes that individual athletes have achieved as well. It is not just about the medals. It is also about the next crop of athletes coming forward. And

investment in junior squads and teams that we also send. It is the pyramid effect. While we have athletes at the top, we are also preparing the next batch.

Expenditure - Performance			
€'000	2024	2023	2022
Sport Ireland Carding	645	595	464
Athlete Support	143	145	170
Competition Travel	252	207	245
Competition Accommodation	198	132	139
Medical	151	98	36
Performance Coaching	109	136	93
Squad Preparation/Qualification Ops	166	132	195
Admin/Gear	76	70	45
<b>Total</b>	<b>1,740</b>	<b>1,515</b>	<b>1,387</b>

Slide 9

A question that has arisen in the past is about 'Ringfenced Income'. There are two elements of that. One, our fees through the membership – €3 per membership, and in addition there was a commitment that our One Day Licence income would also be used for high performance. As you can see outlined here that High Performance and Development, the monies that we received through those income streams were expended in those areas. That confirms the commitment that the Board gave when those motions were passed in previous years.

Ringfenced Membership Funding					
€'000	2024	2023	2022	2021	2020
Membership	70,320	64,727	61,578	56,170	55,419
<b>€3 Fees Received</b>	<b>€211</b>	<b>€194</b>	<b>€181</b>	<b>€168</b>	<b>€167</b>
<b>ODL Received</b>	<b>€280</b>	<b>€191</b>			
<b>HP</b>					
Extra Staff costs	€178	€88	€35	€21	€6
Performance Prep Costs	€65	€62	€79	€56	€31
Athlete Support & Medical	€65	€89			
Extra Admin costs	€78	€54			
<b>Development</b>					
Extra RDOs staff costs	€46	€121	€121	€27	-
Extra Development Activity costs	€45	€55	€31	€26	€3
<b>Total Spent</b>	<b>€477</b>	<b>€469</b>	<b>€286</b>	<b>€130</b>	<b>€40</b>
Annual Difference	€14	-€84	-€75	€38	€127
Cumulative	€5	-€9	€73	€148	€110

Slide 10

Expenditure in wages and salaries, is just over €2.5 million representing 33% of turnover - 42 fulltime staff and 11 part-time staff.

Expenditure – Wages and Salaries			
€'000	2024	2023	2022
Staff Wages	2,480	2,205	1,772
Employer PRSA	64	68	43
<b>Total Wages &amp; Salaries</b>	<b>2,544</b>	<b>2,273</b>	<b>1,815</b>
% of Turnover	33	31	26
Full Time Staff	42	43	37
Part Time Staff	11	10	3

Slide 11

This underpins, as Seamus and Fintan highlighted; to run the organisation at a professional level (and we are seeing this within the 51 countries in Europe) it has been best in class. This is a significant investment but also, we are getting the results, both domestically and internationally. This has been delivered by the professional staff and the volunteers again who underpin the whole organisation.

Athletic Association of Ireland Balance Sheet					
€'000	2024	2023	2022	2021	2020
Fixed Assets Note 8	204	238	281	281	215
Investment	509	607	724	1,130	928
Debtors Note 11/ Stock Note 13	596/50	569/50	639/31	639/31	614/29
Cash	1,757	2,309	2,846	2,846	2,826
Creditors – Note 16	1,832	2,346	2,977	2,977	3,142
Reserves	562	562	250	100	0
Retained Surplus	742	866	1,294	1,369	1,206
<b>Total</b>	<b>1,315</b>	<b>1,428</b>	<b>1,544</b>	<b>1,469</b>	<b>1,206</b>

Slide 12

The Balance Sheet is a very important item. If you look at the Reserves and the Retained Surpluses of over €1.3 million, it is a key metric. It is the Board's ambition that the Reserve we have would be 10% of turnover. I will show you the budget for next year which is just over €9 million. There is a little bit to go but that will underpin the work of the organisation and to ensure that if there was another blimp, like COVID, that the organisation would continue to prosper and wouldn't suffer as a result.

Athletic Association of Ireland Balance Sheet					
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Slide 13

The other part is the risk element in Finance and Risk. The risks haven't changed dramatically from last year. Everyone has experience the effects of storm Éowyn, but before that happened, we had included climate as a consideration from an organisational impact. And at the early part of 2025, we had an event cancelled and rescheduled as a result of climatic impact. And this is something that we are going to have to be cognisant of going forward. There are only 52 weeks in the calendar, and we are generally committed to most of those weekends. So, when events get cancelled in the future, it will cause some difficulties for us.

The other risk that we always keep in red is cyber security. The experts would say that you can never protect 100% against the dangers that are there. On a daily basis, we receive correspondence trying to take money from our bank account and as an organisation, we are no different. We have to be on our guard, and we are working hard to ensure that we are protected from that possibility.





Slide 14

There is a significant workplan for the Finance and Risk committee. You can see the numbers but behind that, we have an ongoing review of the Risk Register. We have to engage with the auditors and address any questions and queries that arise during that engagement. During the year, we undertook the Insurance tender, and it was awarded for three years. We had the resignation of our previous auditors who due to other work commitments, we unable to fulfil their obligations to us. We had to go to the market and OSK were appointed.

Review Risk Register	Completed 2024
Auditors Meeting and Review of Financial Accounts	Completed 2025
Insurance Tender	Completed 2024
Audit Tender	Completed 2024
Budget 2025	Completed 2025
New accounting package tender & implementation	Ongoing
Review Financial Procedures document	In Progress
Corporate structure of AAI and AIE & Funding mechanism for AIE to repay AAI debt	Agreed
IT – General Structure, Cyber Security and Inventory	Ongoing

The Athletics Ireland logo is visible in the bottom left corner.

Slide 15

The Budget 2025 and various supports that had to go to Sport Ireland were submitted. We also tendered for a new accounting package. The current package had been in operation for almost 20 years. With a growing organisation and more requirements to analyse our financial data, we had to go to the market and have identified a new package which is currently being implemented.

There is an ongoing review of financial procedures. In respect of the debt and the structuring of debt within Athletics Ireland Enterprises, we now have a vision as to how that debt can be eliminated over time. There is an ongoing project in the area of cyber to continue to implement appropriate measures to protect the data that we hold.



<b>Income €'000</b>	<b>2025</b>	<b>2024 Actual</b>
Sport Ireland Grants - Core	3,033	2,723
Sport Ireland Grants - Deferred	935	1,403
Other Grants/Bank interest	274/5	151/6
Registration/Affiliation	1,709	1,345
ODL	300	280
Competition & Marketing	1,987	830
Coaching & Development	210	184
Recreational Events	630	743
<b>Total Income</b>	<b>9,083</b>	<b>7,664</b>

**Slide 15**

Looking at the 2025 budget which is required to be presented to the Congress. We have an increased budget to €9 million. This is an 18% increase on the outturn for 2024. A significant element of that is the new contract that we have secured with adidas, reflecting both the financial and the gear they are supplying with that contract. And that is going to put the organisation in a very sound financial position as well as having quality gear for our athletes going forward. We have an almost matching expenditure, showing a very modest surplus. I always express my concern to the committee that we are operating on very tight margins but that is the business that we are in. We are not out to make significant

surpluses. We want to spend the monies on the development of our organisation and delivery of international success. That is the key remit of our organisation.



Expenditure	2025	2024 Actual
Wages & Salaries	2,803	2,544
Performance	2,690	1,740
Coaching & Development /Club Resiliences	259	363
Participation	571	535
Competition	854	793
Administration/Contingency	862	620
Recreation	521	711
Marketing	223	225
Depreciation	74	149
<b>Total Expenditure</b>	<b>9,033</b>	<b>7,680</b>
<b>Surplus/Deficit</b>	<b>50</b>	<b>(15)</b>

*Slide 16*

Moving onto Athletics Ireland Enterprises. This is a special purpose company that was set up to manage the property at Northwood, which is Athletics Ireland's head office.



*Slide 17*

If you recall, a number of years ago, there was a fire, and this is effectively the bulk of the loss that is €97K. That is now coming to the end of its depreciation life and going forward, the only

depreciation element that will be in that company will pertain to the building, which is 2% per annum.

Athletics Ireland Enterprises Income Statement					
	2024	2023	2022	2021	2020
Sales	79,410	80,525	24,564	11,565	51,255
Expenses & Depreciation	(176,818)	(197,266)	(98,131)	(125,104)	(112,301)
<b>Operating Loss</b>	<b>(97,408)</b>	<b>(116,741)</b>	<b>(73,567)</b>	<b>(113,539)</b>	<b>(61,046)</b>
Exceptional Item		-	342,785	-	-
Interest payable & Bank charges	(311)	(312)	(308)	(337)	(1,269)
<b>Gain/Loss before taxation</b>	<b>(97,719)</b>	<b>(117,053)</b>	<b>268,910</b>	<b>(113,876)</b>	<b>(62,315)</b>
Tax Charge		-	(209)	-	(6,082)
<b>(Loss) / Profit for the year</b>	<b>(97,719)</b>	<b>(117,053)</b>	<b>268,701</b>	<b>(113,876)</b>	<b>(68,397)</b>

**Slide 18**

Looking at the balance sheet again, the long term loan, which is referenced here, is payable to Athletics Ireland CLG. That company, AIE, has not been in a position to repay that loan in recent years and that is why you have accumulative deficit.

