

Endurance Coaches Network (ECN) Event 3 Speaker Line Up and Bios

"Endurance Training- Insights into development and high performance athletes programs"

Colin Griffin:



Colin is a former Irish athlete having competed at two Olympic Games in his specialist event the 50km walk, where he previously held the Irish record. His career highlights include top 12 performances at European Senior championships and World Race Walking Cup, as well as 7th in the World Youth Championships and 9th in European Junior Championships. He has also been actively coaching throughout his competitive career having coached fellow Leitrim athlete and Olympian Laura Reynolds. Colin works as a Rehabilitation Coach within the Sports Medicine and Performance department at the Sports Surgery Clinic in Santry. His role involves treating athletes with running-related injuries and those seeking to optimise performance, as well as engaging in research into running biomechanics and performance.

Colin is also founder and director of The Altitude Centre Ireland and pioneered Ireland's first residential altitude training facility at the University of Limerick. Colin is a Level 3 Athletics Ireland coach, IAAF Level 4 Endurance Coach and Coaching Ireland Tutor. He is an Accredited Strength and Conditioning Coach. His education includes a BA degree in Public Administration from the University of Limerick (2005) and a BA in Strength and Conditioning with Setanta College (2015). He is currently completing a Masters Degree in Coaching and Exercise Science in University College Dublin.

Colin's workshop is entitled 'Running Mechanics a Practical Approach'

Andy Hobdell:



October 1st 2016

Andy Hobdell is the UK-based endurance coach responsible for Rio-bound marathoners Kevin Seaward and Paul Pollock. He has coached 10 British and Irish internationals to Olympic, World, European and Commonwealth finals both indoor and outdoors on the track, and to World and Olympic qualifiers on the road. His athletes boast multiple national titles and medals from 800m up to marathon and cross country. Andy has also coached Dream Mile winner Andy Baddeley to a 3.49 mile, and a number one world ranking over that distance.

His presentation is entitled 'An insight into the training of Irish Olympic athletes Paul Pollock and Kevin Seaward'

Peter Francis:



Dr. Peter Francis is a senior lecturer in sport and rehabilitation science. Peter's career interests began running the roads of Waterford aged 16. He sought to investigate the determinants of running performance by pursuing a BSc Sport and Exercise Science at the University of Limerick. Leading into this, Peter became chronically over-trained, injured and sick. This led to him becoming a coach aged 19 at juvenile athletic club Emerald AC for a period of 3 years. During this time Peter completed his level 1 – 3 coaching qualifications. In 2010, Peter began a PhD in Exercise Science and was appointed head of endurance running at the University of Limerick where he coached for a period of 3 years and became one of the youngest coaches to receive the award of IAAF level 4 in Ireland. Peter has worked with some of Ireland's elite endurance athletes as a physiologist at the Irish Institute of Sport prior to the Beijing and London Olympics which led to his accreditation with the institute in 2013. It was during this time that Peter became interested in how overuse injury occurred and so undertook a second degree in Physical Therapy which he graduated from as Student of the Year in 2014. Between 2011 and 2015 Peter has been a performance consultant to the Athletics Association of Ireland frequently travelling abroad on warm weather training camps and delivering coach education here at home.

October 1st 2016

Peter's presentation is entitled '12 years a runner, 10 years a coach and 8 years scientist - what have I learned?'

Donal Hennigan:



Donal is an AAI Level 3/IAAF Level 4 Endurance coach with DSD AC for over 10 years now and has been running the Clubs Junior Endurance program for the past 6 years. He is currently coaching a squad of 21 U18/Junior boys and Girls along with a number of senior athletes. Donal has coached a number of athletes to Irish Junior XC teams at European Cross Country championships and many of his athletes have won medals at national level on the track and the country. He guided Siofra Cleirigh Buttner through her early career and coached her to 8th in the European Junior 800m championships in 2013.

Donal's presentation is entitled 'DSD Junior Endurance program: A Look Inside'

Pat Hogan:



Pat Hogan has been coaching with Ennis Track Club for the past 16 years. The club has grown from strength to strength. This past season alone, the club was victorious in the Novice men and Intermediate men cross country championships. The club also gained silver for the second year in a row at the road relay's in Raheny. He has coached numerous champions both at schools and club level who race on the track and at cross country competitions.

October 1st 2016

During his time as a coach, he has guided a steady stream of athletes who have represented their country on the International stage of athletics. Two of the best known are, Rory Chesser (6 National senior steeplechase titles, represented Ireland at the 1500m at European Senior Championships in Barcelona) and Kevin Mulcaire (4th place at the European Junior T&F Championships 5000m in 2015 & National Junior record holder at 5000m 14.02)

Pat's presentation is entitled 'The Odyssey- so far –Kevin Mulcaire's journey'.

Eamon Harvey:



Eamon Harvey, B.Ed/M.A. is a former P.E. Teacher and Assistant Principal in a 1,000 pupil secondary school. He worked for seven years as part of the A.A.I. Development team and he is the current Chair of the Athletics Ireland Coaching & Development committee. Eamon is an AAI Level 3 and IAAF level 4 certified coach and a qualified Coaching Ireland Tutor. Currently an active coach at juvenile and senior club levels, his club Tir Chonaill have won three womens National league titles in the 2000's and represented Ireland at European clubs in Belgium, Switzerland and Slovakia. Currently coaches a number of National/International standard developing athletes athlete including Karl Griffin [21] 6th European U23/800m 2015, Kelly McGrory [20] the 2016 Irish 400m Hurdles champion, Kate McGowan [19] the 2016 IUAA 400m Hurdles champion. In the past he has coached athletes such as Internationals Mary McLoone multi National Indoor and outdoor Triple/Long Jump champion, Kevin McBrearty Javelin, Geraldine Stewart Shot Putt and Maureen Harrington Cross Country. He was Irish athletics coach at three Paralympics - Sydney, 2000; Athens, 2004 and Beijing 2008 and was personal coach to Bridie Lynch, Gold Discus, 1996; Catherine Walsh, Pentathlon Bronze, 2000 and Conal McNamara silver 400m, 2004. He has been Irish team Coach at nine World CC, I.A.A.F. World T/F Gothenburg 1995 and Olympics Atlanta. 1996 .

Eamon's presentation is entitled 'Karl Griffin Case Study- A Progression from juvenile to junior 800m training'