

Endurance Coaches Network (ECN) Event 2 Speaker Line Up and Bios

“Coaching Shapes People & Performance”

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 Irelands 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 presentation is entitled '**Running mechanics for optimised performance and injury prevention: The role of the coach**'

Niamh & Noel Richardson:



Niamh and Noel, along with Geraldine Nolan, jointly coach a group of 30 endurance athletes in Kilkenny City Harriers. They have had tremendous success over the past few years coaching a number of Irish Internationals including Peter Lynch, Aoibhe Richardson, Adam Fitzpatrick etc.

Niamh has a masters and PhD in exercise science and worked formerly as an exercise physiologist in UCC and The Queens University of Belfast before her current position in teaching and research in public health and physical activity in the Dept of Health Sport and Exercise Science in WIT. She currently competes in triathlon.

Noel's background is in exercise and sport science. He formerly worked in a health and fitness role within the Defence Forces before moving to a lecturing position at IT Carlow in 1996. He completed a PhD in the area of men's health in 2006 and now works in men's health research and policy. He has worked in a fitness role with other sports in the past, including the Kilkenny hurling team 2006-10. He still runs and cycles.

Their presentation is entitled '**Coaching elite athletes in a group environment-a case study of the KCH middle distance group**'.

Liam Moggan:



Liam is a man that needs no introduction; he has been an instrumental part of coach education & coach development in Ireland across a range of sports. He works for Coaching Ireland where his primary role is the training of tutors (coach educators) for a wide range of National Governing Bodies. He taught Physical Education in Dublin for many years. He has served as Vice-President of Paralympics Ireland as well as Deputy-President of the Irish Schools Athletics Association. Liam has a background in endurance running coaching having success with Ardscoil Ris in Dublin who won the All Ireland Schools XC Intermediate (1986) & Senior (1987) team titles. He was also part of the Athletics Ireland coaching team when Ireland won the European u23 XC mens team title in 2010.

Liam is involved at all levels of sport from participation to high level individual and team performers. He is originally from Tuam, Co. Galway and is the product of a rounded, effective coaching programme experienced during his teens. As a performance manager, Moggan has assisted teams and individuals in a range of sports, including **athletics** during the Athens Olympic/Paralympic Cycle. He has helped them plan, implement and practice programmes that in turn would help to produce their best performances, even in the midst of top-class competition. Part of coaching when team won the European u23 mens xc

Liam's presentation is entitled '**There's more to Coaching than meets the eye**'

Mick Woods:



Mick Woods is an endurance coaching guru in the UK and regularly leads their teams at the European & World XC Championships. He currently coaches fulltime at St Marys University in London and at his club Aldershot Farnham & District. His club has been one of the most successful distance running clubs in British athletics history. As an athlete Mick competed in over 70 marathons, he ran internationally for Ireland and has a personal best of 2:20.12.

He started coaching in 1986 and has been an EPACC coach since 2003. Mick has an outstanding coaching record that has seen numerous junior athletes make GB World and European championships teams. Amongst the athletes that Mick has worked with are: Steph Twell, Emelia Gorecka, Jonny Hay, Charlotte Purdue and Emma Pallant.

Mick's presentation is entitled '**Endurance Running- A UK Perspective**'

Laura Kerr:



Laura was previously a GB U23 International representative and competed in the NCAA Division 1 in javelin. She represented Ireland also in 3 European Cups. Laura is currently the Athletics Northern Ireland Coach Development & Physical Preparation Lead working with athlete-coach pairs at various stages of the talent pathway. She is responsible for providing coach development opportunities through formal qualifications, workshops & mentoring in NI and is a British Athletics Coach Education Tutor. Laura is also an Accredited Strength & Conditioning Coach with the UKSCA & NSCA and has an MSc in Human Performance as well as BSc in Exercise Science.

Laura has been involved in redesigning ANI's talent development squads which now support 120 children on a weekly basis, and has been instrumental in preparing a new curriculum for the delivery of youth athletics in NI. Laura leads the delivery of ANI's Youth Academy Physical Preparation Programme at University of Ulster High Performance Centre and also oversees the S&C programmes of athletes including Katie Kirk (800m), Jonathan Browning (100m) and Kate O'Connor (multi events.) Previous experience includes time working under Michael Johnson in Dallas, Texas as well as leading the S&C programmes of NI Senior Men's Volleyball, Irish Junior Basketball, Ulster Tennis and NI Taekwondo.

Laura's presentation is entitled **'Physical Literacy applied to juvenile endurance athletes'**

Mark Kirk:



Mark is a high performance coach based in Belfast and currently coaches a number of rising stars including his daughter Katie, Andrew Wright, Callum Crawford Walker and Aaron McGlynn amongst others. In 2010 Mark won the prestigious UKA Development Coach of the Year award. He has been involved in coaching for over 15 years now and currently coaching a large number of athletes ranging from 16 years of age to 36 years of age in various running disciplines from 400m to 10km. His athletes have won medals at national and international level on the track road and the country from 200m up to the marathon. He has coached his daughter Katie to 5th in the European junior 400m championships and gold medalist in the 4x400m relay and his son Conal to break the long standing Northern Ireland youth record for 800m with 1.51. Conall is now on scholarship in the US at Oklahoma State University.

Outside of athletics Mark is a partner in one of the largest Dental Practices in Northern Ireland and has been working as a full time dentist for 28 years now.

Mark's presentation is entitled 'Case Study Katie Kirk- The journey from juvenile to senior and the highs & lows'.