Looking forward and recognising increased sales, sponsorship which is deemed to be commercial, we have new sales and existing sales in that organisation. We describe them as being sales because it is the commercial arm of the organisation from a vatiable point of view.

Athletics Ireland Enterprises Balance Sheet					
€'000	2024	2023	2022	2021	2020
Fixed Assets Note 8/9	929	1,023	1,130	876	964
Debtors	1	25	4	46	64
Cash	84	47	85	12	-
Creditors – Note 10	(505)	(488)	(495)	(479)	(450)
Long Term Loan AAI – Note 11	(639)	(639)	(639)	(639)	(648)
<b>Reserves</b>	<b>(130)</b>	<b>(32)</b>	<b>85</b>	<b>(184)</b>	<b>(70)</b>

**Slide 19**

Therefore between 2025, from having a deficit in 2024, we end up being in the black for 2025 and 2026. And the adidas contract is an eight year contract, so over that time-frame, it is envisioned that the debt owing from AIE to AAI will be repaid.

Athletics Ireland Enterprises Budget 2025/26			
	2026	2025	2024
Sales	79	79	79
New Sales	94	94	-
Expenses	(72)	(72)	(91)
Depreciation Building/Fixtures	(25)/0	(25)/(34)	(25)/(67)
<b>Operating Profit / (Loss)</b>	<b>76</b>	<b>42</b>	<b>(97)</b>

 Note: Budget does not include revaluation of property in 2025

**Slide 20**

To conclude, all the work that has been done, could not be done without the work of my fellow committee members, Gillian Browne, Ciara Dillon, Crona Clohisey, Nuala Hunt, George Maybury, who has done his penance at twelve years, Anthony Kelly, and of course, John Cronin for his help and guidance. And to Hamish, John, Sarah and Roisin for being there as well and supporting me during my term.

**Michael Quinlan – Chair Finance & Risk Committee**



John Quigley, (Cork) raised several points in relation to the accounts. Michael Quinlan answered some of them but as they were not submitted in advance of the Congress, it was impossible to answer all detailed questions.

The President requested Cork to submit their questions in writing to the CEO for a detailed response.

#### **Finance & Risk Report**

**Proposed – Karl O’Connell (Munster)**

**Seconded – George Maybury – (Dublin)**

#### **Accounts Athletics Association of Ireland**

**Proposed – James Sexton – (Clare)**

**Seconded – Jackie Mulhall – (Dublin)**

#### **Accounts Athletics Ireland Enterprises**

**Proposed – Brian Dowling – (Kildare)**

**Seconded – Rosemary Dewhirst – (Donegal)**

#### **Proposal of re-appointment of auditors OSK Audit Limited, East Point Plaza, East Point, Dublin 3, as our incoming auditors for 2025**

**Proposed – Michael Quinlan – (Board)**

**Seconded – Anthony Kelly – (Wicklow)**

# Chief Executive Report

## Introduction

Good Afternoon Ladies & Gentlemen,

It is my pleasure to stand here today and formally note all that we have achieved as an organisation in 2024. We continue to grow and develop with a positive culture, and many believe that our sport has never been in better health.

I have previously described the four M's that every National Governing Body aspires to excel at; Membership, Medals, Marketing and Money and we are exceling in all these areas! 2024 again represented another record membership of 70,320, we delivered a record haul of 34 targeted high performance medals across the Paris Olympiad, our marketing and storytelling has reached record levels of measured engagement, we are a daily topic of conversation in homes across the country, and financially we have reserves of over half a million euros.

I have added a fifth M to this summary 'Morals'. Our Morals or values underpin all we do, and I am proud to say that we do live our values of integrity, inclusion, respect and excellence.

Why have we been so successful?

- Continuous sustained investment in sport from Government through Sport Ireland.
- Over €50 million committed to athletics Large Scale Infrastructure in the last five years in addition to over €10million in Sports Capital Grant investments.
- We have a clear strategy.
- We have a talented team of people leading across the organisation with excellent governance.
- Generation talent in the pathway and senior HP system.
- Working with values of respect, inclusion, integrity and excellence.
- Being innovative and embracing change e.g. One Day Licence, GreenTrack Philanthropic programme, commercial innovation.

My speech today is going to be simple; I am not going to present copious information on PowerPoint as the 2024 financials and my CEO Report in the Syllabus include a detailed summary of our activities and information. Michael has also covered much of this detail in his financial report.

The only three slides I am going to present today is on Child Safeguarding, Anti-Doping and Governance.



**Child Safeguarding**

- Children First Act 2015 & Child Safeguarding Statement support for clubs.
- 380 sports leaders tutored in Child Safeguarding in 2024 across 21 courses (358 across 20 courses in 2023).
- 2800 Garda Vetting applications processed for volunteers in 2024 (2445 in 2023).
- Quarterly safeguarding newsletter distributed to Club Children's Officers and Chairpersons.
- Support for clubs with child safeguarding queries and concerns.
- Complaints and disciplinary and Garda vetting case management.



**Anti-Doping**

- 👉 Several education seminars presented.
- 👉 28 athletes on the registered testing pool in 2023.

Sport Ireland Programme				
Athletics Ireland:	In Competition Tests	Out of Competition - Urine tests	Out of Competition - Blood Tests	Total
2023	32	99	91	222
2024	40	129	118	267

User Pays		
Athletics Ireland	In Competition Tests	Total
2023	4	4
2024	4	4





## Strategic Plan

Our Strategic Plan 2021 to 2028 was recently reviewed, and we have published the 2025 to 2028 plan, details of which are available online. Our vision, to inspire the nation to be active, healthy and to perform through athletics has not changed. Our leadership and guiding principles are also consistent, and we are focused on people, partnerships, innovation, sustainability, technology and communication.

Key Pillars of the Plan also remain constant.

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

To deliver the objectives within this new plan and the pillars mentioned, requires financial investment and human resources. We all want to support our athletes' ambitions to be the best they can be

through expert coaches, fantastic facilities, progressive clubs, great competition, positive stories and excellent administration.

However, we simply cannot deliver the outcomes in this plan without challenging the way we operate!

Our ambition to deliver our strategic plan outstrips what resources Government can provide us; hence we must be creative to develop new and diversified income streams.

Our business has evolved significantly in recent years; in 2025 we will get close to a €10 million turnover. €1.5m of this turnover will be generated from commercial relationships, in 2022, just three years ago, this figure was approximately €150k!

This year 56% of our income will be self-generated, this is best in class across the globe! But we still need to do more! Irish Runner, the One Day Licence, Recreational events, Commercial sponsorship all provide us with significant diversified income streams, but again we need to do more to support our continued success.

Opportunities in the philanthropic space have been secured through significant benefactor donations to our GreenTrack programme, the full assimilation of Para Athletics also represents another significant opportunity for our sport.

Since 2019 over €50 million has been secured from Government through the Large Scale Infrastructure Fund for strategic projects and over €10 million through Sports Capital for athletics facilities and equipment. This funding growth is exponential and exceptional because we are a trusted and respected organisation.

It is very difficult for us to communicate all the intricacies of our ever more complicated business in fifteen minutes here today. Your trust in the Executive and Board expertise is an endorsement of our ambition to deliver our strategic plan.

### **So, What Are Our Challenges?**

We have all been operating in an unrelentingly volatile and uncertain environment for years; the pace of change hasn't slowed post pandemic and has increased again with the new American Government. While grappling with shock in the economic environment, new technology such as Artificial Intelligence, shifting consumer preferences, and rapidly evolving markets, we are also juggling a range of organizational shifts that have significant implications for structures, processes, and people.



We are under resourced in human capital, at club level including coaches, administrators and officials. Athletics Ireland is also a very lean organisation, we are also understaffed in the areas of high performance, administration, IT, competition and development.

Our rapid digital transformation in recent years has also created challenges. I note our commitment to ongoing digital transformation across our organisation and to ensure compliance with all GDPR and IT security requirements. Again, this requires significant financial investment.

### **But We Have A Bright Future**

We must continue to be agile, embrace change and maintain our values. Now more than ever we see the value of our people and culture, I note that our people are our most valuable asset and positive people working together make our organisation.

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

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

To the Board of Athletics Ireland thank you for your support, it has been exceptional and unified. And to our outgoing President John Cronin, your commitment to athletics is special and your ability to give all our stakeholders a voice has been valued over the last four years. I am sure we will see you continuing to contribute across our great sport for many years to come – perhaps leading a Eurocross bid in the near future?

There are a number of organisations, Government and Sponsors, who have been and will continue to be of huge importance to Athletics Ireland, and I would like to thank them all for their support. I do wish to name the following organisations to emphasize their importance to us, the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, Sport Ireland, A & L Goodbody, Biofreeze, Clayton Hotel Dublin Airport and Eventmaster. A special thank you to 123.ie your investment in athletics has driven us to new heights. This year we are also very excited to announce adidas as a significant long term partner.

Congratulations to Brid on your election as President and on behalf of all the staff we look forward to working with you.

To conclude, I ask you all to continue to support the work of the Board & Staff as we deliver our strategic vision and plan. And I note that we cannot expect to deliver new or better outcomes if we are not prepared to embrace positive change.

Yours in Athletics **Hamish Adams, CEO**

**No matters were raised in relation to the report.**

**Proposed – James Nolan – (Laois)**

**Seconded – Georgina Drumm – (Louth)**

## **President's Address**

Good morning, Guests and Delegates

I would like to reiterate my welcome from earlier and thank you for your contributions already at this Congress and in advance of the remainder of Congress 2025.

This morning, we have reviewed the comprehensive reports prepared by the Chairs of the Principal Committees and the CEO, and we have approved the financial accounts. Much has already been covered, but I believe it is worth highlighting a few key areas once more.

For the Competition and Juvenile Committees, I would like to extend my heartfelt thanks to the members and their Chairs Andrew Lynam and Amanda Hynes for their leadership, along with Ger Stewart our Director of Competitions and the wider competition team. Their collective dedication has ensured the successful delivery of a packed competition schedule, and the continued introduction of innovative ideas has significantly enhanced the experience for athletes, their support teams, and spectators alike. Thank you to the clubs and counties that have hosted our events; your efforts are always very much appreciated.

The spectrum of all ages is represented through our Juvenile, Senior, Schools, and University competitions. I would also like to acknowledge the thriving master's community, whose domestic competition is covered under the Senior category. They have continued to excel in international competitions. I extend my best wishes to outgoing President George Maybury and incoming President Ronan Gately. I am reliably informed that they didn't have to pay any tariffs on the import of the precious metals won following their return from their recent trip to Florida. Of course, I would like to also acknowledge the activities of the Ultra Running Committee and Community and the Irish Mountain Running Association.

High Performance is the window through which our sport is often measured by the general public. Under the leadership of Fintan Reilly, in close collaboration with Paul McNamara, our High-Performance Director, and his team, the High-Performance Committee has overseen an exceptional period for our international athletes. Highlights include remarkable performances in Nassau, Rome, Paris, Apeldoorn and Nanjing. For me it was wonderful to see either in person or on TV the large number of Irish spectators present cheering on our athletes many of them involved through the Irish Athletic Supporter's club. I note we have four Olympic Team Managers in the hall today and together with you I would like to congratulate Teresa McDaid the latest and the team.

It is especially encouraging to witness the flourishing of our underage pipeline and, notably, the success of our field event athletes, an exciting indication of the depth of talent emerging across the sport. Well done to all involved in High Performance and the pathway to it and of course to the clubs, coaches and parents who have supported the athletes on their journey.

Seamus Flynn, who led the Coaching and Development Committee, worked closely with Pat Ryan, our Director of Coaching and Development, and his team. Their report outlines the extensive range of activities undertaken during the period, underscoring the critical role Coaching and Development plays in the growth of our sport. Well done to our RDOs and the great work they are doing.

The Finance & Risk Committee, chaired by Michael Quinlan, has worked diligently with John Holian, our Finance Director, and his team. Our auditors, OSK, conducted a thorough review of the financial period, as previously outlined. Receiving substantial funding brings a significant responsibility in terms of reporting and monitoring, required by our funding bodies. In addition to overseeing the broader financial landscape, this group also managed the daily threat of cyber-attacks and addresses the ongoing management of organisational risk.

Hamish Adams, our CEO, has provided an overview of the valuable work done by the Technical Committee. The in-depth report from chair Jackie Mulhall is included under the CEO's section in the Congress Syllabus. Thank you to the Technical Committee for their dedicated efforts and ongoing commitment to our sport.

The Syllabus also contains the report from the Governance Committee, chaired by Brid Golden. This committee, formed after Congress 2021, has again delivered an impressive array of activities during the current term. The committee worked closely with Sarah McCarthy, our Governance Manager, whose expertise and dedication has been indispensable. We are particularly proud of our 100% compliance with the Sport Ireland Governance Code, a standard we have consistently maintained since its adoption.

Included in the Syllabus is the report from the Participation Committee, chaired by Greg Duggan, who worked alongside Rachel Ormrod, Director of Participation. I sincerely thank Greg, Rachel, and her team for the excellent work undertaken during this term, including the development and the recent publication of the Participation Strategy, an important milestone for the inclusive growth of our sport.

We also have a comprehensive report on the Athlete Commission in the Syllabus, presented by the outgoing Chair, Katie Kirk. I would like to extend my thanks to Katie, who also served on the High-Performance Committee, and to the members of the commission for their vital contributions to this key aspect of our sport. I wish the incoming Chair Brendan Boyce and the newly elected commission all the best for the upcoming term.

Our reach extends far beyond competition and participation, and we have made significant strides in the areas of Sports Inclusion and Disability, led by Triona Shalloe. As Hamish mentioned, the integration of Para Athletics is already underway, and we look forward to the positive impact this will have on the sport.

Hamish has also outlined the efforts made in Schools and Universities athletics, with Laura Brennan representing the Irish Universities and Mary Barrett representing Irish Schools on the Board. We thank them both, along with their committees, for their continued contributions and unwavering commitment to supporting our student-athletes.

As always, Child Welfare remains a priority in our organisation. I would like to extend my sincere thanks to Kieron Stout and Olivia O'Rourke for their leadership in this critical area, as well as to Matt Lynch for



his work with the Juvenile Committee, and to all those involved at the club level. Their efforts in maintaining a safe and supportive environment for our young athletes are deeply appreciated.

As I have shared before, I have had the opportunity to attend seminars at European and World levels, and I am proud to report that Athletics Ireland is regarded as a leader and role model in Child Welfare—something we can all take great pride in.

David Abrahams and, later, Phil Snoddy, represented Athletics Northern Ireland on the Board during this term, and their contributions were invaluable. Liaison meetings between Athletics Ireland, Athletics Northern Ireland, and the Ulster Athletics Council took place regularly and were always conducted in a collaborative and effective manner. I would like to thank Brendan McDaid who served as the Athletics Ireland representative on the Athletics Northern Ireland Board during the term since the last Congress

The four provinces were represented by:

- Brendan McDaid (Ulster)
- Marion McEvilly (Connacht)
- Brid Golden (Munster)
- Greg Duggan (Leinster)

I sincerely thank each of them for their invaluable contributions during this term.

A special word of thanks goes to Gerry Dunne, our legal advisor, who is with us today. He has always been available to offer guidance and support whenever needed.

Following Congress 2023, the Board was completed by the co-option of Greta Hickey, Nuala Hunt, and Claire Shannon, each of whom served a second term. They brought with them a wealth of experience from their business careers, alongside a deep understanding of our sport, and were highly valued contributors to the Board's discussions.

A special thank you also to Brid Golden, our Deputy President, for her unwavering support during my term. Brid as well as being the Munster representative once again took on the role of Chair of the Governance Committee and also served as Company Secretary. I will have the opportunity to speak more about Brid later today, but I want to acknowledge here the depth and dedication of her contribution to Athletics Ireland.

I would like to take this opportunity to express my deep appreciation to all Board members for their dedication and collaborative efforts. We worked together in a cohesive and constructive manner, engaging in robust and thoughtful debate on the matters before us. I am extremely proud to have presided over a gender-balanced Board, exceeding the government directive. Our membership is also gender balanced, and as an organisation, we will continue to strive for gender balance in all our structures.

I would like to extend my warmest best wishes to the retiring Board and Committee members. Although at this moment not all are known yet, I want to thank them for their outstanding service. I am confident they will continue to contribute to our sport in meaningful and impactful ways in the future.

I extend my best wishes to those standing for election later today.

I would like to extend my thanks to the provinces for their outstanding work, led by Mossie Woulfe (Munster), Catriona Duffy (Leinster), Ronan O'Hart (Connacht), and Brendan McDaid (outgoing) and Bernard McAree (incoming) from Ulster. Over the past week or so, I have been in touch with each of the County Boards to express my personal gratitude. Together, we must continue to collaborate, and the success of the One Day Licence is a perfect example of what we can achieve when we work as one.

As I have said before, communications, even in this digital age, continue to be a challenge. To help address this, the CEO and I attended the four provincial meetings, as well as the Dublin and Cork County Board meetings, primarily in a virtual capacity. The expectation, of course, is that the information shared at these meetings is relayed back through the delegates to the wider membership.

Although we have an annual meeting, given the changing world we are living in, I must strongly stress the continued handling of any operational challenges that may arise as soon as possible through Hamish, or a relevant executive team as soon as possible and not wait until a general meeting to resolve something that does not need to go to a general meeting.

We have a monthly newsletter and various other channels of communication in place, and I would like to take this opportunity to congratulate our Marketing and Communications team on the quality and consistency of the output they are generating. I have received very positive feedback, both from within the organisation and from external stakeholders, which is a credit to their professionalism and dedication. The relaunch of the Irish Runner has been an outstanding success in both the printed form and the online content. Well done to all involved under the editorship of Rory Cassidy. The recent announcement by RTE that they will cover the World Championships live for the first time this century will further showcase our sport, a special call out to our great friend Greg Allen who has completed over four decades of broadcasting with athletics the cornerstone of his repertoire.

As I mentioned in previous addresses, Athletics Ireland recently marked the end of our first quarter-century in existence. This milestone was achieved in late 2024, and this term has built upon the foundations laid by those who came before us. The organisation is in a very healthy state to face the next 25 years and beyond. I hope many of you will be here in 2049 to celebrate our 50th anniversary. I am proud to stand here today among those who were present at the inaugural meetings in 1999. For anyone interested I have a few commemorative medals left to distribute.

In my previous addresses, I spoke about the need to examine our structures as we mark the first 25 years of our existence, especially considering the changing world and the evolving nature of the sport. I am delighted to report that we have indeed taken a close look at our Board and sub-Board structures. Through a stakeholder engagement process and a Constitutional EGM last September, a new structure is now in place, which will be voted on later today.

Additionally, there will be appointments made by the new Board post-Congress. To facilitate this, we have posted a request for expressions of interest to fill these roles. I am confident that within our

organisation, we have the skills and expertise to take on these important positions. We will also seek expertise from outside the membership in certain cases, as part of good governance, to bring in an independent perspective.

I am particularly excited about the new Provincial Forum and the Competition Commission and look forward to the positive stories that will emerge from these initiatives in the coming years. I would like to reiterate that the operational aspects of Juvenile Senior, Schools, Universities, Technical will remain with the respective committees and the Commission will develop strategy and address common opportunities in the competition space. Self-reflection, innovation, and continuous enhancement will remain core to our journey, and I am confident the incoming Board and Executive will carry this forward when reviewing our structures.

Hamish has already highlighted our many valued sponsors, and I would like to extend a special acknowledgment to 123.ie for their continued partnership as a competition sponsor. Their involvement goes beyond sponsorship, actively contributing to our communications efforts. As I always say, “Podium is just a fancy word for 123,” and their support has been instrumental in our success. Since the last Congress, we have secured 29 international medals, with an impressive seven already this year. Alongside these medals, we’ve also made headlines with some exceptional fourth-place finishes. Additionally, we are thrilled to welcome Adidas as our new kit supplier, and it’s fantastic to hear that our athletes are delighted with their new gear.

We continue to enjoy a strong relationship with the Department of Tourism, Culture, Arts, Gaeltacht, Sport, and Media, which, through Sport Ireland, remains our primary source of funding. We extend our best wishes to Ministers Patrick O’Donovan and Charlie McConalogue in their recent appointments and look forward to their attendance at our events, just as we have enjoyed with their predecessors. Through Hamish and his team, we maintain excellent relations with Sport Ireland, and we are always delighted to welcome Sport Ireland Chair John Foley, our former CEO, CEO Una May, and Olympian Olive Loughnane, Chair of High Performance, to our events.

Our collaboration with the Olympic Federation of Ireland remains strong. Georgina Drumm, who served on the OFI Executive Board until recently, and Brendan Boyce, a member of the OFI Athletes Commission, played and will continue to play important roles. We were delighted to attend the OFI Centenary Ball last year, where we celebrated the remarkable turnout of Athletics Olympians from both the current era and the past along with their peers from the other sports. We also send our best wishes to Ronnie Delany, our Gold Medallist from Melbourne 1956.

As mentioned earlier today at Congress, many valued members of our organisation have sadly passed away over the past two years. I want to personally remember all those who have gone to their eternal reward during this term. Their contributions to our sport have been immense and deeply appreciated. Several of those we have lost were not only respected colleagues but also close friends, with whom I shared many cherished memories. Their legacy lives on in the continued growth and spirit of Irish athletics. In particular today I remember Nick Davis our inaugural President.

I am once again delighted to report an excellent working relationship with Hamish Adams, both in my capacity as President and in collaboration with the Board. I would like to sincerely thank Hamish for his tireless work ethic and his commitment to delivering for the Association over the past two years.

Hamish leads a dedicated and capable team, further strengthened by key appointments made during this term. There is also a notably strong and respectful relationship between the staff and volunteers, built on a foundation of mutual trust and shared purpose, which continues to be a hallmark of our organisation.

Hamish has outlined the Strategic Plan that has been reviewed and published for the period 2025-2028 this week. This plan details the objectives that we work towards with all our operations. It is an exciting document that will guide our work over the next four years.

Our organisation is built on the dedication of volunteers, who carry out valued and essential roles across every part of Athletics Ireland. There are so many individuals involved that it would be impossible to name everyone, but please accept this as a sincere collective thank you. Our greatest



strength lies in our ability to work together and adapt, as we demonstrated so clearly during the pandemic and have really built on since, always keeping the betterment of our athletes at the heart of everything we do.

Thank you to all involved in organising today's Congress, Hamish Adams and Maresa Connolly, along with the senior management team here today who I introduced earlier.

Sincere thanks also to the Standing Orders group Liam Hennessy, Brian Dowling, and Jackie Mulhall appointed by the Governance Committee, for their support and oversight of today's proceedings.

Thank you also to the Tullamore Court Hotel for hosting us once again.

As I come to the close of my final term on the Board of Athletics Ireland, I do so with a deep sense of gratitude, pride, and affection for the sport that has shaped so much of my life. To have served as President from 2021 to 2023 was an honour beyond measure, and to be re-elected in 2023 through to Congress 2025 has allowed me to contribute further during a time of both change and progress.

Looking back, it has been a privilege to walk this journey over the last half century, from grassroots to governance, from the early days of volunteering and officiating to leading on the national and international stage. I have witnessed firsthand the resilience of our community, the tireless work of volunteers, the professionalism of our staff, and, above all, the brilliance and dedication of our athletes. They continue to inspire us every day.

Our organisation has evolved significantly, modernised in governance, strengthened in high performance, and enriched by new initiatives that embrace participation, diversity, and development. We have faced challenges, including a pandemic, but have emerged stronger through collaboration and adaptability. I am confident that Athletics Ireland is well positioned for the future, built on solid foundations and supported by people who care deeply about the sport.

I want to thank all those with whom I have served over the years, Board colleagues, committee members, club leaders, staff, and officials. I especially wish to thank my wife, Dympna, whose support has been constant and whose understanding has allowed me to give the time and energy the many

roles demanded. I also acknowledge the friends and mentors who have shaped my journey, some of whom are no longer with us, but whose memory lives on in our shared values and vision.

Though my formal service is coming to an end, my love for the sport will not. I look forward to continuing to support athletics wherever I can, in whatever capacity is helpful.

Finally, to the next generation of leaders: step forward boldly. The future of Irish athletics is bright, and it needs your passion, your ideas, and your integrity which I know you will deliver.

Go raibh míle maith agaibh go léir.

It has been the honour of a lifetime.

#### **Standing ovation for outgoing President, John Cronin**

**As the schedule was ahead of time, it was requested by the President, with approval of Congress, to proceed with the elections.**

## Roll Call – for Board and Committee Elections

### TOTAL MEMBERS REGISTERED PER COUNTY AT 31 DECEMBER 2024

Province	County	Total	Voting Strength	Election Roll Call
	Antrim *	3120	8	0
	Armagh *	575	2	0
	Carlow	752	2	2
	Cavan	824	3	2
	Clare	2160	6	3
	Cork	8828	23	11
	Derry *	851	3	0
	Donegal	2528	7	7
	Down *	3265	9	0
	Dublin	13306	34	33
	Fermanagh *	292	2	0
	Galway	3968	10	4
	Kerry	2433	7	3
	Kildare	2998	8	2
	Kilkenny	1790	5	4
	Laois	1346	4	2
	Leitrim	668	2	2
	Limerick	1818	5	2
	Longford	388	2	0
	Louth	2598	7	6
	Mayo	3041	8	5
	Meath	4602	12	10
	Monaghan	1477	4	2
	Offaly	1845	5	5
	Roscommon	1122	3	1
	Sligo	1523	4	4
	Tipperary	2890	8	0
	Tyrone *	789	2	0
	Waterford	1807	5	5
	Westmeath	1325	4	4
	Wexford	1797	5	3
	Wicklow	2161	6	2
Munster			4	3
Connacht			4	3
Ulster			4	4
Leinster			4	4
AAI Board			16	15
<b>Total</b>			<b>247</b>	<b>153</b>
<b>Quorum set at</b>			<b>75</b>	

## Appointment of Scrutineers

The Scrutineers were appointed and confirmed by Congress.

The count was overseen by John Holian, Finance Director, Athletics Association of Ireland.

### Leinster

- Catriona Duffy - (Leinster)
- Joe Walsh – (Leinster)

### Munster

- Karl O'Connell - (Munster)
- Pdraig Kelly – (Munster)

### Connacht

- Seamus Lynch - (Connacht)
- Peter Hynes – (Mayo)

### Ulster

- Evelyn O'Reilly – (Cavan)
- Tom Thompson – (Ulster)

## Standing Orders

## Standing Orders

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

### NB

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

**Proposed – Majella McGrath (Leinster)**

**Seconded – PL Curran (Carlow)**



## Elections

- **Election of the President of the Athletic Association of Ireland**

For the election of President, Brid Golden was nominated, and proposed by **Michael Gregan, (Waterford)**, and seconded by **Shane Scanlon, (Waterford)**.

As there were no other declared candidates, **Brid Golden** was deemed to be elected as President.

- **Election of the Chair of the Competition Commission**

**Michael Quinlan** was elected Chair of the Competition Commission

Andrew Lynam     - proposed by **Martin Heery (Dublin)**  
                             - seconded by **Evelyn O'Reilly (Cavan)**  
                             – total vote **58**

Michael Quinlan   - proposed by **Charlie O'Neill (Dublin)**  
                             - seconded by **George Maybury (Dublin)**  
                             – total vote **95**

- **Election of the Chair of Coaching & Development**

For the election, Seamus Flynn was nominated, and proposed by **David Denieffe, (Kilkenny)** and seconded by **Ronan Gately (Dublin)**.

As there were no other declared candidates, **Seamus Flynn** was deemed to be elected as Chair of Coaching & Development.

- **Election of the Chair of Finance & Audit**

For the election, Fintan Reilly was nominated and proposed by **Georgina Drumm (Louth)** and seconded by **Bernie O'Callaghan (Ulster)**.

As there were no other declared candidates, **Fintan Reilly** was deemed to be elected as Chair of Finance & Audit.

- **Election of the Chair of High Performance**

For the election, Caroline O'Shea was nominated and proposed by **Georgina Drumm (Louth)** and seconded by **Mick Fennell (Dublin)**.

As there were no other declared candidates, **Caroline O'Shea** was deemed to be elected as Chair of High Performance.

- **Election of the Chair of the Senior Competition Committee**

**Georgina Drumm** was elected Chair of the Senior Competition Committee

Georgina Drumm - proposed by **Charlie O'Neill (Dublin)**  
- seconded by **Bernie Dunne (Dublin)**  
- total vote **114**

Majella McGrath - proposed by **James Nolan (Laois)**  
- seconded by **Catriona Duffy (Leinster)**  
- total vote **36**

- **Election of the Chair of Juvenile Committee**

For the election, Mark Connolly was nominated and proposed by **Neil Martin (Donegal)** and seconded by **Bernard McAree (Cavan)**.

As there were no other declared candidates, **Mark Connolly** was deemed to be elected as Chair of the Juvenile Competition Committee.

- **Chair of Provincial Forum**

The first meeting of the Provincial Forum took place prior to Congress. There were 2 candidates, from Ulster **Evelyn O'Reilly** and from Connacht **Marion McEvilly (Board)**.

They elected their new Chair who is **Evelyn O'Reilly**.

- **High Performance Committee**

There were no nominations for the High Performance Committee and the positions will be filled by the incoming Board.

- **Election of the Coaching & Development Committee**

(4 candidates to be elected – Art 81 (g) (ii))

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

Bernard McAree

Proposed by **Rosemary Dewhirst (Donegal)**, Seconded by **Brian Dowling (Kildare)**.

Brian McGonagle

Proposed by **Neil Martin (Donegal)**, Seconded by **Lorraine Doherty (Donegal)**.

Niamh Richardson

Proposed by **David Denieffe (Kildare)**, Seconded by **Brian Bruton (Galway)**.

Ailis McSweeney

Proposed by **Grainne Parker (Dublin)**, Seconded by **Andy Talbot (Galway)**.

- **Election of the Juvenile Committee**

(5 candidates to be elected – Art 81 (h) (ii))

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

Martin Heery

Proposed by **Ronnie Quigley (Meath)**, Seconded by **Brendan Meade (Meath)**

Deirdre McTeggart

Proposed by **Georgina Drumm (Louth)**, Seconded by **Catherine Muckian (Louth)**

Lorraine Doherty

Proposed by **Brian McGonagle (Donegal)**, Seconded by **Mark Connolly (Donegal)**

Angela Corduff

Proposed by **Lisa Clarken (Mayo)**, Seconded by **Sue-Ellen Griffith (Mayo)**

David Murphy

Proposed by **Fintan Kenny (Waterford)**, Seconded by **Bernard McAree (Monaghan)**

- **Election of the Finance & Audit Committee**

(3 candidates to be elected – Art 81 (g) (ii))

The following candidates were elected, **Gillian Browne, Ciara Dillon & Nuala Hunt**

Anthony Kelly

Proposed by **Cyril Smyth (Wicklow)**, Seconded by **Bernie Dunne (Dublin)**

Total vote **94**

Ciara Dillon

Proposed by **Cormac Finnerty (Westmeath)**, Seconded by **Charlie O'Neill (Dublin)**

Total vote **112**

Gillian Browne

Proposed by **Mick Fennell (Dublin)**, Seconded by **Jackie Mulhall (Dublin)**

Total vote **129**

Nuala Hunt

Proposed by **James Nolan (Laois)**, Seconded by **Mary Friel (Dublin)**

Total vote **108**

- **Election of the Senior Competition Committee**

(5 candidates to be elected – Art 81 (h) (i))

The following candidates were elected, **Antoinette Holland, Padraig Kelly, Neil Martin, Majella McGrath & Iain Shaw**

Majella McGrath

Proposed by **PL Curran (Carlow)**, seconded by **Antoinette Holland (Dublin)**

Total vote **79**

Antoinette Holland

Proposed by **Jackie Mulhall (Dublin)**, seconded by **Charlie O'Neill (Dublin)**

Total vote **81**

Padraig Kelly

proposed by **Jim Ryan (Munster)**, seconded by **Majella McGrath (Leinster)**

Total vote **131**

Neil Martin

proposed by **Rosemary Dewhirst (Donegal)**, seconded by **Mark Connolly (Donegal)**  
Total vote **79**

Iain Shaw

proposed by **Ronan O'Hart (Connacht)**, seconded by **Ronan Gately (Dublin)**  
Total vote **121**

Paddy Morgan

proposed by **Denis Shannon (Carlow)**, seconded by **Dick Mullins (Laois)**  
Total vote **29**

Fintan Kenny

proposed by **David Murphy (Waterford)**, seconded by **Bernard McAree (Monaghan)**  
Total vote **69**

Michael Fennell

proposed by **George Maybury (Dublin)**, seconded by **Declan Curtin (Dublin)**  
Total vote **68**

Bernie Dunne

proposed by **Michael O'Hart (Sligo)**, seconded by **PJ Claffey (Dublin)**  
Total vote **78**

- **Election of Deputy President**

This position is available to the five elected Chairs.

**Fintan O'Reilly** was elected Deputy President

Fintan O'Reilly      - proposed by **Seamus Flynn (Board)**  
                             - seconded by **Ronnie Quigley (Meath)**  
                             – total vote **90**

Michael Quinlan    - proposed by **George Maybury (Dublin)**  
                             - seconded by **Michael Gregan (Waterford)**  
                             – total vote **57**



## Life Vice President Award

### Life Vice President Award

The award was presented by President John Cronin with the citation read out by Deputy President Brid Golden.

### Georgina Drumm (St. Peter's AC)

Georgina has been involved in athletics for almost 40 years and has served the sport with distinction at every level, club, county, provincial, and national. At club level across two clubs first Mount Pleasant and later St Peter's, roles have included Club Registrar, Competition Secretary, Secretary, and Chair. At county level, service includes Chair, Competition Secretary, and Registrar, with the current position being Chair of County Louth. In addition, Georgina remains an active Competition Official.

Leadership roles include Chair of Leinster Athletics and National Honorary Secretary from 1999 to 2006. A member of the inaugural AAI Board, later elected President of Athletics Ireland from 2016 to 2021—becoming the first woman to hold this position.

In event delivery, responsibilities have included Meeting Director and National League Coordinator, along with participation on organising teams for major international events such as the 2002 World Cross Country Championships, the European Cross Country Championships (2009 and 2021), and the European Team Championships in 2013.

A long-standing member of the AAI Competition Committee across two terms: 2000–2012 and 2021–2025, with the role of Chair held from 2012 to 2016 and earlier today was elected to the role of Chair of the Senior Competitions committee. Accreditation as a National Technical Official has been held since 2011.

Georgina has consistently supported athlete representation, gender equality, and initiatives promoting Women in Sport and the development of the Athletes' Commission.

**Congress Delegates, by acclamation, we award Athletics Ireland Life Vice President to Georgina Drumm.**

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

pre 1999 Padraig Griffin

2004 Eamon Giles

2012 Al Guy

2016 Michael Heery

2016 Liam Hennessy

2018 Maeve Kyle

2021 Ciaran O'Caithain

2023 Dermot Nagle

2023 Paddy Marley

2023 Norah McDermott

2023 Caroline O'Shea

## Afternoon Roll Call – Motions

### TOTAL MEMBERS REGISTERED PER COUNTY AT 31 DECEMBER 2024

Province	County	Total	Voting Strength	Election Roll Call
	Antrim *	3120	8	0
	Armagh *	575	2	0
	Carlow	752	2	2
	Cavan	824	3	2
	Clare	2160	6	3
	Cork	8828	23	11
	Derry *	851	3	0
	Donegal	2528	7	7
	Down *	3265	9	0
	Dublin	13306	34	33
	Fermanagh *	292	2	0
	Galway	3968	10	4
	Kerry	2433	7	3
	Kildare	2998	8	2
	Kilkenny	1790	5	4
	Laois	1346	4	1
	Leitrim	668	2	2
	Limerick	1818	5	2
	Longford	388	2	0
	Louth	2598	7	6
	Mayo	3041	8	5
	Meath	4602	12	10
	Monaghan	1477	4	2
	Offaly	1845	5	4
	Roscommon	1122	3	1
	Sligo	1523	4	4
	Tipperary	2890	8	0
	Tyrone *	789	2	0
	Waterford	1807	5	5
	Westmeath	1325	4	4
	Wexford	1797	5	3
	Wicklow	2161	6	2
Munster			4	3
Connacht			4	3
Ulster			4	4
Leinster			4	4
AAI Board			16	15
<b>Total</b>			<b>247</b>	<b>151</b>
<b>Quorum set at</b>			<b>75</b>	

## Motions

### **Standing Orders Reestablished**

**Proposed – Majella McGrath (Leinster), Seconded Bernie O’Callaghan (Ulster)**

Same scrutineers confirmed by Congress

**John Quigley (Cork)** questioned the terms of reference for the Stading Orders Committee and the President advised that these terms of reference would be made available.

## CONSTITUTION

### **1. Add new 81 g(viii) in the Constitution as follows:**

**That:** There shall be a Nominations Committee, which shall consist of two standing members and one rotating member. The rotating member shall be either the President (Chair) of the Board or the Chair of the relevant Committee for which appointments are being made under Articles 51 and 81. The two standing members, one of whom will serve as Chair, shall be selected by the President from members of the Association, with at least one being a past or present Board member, as soon as possible after Congress to advise the Board on candidate appointments for approval at the earliest opportunity.

#### **Rationale:**

The establishment of a Nominations Committee ensures a structured and effective approach to identifying and appointing suitable candidates for appointed positions following Congress. This practice is common in several sporting organizations. Early appointment is critical to ensuring that suitable candidates are identified in a timely manner, allowing the Board and various committees to reach full complement as soon as possible.

### **BOARD**

**Proposed – Greta Hickey (Board)**

**Seconded – Seamus Flynn (Board)**

**Vote – Carried**

## BYE-LAWS

2. **That:** Athletics Ireland provide an additional transfer window for members in January, at the start of the calendar year

**Rationale:**

To introduce an additional window for athletes to transfer when the new registration year commences.

Applications for transfer would commence in December, closing 21st December. County Boards will review the applications at their January meeting. When approved, the athletes may compete with their new club from the 1st of February.

### BOARD

**Proposed** – Nuala Hunt (Board)

**Seconded** – Georgina Drumm (Louth)

**Vote** – **Carried**

### Amendment A

**THAT:** A.A.I. introduces an additional window for athletes to transfer when the new registration year commences. Applications for transfer would commence in November, closing 21st November. County Boards will review the applications at their December meeting. When approved, the athletes may compete with their new club from the 1st of January.

### CORK

**Proposed** – Pat Walsh (Cork)

**Seconded** – Laura McSweeney (Cork)

**Vote** – **Lost**

### Amendment B

**THAT:** Athletics Ireland allow athlete transfers to take place at any time throughout the year, with transfer applications to be submitted on a rolling basis and reviewed monthly at County Board meetings.

**Rationale:** This amendment removes the restriction of fixed transfer windows, providing greater flexibility for athletes and clubs. Transfer applications would be accepted throughout the year, and County Boards would process them at their regular monthly meetings. This aligns the transfer process more closely with how lapsed athletes are currently permitted to transfer at any time, ensuring consistency and fairness in the treatment of all athletes. The existing restriction of allowing only one transfer per athlete in any twelve-month period would remain in place. This change helps reduce administrative bottlenecks and allows athletes to change clubs in a timely manner, supporting their ongoing development and engagement in the sport.

### MEATH



**Proposed** – Philip Cogavin (Meath)  
**Seconded** – Tom Clinton (Meath)  
**Vote** – **Lost**

3. **THAT:** each county appoint a Development officer to their Board, as a designated role.

**Rationale:** to keep club and athlete development to the fore of the minds of the organising bodies.

**BOARD**

**Proposed** – Seamus Flynn (Board)  
**Seconded** – Laura Brennan (Board)  
**Vote** – **Carried**

4. **THAT:** each region appoint a Development officer to their Board, as a designated role.

**Rationale:** to keep club and athlete development to the fore of the minds of the organising bodies.

**BOARD**

**Proposed** – Seamus Flynn (Board)  
**Seconded** – Claire Shannon (Board)  
**Vote** – **Carried**

## ADMINISTRATION

5. **THAT:** the reimbursement of fees for permitted events to County boards should be paid on the approval of the event.

### WEXFORD

**Proposed** – Paddy Morgan (Wexford)  
**Seconded** – John Joe Doyle (Wexford)  
**Vote** – Motion as amended **Carried**

### Amendment

**THAT:** the reimbursement of fees for permitted events to County Boards will be paid electronically on the approval of the event once all County Boards have connected their Stripe accounts.

### BOARD

**Rationale:** We would prefer to facilitate all County Board payments electronically at event approval. We do require all County Boards to have this e-payment facility in place prior to automating our system. We have previously sought to establish Stripe accounts with all County Boards to facilitate this payment but to date only have four County Board Stripe accounts are connected to AAI. We will continue to progress this integration with all County Boards.

**Proposed** – Michael Quinlan (Board)  
**Seconded** – Marion McEvilly (Board)  
**Vote** – **Carried**

6. **THAT:** when a club is running a league, one Permit should suffice to cover all days of the league.

### WEXFORD

**Proposed** – John Joe Doyle (Wexford)  
**Seconded** – James Nolan (Laois)  
**Vote** – **Lost**

7. **THAT:** the Athletics Ireland permit application process be completed before being published.

**CORK**

**Proposed** – John Quigley (Cork)

**Seconded** – Pat Walsh (Cork)

**Vote** – **Lost**

**Amendment**

**THAT:** The Athletics Ireland Permit Application Process must be completed and approved by the relevant County before being published.

**CORK**

**Proposed** – John Quigley (Cork)

**Seconded** – Bill Allen (Cork)

**Vote** – **Lost**

8. **THAT:** permit application forms shall include requirements for Safety and Risk Assessment.

**CORK**

**Proposed** – Pat Walsh (Cork)

**Seconded** – Enda Kiernan (Cork)

**Vote** – **Carried**

9. **THAT:** each club upon affiliation to Athletics Ireland receives two complimentary passes which will enable entry to all national championships.

**DUBLIN**

**Proposed** – Dermot Nagle (Dublin)

**Seconded** – Declan Curtin (Dublin)

**Vote** – **Motion was withdrawn after debate and will be passed to a working group**

**Amendment**

**THAT:** Each affiliated Club receives 4 complimentary tickets for their coaches to attend the following National Championship events; National Senior T&F (2 days), National Juvenile T&F Relays (1 Day), National Juvenile Children Games (1 Day), Autumn Open & Juvenile XC Relays (1 Day).

Note the tickets will be issued electronically to the Club Secretary prior to each event.

**BOARD**

**Rationale:** We recognise the contribution of all volunteers including coaches in our sport. However, due to the severely restricted capacity at Indoor events we cannot provide complimentary tickets for these events. We also note that this proposed amendment has a value of €74,000 if all allocated tickets are used in all five days of national events. This significant financial investment in tickets

will require a full budgetary review as this potentially represents a 14% cut to the overall competition department budget.

**Proposed** – Andrew Lynam (Board)  
**Seconded** – Fintan Reilly (Board)  
**Vote** – **Lost**

**10. THAT:** Athletics Ireland coaches gain free admission to the National Children's Games as an acknowledgement of their voluntary contribution to the sport.

**CONNACHT**

**Withdrawn**

**11. THAT:** all Athletics Ireland registered coaches gain free admission to the National Juvenile Championships [all days] as an acknowledgement of their voluntary contribution to the sport.

**CONNACHT**

**Withdrawn**

**12. THAT:** Athletics Ireland will commit to providing governance training for all members of principal and appointed committees.

**DUBLIN**

**Proposed** – Jackie Mulhall (Dublin)  
**Seconded** – George Maybury (Dublin)  
**Vote** – **Carried**

**13. THAT:** all principal and appointed committees of Athletics Ireland will publish a report in conjunction with the regular Board reports.

**DUBLIN**

**Proposed** – Jackie Mulhall (Dublin)  
**Seconded** – Charlie O'Neill (Dublin)  
**Vote** – **Carried**

- 14. THAT:** registered Athletics Ireland members from the previous year are eligible to enter competitions where entries close to the first 2 weeks of January in the current year.

**DUBLIN**

**Proposed** – Sharon Wilson (Dublin)

**Seconded** – Enda Kiernan (Dublin)

**Vote** – **Lost**

- 15. THAT:** the Board put in place a public relations officer who will be responsible for ensuring maximum publicity for the association and its activities on national television as well as print and other media.

**LEITRIM**

**Proposed** – Padraig Griffin (Leitrim)

**Seconded** – Patricia Griffin (Dublin)

**Vote** – **Lost**

- 16. THAT:** Athletics Ireland create a Family Permit for recreational events. This permit will allow children of any age to participate in Run Walk Jog 5KM events under strict conditions.

**Age and Distance Restrictions**

- Up to maximum distance of 5K, for Run, Jog, Walk Road permitted events.
- Children 12 years and under can participate with a guardian present and must remain under the supervision of the guardian at all times for safety and guardian purposes.

**Entrants**

- Entrants up to 1,000
- More than 1,000 entrants, contact Howden insurance Brokers

**Cost**

- €200 up to 1,000
- On request > 1,000

**Additional Rules**

- Start times must differ, to differentiate between Competitive and Non-Competitive event.
- Route must be clear to accommodate each event, to ensure no conflict or interference with participants in each respective event.
- No prizes or timing for children 12 years and under.
- Segregated waves start (wave 1: runners, wave 2: joggers, wave 3: walkers, wave 4: buggies). Waves 2 to 4 shall include children 12 years and under.

**Mandatory Requirements**

- Documented Event Safety Management Plan (ESMP)
  - To outline hazards and associated risks relating to the delivery of the event and sets out responsibilities for managing those risks.
- Documented Event Medical Plan (EMP)
  - To outline the resources, facilities and management structures of medical services being provided for the healthcare of the participants.
  - To outline arrangements & procedures to be put in place for a serious incident or

a major emergency.

**BOARD**

**Proposed** – Greg Duggan (Board)

**Seconded** – Brid Golden (Board)

**Vote** – **Carried**



## COMPETITION

**17. THAT:** the following be added to the Competition rules:

As per World Master Athletics rule 5.13.3, athletes participating in Master exclusive competitions organised by the Athletics Association of Ireland be permitted to wear shoes with soles with a maximum thickness of no more than 40mm, except any shoe that contains spikes which can have a sole with a maximum thickness of no more than 30mm.

### DUBLIN

**Proposed** – Mick Fennell (Dublin)

**Seconded** – Ronan Gately (Dublin)

**Vote** – **Carried**

**18. THAT:** Athletics Ireland implement the same shoe height standards as World Master Athletics for all Irish Master Championships in Track & Field and Road races.

### MEATH

**Falls**

**19. THAT:** a Masters Women's O/60 county team category be introduced for the National Masters Cross Country Championships, with three to score.

### MEATH

**Withdrawn**

**20. THAT:** a Masters Men's O/65 county team category be introduced for the National Masters Cross Country Championships, with three to score.

### MEATH

**Withdrawn**

**21. THAT:** the rules of competition concerning eligibility for national novice cross country and national intermediate cross country are amended to read as follows:

#### **National Novice Cross Country:**

1. Novice athletes must be 19 years of age or over on 31 December in the year of competition.
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the National novice Cross Country Championships.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the national intermediate Championships.
4. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Cross country grade A championship.
5. An athlete who has never been an individual medal (senior) winner at National level in any senior track indoor, outdoor or road championship at 1500m or greater.
6. An athlete who has never represented Ireland at any World Athletics or EAA Senior

International championship.

**National intermediate Cross Country:**

1. Intermediate athletes must be 20 years of age or over on 31 December in the year of competition.
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the national intermediate Cross Country Championships.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Cross country grade A championship.
4. An athlete who has never been an individual medal (senior) winner at National level in any senior track indoor, outdoor or road championship at 1500m or greater.
6. An athlete who has never represented Ireland at any World Athletics Member Federation or EAA Senior International championship.

**DUBLIN**

**Proposed** – Noel Guiden (Dublin)

**Seconded** – PJ Claffey (Dublin)

**Vote** – **Carried**

- 22. THAT:** Rule 7 of the competition rules for the National Intermediate Cross Country be amended to read as follows:

An athlete who has never represented Ireland, or any other World Athletics member federation, at any World Athletics or EAA Senior International Championship.

**CORK**

**Proposed** – Enda Kiernan (Cork)

**Seconded** – Pat Walsh (Cork)

**Vote** – **Carried**

- 23. THAT:** Rule 9 of the Competition rules for National Novice Cross Country be amended as follows:

An athlete who has never represented Ireland, or any other World Athletics member federation, at any World Athletics or EAA senior international championship.

**CORK**

**Proposed** – Enda Kiernan (Cork)

**Seconded** – Pat Walsh (Cork)

**Vote** – **Carried**

- 24. THAT:** separate National Masters Cross Country rules be drawn up.

**CORK**

**Proposed** – Enda Kiernan (Cork)

**Seconded** – John Quigley (Cork)

**Vote** – **Carried**

**25. THAT:** Athletics Ireland include a 1-mile road race National Senior Championship competition to the calendar.

**DUBLIN**

**Proposed** – Fionnuala Keane (Dublin)  
**Seconded** – Jackie Mulhall (Dublin)  
**Vote** – **Carried**

**26. THAT:** Senior Walk Distances be updated to the new World Athletics Distances of Half Marathon & Marathon.

**BOARD**

**Proposed** – Andrew Lynam (Board)  
**Seconded** – Jackie Mulhall (Dublin)  
**Vote** – **Carried**

**27. THAT:** the Intermediate Men's Cross-Country distance to be reduced to 7000m.

**BOARD**

**Proposed** – Andrew Lynam (Board)  
**Seconded** – Michael Quinlan (Board)  
**Vote** – **Carried**

**28. THAT:** Athletics Ireland should advocate at European Athletics and other relevant bodies to reinstate the European Clubs Championship for National League (track and field) outdoor champions. They should report any responses to all County Boards promptly and provide a comprehensive report on their efforts at the next General Meeting of Athletics Ireland.

**DUBLIN**

**Proposed** – Stephen Judge (Dublin)  
**Seconded** – James Nolan (Laois)  
**Vote** – **Carried**

**29. THAT:** within the competition rules of Athletics Ireland, the World Athletics Rule TR17.3, be modified for the 4 x 200m relay event for Juveniles in the U12 to U15 category to read:  
That a time penalty be applied, where currently the applications of the World Athletics Rule TR17.3, would usually result in a disqualification of the team

**DUBLIN**

**Proposed** – Jeremy Lyons (Dublin)  
**Seconded** – Charlie O'Neill (Dublin)  
**Vote** – **Lost**

**30. THAT:** Spraoi games be added to the events that AAI promote at County and Regional level.

**BOARD**

**Proposed** – Seamus Flynn (Board)  
**Seconded** – Mary Barrett (Board)  
**Note:** Seamus Flynn confirmed it would not be compulsory  
**Vote** – **Carried**

**31. THAT:** the distance of Boy's U18 Steeplechase be reduced to 2km and height of 2'9" (0.838m) in line with the current European and EYOF championship distance for that age group.

**BOARD**

**Proposed** – Amanda Hynes (Board)  
**Seconded** – Martin Heery (Meath)  
**Vote** – **Motion as amended Carried**

**Amendment**

**THAT:** the Boy's U18 Steeplechase distance and heights shall comply with the European and EYOF championship regulations.

**CORK**

**Rationale:** Avoid specifics and keep it general, to allow for future change at European and EYOF levels.

**Proposed** – Enda Kiernan (Cork)  
**Seconded** – Bill Allen (Cork)  
**Vote** – **Carried**

## Inauguration of New President

I am delighted to pass the baton as we mark the beginning of a new chapter for Athletics Ireland and welcome Brid Golden as our new President.

Brid's achievements as an athlete are extraordinary, including 32 outdoor underage title, the most by anyone, National Senior record holder, 10 senior indoor titles, 10 Senior Outdoor titles including 9 heptathlon titles, and 14 senior international appearances. These accomplishments are a testament to her dedication, talent, and hard work.

Following her success on the track and in the field, Brid has played a pivotal role in coaching, mentoring, and leading at both the club and national levels. She has served 11 years on the Board, including the last 4 as Deputy President, across all her roles to date her leadership has shaped and inspired so many within our athletics community.

It is impossible to think of Brid's journey without acknowledging her late father, Andy, whose pride in her accomplishments would be immeasurable. Brid, we know he would be so proud of the leader you've become.

With her experience, vision, and unwavering passion, Brid is the ideal person to lead Athletics Ireland into a new era. I am confident that under her guidance, our sport will continue to thrive and inspire athletes at all levels.

Please join me in congratulating and welcoming the new President of Athletics Ireland, Brid Golden of Ferrybank Athletic Club.

I now pass this historic 103-year-old chain of office to you, Brid, with our very best wishes for your term of office and the continued success of our beloved sport.

## Acceptance Speech from New President

President, Board Members, Life Vice Presidents & Delegates, CEO and staff

It is a huge privilege for me to accept the role of Presidency of Athletics Ireland today. It is an absolute honour. I am delighted. I wish to thank you all for your support today in electing me as President.

My 46 year athletics journey to date has always been one which I have enjoyed immensely as an athlete, a coach, a club official, a competition volunteer, various roles in high performance, coaching & development, governance and as a Board member. All of these roles have nurtured within me a deep passion for our sport which I hope will enable me to positively impact Irish Athletics over the next two years as President of Athletics Ireland. Each aspect of my story has been filled with magical moments, great days, wonderful people and treasured memories. I'm hugely excited for the coming two years.

Throughout my life, I have always been guided by core values: fairness, inclusivity, integrity, hard work and the pursuit of excellence. My personal values align with those of Athletics Ireland. These values will continue to guide me during my tenure as President.

I feel very humbled to take up the Presidency and follow in the footsteps of such great people that have held the role of President of Athletics Ireland and of the previous athletics organisations in Ireland. Many of these people are here today. I have been privileged to be Deputy President for the last two terms, and I wish to especially thank John Cronin, our exceptional outgoing President for sharing so much with me over his term of presidency and offering me so many opportunities which have helped prepare me for the role of Presidency.

I am looking forward to working with our athletes, the new Board, all our committees, Commissions and Forums, our CEO and the staff of Athletics Ireland, provinces, county boards, clubs, Sport Ireland



and our sponsors in continuing the excellent work completed by our outgoing Board and previous Boards.

I wish to express my sincere gratitude to those who have supported me throughout my journey- to my family for their daily encouragement, special mention to my greatest supporter, my Dad Andy. He provided me with every athletics opportunity throughout his life to enable me to be the best I could be. He would be really thrilled if he was here right now. Thanks to my club, my friends and all my colleagues on the various committees I have served, Waterford County Board who have a full delegation here today, Munster Athletics Board - I am especially proud to become the first President of Athletics Ireland from Munster and the staff of Athletics Ireland whom I have built excellent relationships with over many years. Thank you all for your guidance and wisdom.

It is such an exciting time for Irish Athletics right now. Our athletes are amazing, inspiring and they are achieving exceptional levels of success. We can all be so proud of our organisation. I will do my very best to lead our organisation and represent Athletics Ireland with pride and passion over the coming two years.

Thank you all for this honour.

**Brid Golden – President, Athletics Association of Ireland, 2025**

## Closing Remarks from the New President

President, John ,

On behalf of the Board, the delegates here and all in our athletics community I would like to formally congratulate you on your exceptional two terms as President of Athletics Ireland, and I wish to express our deepest gratitude to you for your four years of unwavering dedication to our Sport.

Your commitment has been nothing short of extraordinary. We've all witnessed first-hand the countless hours of hard work you've poured into nurturing and growing every aspect of our sport – the Chair, the Board, the competitions, the committees, the conventions, the congresses, the AGMs, the EGM, the strategy, the governance, the sponsors, the challenges, the celebrations, the entertaining, the speeches, the funerals, I could go on and on. You even got a taste of the new commissions and forums this week! Additionally, John you are a master at simply 'keeping the peace!' You have simply excelled in carrying out all these duties. Your kind, pleasant, quiet and non-confrontational approach is an example to us all. Your sense of humour is magical and enjoyed by all – never lose that! Your passion for athletics is infectious, inspiring athletes, coaches, officials and administrators alike to strive for excellence and to be the best we can be. John, you bring out the best in us all.

Thank you so much for your exceptional representation of Athletics Ireland, both at home and abroad. Your dedication and passion for athletics has shone through in all that you have done. You are held in the highest esteem within the Irish and international athletics communities and indeed in wider sporting circles. I will tell the story again of being in Skopje, North Macedonia with you last October at the European Convention. I was in the hotel lift one of the evenings and was joined by Seb Coe. Having introduced myself, I explained that it was my first time at a European Convention and that I didn't know many people but that all was ok as I was with John Cronin. Seb's reply was - Brid , you'll be fine because John Cronin knows more people and has more people to chat to than me!

Beyond your role as President, you've been a true friend to all within the Athletics Ireland family. You have always taken the time to listen, to understand, and you have never given up on persisting and working through challenges until solutions were found. Your attention to detail and checking all the finer points before signing off has been exceptional. You have always shown genuine care for all those you have worked with and for. As an example, and there are too many to mention, quietly, throughout a busy four years, you have taken time to visit athletic friends in hospital or in care facilities, which was always so appreciated by those people and their families, such wonderful gestures and a testament to your character.

A good leader doesn't create followers; they create more leaders. You have done that in spades by constant encouragement and support. Many of us here are testament to that. You have promoted gender balance, not because we had to do but because you believed it is a positive thing for our sport.

It's no exaggeration to say that you are loved by all. Your leadership has fostered a unique sense of unity and purpose within our athletics family. You've created an environment where everyone feels valued and supported.

It is a hugely exciting time for Irish Athletics. Our athletes are enjoying amazing success at international level. Our domestic competitions are thriving, and our membership is at a record high. We have solid foundations in place for governance and management. We have excellent staff. We are very well regarded with our stakeholders. Very noticeably, our athletics community is a happy one. You, as our President have been a driving force in creating the culture that enables all these good things to happen.

We also thank your wife, Dympna for her unwavering support of you and of Athletics Ireland. She has shared you with all of us. Her sacrifices haven't gone unnoticed and are much appreciated by all of us. We hope you both get to enjoy doing some things on your bucket list over the next while.

John , today, from the bottom of our hearts, we thank you for your exceptional service, your tireless efforts, and your enduring friendship. Your journey does not stop here. We won't let you go far, and we know you will continue to be on hand to advise, assist, encourage and lead in many other roles

over the coming months and years. For now though, we are all deeply grateful and thank you for the legacy you leave behind from your terms as President of Athletics Ireland.

John, ní bheidh do leitheid ann arís, go raibh maith agat agus go neirí an bothar leat.

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## Close of Congress

The outgoing President, John Cronin thanked all present for their attendance and valuable contributions throughout the Congress. He expressed his deep appreciation to all those involved in the organisation of the event, acknowledging the hard work and dedication that ensured its smooth and successful running.

He noted with pride that he was concluding his presidential term in the hometown of his club, Tullamore Harriers, and was especially pleased to have chaired his final Board meeting in the Harriers clubhouse the evening before. He thanked the club warmly for their hospitality. He also extended his thanks to Offaly Athletics for their full attendance and support, and to Donegal Athletics, where his journey in the sport first began.

He offered his sincere gratitude to the incoming President, Bríd Golden, for her kind and generous remarks towards him. He extended his best wishes to Bríd, the incoming Board, CEO Hamish Adams and his team, and to everyone in Athletics Ireland for continued success in the term ahead.

He concluded by announcing that the 2026 Athletics Ireland AGM will take place on Saturday, 25th April 2026, in Dublin.

The outgoing President then formally declared the 2025 Athletics Ireland Congress closed and wished everyone a safe journey home.